



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

*Psalms*

**WEEK 6**  
**STRENGTH FOR THE DRY SEASON**



**First Baptist Church of Rancho Cucamonga**

7450 Archibald Avenue

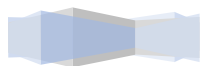
Rancho Cucamonga, California 91730-1403

909.987.3676 | [www.fbcfamily.net](http://www.fbcfamily.net)

[bw1@fbcfamily.net](mailto:bw1@fbcfamily.net)



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



# Prayer Log

## Requests

[illegible]

## Answers

[illegible]

# DAY 26:

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

☐ **Prayer**

**Read:** Psalm 22:1-3 and The Devotional Thought

## Psalm 22:1-3 (NLT)

<sup>1</sup> “My God, my God, why have you abandoned me? Why are you so far away when I groan for help? <sup>2</sup> Every day I call to you, my God, but you do not answer. Every night you hear my voice, but I find no relief. <sup>3</sup> Yet you are holy, enthroned on the praises of Israel.”

## Psalm 22:1-3 (NIV)

<sup>1</sup> “My God, my God, why have you forsaken me? Why are you so far from saving me, so far from the words of my groaning? <sup>2</sup> O my God, I cry out by day, but you do not answer, by night, and am not silent. <sup>3</sup> Yet you are enthroned as the Holy One; you are the praise of Israel.”

## Psalm 22:1-3 (ESV)

<sup>1</sup> “My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning? <sup>2</sup> O my God, I cry by day, but you do not answer, and by night, but I find no rest. <sup>3</sup> Yet you are holy, enthroned on the praises of Israel.”

## Devotional Thought

“My God, my God, why have you abandoned me?” While Psalm 22 is an accurate description of what Jesus would later endure on the cross and the victory brought by His death and resurrection, it also describes a time of great suffering for David as well. The start of this passage is not a cry of doubt, but rather David’s urgent appeal to God. We can identify with his range of emotions.

However, Psalm 22 was indeed prayed by Jesus from the Cross. As you look at this text you will have on your heart what was on His heart as He died. This psalm is the doorway into the mystery of Jesus’ dying horrors. Long before our Savior died, God prepared for His consolation. Jesus came to fulfil the sickness, agony, and abandonment felt by its author. He also came to experience the triumph on the other side. God brings life out of death. This is the ultimate meaning of Psalm 22.

Everything written about Jesus in the Bible is summarized in ten values. There are ten actions that Jesus did in His life that He wants you to do. This is how you should live, especially when you feel like God has abandoned you in your dry season. Think about these over the next few days.

First, live with discernment. That means you evaluate things, test things, you are discerning. Do not just automatically accept what somebody tells you. You check it out. You do not automatically accept the world’s values. You are not sucked in by popular culture. You check it out.

Second, live with integrity. Most people do not understand this word. They think integrity means being honest. Telling the truth is part of integrity. But integrity means more than being honest. Integrity means wholeness. Integrity means your life is consistently the same in all areas.

Third, live with humility. Many people misunderstand this word. Humility is not saying I am no good. I am nothing. Humility is dependence upon God. Lack of humility causes stress. A true mark of humility is when you depend more on God and less on yourself.

**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 27:

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

☐ **Prayer**

**Read:** Psalm 22:6-8 and The Devotional Thought

## Psalm 22:6-8 (NLT)

<sup>6</sup> *"But I am a worm and not a man. I am scorned and despised by all! <sup>7</sup> Everyone who sees me mocks me. They sneer and shake their heads, saying, <sup>8</sup> 'Is this the one who relies on the LORD? Then let the LORD save him! If the LORD loves him so much, let the LORD rescue him!'"*

## Psalm 22:6-8 (NIV)

<sup>6</sup> *"But I am a worm and not a man, scorned by men and despised by the people. <sup>7</sup> All who see me mock me; they hurl insults, shaking their heads: <sup>8</sup> 'He trusts in the LORD; let the LORD rescue him. Let him deliver him, since he delights in him.'"*

## Psalm 22:6-8 (ESV)

<sup>6</sup> *"But I am a worm and not a man, scorned by mankind and despised by the people. <sup>7</sup> All who see me mock me; they make mouths at me; they wag their heads; <sup>8</sup> 'He trusts in the LORD; let him deliver him; let him rescue him, for he delights in him!'"*

## Devotional Thought

The ultimate meaning of Psalm 22 is that God brings life out of death. This psalm brought great consolation to Jesus as he suffered and died on the cross. As believers we seek to pattern our lives after Jesus Christ. He lived, died and rose again with ten values. Today, we continue with the list of ten actions Jesus took that we can do as well.

