



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

Psalms

WEEK 2
STRENGTH FOR THE TRANSITION SEASON



First Baptist Church of Rancho Cucamonga

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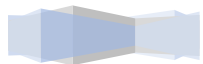
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☐ Day 1	Psalm 1:1-3	☐ Day 21	Psalm 40:1-3
☐ Day 2	Psalm 139:1-6	☐ Day 22	Psalm 27:11-14
☐ Day 3	Psalm 91:1-3	☐ Day 23	Psalm 46:8-11
☐ Day 4	Psalm 93:1-5	☐ Day 24	Psalm 62:1-2, 5-8
☐ Day 5	Psalm 133:1-3	☐ Day 25	Psalm 32:5-7
☐ Day 6	Psalm 23:1-6	☐ Day 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

Requests

Answers

[illegible][illegible]

DAY 6:

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

☐ **Prayer**

Read: Psalm 23:1-6 and The Devotional Thought

Psalm 23:1-6 (NLT)

¹ “The LORD is my shepherd; I have all that I need. ² He lets me rest in green meadows; he leads me beside peaceful streams. ³ He renews my strength. He guides me along right paths, bringing honor to his name. ⁴ Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. ⁵ You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings. ⁶ Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the LORD forever.”

Psalm 23:1-6 (NIV)

¹ “The LORD is my shepherd, I shall not be in want. ² He makes me lie down in green pastures, he leads me beside quiet waters, ³ he restores my soul. He guides me in paths of righteousness for his name’s sake. ⁴ Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. ⁵ You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. ⁶ Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.”

Psalm 23:1-6 (ESV)

¹ “The LORD is my shepherd; I shall not want. ² He makes me lie down in green pastures. He leads me beside still waters. ³ He restores my soul. He leads me in paths of righteousness for his name’s sake. ⁴ Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. ⁵ You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. ⁶ Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.”

Devotional Thought

Have you ever noticed that patience and perseverance sometimes result in more waiting? The 23rd Psalm models for us ways that a good shepherd takes care of his sheep. He feeds, he leads, and he meets their needs. To give God my best requires rest. If you do not rest it will lead to stress. The difference between blessed and stressed is often rest. Which is often what we need in the season of transition. Things look better after a good night of sleep. Things look better when we wait for God to move. This psalm encourages us to relax in God’s goodness.

Times of transition raise our consciousness of God. It shifts our focus to Him. The process reveals that our hurt is covered with Christlikeness. When we cooperate with God, He can use those painful experiences to make us more like Jesus Christ. When we shift our focus to God, it will steady us as we walk through painful and stressful times. When we are past the suffering, we realize the benefit gained from the pain. Regardless of the transition, Jesus walks with us through every step.

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 7:

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

☐ **Prayer**

Read: Psalm 27:1-5 and The Devotional Thought

Psalm 27:1-5 (NLT)

¹ “The LORD is my light and my salvation – so why should I be afraid? The LORD is my fortress, protecting me from danger, so why should I tremble? ² When evil people come to devour me, when my enemies and foes attack me, they will stumble and fall. ³ Though a mighty army surrounds me, my heart will not be afraid. Even if I am attacked, I will remain confident. ⁴ The one thing I ask of the LORD – the thing I seek most – is to live in the house of the LORD all the days of my life, delighting in the LORD’s perfections and meditating in his Temple. ⁵ For he will conceal me there when troubles come; he will hide me in his sanctuary. He will place me out of reach on a high rock.”

Psalm 27:1-5 (NIV)

¹ “The LORD is my light and my salvation – whom shall I fear? The LORD is the stronghold of my life – of whom shall I be afraid? ² When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall. ³ Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident. ⁴ One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek him in his temple. ⁵ For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock.”

Psalm 27:1-5 (ESV)

¹ “The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid? ² When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall. ³ Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident. ⁴ One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple. ⁵ For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.”

