



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

Psalms

WEEK 3
STRENGTH FOR THE GRINDING SEASON



First Baptist Church of Rancho Cucamonga

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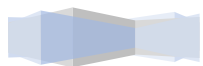
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☐ Day 1	Psalm 1:1-3	☐ Day 21	Psalm 40:1-3
☐ Day 2	Psalm 139:1-6	☐ Day 22	Psalm 27:11-14
☐ Day 3	Psalm 91:1-3	☐ Day 23	Psalm 46:8-11
☐ Day 4	Psalm 93:1-5	☐ Day 24	Psalm 62:1-2, 5-8
☐ Day 5	Psalm 133:1-3	☐ Day 25	Psalm 32:5-7
☐ Day 6	Psalm 23:1-6	☐ Day 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 127:1-5	☐ 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

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Answers

[illegible]

DAY 11:

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

☐ **Prayer**

Read: Psalm 62:1-2 and The Devotional Thought

Psalm 62:1-2 (NLT2)

¹ *"I wait quietly before God, for my victory comes from him. ² He alone is my rock and my salvation, my fortress where I will never be shaken."*

Psalm 62:1-2 (NIV)

¹ *"My soul finds rest in God alone; my salvation comes from him. ² He alone is my rock and my salvation; he is my fortress, I will never be shaken."*

Psalm 62:1-2 (ESV)

¹ *"For God alone my soul waits in silence; from him comes my salvation. ² He alone is my rock and my salvation, my fortress; I shall not be greatly shaken."*

Devotional Thought

The grinding season is a season of life that is so busy and feels so overwhelming that it grinds us down and wears us out. You get up early, you go to bed late, you can barely get everything done. When your head is just above the water and you have to put in extra effort, you know you are in the grinding season. Psalm 62 is a psalm for the grinding season. *"My soul finds rest in God alone; my salvation comes from him."* In God alone, we find the strength to remain faithful. When He is our rock and our salvation, when He is our fortress, we will not be shaken.

Faithfulness trusts even when the final form of our circumstances cannot be foreseen. God's greatest dreams are owned only by those who can see beyond the frail years of their own lifetime. Abraham exhibited nine qualities of faithfulness throughout his life. These traits serve us well in the grinding season.

First, he followed God even though he did not know God's destination. Second, he faced difficulties along the way and remained faithful. Third, he was looking forward. He was not concerned with where he had been but where he was going. Fourth, he counted on God's promises and five, he considered God faithful. In fact, number six, Abraham saw God's faithfulness and seven, he longed for God's kingdom. This longing inspired number eight, he was willing to make sacrifices. He was willing to make sacrifices because number nine, he had a strong belief in God's power.

Abraham had an unwavering faith in God. The free gift of eternal life requires that we discipline ourselves with faithfulness. Faithfulness is the only response genuine believers make to the will of God. When we have been faithful, God will constantly supply His protection and His blessing. He will see us through the grinding season.

Faith is a personal, trusting response to God. He speaks words of promise. To Abraham, it was God's promise of a son and countless descendants. To us, the word of promise is Jesus Himself. When we respond with simple trust in God, He will give us strength for the grinding season.

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 12:

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

☐ **Prayer**

Read: Psalm 128:1-4 and The Devotional Thought

Psalm 128:1-4 (NLT)

¹ “How joyful are those who fear the LORD – all who follow his ways! ² You will enjoy the fruit of your labor. How joyful and prosperous you will be! ³ Your wife will be like a fruitful grapevine, flourishing within your home. Your children will be like vigorous young olive trees as they sit around your table. ⁴ That is the LORD’s blessing for those who fear him.”

Psalm 128:1-4 (NIV)

¹ “Blessed are all who fear the LORD, who walk in his ways. ² You will eat the fruit of your labor; blessings and prosperity will be yours. ³ Your wife will be like a fruitful vine within your house; your sons will be like olive shoots around your table. ⁴ Thus is the man blessed who fears the LORD.”

Psalm 128:1-4 (ESV)

¹ “Blessed is everyone who fears the LORD, who walks in his ways! ² You shall eat the fruit of the labor of your hands; you shall be blessed, and it shall be well with you. ³ Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table. ⁴ Behold, thus shall the man be blessed who fears the LORD.”

Devotional Thought

Do you walk in the ways of the Lord? Do you fear the Lord? Do you have reverence for who God is and all that He has done? Jesus became one of us by emptying Himself of His divine prerogatives. His purpose was to redeem us. We begin to imitate Him by pouring out our lives for others and demonstrating His love to those around us. It involves destroying our self-will and petty ambition. In order to imitate Christ, we must cut out everything that does not look like Him. This process is propelled forward not by trying to be good, but by longing to be like Him. Goodness is the result of our passion to imitate Christ.

