



STRENGTH FOR THE SEASONS OF LIFE
A STUDY THROUGH THE BOOK OF

Psalms

WEEK 1
STRENGTH FOR THE DIFFICULT SEASON



First Baptist Church of Rancho Cucamonga

7450 Archibald Avenue

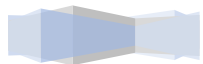
Rancho Cucamonga, California 91730-1403

909.987.3676 | www.fbcfamily.net

bw1@fbcfamily.net



☐ Day 1	Psalm 1:1-3	☐ Day 21	Psalm 40:1-3
☐ Day 2	Psalm 139:1-6	☐ Day 22	Psalm 27:11-14
☐ Day 3	Psalm 91:1-3	☐ Day 23	Psalm 46:8-11
☐ Day 4	Psalm 93:1-5	☐ Day 24	Psalm 62:1-2, 5-8
☐ Day 5	Psalm 133:1-3	☐ Day 25	Psalm 32:5-7
☐ Day 6	Psalm 23:1-6	☐ Day 26	Psalm 22:1-3
☐ Day 7	Psalm 27:1-5	☐ Day 27	Psalm 22:6-8
☐ Day 8	Psalm 32:1-2	☐ Day 28	Psalm 22:19-22
☐ Day 9	Psalm 37:3-6	☐ Day 29	Psalm 63:1, 5-8
☐ Day 10	Psalm 37:25-28	☐ Day 30	Psalm 107:33-35
☐ Day 11	Psalm 62:1-2	☐ Day 31	Psalm 147:3-6
☐ Day 12	Psalm 128:1-4	☐ Day 32	Psalm 116:1-5, 15
☐ Day 13	Psalm 18:3-6	☐ Day 33	Psalm 89:46-48
☐ Day 14	Psalm 127:1-6	☐ Day 34	Psalm 73:21-26
☐ Day 15	Psalm 18:25-29	☐ Day 35	Psalm 34:17-18
☐ Day 16	Psalm 94:16-19	☐ Day 36	Psalm 107:1-2
☐ Day 17	Psalm 13:5	☐ Day 37	Psalm 34:1-3
☐ Day 18	Psalm 46:1-3	☐ Day 38	Psalm 103:1-5
☐ Day 19	Psalm 139:7-12	☐ Day 39	Psalm 20:7
☐ Day 20	Psalm 139:13-18	☐ Day 40	Psalm 107:43



Prayer Log

Requests

[illegible]

Answers

[illegible]

DAY 1:

Relax: Focus on God speaking to you through His Word today.

☐ **Prayer**

Read: Psalm 1:1-3 and The Devotional Thought

Psalm 1:1-3 (NLT)

¹ “Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. ² But they delight in the law of the LORD, meditating on it day and night. ³ They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.”

Psalm 1:1-3 (NIV)

¹ “Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. ² But his delight is in the law of the LORD, and on his law he meditates day and night. ³ He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.”

Psalm 1:1-3 (ESV)

¹ “Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; ² but his delight is in the law of the LORD, and on his law he meditates day and night. ³ He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.”

Devotional Thought

Timothy Keller described Psalm 1 as the gateway to the rest of the psalms. The Book of Psalms begins not with a prayer or a hymn, but a beatitude. It is a statement about human existence. It is an invitation to read, study, use and apply the entire book as a guide to “*prosper in all they do.*” The first psalm has value on its own merit and worth in relation to the whole book.

The first three verses reveal that those who are blessed avoid some behaviors and cherish others. The blessed individual does not walk, follow the advice or counsel of those who are wicked, sinners, or mockers (scoffers). Instead, they delight in God’s word and “*meditate on it day and night.*” They are continually plugged in to His word as a constant source of nourishment. To delight in God’s law is to love what God commands. To meditate on His law is to intimately think through the implications of His word for everything that pertains to your life.

As an introduction to the Book of Psalms, Psalm 1 invites us to read each psalm as instruction – instruction in prayer, in praise, in God’s manner of interaction with us, and our relating to life under God’s guidance.