Devotional Thought

Life can wear you down so that you have nothing left to give. We can all relate to this anonymous prayer request: “I feel like I am in a war zone. It is one battle after another. I argue with my wife. I clash with my kids. I fight to keep my job. I struggle with growing debt, and I am losing the battle with my weight. Then there are conflicts inside me. I fight my own fears and I battle with my anxieties and my temper, and I am always fighting off depression. I am fighting to keep my head above water and I am so tired.” How does God help you when you feel like that?

When you are in the battle and you are all beat up ... How does God lift you up when you are worn down? Not after the battle is over. But right in the middle of the battle. Where do you find God? You find him by dwelling in the house of the Lord.

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 8

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

☐ **Prayer**

Read: Psalm 32:1-2 and The Devotional Thought

Psalm 32:1-2 (NLT)

¹ “Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! ² Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty!”

Psalm 32:1-2 (NIV)

¹ “Blessed is he whose transgressions are forgiven, whose sins are covered. ² Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit.”

Psalm 32:1-2 (ESV)

¹ “Blessed is the one whose transgression is forgiven, whose sin is covered. ² Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit.”

Devotional Thought

When you start worrying, you need to remember the joy of God’s forgiveness. If you have difficulty with the future, and you tend to get anxious, if you get fearful and worried, if you feel anxiety welling up within you over the future, then you need to remember God’s forgiveness as you move through the season of transition. We do not fear the future for three reasons.

One, God is watching over you. God is always paying attention. Why? Because he created you to love you. You may think, “How can God be interested in me? There are so many people in the world.” The God who created the stars can surely care about all His people all at the same time. God can pay 100 percent attention to you while paying 100 percent attention to everyone else. He’s God. There has never been a moment in your life God was not watching. He knows every detail of your life. He knows the highs and lows, and the good and bad. God knows you better than you know yourself. Psalm 145:20 says, “*The LORD watches over all who love him.*”

Two, God’s grace is working in you. While goodness is working around you, and it is watching out for you ... God’s grace is working in you. God shows His mercy to you. Isaiah 60:10 says, “*I will have mercy on you through my grace.*” Mercy is when God does not give you what you deserve. That is grace. That is mercy. Why do we need mercy? Because we are all imperfect. We all make mistakes. We all sin. We are all in a broken world. We do not always do the right thing. We need forgiveness. We need God’s mercy. When you fully understand that God is never not good to you, and God is never not merciful to you, when you face your future, your fear level goes down.

Three, God’s glory is waiting for you. We can see a little glimpse of God’s glory right now. When you look at the heavens, the Bible says, “*The heavens declare the glory of God.*” (Ps 19:1) We see a small glimpse of the glory of God here, even on a broken planet. The Bible says that I can see God’s glory in you, because you carry the image of God. It is broken, but you carry that. You can see God’s glory in me. But the Bible says one day, when you get to heaven, you are going to see the full glory, the full greatness, the full beauty of God. That is what God’s forgiveness means.

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 9

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

☐ **Prayer**

Read: Psalm 37:3-6 and The Devotional Thought

Psalm 37:3-6 (NLT)

³ “Trust in the LORD and do good. Then you will live safely in the land and prosper. ⁴ Take delight in the LORD, and he will give you your heart’s desires. ⁵ Commit everything you do to the LORD. Trust him, and he will help you. ⁶ He will make your innocence radiate like the dawn, and the justice of your cause will shine like the noonday sun.”

Psalm 37:3-6 (NIV)

³ “Trust in the LORD and do good; dwell in the land and enjoy safe pasture. ⁴ Delight yourself in the LORD and he will give you the desires of your heart. ⁵ Commit your way to the LORD; trust in him and he will do this: ⁶ He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun.”

Psalm 37:3-6 (ESV)

³ “Trust in the LORD, and do good; dwell in the land and befriend faithfulness. ⁴ Delight yourself in the LORD, and he will give you the desires of your heart. ⁵ Commit your way to the LORD; trust in him, and he will act. ⁶ He will bring forth your righteousness as the light, and your justice as the noonday.”