Number four, live with simplicity. Jesus lived a very simple life. He lived a life of simplicity. That will lower your stress level also. Today life is more and more complex, and it is getting more so. Not only that ... you have more stuff than you have ever had before. The more stuff you have the more you have to care for it, the more you have to clean it, the more you have to protect it, the more you have to insure it, the more you have to repair it. The more stuff you have the more it dominates your life.

Everything in our society says, "It's all about the stuff. It's all about getting more." Our society implies the whole purpose of life is simply the acquisition of things. But Jesus said, a man's life does not consist in the abundance of things you possess. That is the opposite of what our culture teaches. Never sacrifice time for things. Your time is far more important than your money.

Five, live with possibility. See the possibilities because of your faith. When I put my faith in the God who says all things are possible ... It expands my horizon. I can be much more creative, and I can be much more innovative. One of the greatest sins is unbelief. It is not trusting the God who made me. When I have unbelief, it limits my life. The more you believe and trust God, the more limitless your possibilities become.

6

Six, live with hospitality. You must learn to live with hospitality. What is hospitality? It is love in action. It is practical love. It is love with hands and feet on it. It is love that you can see in action. Jesus showed hospitality to everyone. He expects His followers to do the same.

**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.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

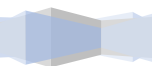
---

---

---

---

---



# Day 28:

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

☐ **Prayer**

**Read:** Psalm 22:19-22 and The Devotional Thought

## Psalm 22:19-22 (NLT)

<sup>19</sup> “O LORD, do not stay far away! You are my strength; come quickly to my aid! <sup>20</sup> Save me from the sword; spare my precious life from these dogs. <sup>21</sup> Snatch me from the lion’s jaws and from the horns of these wild oxen. <sup>22</sup> I will proclaim your name to my brothers and sisters. I will praise you among your assembled people.”

## Psalm 22:19-22 (NIV)

<sup>19</sup> “But you, O LORD, be not far off; O my Strength, come quickly to help me. <sup>20</sup> Deliver my life from the sword, my precious life from the power of the dogs. <sup>21</sup> Rescue me from the mouth of the lions; save me from the horns of the wild oxen. <sup>22</sup> I will declare your name to my brothers; in the congregation I will praise you.”

## Psalm 22:19-22 (ESV)

<sup>19</sup> “But you, O LORD, do not be far off! O you my help, come quickly to my aid! <sup>20</sup> Deliver my soul from the sword, my precious life from the power of the dog! <sup>21</sup> Save me from the mouth of the lion! You have rescued me from the horns of the wild oxen! <sup>22</sup> I will tell of your name to my brothers; in the midst of the congregation I will praise you.”

## Devotional Thought

Today we conclude the ten actions that Jesus demonstrated in his life as examples for us.

Seven, live with civility. This value is how God wants you to act toward people who disagree with you. More and more people come into our lives from different perspectives and different places. The greater our differences become and the more differences we have the more divisive people become. Jesus said “*In everything, do to others what you would have them do to you.*” (Matthew 7:12 NIV) This is one of the most famous quotes of Jesus. It’s called the Golden Rule. Do unto others as you would have them do unto you. The word for that is civility. Civility is treating other people the way you would like to be treated. Even if you disagree with them. Even if they are dead wrong.

Eight, live with charity. If you want to live like Jesus, you must learn to live with charity. Charity is a big basket that holds many concepts like forgiveness, mercy, kindness, grace, graciousness, compassion. All these things are wrapped in the idea of charity. Showing love to people.