So how does this passage relate to us? The danger is that we, at times, uproot our lives from God’s word. Rather than being planted firmly in the nourishment of His precepts, we remove ourselves from this source of strength by not engaging with scripture every day. Father, keep us rooted in Your word and let us not neglect Your truth. May we meditate on and delight in Your commands. Let us live in the power you provide to do what is right and have victory over temptation and sin.

Reflect: Focus your thoughts on what God has revealed to you through your reading.

Record: Your thoughts, impressions, things to remember, & an application statement.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Request: Based on what you have learned today, write out a prayer to God.

[illegible]

DAY 2:

Relax: Focus on God speaking to you through His Word today.

☐ **Prayer**

Read: Psalm 139:1-6, 23-24 and The Devotional Thought

Psalm 139:1-6, 23-24 (NLT)

¹ “O LORD, you have examined my heart and know everything about me. ² You know when I sit down or stand up. You know my thoughts even when I’m far away. ³ You see me when I travel and when I rest at home. You know everything I do. ⁴ You know what I am going to say even before I say it, LORD. ⁵ You go before me and follow me. You place your hand of blessing on my head. ⁶ Such knowledge is too wonderful for me, too great for me to understand! ... ²³ Search me, O God, and know my heart; test me and know my anxious thoughts. ²⁴ Point out anything in me that offends you, and lead me along the path of everlasting life.”

Psalm 139:1-6, 23-24 (NIV)

¹ “O LORD, you have searched me and you know me. ² You know when I sit and when I rise; you perceive my thoughts from afar. ³ You discern my going out and my lying down; you are familiar with all my ways. ⁴ Before a word is on my tongue you know it completely, O LORD. ⁵ You hem me in – behind and before; you have laid your hand upon me. ⁶ Such knowledge is too wonderful for me, too lofty for me to attain. ... ²³ Search me, O God, and know my heart; test me and know my anxious thoughts. ²⁴ See if there is any offensive way in me, and lead me in the way everlasting.”

Psalm 139:1-6, 23-24 (ESV)

¹ “O LORD, you have searched me and known me! ² You know when I sit down and when I rise up; you discern my thoughts from afar. ³ You search out my path and my lying down and are acquainted with all my ways. ⁴ Even before a word is on my tongue, behold, O LORD, you know it altogether. ⁵ You hem me in, behind and before, and lay your hand upon me. ⁶ Such knowledge is too wonderful for me; it is high; I cannot attain it. ... ²³ Search me, O God, and know my heart! Try me and know my thoughts! ²⁴ And see if there be any grievous way in me, and lead me in the way everlasting!”

Devotional Thought

In the Garden of Eden, humanity was faced with a temptation and failed. Their temptation was in the form of food, beauty and wisdom. The ultimate goal was to become like God. However, they sought to achieve a desired outcome through disobedience rather than obedience. The result brought fear, shame and blame into their lives and ours as well. Ultimately, it brought separation from God. In Psalm 139 we get a description of the reality of God’s knowledge of who we are and the fact that he deeply loves us in spite of our brokenness and separation.

So where am I with God? I exist in a broken world. I live with broken people. I am broken. I experience the reality of fear, shame and blame. However, God still loves me deeply. So, I pursue an intimate relationship with Him. Father, you know my heart. You are familiar with all my ways. Thank you for loving me anyway. Draw me closer to you. Don’t let the reality of my brokenness, or anyone else’s, discourage me. Help me to remember that I am fearfully and wonderfully made. Help me to always remember how much you love me. Thank you for your grace and peace.

Reflect: Focus your thoughts on what God has revealed to you through your reading.

Record: Your thoughts, impressions, things to remember, & an application statement.

Request: Based on what you have learned today, write out a prayer to God.



Day 3

Relax: Focus on God speaking to you through His Word today.