Devotional Thought

Life is brief. Time easily slips away. We miss golden opportunities to fulfill God’s purposes. The challenges of life can be our means of coming to terms with our mortality. We should use life for God’s purposes. We need life to have meaning. Cultivating the values of God provides meaning even in the rush of life. Cultivate a heart for God no matter what happens. Patiently paying attention to the value and meaning of our lives leads to a heart of wisdom. The worst poverty of all is to be poor spiritually. The race of life can consume you or it can be put in proper perspective. To practice patience, we need to slow down, see a needy world and serve it. Patience is a spiritual habit that helps keep us balanced, even in times of transition.

It lies within the heart of every human being to be rebellious. It is a constant battle. For some, it is radical rebellion; for others, it is more subtle. The fact remains that we are inherently rebellious. One of the consequences of such rebellion (disobedience) is that we have difficulty seeing the relationship between obedience and righteousness. Obedience puts us in a closer relationship with God. Righteousness only comes by our relationship with God through Jesus.

When we do not crave holiness and truth, we lose that “special” relationship with God. We do not lose our salvation, but we lose that closeness to Him. When we are rebellious, we lack knowledge and understanding. We tend to move toward corruption. We reject, forsake and turn our backs on God. Our ability to make sound decisions becomes impaired. God desires His children to be good. To overcome rebellion, build godly obedience and moral fiber. Ask four questions. 1) Am I craving a reputation or am I seeking holiness? 2) Are my actions guided by political correctness or righteousness? 3) Am I jealous of others or do I rejoice in their success? 4) Is my motivation to honor God or to honor myself? Hunger for obedience and goodness.

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

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

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

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Day 10

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

☐ **Prayer**

Read: Psalm 37:25-28 and The Devotional Thought

Psalm 37:25-28 (NLT)

²⁵ “Once I was young, and now I am old. Yet I have never seen the godly abandoned or their children begging for bread. ²⁶ The godly always give generous loans to others, and their children are a blessing. ²⁷ Turn from evil and do good, and you will live in the land forever. ²⁸ For the LORD loves justice, and he will never abandon the godly. He will keep them safe forever, but the children of the wicked will die.”

Psalm 37:25-28 (NIV)

²⁵ “I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread. ²⁶ They are always generous and lend freely; their children will be blessed. ²⁷ Turn from evil and do good; then you will dwell in the land forever. ²⁸ For the LORD loves the just and will not forsake his faithful ones. They will be protected forever, but the offspring of the wicked will be cut off.”

Psalm 37:25-28 (ESV)

²⁵ “I have been young, and now am old, yet I have not seen the righteous forsaken or his children begging for bread. ²⁶ He is ever lending generously, and his children become a blessing. ²⁷ Turn away from evil and do good; so shall you dwell forever. ²⁸ For the LORD loves justice; he will not forsake his saints. They are preserved forever, but the children of the wicked shall be cut off.”

Devotional Thought

How can we serve others? Stand firm in our commitment to do right. Faithfulness enables us to live life with conviction for the things that matter. Faithfulness does not compromise godly convictions. The cross of Jesus Christ is the ultimate example of facing extreme difficulty without compromise. To understand the life of Christ you must understand His death. Jesus knew His purpose was to pay the penalty for our sin. Nothing would deter Him from that purpose. His purpose in life led to His death. Faithfulness is following God’s call no matter what the outcome. Faithfulness is rewarded by God’s power to continue and overcome obstacles in the season of transition. Our faithfulness is bolstered by the promise that God will never abandon the godly. The power to be a disciple is found in Jesus Christ. He stands by us. He faithfully gives us the power to stand for Him. Strength is found in the mighty power of God.

The best of all habits is spiritual dependency and serving God wholeheartedly. Do we live by faith? Are we really ready to rely on God? Our relationship with Christ is constant because He is constant. There is a direct relationship between our dependence on Christ and the growth of our faithfulness. When we learn reliance on Christ, our faithfulness grows.