Nine, live with generosity. Why does God want us to learn generosity? So we can be like Him. God is generous. Every time I give it makes me more like Jesus Christ. Every time I give my heart grows bigger. Every time I give, I break the grip of materialism in my life. When I give, I win a spiritual victory. Whether I feel anything or not it is a spiritual victory in my life.

Ten, live with priority. All the other things in your life; your career life, your education, your friendship, your romance, your finances. They are all good. They are all from God. But He says, “You put Me first.” If you are a Christian, God is number one. He comes first in your life.

**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 29:

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

☐ **Prayer**

**Read:** Psalm 63:1, 5-8 and The Devotional Thought

### **Psalm 63:1, 5-8 (NLT)**

<sup>1</sup> “O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water. ... <sup>5</sup> You satisfy me more than the richest feast. I will praise you with songs of joy. <sup>6</sup> I lie awake thinking of you, meditating on you through the night. <sup>7</sup> Because you are my helper, I sing for joy in the shadow of your wings. <sup>8</sup> I cling to you; your strong right hand holds me securely.”

### **Psalm 63:1 (NIV)**

<sup>1</sup> “O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. ... <sup>5</sup> My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you. <sup>6</sup> On my bed I remember you; I think of you through the watches of the night. <sup>7</sup> Because you are my help, I sing in the shadow of your wings. <sup>8</sup> My soul clings to you; your right hand upholds me.”

### **Psalm 63:1 (ESV)**

<sup>1</sup> “O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. ... <sup>5</sup> My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips, <sup>6</sup> when I remember you upon my bed, and meditate on you in the watches of the night; <sup>7</sup> for you have been my help, and in the shadow of your wings I will sing for joy. <sup>8</sup> My soul clings to you; your right hand upholds me.”

### **Devotional Thought**

What is God’s intention is for us as Christ followers? The first thing is that the goal in God’s salvation for us, is not merely to save us and to restore the relationship with him ... but to make us more like his Son, Jesus Christ. That process is called sanctification.

After we become Christ followers, God starts this process of making us into the image of Jesus. He does it more and more as time goes by, so that we are changed into as 2 Corinthians says, “into his glorious image.” That will take our lifetime. God works in us and we become like him.

First, you have to know, believe and embrace that God loves you unconditionally. You embrace that he adores you and that you are precious in his sight. Even in your brokenness, your wounds, your immaturity, and even in everything about you that is not right.

The second action is to evaluate with an accurate reflection. When we look at an accurate mirror, it helps us deal with our defensiveness and it helps us deal with the trauma of what we might have experienced. The most accurate reflection is God’s word.

The third action is to examine my relationships for patterns of behavior. Look at your typical interactions with the people closest to you and see if there are repeated places of conflict and misunderstanding.

Finally, establish a daily practice of humility before God. Come to God and deliberately and intentionally say to him “God, please reveal to me my blind spots. I recognize that I am blind to my own blindness. I need your help to see. So, Father, in humility, I ask you to show me.”

**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 30:

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

☐ **Prayer**

**Read:** Psalm 107:33-35 and The Devotional Thought

## **Psalm 107:33-35 (NLT)**

<sup>33</sup> “He changes rivers into deserts, and springs of water into dry, thirsty land. <sup>34</sup> He turns the fruitful land into salty wastelands, because of the wickedness of those who live there. <sup>35</sup> But he also turns deserts into pools of water, the dry land into springs of water.”

## **Psalm 107:33-35 (NIV)**

<sup>33</sup> “He turned rivers into a desert, flowing springs into thirsty ground, <sup>34</sup> and fruitful land into a salt waste, because of the wickedness of those who lived there. <sup>35</sup> He turned the desert into pools of water and the parched ground into flowing springs.”

## **Psalm 107:33-35 (ESV)**

<sup>33</sup> “He turns rivers into a desert, springs of water into thirsty ground, <sup>34</sup> a fruitful land into a salty waste, because of the evil of its inhabitants. <sup>35</sup> He turns a desert into pools of water, a parched land into springs of water.”

## **Devotional Thought**

How do I make the changes in me that I want to make? They seem to be stubborn parts of my personality that I cannot seem to change. Remember, God loves you the way you are. But He loves you way too much to let you stay that way. His goal is to make you like Jesus Christ. That change is a process.