☐ **Prayer**

Read: Psalm 91:1-3 and The Devotional Thought

Psalm 91:1-3 (NLT)

¹ *“Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. ² This I declare about the LORD: He alone is my refuge, my place of safety; he is my God, and I trust him. ³ For he will rescue you from every trap and protect you from deadly disease.”*

Psalm 91:1-3 (NIV)

¹ *“He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. ² I will say of the LORD, ‘He is my refuge and my fortress, my God, in whom I trust.’ ³ Surely he will save you from the fowler’s snare and from the deadly pestilence.”*

Psalm 91:1-3 (ESV)

¹ *“He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. ² I will say to the LORD, ‘My refuge and my fortress, my God, in whom I trust.’ ³ For he will deliver you from the snare of the fowler and from the deadly pestilence.”*

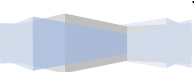
Devotional Thought

In the difficult seasons of life, we can know that we have a place of safety and refuge. It is found in *“the shadow of the Almighty.”* He is our shelter. He is our fortress. He is our refuge. He is our safe haven. I love the statement, *“He is my God and I trust him.”*

Victory is assured for those who rely on the strength of God for their hope. God’s peace supplies the victory over Satan in our lives and permits us to serve God without distraction. Satan works to destroy peace. He cannot destroy it when Jesus reigns. Because of God’s grace, we can have peace with God, peace with others, and peace with ourselves. Jesus ends my alienation from Him. So, renew your desire for Him and pursue His peace daily.

God’s peace brings about changed lives. Our old lives were marked by foolishness, disobedience, deception, enslavement, malice, envy and hatred. Our new lives are marked by peace because we have been saved by His mercy, washed and renewed by the Holy Spirit. Our purpose is to be devoted to doing what is right, living in peace and making peace. God’s desire is that we be peacemakers, a model of living in peace for those around you.

The presence of Jesus Christ brings peace to people living in turmoil and difficulty. The believer is called to peace. When Jesus “rules” (officiates) our heart, it brings unity to the church and compels others to come to Him. We are to bless others with His peace through a servant’s heart. Jesus Christ transforms our tumultuous existence into lives characterized by peace. One of the primary purposes of salvation is to bring peace to people that are stressed out and demoralized. A rainbow reminds us of God’s peace. It is also a reminder to God of His promise to never destroy the earth again with water. It reminds me not to destroy unity, harmony and peace.



Reflect: Focus your thoughts on what God has revealed to you through your reading.

Record: Your thoughts, impressions, things to remember, & an application statement.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Request: Based on what you have learned today, write out a prayer to God.

[illegible]

Day 4

Relax: Focus on God speaking to you through His Word today.

☐ **Prayer**

Read: Psalm 93:1-5 and The Devotional Thought

Psalm 93:1-5 (NLT)

¹ “The LORD is king! He is robed in majesty. Indeed, the LORD is robed in majesty and armed with strength. The world stands firm and cannot be shaken. ² Your throne, O LORD, has stood from time immemorial. You yourself are from the everlasting past. ³ The floods have risen up, O LORD. The floods have roared like thunder; the floods have lifted their pounding waves. ⁴ But mightier than the violent raging of the seas, mightier than the breakers on the shore – the LORD above is mightier than these! ⁵ Your royal laws cannot be changed. Your reign, O LORD, is holy forever and ever.”

Psalm 93:1-5 (NIV)

¹ “The LORD reigns, he is robed in majesty; the LORD is robed in majesty and is armed with strength. The world is firmly established; it cannot be moved. ² Your throne was established long ago; you are from all eternity. ³ The seas have lifted up, O LORD, the seas have lifted up their voice; the seas have lifted up their pounding waves. ⁴ Mightier than the thunder of the great waters, mightier than the breakers of the sea – the LORD on high is mighty. ⁵ Your statutes stand firm; holiness adorns your house for endless days, O LORD.”

Psalm 93:1-5 (ESV)

¹ “The LORD reigns; he is robed in majesty; the LORD is robed; he has put on strength as his belt. Yes, the world is established; it shall never be moved. ² Your throne is established from of old; you are from everlasting. ³ The floods have lifted up, O LORD, the floods have lifted up their voice; the floods lift up their roaring. ⁴ Mightier than the thunders of many waters, mightier than the waves of the sea, the LORD on high is mighty! ⁵ Your decrees are very trustworthy; holiness befits your house, O LORD, forevermore.”