At times we do a lousy job of imitating Christ. We have difficulty understanding each other and how best to communicate. That is where we need the compassionate prayers of our friends and family to encourage us. Goodness is always the result of walking with God. Enoch, in the book of Genesis, loved God. He loved walking with God. In fact, he loved it so much that ultimately, he walked into God’s presence. Enoch was snatched away because of his closeness to God. Imitating Christ is about developing a consistent walk with God.

The Apostle Paul encouraged the church at Corinth to pattern their lives after him as he patterned his life after Christ. The Old Testament is rich with examples of positive role models. Elisha modeled his life after his friend and mentor, Elijah. Elisha’s request was to inherit a double portion of Elijah’s spirit. The condition was that Elisha must witness the time when Elijah would be taken from him. The promise was that Elisha’s request would be fulfilled. He needed to be with Elijah. The point is, we grow as we follow God ways and spend time with godly people.

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 13:

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

☐ **Prayer**

Read: Psalm 18:3-6 and The Devotional Thought

Psalm 18:3-6 (NLT)

³ *"I called on the LORD, who is worthy of praise, and he saved me from my enemies. ⁴ The ropes of death entangled me; floods of destruction swept over me. ⁵ The grave wrapped its ropes around me; death laid a trap in my path. ⁶ But in my distress I cried out to the LORD; yes, I prayed to my God for help. He heard me from his sanctuary; my cry to him reached his ears."*

Psalm 18:3-6 (NIV)

³ *"I call to the LORD, who is worthy of praise, and I am saved from my enemies. ⁴ The cords of death entangled me; the torrents of destruction overwhelmed me. ⁵ The cords of the grave coiled around me; the snares of death confronted me. ⁶ In my distress I called to the LORD; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears."*

Psalm 18:3-6 (ESV)

³ *"I call upon the LORD, who is worthy to be praised, and I am saved from my enemies. ⁴ The cords of death encompassed me; the torrents of destruction assailed me; ⁵ the cords of Sheol entangled me; the snares of death confronted me. ⁶ In my distress I called upon the LORD; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears."*

Devotional Thought

Do you realize that God's Word can keep you from sin? His Word teaches us. It provides all that we need. It informs us of God's plan for the ages, His requirements and what He desires for our lives. God's Word defines righteousness and sin. It exists to elevate our goodness. It teaches us the full spectrum of existence, our origin and our destiny. It gives life and makes it better. It calls us to a higher morality. It enables us to conquer the world. It corrects our lives at the deepest level. It is cherished and treasured by humanity because it leads to a closer walk with God.

God's Word is the solid foundation for discovering and living out the purposes of God. Our reputations can either draw people to Christ or cause potential believers to be repelled by our hypocrisies. We need people of good reputation in our churches to have effective ministries. The basis for a good reputation comes from the Bible. Our goodness will be a light to others and lead them closer to God. Believers are to be saturated in the Word and have good reputations.

Obedience to God's Word is learned at times through the afflictions that lead us astray. Hopefully we learn from our mistakes. God desires that we never forget the importance of His Word. His commandments are designed to strengthen our relationship with Him as well as others. Nothing is a higher priority for us than God and His goodness. The one we call on in the grinding season is worthy of praise and will deliver us. Psalm 119:65-66 (NLT) says, *"You have done many good things for me, Lord, just as you promised. I believe in your commands; now teach me good judgment and knowledge."*

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 14:

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

☐ **Prayer**

Read: Psalm 127:1-5 and The Devotional Thought

Psalm 127:1-5 (NLT)

¹ “Unless the LORD builds a house, the work of the builders is wasted. Unless the LORD protects a city, guarding it with sentries will do no good. ² It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones. ³ Children are a gift from the LORD; they are a reward from him. ⁴ Children born to a young man are like arrows in a warrior’s hands. ⁵ How joyful is the man whose quiver is full of them! He will not be put to shame when he confronts his accusers at the city gates.”

Psalm 127:1-5 (NIV)

¹ “Unless the LORD builds the house, its builders labor in vain. Unless the LORD watches over the city, the watchmen stand guard in vain. ² In vain you rise early and stay up late, toiling for food to eat – for he grants sleep to those he loves. ³ Sons are a heritage from the LORD, children a reward from him. ⁴ Like arrows in the hands of a warrior are sons born in one’s youth. ⁵ Blessed is the man whose quiver is full of them. They will not be put to shame when they contend with their enemies in the gate.”