Faithfulness is the unswerving pursuit of the presence of God. The believer hungers not for evidence of the presence of God but for the presence itself; not for the blessings of God but for God. When you dwell with God you will never be shaken. Our faithfulness is a response to the faithfulness of God.

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

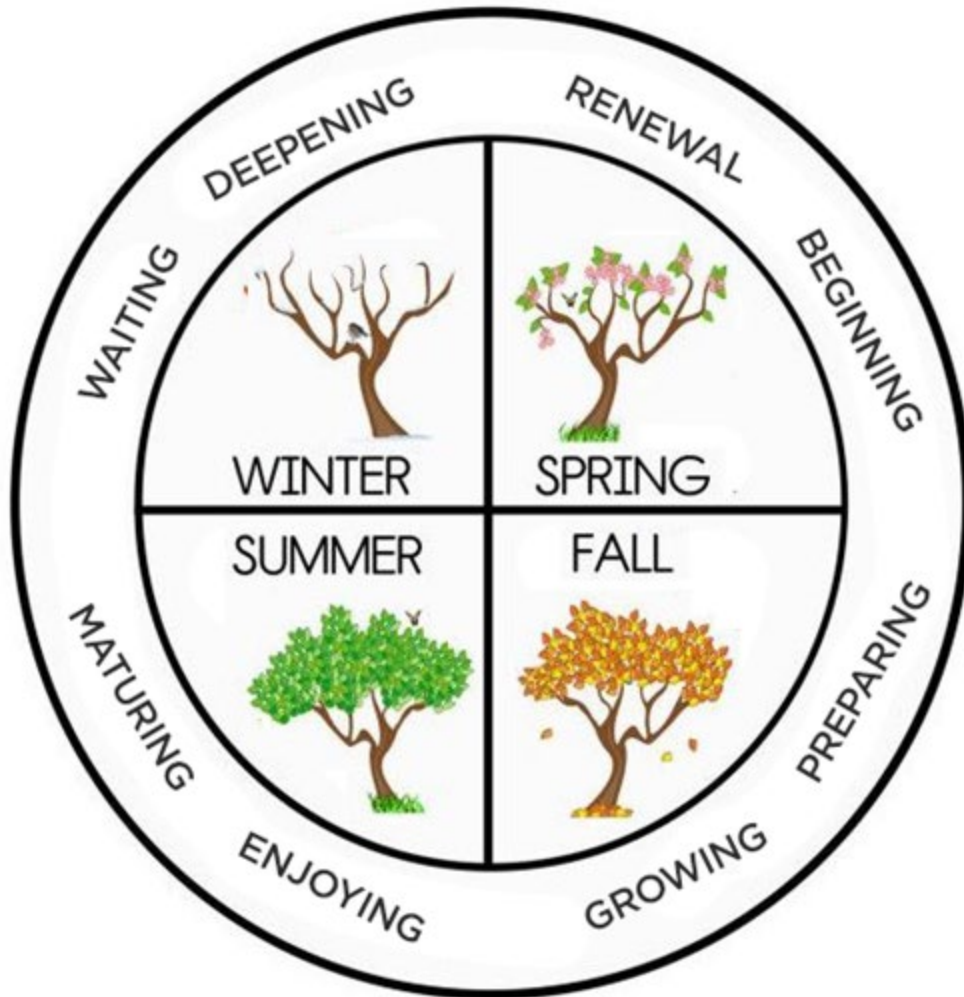
Record: Your thoughts, impressions, things to remember, & an application statement.

[illegible]

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

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THE SEASONS OF LIFE



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

Psalms

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. Take a few moments to catch up on current events in your lives.
2. Introduce any newcomers to your group.
3. Complete any unfinished sections of your growth group calendar.
4. If you have newcomers, review the Growth Group Covenant with them and sign the commitment.
5. Share an insight or two from your devotional section of Strength for the Seasons of Life.