Devotional Thought

Psalm 93 is about stability in the difficult seasons. God’s Word is fundamental to our stability. When Jesus talked with the disciples after His resurrection, their hearts burned inside them as He spoke and opened the Scriptures. Charles Spurgeon speaking about the all-sufficiency of Christ said, “Look to the Living One for life. Look to Jesus for all you need between the gate of hell and the gate of heaven.” Faith not only begins our walk with Christ; it is the purpose of God for us. Stability is derived from our faith, which is strengthened by continual companionship with Christ.

Faith, peace, and stability burst out of devotion to Jesus Christ and a growing relationship with Him. The foundations of our stability will crumble without greater devotion. Peace in our lives is established by Jesus. In Christ, our peace is permanent and always victorious. He is with us no matter what circumstances we face.

In life, there are always struggles and stress. You deal with criticisms and inconsistencies. With Jesus as our foundation, He empowers us and provides for our identity and reason for being. Stability in the difficult seasons is found in Jesus, the Lord our King.

Reflect: Focus your thoughts on what God has revealed to you through your reading.

Record: Your thoughts, impressions, things to remember, & an application statement.

[illegible]

Request: Based on what you have learned today, write out a prayer to God.

[illegible]

Day 5

Relax: Focus on God speaking to you through His Word today.

☐ **Prayer**

Read: Psalm 133:1-3 and The Devotional Thought

Psalm 133:1-3 (NLT)

¹ “How wonderful and pleasant it is when brothers live together in harmony! ² For harmony is as precious as the anointing oil that was poured over Aaron’s head, that ran down his beard and onto the border of his robe. ³ Harmony is as refreshing as the dew from Mount Hermon that falls on the mountains of Zion. And there the LORD has pronounced his blessing, even life everlasting.”

Psalm 133:1-3 (NIV)

¹ How good and pleasant it is when brothers live together in unity! ² It is like precious oil poured on the head, running down on the beard, running down on Aaron’s beard, down upon the collar of his robes. ³ It is as if the dew of Hermon were falling on Mount Zion. For there the LORD bestows his blessing, even life forevermore.”

Psalm 133:1-3 (ESV)

¹ “Behold, how good and pleasant it is when brothers dwell in unity! ² It is like the precious oil on the head, running down on the beard, on the beard of Aaron, running down on the collar of his robes! ³ It is like the dew of Hermon, which falls on the mountains of Zion! For there the LORD has commanded the blessing, life forevermore.”

Devotional Thought

Do I demonstrate extreme love? My love is selective. My love is inconsistent. My love is selfish. My love refuses to say “Yes, Lord.” When I resist God’s will for me, I stand defiantly before God and refuse to accept His purpose for my life. God desires to give me a form that causes all who see me to think of His Son. That scares me. My love better get unselective, consistent and unselfish.

When people see believers practicing extreme love it is radically different. Anyone can love a friend. Believers are to love even those no one else will love. The believer’s love is inclusive, just like the love of Jesus. In a world filled with hatred we need to broadcast love. In a world marred by cynicism we need to offer hope. In a world filled with despair we need to tell the story of God’s love for us as seen in Jesus Christ.

God’s greatest gift to us was His Son Jesus Christ. He gave His life so that we could live forever with Him. God was glad to do it. One of the points of His giving the gift to us was so that we would learn that He loves us. The proof of His love is found in Jesus Christ and His creation. The first sin in the Garden of Eden refused to honor the holy, pure love of God as expressed to humanity. Therein lies our problem, taking for granted the love of God. We should love more and better. We must love Jesus more. We must love people better.

Father, teach us the reality of living for you. Help us trust you. May our hearts ache for Your healing touch in our world. Give us wisdom, understanding and discernment to make proper decisions. Help us know wise counsel. Help us build unity in our world. Help us to live in harmony.

Reflect: Focus your thoughts on what God has revealed to you through your reading.