Psalm 127:1-5 (ESV)

¹ “Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain. ² It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep. ³ Behold, children are a heritage from the LORD, the fruit of the womb a reward. ⁴ Like arrows in the hand of a warrior are the children of one’s youth. ⁵ Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate.”

Devotional Thought

God provides us with an eternal relationship with Him. He is the builder. Yet, often we find ourselves in a battle to keep His commandments. We struggle with sins of omission (things we should do but do not) as well as sins of commission (things we should not do but do). Jesus is the sinless Son of God. The closer we are to Him, the more His sinless lifestyle will become our own. Walking with Jesus will enhance our love of God’s laws.

In Isaiah 64 it delivers two indictments against the Hebrew people that could easily be made against us. Indictment #1: We do not love God’s laws. Those who do not love God’s laws are consumed by lawlessness. Indictment #2: We have lost our contempt for sin. We do not honor the Ten Commandments because we do not know them. The road to righteousness is to follow Christ, make choices Jesus would make and, choose the path Jesus would follow.

Our righteousness is possible because of Jesus’ commitment to the moral requirements of God. The key to goodness is based on the genuine practice of love. It is not a moral attempt at being good. Focus instead on recognizing God’s presence. His forgiveness makes you feel clean.

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Day 15:

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

☐ **Prayer**

Read: Psalm 18:25-29 and The Devotional Thought

Psalm 18:25-29 (NLT)

²⁵ “To the faithful you show yourself faithful; to those with integrity you show integrity. ²⁶ To the pure you show yourself pure, but to the wicked you show yourself hostile. ²⁷ You rescue the humble, but you humiliate the proud. ²⁸ You light a lamp for me. The LORD, my God, lights up my darkness. ²⁹ In your strength I can crush an army; with my God I can scale any wall.”

Psalm 18:25-29 (NIV)

²⁵ “To the faithful you show yourself faithful, to the blameless you show yourself blameless, ²⁶ to the pure you show yourself pure, but to the crooked you show yourself shrewd. ²⁷ You save the humble but bring low those whose eyes are haughty. ²⁸ You, O LORD, keep my lamp burning; my God turns my darkness into light. ²⁹ With your help I can advance against a troop; with my God I can scale a wall.”

Psalm 18:25-29 (ESV)

²⁵ “With the merciful you show yourself merciful; with the blameless man you show yourself blameless; ²⁶ with the purified you show yourself pure; and with the crooked you make yourself seem tortuous. ²⁷ For you save a humble people, but the haughty eyes you bring down. ²⁸ For it is you who light my lamp; the LORD my God lightens my darkness. ²⁹ For by you I can run against a troop, and by my God I can leap over a wall.”

Devotional Thought

This section of Psalm 18 is about the goodness of God. Goodness for us is more than doing the right things. It is a commitment of everything to the kingdom of God. The toughest battle is to convince those who are “fairly moral” and “pretty good” that they need to repent of their sin and turn completely to God. The story in the Gospel of Mark chapter 10 is indicative of not just the rich young ruler dialoging with Jesus but many in our society today. We are a nation consumed with relativism. We constantly compare ourselves to others.

The point is, when we compare ourselves to Jesus, we always come up short. Our relationship with Christ grows when we understand our need for His goodness. In the Old Testament, Abraham was a model of faithfulness. He was asked by God for the ultimate sacrifice of his son. However, God provided the necessary sacrifice because of Abraham’s willingness to be obedient. Righteousness is a perfect moral standing before God. Jesus was our perfect sacrifice. He died for our sins. Therefore, we can do what God has required because we are made good through Christ.

Goodness at its very core is concerned about those who have no relationship with Jesus Christ. Are we passionately concerned about those without Christ? By telling the Good News, the church remains informed and growing. Through this proclamation, the enemies of God are made friends and the church behaves better. Telling the Good News is our calling. The church must be active in sending people to share the Good News.