2 Corinthians 3:18 calls it a process. “All of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit.” – 1 Corinthians 3:18 (NRSV)

It is a process. It is incremental. It is not instant. The changes you want to make in you and the changes God wants to make in you to make you more like Christ are gradual. The Message paraphrase of that same verse says, “Our lives gradually become brighter and brighter.”

God is the author of change as we see in this passage. Real change begins with new thinking. The way you think affects the way you feel, and the way you feel affects the way you act. If you want to change the way you act and change your behavior, you do not focus on your actions or behavior. You focus on your thinking. If you change your thinking, it is going to change the way you feel. If you change the way you feel, it will change the way you act. It will change what you think you are. The battle is won or lost in your mind. It is not won or lost in the actions.

This is not something you can do on your own. You need the Holy Spirit in your life. The Bible calls it the fruit of the Spirit. When the Holy Spirit is in your life, the fruit of the Spirit is an inside job. The fruit of the Spirit is love and joy and peace. It is patience and kindness and goodness. It is faithfulness and gentleness and self-control. That is the fruit of the Spirit. But you cannot just attach them onto your life. You cannot transform yourself to be like Christ on your own power. To really change, stop thinking like the world does. Let the author of change help you.

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

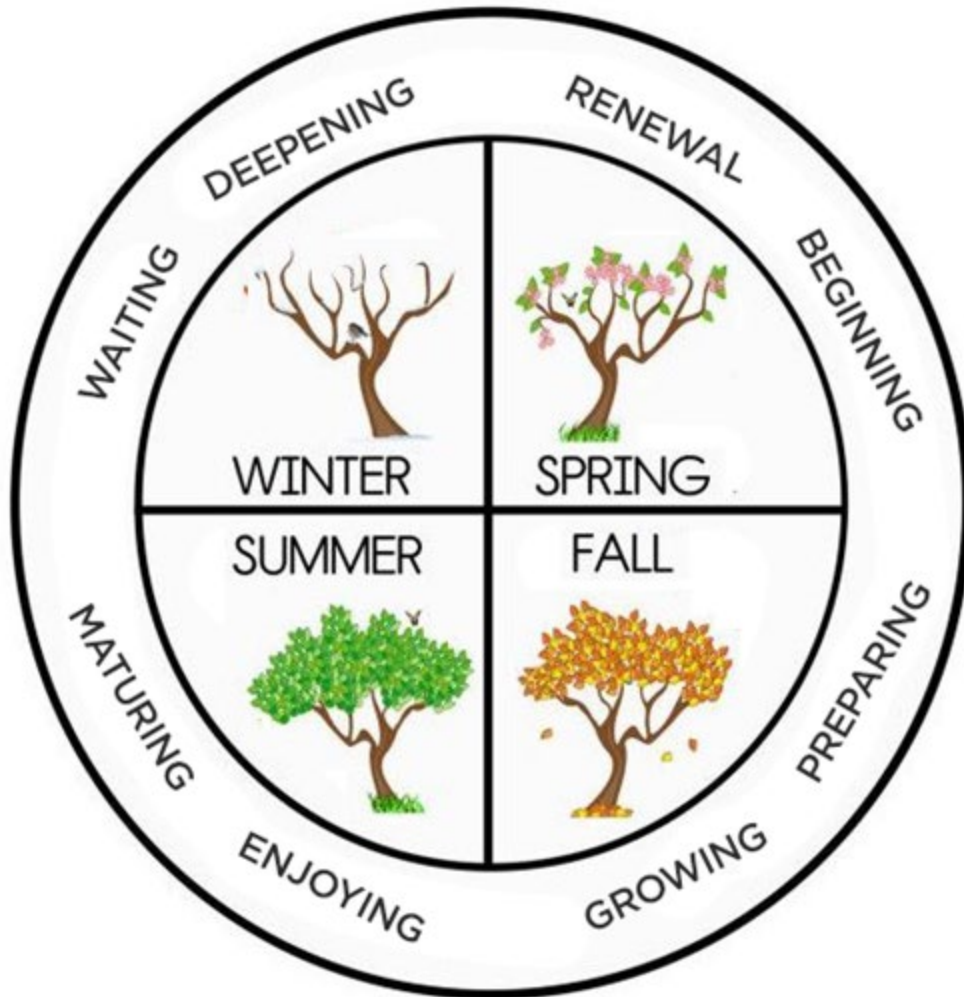
**Record:** Your thoughts, impressions, things to remember, & an application statement.