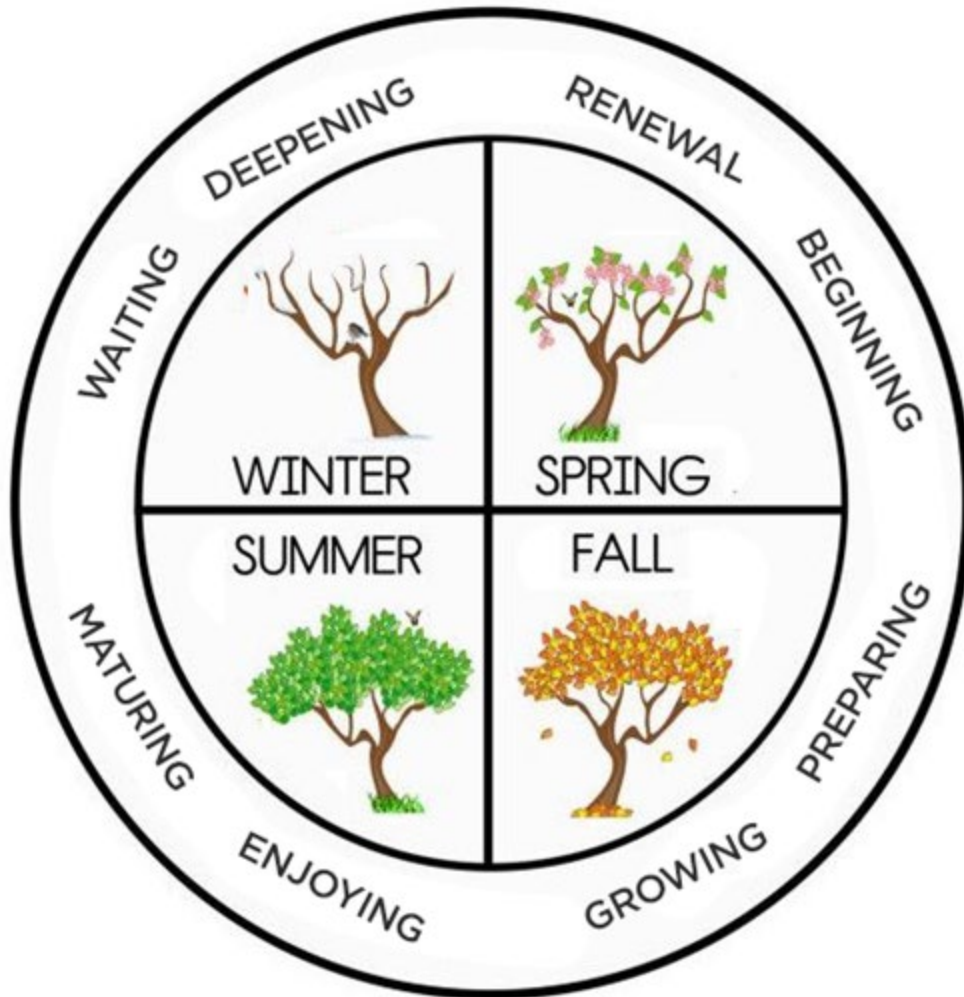
Record: Your thoughts, impressions, things to remember, & an application statement.

[illegible]

Request: Based on what you have learned today, write out a prayer to God.

[illegible]

THE SEASONS OF LIFE



STRENGTH FOR THE SEASONS OF LIFE
A STUDY THROUGH THE BOOK OF

Psalms

Growth Group Roster/Project

Healthy groups share responsibilities and group ownership. It might take some time for this to develop. Shared ownership ensures that responsibility for the group doesn't fall to one person. Use the calendar to keep track of social events, mission projects, birthdays, etc. Complete this calendar at your first meeting. Planning ahead will increase attendance and shared ownership.

Name	Email Address	Phone Number

Date	Ministry/Mission Project



Growth Group Calendar

Date	Lesson	Location	Facilitator	Snack or Meal
	Week 1			
	Week 2			
	Week 3			
	Week 4			
	Week 5			
	Week 6			
	Week 7			
	Week 8			

Date	Social Event

FBC Growth Group Covenant

Congratulations on your desire to grow deeper in your relationship with God through this weekly study and the relationships that will begin as a result of your participation.