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

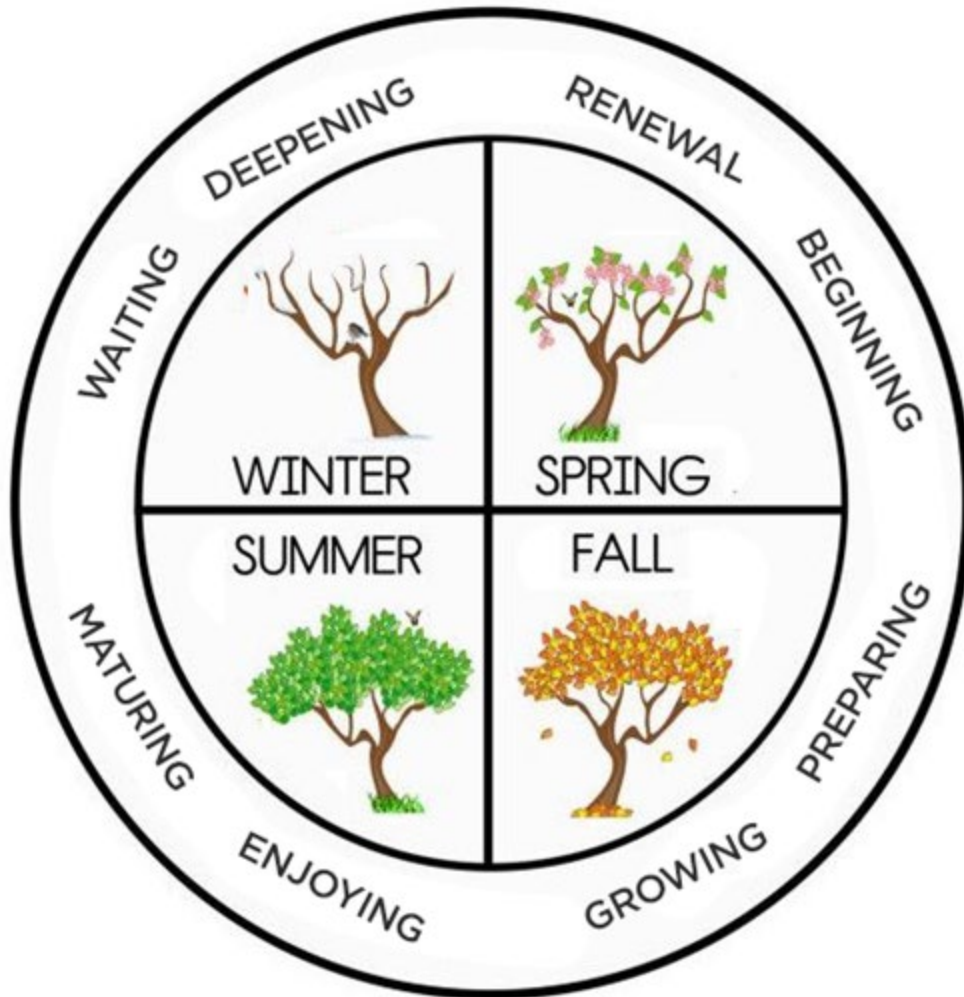
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THE SEASONS OF LIFE



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. Complete any unfinished sections of your growth group calendar.
3. Share an insight or two from your devotional section of Strength for the Seasons of Life.

GROW 30 minutes

Readers of the 73rd psalm hold this psalm in high regard. This ancient writing always seems contemporary. The words relate to our own conditions and provide new strength. Marvin Tate writes, "Readers identify easily with the speaker in the psalm; they know about the struggle for faith in a world which usually holds the active presence of God in contempt (v 11) – though more often in deeds than in words. These readers know how hard it is to stay on the course of purity and faithfulness when the tongues of the wicked strut through human society with lies, malice, and scoffing. We know them well."¹

When you are in the grinding season, it seems like others are doing so well, so easily, while you are struggling with getting ahead and seeing your own prosperity. After a season of lamenting, the psalmist makes a blunt statement in which we can identify regarding his grinding season. In Psalm 73:21-26 (NLT) he says, ²¹ "When my heart was grieved and my spirit embittered, ²² I was senseless and ignorant; I was a brute beast before you. ²³ Yet I am always with you; you hold me by my right hand. ²⁴ You guide me with your counsel, and afterward you will take me into glory. ²⁵ Whom have I in heaven but you? And earth has nothing I desire besides you. ²⁶ My flesh and my heart may fail, but God is the strength of my heart and my portion forever." May you reach the same conclusion as you gain strength for the grinding season.

What are your initial thoughts on Psalm 73?

¹ Marvin E. Tate, [*Psalms 51–100*](#), vol. 20, Word Biblical Commentary (Dallas: Word, Incorporated, 1998), 237.

GROUP DISCUSSION:

- ✓ What unfairness or injustice do you see in your day-to-day life?
- ✓ What do you think is the most desirable thing on earth?
- ✓ Whom do you envy most, and what do you envy about him or her?