[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*

## 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



## APPLICATION QUESTIONS: S.P.E.A.K. T.O. M.E.

### ✓ **SIN TO CONFESS?**

Does the passage point out a sin that you are struggling with and that the Holy Spirit is challenging you to do something about? When you read the Bible, sometimes it is going to bring to your attention sin that is currently in your life that is hurting you or sin that could hurt.

### ✓ **PROMISE TO CLAIM?**

As you read, ask, is there a promise here that I have not seen that I need to claim for my own life? A promise that if I take hold of right now it is going to calm my fears or give me courage?

### ✓ **EXAMPLE TO FOLLOW?**

As I read this passage, is there someone there who is doing something godly or doing something courageous or doing something selfless that God is using to inspire me or to challenge me to do the same thing in my own life in a situation I am going through.

### ✓ **ATTITUDE TO CHANGE?**

Is God showing me an area where I need to change my attitude?

### ✓ **KNOWLEDGE TO EMBRACE?**

Is God showing a new truth, some new knowledge, that you never noticed before? Is he teaching you something that you need to accept as true? Are there godly principles laid out clearly or exemplified in a story?

### ✓ **THANKS TO GIVE?**

Did the Holy Spirit show you something that you need to give thanks for? Is there something he showed you in these previous questions that you need to thank God for that revelation?"

### ✓ **OCCASION TO PRAY?**

Is God prompting you to pray for something specific from your reading? Did he bring someone to mind as you were reading that you need to stop and pray for them? Do you need to ask God for strength or courage or patience or something that will help you apply his truth to your life?

### ✓ **MANDATE TO OBEY?**

Is there a clear mandate or command in the passage? God is saying, you need to do this or maybe the mandate is God saying, "Do not do this or stop doing this?" Is there a mandate to obey?

### ✓ **ERROR TO AVOID?**

Is the Holy Spirit showing you a danger area? Something that can trip you up? Is this an area of sin that might ruin your life? Look for warnings that the Bible gives you to avoid certain things.



**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. Share an insight or two from your devotional section of Strength for the Seasons of Life.

**GROW** ..... 30 minutes

I love the following quote from Donald Williams and Lloyd J. Ogilvie’s work in The Preacher’s Commentary Series. Let this insight shape your thoughts as you look at the powerful and convicting Psalm 51.

“How we long for renewal! Every area of our life is so easily corroded and stained. Our marriages need renewal. As Scott Peck observes, we must fall in love again and again. Our families need renewal. It is tragic that often it takes illness or death to reunite us. Our churches need renewal when liturgy becomes mechanical, the prayers rote, and programs perfunctory. But most of all, we need personal renewal—deep inner conviction of our own sin and poverty—followed by a fresh cleansing and infilling of God’s Spirit.”

“There is no renewal apart from pain. This pain may come in moral crisis. It may come when the placid order of life is broken by illness, economic reversal, or an upheaval in relationships. It may come when we reflect upon the pace with which life passes and upon our haunting need for meaning. Carl Jung said that all of the people over forty years old coming to see him for psychiatric help were looking for some reason to continue living.”

“The deepest renewal is spiritual, and it has a moral base. Since God is holy and since He has given us a conscience, we cannot be renewed apart from dealing with our moral failure before Him. Try as we may, we cannot remove sin by rationalization or denial. At some point our intellectual and psychological defense mechanisms will be broken. In that moment of truth when we face our own despair, God promises to come to us. But how will we know what to do? How can we experience His cleansing and renewing power? Psalm 51 becomes a key to new life. This great psalm opens the door to a radical change for each person who is willing to pray this prayer from the heart.”<sup>1</sup>

---

<sup>1</sup> Donald Williams and Lloyd J. Ogilvie, [Psalms 1–72](#), vol. 13, The Preacher’s Commentary Series (Nashville, TN: Thomas Nelson Inc, 1986), 385–386.