As a member of this group, you will be asked to enter into a covenant with the other group members. You are requested to make this Growth Group a priority; by making the following commitments:

- ☐ I will make this group a priority by attending each week (call if I'm going to be absent or late), keeping up with my assignments and participating openly in group discussion.
- ☐ I will regularly attend church services and contribute to the ministry of the church through my attendance, giving, service and inviting of others.
- ☐ I will strive to build authentic relationships with those in this group by showing care, providing encouragement and praying for their needs.
- ☐ I will avoid gossip (including, what happens in the group stays in the group) and immediately resolve any concerns by following the "conflict resolution" principles of Matthew 18:15-17.
- ☐ I will limit my freedom by not serving or consuming alcohol during growth group meetings or events so as to avoid causing a weaker brother or sister to stumble. (1 Cor. 8:1-13; Romans 14:19-21)
- ☐ I will serve with my group once a month during the semester and will participate in a mission project and play together with my group once.
- ☐ I will honestly explore my next steps for spiritual growth and give permission for other group members to speak God's truth into my life.

NAME (Signature)

DATE





Note: The foundation of spiritual growth is your understanding of God's Word. Each week, bring your Bible and your study guide to the group meeting.

CONNECT 15 minutes

1. If your group is new or you have any new members, take a few minutes to introduce yourselves. Briefly share how you heard about your church.
2. Write the names and contact info of the members of your group on the page provided.
3. Complete your growth group calendar with the necessary information, including who will facilitate each session if you decide to share that role.
4. Review the Growth Group Covenant and sign the commitment.
5. Share an insight or two from the devotional section of Strength for the Seasons of Life.

GROW 30 minutes

Donald Williams and Lloyd J. Ogilvie, in their commentary on the first 72 psalms, cite several aspects of the Psalms that are relevant to the church today. The first is *renewal in worship*. The psalms model praise and devotion flowing from people who know God. They meditate upon God's majesty and respond to His working. The renewed church begins with renewed worship.

The second is *renewal in our own self-awareness*. As God reveals Himself, He reveals us; as we become intimate with God, we become intimate with ourselves. The full range of human emotions is displayed in these living prayers. The psalms of lament teach us to accept ourselves before God, just as we are, and just as the Lord accepts us.

The psalms also *display the absolute mercy of God* and the walk of faith. The psalms nourish the Church's mission and call. They offer a *realistic response to the suffering and warfare in this world*. The cry of lament heard in these prayers is relevant to our troubled lives and the need to engage in continual warfare against Satan's deception. The psalms teach us that God not only forgives sins but also heals. The psalms are a reflection of God's people, worshiping the Lord, witnessing to His mighty deeds, and working together, to lift up the whole body of believers. The psalms renew us as we allow the word of God to draw us close to Him. ¹

¹ Donald Williams and Lloyd J. Ogilvie, [Psalms 1–72](#), vol. 13, The Preacher's Commentary Series (Nashville, TN: Thomas Nelson Inc, 1986), 17–18.

The first two psalms serve as an introduction to the entire book of Psalms. Psalm 1 has been described as the “*gateway to the Psalms*.” Psalm 1 introduces God’s instruction in wisdom, while Psalm 2 introduces God’s rule over a rebellious, sinful world. The person of God’s choice in Psalm 1 is godly and wise, delights in God, lives by God’s instruction, and is not influenced by those who do evil. Psalm 2 reveals the rebellion of the nations and the wicked, the judgment of those rebellious nations, and God’s protection of the godly. The overall purpose of the psalms is to provide poetry for the expression of praise, worship, and confession to God.

GROUP DISCUSSION:

- ✓ When has peer pressure influenced your attitudes or actions?
- ✓ What’s most important to you about your friendships with other followers of Christ?
- ✓ How do you think you would feel if you were not allowed to attend church?