GROW 30 minutes

Transitions can be a time to reflect on the course of your life. Are there adjustments that need to be made? Will the changes reflect my complete dependence on God? Will I honor God in the process of transition? Psalm 32 provides some necessary and fundamental wisdom. Augustine in talking about wisdom stated, "the beginning of knowledge is to know oneself to be a sinner." It is believed that his favorite psalm was Psalm 32. It is a psalm that needs to be read regularly.

Peter Craigie, in the Word Biblical Commentary, describes Psalm 32 as, "a fundamental psalm, illustrating powerfully the prerequisite of spiritual health, (emphasis mine) namely a self-conscious awareness of one's sinful life and of the necessity of acting upon that awareness in confession before God¹

A brief outline of the psalm is as follows:

Title: **Forgiveness as the Prescription for Revival**

- I. The Blessing of Forgiveness (vv. 1-2)
- II. A Personal Statement of Repentance (vv. 3-5)
- III. The Calling of the Godly to Prayer (vv. 6-8)
- IV. The Admonition for Wisdom (v. 9-10)
- V. Closing Praise (v.11)

¹ Peter C. Craigie, [*Psalms 1-50*](#), vol. 19, Word Biblical Commentary (Dallas: Word, Incorporated, 1983), 268.

While Psalm 32 is included in what scholars describe as the penitential (repentance) psalms, it is not a penitential prayer where sin is confessed. Rather, it is a psalm where the practice of penitence is taught as a lesson.

Life is a series of never-ending transitions. Life does not stay the same, it transitions. If we are not careful, if we do not look to God for strength, wisdom, and guidance as we go through these transitions and navigate them, it is easy to get our lives off track. It is easy to go down a dangerous path. As you follow God's path, you are going to go through big life transitions. Some are exciting and admittedly some of them are scary and difficult. They can be stressful. Some will take you toward a dream you have. But some of the transitions take you out of your comfort zone and in a direction that you never planned to go. But no matter what transition you are going through, God will watch over you. He will bless you, as long as you are following his path.

Just because you do not understand why there is a change of plans, does not mean that adjustment that you are experiencing is not for your best. Celebrate. Because God might be getting ready to do something big in your life. Is there an area of your life right now that is not going according to plan? Is it off track? Is it not the way you want it to be? Do not panic. Instead, pause and consider that God could be doing something big. Transitions are a great time to revive us as we deal with our own personal sin. Never underestimate the power of forgiveness provided through the power of Jesus Christ.

GROUP DISCUSSION:

- ✓ What feelings do you associate with repentance?
- ✓ What's something you got blamed for when you were a kid?

 Read **Psalm 32:1-11** and interact with the following questions:

Psalm 32:1-11 (NLT)

¹ "Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! ² Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty! ³ When I refused to confess my sin, my body wasted away, and I groaned all day long. ⁴ Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Interlude ⁵ Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, 'I will confess my rebellion to the LORD.' And you forgave me! All my guilt is gone. Interlude ⁶ Therefore, let all the godly pray to you while there is still time, that they may not drown in the floodwaters of judgment. ⁷ For you are my hiding place; you protect me from trouble. You surround me with songs of victory. Interlude ⁸ The LORD says, 'I will guide you along the best pathway for your life. I will advise you and watch over you. ⁹ Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control.' ¹⁰ Many sorrows come to the wicked, but unfailing love surrounds those who trust the LORD. ¹¹ So rejoice in the LORD and be glad, all you who obey him! Shout for joy, all you whose hearts are pure!"



Psalm 32:1-11 (NIV)

¹ “Blessed is he whose transgressions are forgiven, whose sins are covered. ² Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit. ³ When I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Selah ⁵ Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the LORD’ – and you forgave the guilt of my sin. Selah ⁶ Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him. ⁷ You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. Selah ⁸ I will instruct you and teach you in the way you should go; I will counsel you and watch over you. ⁹ Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you. ¹⁰ Many are the woes of the wicked, but the LORD’s unfailing love surrounds the man who trusts in him. ¹¹ Rejoice in the LORD and be glad, you righteous; sing, all you who are upright in heart!”

