

## Psalms Session 5 - Psalms of Trust

### Welcome/Prayer

These psalms start out as laments but end in trust.

Read Psalm 27 as a focus scripture. Respond to the following questions:

### Psalm 27

1. When in your life have you found this psalm most meaningful?
2. Fear is a strong emotion that can lead to action and dysfunction. How is fear described in the Psalms? What do the Psalms prescribe to overcome fear? What tends to be your way of handling fear?
3. How is it possible to see the world from God's perspective? What impact would having this kind of vision have on the church? On each of us?

### Reading and Discussion

Select 2 or 3 of the following psalms. Read the psalms aloud.

Examples include Psalms 11; 16; 23; 27; 62; 63; 91; 121; 125; and 131.

Respond to the following questions:

1. Which specific psalms above have held different meanings for you at different times in your life? How do you account for that?
2. When or how has your faith been deepened by a psalm that appealed primarily to your affective or emotional sensibilities—in other words, your heart?
3. When or how has your faith been deepened by a psalm that appealed primarily to your intellect?
4. Which of the above psalms seem most removed from or unrelated to your own life experience? Why do you think that is?
5. The Psalms often surprise us with the frankness of their tone. The psalmist expresses grief and anger with as much energy as expressing praise and wonder. How does the language of the psalmist challenge and perhaps broaden our conventional understanding of faith?

### Guided Prayer of Psalm 23

Psalm 23 New Revised Standard Version (NRSV)

<sup>1</sup> *The LORD is my shepherd, I shall not want.*

(Think of a time when your needs were met.)

<sup>2</sup> *He makes me lie down in green pastures;*

(Where do you go to find quiet and peace?)

*he leads me beside still waters;*<sup>[a]</sup>

(Where do you have to go or what do you have to do to slow down?)

<sup>3</sup> *he restores my soul.*<sup>[b]</sup>

(Where have you found to be the best way to revive your spirit?)

*He leads me in right paths*<sup>[c]</sup> *for his name's sake.*

(Who has been an influence on you in your walk of faith, and how did he or she go about it?)

<sup>4</sup> *Even though I walk through the darkest valley,*<sup>[d]</sup>

(Think of the most difficult time in your life.)

*I fear no evil; for you are with me;*

(What do you fear?)

*your rod and your staff—they comfort me.*

(What brings you comfort?)

<sup>5</sup> *You prepare a table before me in the presence of my enemies;*

(Who is present at the table? What is their reaction? What is yours?)

*you anoint my head with oil;*

(Think of a time when someone cared for you.)

*my cup overflows.*

(Think of a moment when your joy has been full.)

<sup>6</sup> *Surely*<sup>[e]</sup> *goodness and mercy*<sup>[f]</sup> *shall follow me all the days of my life,*

(How does it feel knowing that mercy is behind you?)

*and I shall dwell in the house of the LORD my whole life long.*<sup>[g]</sup>

(Think of going home, the joy of getting there, and the smiles of loved ones coming out to greet you.)

Source: Jenkins, Michael. Invitation to Psalms: Leader's Guide: A Short-Term DISCIPLE Bible Study (pp. 24-25). Abingdon Press. Kindle Edition.

## Closing/Prayer