 Read **Psalm 1:1-6** and interact with the following questions:

Psalm 1:1-6 (NLT)

¹ *Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. ² But they delight in the law of the LORD, meditating on it day and night. ³ They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do. ⁴ But not the wicked! They are like worthless chaff, scattered by the wind. ⁵ They will be condemned at the time of judgment. Sinners will have no place among the godly. ⁶ For the LORD watches over the path of the godly, but the path of the wicked leads to destruction.*

Psalm 1:1-6 (NIV)

¹ *Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. ² But his delight is in the law of the LORD, and on his law he meditates day and night. ³ He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. ⁴ Not so the wicked! They are like chaff that the wind blows away. ⁵ Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. ⁶ For the LORD watches over the way of the righteous, but the way of the wicked will perish.*

Psalm 1:1-6 (ESV)

¹ *Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; ² but his delight is in the law of the LORD, and on his law he meditates day and night. ³ He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. ⁴ The wicked are not so, but are like chaff that the wind drives away. ⁵ Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; ⁶ for the LORD knows the way of the righteous, but the way of the wicked will perish.*



WHAT DOES THE PASSAGE SAY:

1. What activities does the righteous person avoid? (1:1-3)

2. What is the theme of this psalm? (1:1-6)

3. How are the righteous and the wicked different? (1:1-6)

4. What are the main points the psalm writer makes in this poem? (1:1-6)

5. How does the psalmist connect delight and meditation? (1:2)

6. What does the image of the tree tell us about the righteous person? (1:3)



7. What differences are implied by the references to tree and chaff? (1:3-5)

8. What role does God play in relation to the righteous and the wicked? How do the futures of the righteous and wicked differ? (1:6)

IMPORTANT WORDS:

שָׁתַל - (shatel) (phonetic rendering)

Meaning: plant, to plant, to be planted, or to transplant

*"They are like trees **planted** along the **riverbank**, bearing fruit each season. Their leaves never wither, and they prosper in all they do."* – Psalm 1:3 (NLT)

See also Jeremiah 17:8

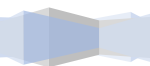
פֶּלֶג - (peleg) (phonetic rendering)

Meaning: artificial water channel, canal, riverbank

Application:

In this passage, trees are intentionally planted near artificial water channels or canals. The purpose is to provide a constant source of nourishment. To apply that spiritually, believers are to intentionally plant themselves in God's law (word) in order to be continually plugged in to a constant source of nourishment.

This process of nourishment is made possible through delighting in God's word and meditating on it day and night. To delight in His word is not just about compliance to a standard, but actually loving what God commands. To meditate on God's word is to think out the implications of scripture for your life. It is to pursue righteousness with the end result of drawing closer to God and as an overflow of an intimate relationship with God to prosper in all you do.



THINKING THROUGH THE IMPLICATIONS OF THE PASSAGE:

9. What does it mean to meditate on God's word day and night?

10. What does this psalm teach us about spiritual discipline?

11. In what specific ways does this psalm encourage you to seek righteousness?

12. How have you experienced God's protection in your life?

HOW GOD WANTS ME TO APPLY THIS PASSAGE TO MY LIFE:

13. What righteous attitude or action would you like to cultivate in your life over this next week?



SHARE 10 minutes

INVEST & INVITE

“Live wisely among those who are not Christians, and make the most of every opportunity.”

– Colossians 4:5 (NLT)

Seek to invest in others who do not have a personal relationship with Jesus Christ and invite them to FBC.

Three people I will attempt to invest in and invite to FBC:

1. _____
2. _____
3. _____

I Will...

- Pray daily for them.
- Share my own verbal witness.
- Invite them to FBC.

SERVE 5 minutes

Thoughts for service ...

How can you serve a family member, co-worker, neighbor, or classmate this week?

WORSHIP 15 minutes

***Pray that God will keep you rooted in His word
and that you will not neglect His truth.***



STRENGTH FOR THE SEASONS OF LIFE

A STUDY THROUGH THE BOOK OF

Psalms

Strength for the Difficult Season | September 27-28, 2025

***“For the LORD watches over the
path of the godly, but the path
of the wicked leads to
destruction.”***

Psalm 1:6 (NLT)

STRENGTH FOR THE SEASONS OF LIFE
A STUDY THROUGH THE BOOK OF

Psalms



MEMORY VERSE