Psalm 32:1-11 (ESV)

¹ “Blessed is the one whose transgression is forgiven, whose sin is covered. ² Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit. ³ For when I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah ⁵ I acknowledged my sin to you, and I did not cover my iniquity; I said, ‘I will confess my transgressions to the LORD,’ and you forgave the iniquity of my sin. Selah ⁶ Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him. ⁷ You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance. Selah ⁸ I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you. ⁹ Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, or it will not stay near you. ¹⁰ Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the LORD. ¹¹ Be glad in the LORD, and rejoice, O righteous, and shout for joy, all you upright in heart!”

WHAT DOES THE PASSAGE SAY:

1. What joyful proclamation opens this psalm? (32:1-2)



2. What gift from the Lord did David celebrate in this psalm? (32:1-11)

3. How did David describe the person who receives God's forgiveness? (32:1-11)

4. What personal testimony did David offer regarding God's forgiveness? (32:3-5)

5. How did God respond to David's confession? (32:5)

6. What conclusion did David draw from his experience? (32:6-7)



7. What specific advice does this psalm offer to God's people? (32:8-11)

8. What promise did David offer to those who trust in the Lord? (32:10)

IMPORTANT WORDS:

Three principal terms are employed to designate the dimensions of human evil:

(1) **transgression** (disobedience) (פֶּשַׁע), (pe sa) – crime; offence concerning property; wantonness; misdemeanor; wrongdoing; namely acts reflecting rebellion against God;

(2) **sin** (חַטָּאָה), (chata' ah) – sin, to wrong; to offend; great sin; the most general term, designating an offense, or turning away from the true path;

(3) **iniquity** (עוֹן), (a won) – misdeed; sin; guilt caused by sin; punishment; indicating distortion, criminality, or the absence of respect for the divine will.

The three terms as a whole specify the full dimensions of human evil.

THINKING THROUGH THE IMPLICATIONS OF THE PASSAGE:

9. What kinds of things prevent us from confessing known sin in our lives?



10. Why should we confess our sins to God?

11. How does God's faithfulness in forgiving us encourage you for the future?

12. On what specific advice in this psalm would you like to focus your attention?

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

13. What is one creative way you can remind yourself of God's forgiveness over this next week?



SHARE 10 minutes

A SIMPLE INVITATION TO HAVE A RELATIONSHIP WITH GOD THROUGH JESUS CHRIST

HOW TO HAVE A RELATIONSHIP WITH GOD ...

All have sinned – Everyone has sinned. **Romans 3:23 (NLT)**

There is a penalty for sin – The wages of sin is death. **Romans 6:23 (NLT)**

You cannot save yourself – He saved us, not because of the righteous things we’ve done, but because of his mercy. **Titus 3:5 (NLT)**

Salvation has been provided – God loved the world so much that he gave his only Son, so that everyone who believes in him will have eternal life. **John 3:16 (NLT)**

The conditions are simple – *Repent.* Repent of your sins and turn to God. **Luke 13:3 (NLT)**
Confess. If you confess that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. **Romans 10:9 (NLT)** *Believe.* Believe in the Lord Jesus and you will be saved. **Acts 16:31 (NLT)**

Jesus, I accept you as the manager of my life. Help me to live for you.

“Live wisely among those who are not Christians, and make the most of every opportunity.”
– **Colossians 4:5 (NLT)**

***Invest in others who do not have a personal relationship with Jesus
and invite them to FBC and start a personal relationship with God.***

SERVE 5 minutes

Thoughts for service ...

How can you personally serve at FBC this week?

How can your group serve together?



What spiritual gifts do I have?

What is my heart? What excites me? What stirs my passion?

What abilities do I have?

What kind of personality do I have?

What experiences do I have that God can use to serve others?

WORSHIP 15 minutes

Spend time praying in your group for your shared prayer requests. (See page 3)



STRENGTH FOR THE SEASONS OF LIFE

A STUDY THROUGH THE BOOK OF

Psalms

Strength for the Transition Season | October 4-5, 2025

“Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.”

Psalm 23:4 (NLT)

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MEMORY VERSE