 Read **Psalm 73:1-28** and interact with the following questions:

Psalm 73:1-28 (NLT)

¹ “Truly God is good to Israel, to those whose hearts are pure. ² But as for me, I almost lost my footing. My feet were slipping, and I was almost gone. ³ For I envied the proud when I saw them prosper despite their wickedness. ⁴ They seem to live such painless lives; their bodies are so healthy and strong. ⁵ They don’t have troubles like other people; they’re not plagued with problems like everyone else. ⁶ They wear pride like a jeweled necklace and clothe themselves with cruelty. ⁷ These fat cats have everything their hearts could ever wish for! ⁸ They scoff and speak only evil; in their pride they seek to crush others. ⁹ They boast against the very heavens, and their words strut throughout the earth. ¹⁰ And so the people are dismayed and confused, drinking in all their words. ¹¹ ‘What does God know?’ they ask. ‘Does the Most High even know what’s happening?’ ¹² Look at these wicked people – enjoying a life of ease while their riches multiply. ¹³ Did I keep my heart pure for nothing? Did I keep myself innocent for no reason? ¹⁴ I get nothing but trouble all day long; every morning brings me pain. ¹⁵ If I had really spoken this way to others, I would have been a traitor to your people. ¹⁶ So I tried to understand why the wicked prosper. But what a difficult task it is! ¹⁷ Then I went into your sanctuary, O God, and I finally understood the destiny of the wicked. ¹⁸ Truly, you put them on a slippery path and send them sliding over the cliff to destruction. ¹⁹ In an instant they are destroyed, completely swept away by terrors. ²⁰ When you arise, O Lord, you will laugh at their silly ideas as a person laughs at dreams in the morning. ²¹ Then I realized that my heart was bitter, and I was all torn up inside. ²² I was so foolish and ignorant – I must have seemed like a senseless animal to you. ²³ Yet I still belong to you; you hold my right hand. ²⁴ You guide me with your counsel, leading me to a glorious destiny. ²⁵ Whom have I in heaven but you? I desire you more than anything on earth. ²⁶ My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever. ²⁷ Those who desert him will perish, for you destroy those who abandon you. ²⁸ But as for me, how good it is to be near God! I have made the Sovereign LORD my shelter, and I will tell everyone about the wonderful things you do.”

Psalm 73:1-28 (NIV)

¹ “Surely God is good to Israel, to those who are pure in heart. ² But as for me, my feet had almost slipped; I had nearly lost my foothold. ³ For I envied the arrogant when I saw the prosperity of the wicked. ⁴ They have no struggles; their bodies are healthy and strong. ⁵ They are free from the burdens common to man; they are not plagued by human ills. ⁶ Therefore pride is their necklace; they clothe themselves with violence. ⁷ From their callous hearts comes iniquity; the evil conceits



of their minds know no limits. ⁸ They scoff, and speak with malice; in their arrogance they threaten oppression. ⁹ Their mouths lay claim to heaven, and their tongues take possession of the earth. ¹⁰ Therefore their people turn to them and drink up waters in abundance. ¹¹ They say, 'How can God know? Does the Most High have knowledge?' ¹² This is what the wicked are like – always carefree, they increase in wealth. ¹³ Surely in vain have I kept my heart pure; in vain have I washed my hands in innocence. ¹⁴ All day long I have been plagued; I have been punished every morning. ¹⁵ If I had said, 'I will speak thus,' I would have betrayed your children. ¹⁶ When I tried to understand all this, it was oppressive to me ¹⁷ till I entered the sanctuary of God; then I understood their final destiny. ¹⁸ Surely you place them on slippery ground; you cast them down to ruin. ¹⁹ How suddenly are they destroyed, completely swept away by terrors! ²⁰ As a dream when one awakes, so when you arise, O Lord, you will despise them as fantasies. ²¹ When my heart was grieved and my spirit embittered, ²² I was senseless and ignorant; I was a brute beast before you. ²³ Yet I am always with you; you hold me by my right hand. ²⁴ You guide me with your counsel, and afterward you will take me into glory. ²⁵ Whom have I in heaven but you? And earth has nothing I desire besides you. ²⁶ My flesh and my heart may fail, but God is the strength of my heart and my portion forever. ²⁷ Those who are far from you will perish; you destroy all who are unfaithful to you. ²⁸ But as for me, it is good to be near God. I have made the Sovereign LORD my refuge; I will tell of all your deeds."

