

# PSALMS

# FOR YOU

Investigate my life, O God,  
Find out everything about me;  
Cross-examine and test me,  
Get a clear picture of what I'm about;  
See for yourself whether I've done anything wrong-  
Then guide me on the road to eternal life.  
—Psalm 139:23-24 (The Message)

## HERE'S WHAT TO DO IN EACH SECTION

1. **Read It Out:** simply read it.
2. **Look:** take a look at what you are reading and really observe it.
3. **Learn:** use your brain and think about what it means.
4. **Live It Out:** challenge yourself to take a step toward Jesus.
5. **Pray It Out:** Talk to Jesus each day.

# PSALMS

# FOR YOU

## QUIET TIME 1

## BLESS THE LORD

## PART 1

### READ IT OUT

Psalm 103 (The Message)

1-2

O my soul, bless God.  
From head to toe, I'll bless his holy name!  
O my soul, bless God,  
don't forget a single blessing!

3-5

He forgives your sins—every one.  
He heals your diseases—every one.  
He redeems you from hell—saves your life!  
He crowns you with love and mercy—a paradise crown.  
He wraps you in goodness—beauty eternal.  
He renews your youth—you're always young in his presence.

### LOOK

List the 6 blessings in the Psalm

- |    |    |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

Draw a picture of yourself



Beside the picture of YOURSELF, label how each Blessing would look on you.

## LEARN

- What do these 6 blessings mean to you?
- What do we learn about God?
- What do we learn about our relationship with God?

## LIVE IT OUT

How about you? Think about what these 6 blessings mean to you.

- Thank God for forgiving your sins, every one.
- Ask God to heal your diseases, every one.
- Thank God for redeeming and saving your life from hell.
- Ask God to help you walk in His love and mercy.
- Thank God for wrapping you up in His goodness and eternal beauty.
- Ask God to renew you in His presence.

## PRAY IT OUT

- Think about what you just wrote down in each section.
- Ask God's Spirit to help you live out His truth in your life.

## READ IT OUT

Psalm 103:6-18 (The Message)

God is sheer mercy and grace;  
not easily angered, he's rich in love.  
He doesn't endlessly nag and scold,  
nor hold grudges forever.  
He doesn't treat us as our sins deserve,  
nor pay us back in full for our wrongs.  
As high as heaven is over the earth,  
so strong is his love to those who fear him.  
And as far as sunrise is from sunset,  
he has separated us from our sins.  
As parents feel for their children,  
God feels for those who fear him.

He knows us inside and out,  
keeps in mind that we're made of mud.  
Men and women don't live very long;  
like wildflowers they spring up and blossom,  
But a storm snuffs them out just as quickly,  
leaving nothing to show they were here.  
God's love, though, is ever and always,  
eternally present to all who fear him,  
Making everything right for them and their children  
as they follow his Covenant ways  
and remember to do whatever he said.

## LOOK

- List out each way God's love is described.
- How does God deal with our sin?
- What does He do for those who fear Him?
- How are people described in this Psalm?

## LEARN

- What does all this mean to you?
- Why is the fact that God is "rich in love" important?
- What does it mean to fear God?
- What does it mean that we are made of mud?

## LIVE IT OUT

- Do you see yourself as someone that fears, honors, or respects God?
- How does the truth above impact your life today?
- After listing out thoughts on God's love, how do you see your relationship with Him?
- How does He deal with sin?
- How does He care for you?

## PRAY IT OUT

- Think about what you just wrote down in each section. Ask God's Spirit to help you live out His truth in your life.

# PSALMS

# FOR YOU

## QUIET TIME 3

## BLESS THE LORD

## PART 3

### READ IT OUT

Psalm 103:19-22 (The Message)

God has set his throne in heaven;  
he rules over us all. He's the King!

So bless God, you angels,  
ready and able to fly at his bidding,  
quick to hear and do what he says.

Bless God, all you armies of angels,  
alert to respond to whatever he wills.

Bless God, all creatures, wherever you are—  
everything and everyone made by God.

And you, O my soul, bless God

### LEARN

- What does this Psalm tell us about God?
- What do we learn about God and His Kingdom?
- Do you think this writer is excited or disappointed about God?

### LIVE IT OUT

Go back to each part of Psalm 103 and think about all that the King blesses you with. Write out your version of "Bless God" and list out all you are thankful and excited for in your life as you follow God.

### PRAY IT OUT

Think about what you just wrote down in each section. Ask God's Spirit to help you live out His truth in your life.

## READ IT OUT

Psalm 121 (The Message)

A Pilgrim Song

1-2

I look up to the mountains;  
does my strength come from mountains?  
No, my strength comes from God,  
who made heaven, and earth, and mountains.

3-4

He won't let you stumble,  
your Guardian God won't fall asleep.  
Not on your life!  
Israel's Guardian will never doze or sleep.

5-6

God's your Guardian,  
right at your side to protect you—  
Shielding you from sunstroke,  
sheltering you from moonstroke.

7-8

God guards you from every evil,  
he guards your very life.  
He guards you when you leave and when you return,  
he guards you now, he guards you always.

## LOOK

- Circle the word "guard" or "guardian" above.
- List out everything God protects or guards you from below.

## LEARN

- What is the writer trying to say about God? Who does God protect?

## LIVE IT OUT

- When do you need God's protection today?
- Knowing the truth in Psalm 121, how does having the same "guardian God" with you today set you at ease?
- Where might you need a God like that?

## PRAY IT OUT

Think about what you just wrote down in each section. Ask God's Spirit to help you live out His truth in your life.

## READ IT OUT

### Psalm 23 (The Message)

God, my shepherd! I don't need a thing. You have bedded me down in lush meadows, you find me quiet pools to drink from. True to your word, you let me catch my breath and send me in the right direction. Even when the way goes through Death Valley, I'm not afraid when you walk at my side. Your trusty shepherd's crook makes me feel secure. You serve me a six-course dinner right in front of my enemies. You revive my drooping head; my cup brims with blessing. Your beauty and love chase after me every day of my life. I'm back home in the house of God for the rest of my life.

## LOOK

- Draw a picture of a sheep and his shepherd.
- Use Psalm 23 to inspire what the picture would look like.



## LEARN

- What are the similarities between God and a shepherd?
- What does that make God's people?

## LIVE IT OUT

- How does God as your shepherd impact your life today?
- How much can you trust in the Shepherd with your needs?
- How will the Shepherd lead you in tough times?
- How does the Shepherd lead you to blessing and good things?

## PRAY IT OUT

Think about what you just wrote down in each section. Ask God's Spirit to help you live out His truth in your life.