Psalm 73:1-28 (ESV)

¹ "Truly God is good to Israel, to those who are pure in heart. ² But as for me, my feet had almost stumbled, my steps had nearly slipped. ³ For I was envious of the arrogant when I saw the prosperity of the wicked. ⁴ For they have no pangs until death; their bodies are fat and sleek. ⁵ They are not in trouble as others are; they are not stricken like the rest of mankind. ⁶ Therefore pride is their necklace; violence covers them as a garment. ⁷ Their eyes swell out through fatness; their hearts overflow with follies. ⁸ They scoff and speak with malice; loftily they threaten oppression. ⁹ They set their mouths against the heavens, and their tongue struts through the earth. ¹⁰ Therefore his people turn back to them, and find no fault in them. ¹¹ And they say, 'How can God know? Is there knowledge in the Most High?' ¹² Behold, these are the wicked; always at ease, they increase in riches. ¹³ All in vain have I kept my heart clean and washed my hands in innocence. ¹⁴ For all the day long I have been stricken and rebuked every morning. ¹⁵ If I had said, 'I will speak thus,' I would have betrayed the generation of your children. ¹⁶ But when I thought how to understand this, it seemed to me a wearisome task, ¹⁷ until I went into the sanctuary of God; then I discerned their end. ¹⁸ Truly you set them in slippery places; you make them fall to ruin. ¹⁹ How they are destroyed in a moment, swept away utterly by terrors! ²⁰ Like a dream when one awakes, O Lord, when you rouse yourself, you despise them as phantoms. ²¹ When my soul was embittered, when I was pricked in heart, ²² I was brutish and ignorant; I was like a beast toward you. ²³ Nevertheless, I am continually with you; you hold my right hand. ²⁴ You guide me with your counsel, and afterward you will receive me to glory. ²⁵ Whom have I in heaven but you? And there is nothing on earth that I desire besides you. ²⁶ My flesh and my heart may fail, but God is the strength of my heart and my portion forever. ²⁷ For behold, those who are far from you shall perish; you put an end to everyone who is unfaithful to you. ²⁸ But for me it is good to be near God; I have made the Lord GOD my refuge, that I may tell of all your works."

WHAT DOES THE PASSAGE SAY:

1. What dilemma did the author of this psalm face? (73:1-3)

2. What characterizes the wicked? (73:4-12)

3. What attitude do wicked people have toward God? (73:11) Why did the psalmist think that his own righteousness was in vain? (73:13)

4. How was the psalmist affected by the prosperity of the wicked (73:13-14, 21-22)



5. When did the psalmist understand that the prosperity of the wicked didn't matter? (73:17)

6. How is God's treatment of the wicked and the faithful contrasted? (73:18-19, 23-27)

7. What is the most desirable thing on earth? (73:25)

8. With what vow did the author conclude his psalm? (73:28)

PSALM 73:13-17 (NLT)

¹³ "Did I keep my heart pure for nothing? Did I keep myself innocent for no reason? ¹⁴ I get nothing but trouble all day long; every morning brings me pain. ¹⁵ If I had really spoken this way to others, I would have been a traitor to your people. ¹⁶ So I tried to understand why the wicked prosper. But what a difficult task it is! ¹⁷ Then I went into your sanctuary, O God, and I finally understood the destiny of the wicked."

The psalmist wonders if godly living is a meaningless ritual which does not give the expected rewards of faithfulness. Yet he emphasizes that his verbalization of his doubts about the futility of godliness would discourage God's people and give God's enemies opportunity to blaspheme. The psalmist instead internalizes the issue and reflects on it.

THINKING THROUGH THE IMPLICATIONS OF THE PASSAGE:

9. How are we just like the writer of this psalm?

10. How should you react when you experience failure in your life?

11. How can we have God's perspective when we feel confused or upset about how the world is?

12. What have you learned about the role of worship in our lives?



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

13. What can you do to be content when you feel unfairly unrewarded for the good you do?

SHARE 10 minutes

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



The following is a list of 3 people I am attempting 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

Devise a strategy for your groups ongoing service at FBC ...

[illegible]

WORSHIP 15 minutes

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

[illegible]

STRENGTH FOR THE SEASONS OF LIFE

A STUDY THROUGH THE BOOK OF

Psalms

Strength for the Grinding Season | October 11-12, 2025

***“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.”***

Psalm 32:5 (NLT)

STRENGTH FOR THE SEASONS OF LIFE
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Psalms



MEMORY VERSE