## **GROUP DISCUSSION:**

- ✓ What character traits are most valued among your coworkers?
- ✓ What are some Christian characteristics that our culture looks down upon?
- ✓ What Christian traits do you think are the most difficult to cultivate because of pressure from your non-Christian friends?

 Read **Psalm 51:1-19** and interact with the following questions:

### **Psalm 51:1-19 (NLT)**

<sup>1</sup> “Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. <sup>2</sup> Wash me clean from my guilt. Purify me from my sin. <sup>3</sup> For I recognize my rebellion; it haunts me day and night. <sup>4</sup> Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just. <sup>5</sup> For I was born a sinner – yes, from the moment my mother conceived me. <sup>6</sup> But you desire honesty from the womb, teaching me wisdom even there. <sup>7</sup> Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. <sup>8</sup> Oh, give me back my joy again; you have broken me – now let me rejoice. <sup>9</sup> Don’t keep looking at my sins. Remove the stain of my guilt. <sup>10</sup> Create in me a clean heart, O God. Renew a loyal spirit within me. <sup>11</sup> Do not banish me from your presence, and don’t take your Holy Spirit from me. <sup>12</sup> Restore to me the joy of your salvation, and make me willing to obey you. <sup>13</sup> Then I will teach your ways to rebels, and they will return to you. <sup>14</sup> Forgive me for shedding blood, O God who saves; then I will joyfully sing of your forgiveness. <sup>15</sup> Unseal my lips, O Lord, that my mouth may praise you. <sup>16</sup> You do not desire a sacrifice, or I would offer one. You do not want a burnt offering. <sup>17</sup> The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God. <sup>18</sup> Look with favor on Zion and help her; rebuild the walls of Jerusalem. <sup>19</sup> Then you will be pleased with sacrifices offered in the right spirit – with burnt offerings and whole burnt offerings. Then bulls will again be sacrificed on your altar.”

### **Psalm 51:1-19 (NIV)**

<sup>1</sup> “Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. <sup>2</sup> Wash away all my iniquity and cleanse me from my sin. <sup>3</sup> For I know my transgressions, and my sin is always before me. <sup>4</sup> Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge. <sup>5</sup> Surely I was sinful at birth, sinful from the time my mother conceived me. <sup>6</sup> Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. <sup>7</sup> Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. <sup>8</sup> Let me hear joy and gladness; let the bones you have crushed rejoice. <sup>9</sup> Hide your face from my sins and blot out all my iniquity. <sup>10</sup> Create in me a pure heart, O God, and renew a steadfast spirit within me. <sup>11</sup> Do not cast me from your presence or take your Holy Spirit from me. <sup>12</sup> Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. <sup>13</sup> Then I will teach transgressors your ways, and

sinner will turn back to you. <sup>14</sup> Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness. <sup>15</sup> O Lord, open my lips, and my mouth will declare your praise. <sup>16</sup> You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. <sup>17</sup> The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise. <sup>18</sup> In your good pleasure make Zion prosper; build up the walls of Jerusalem. <sup>19</sup> Then there will be righteous sacrifices, whole burnt offerings to delight you; then bulls will be offered on your altar.”

### **Psalm 51:1-19 (ESV)**

<sup>1</sup> “Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. <sup>2</sup> Wash me thoroughly from my iniquity, and cleanse me from my sin! <sup>3</sup> For I know my transgressions, and my sin is ever before me. <sup>4</sup> Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment. <sup>5</sup> Behold, I was brought forth in iniquity, and in sin did my mother conceive me. <sup>6</sup> Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart. <sup>7</sup> Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. <sup>8</sup> Let me hear joy and gladness; let the bones that you have broken rejoice. <sup>9</sup> Hide your face from my sins, and blot out all my iniquities. <sup>10</sup> Create in me a clean heart, O God, and renew a right spirit within me. <sup>11</sup> Cast me not away from your presence, and take not your Holy Spirit from me. <sup>12</sup> Restore to me the joy of your salvation, and uphold me with a willing spirit. <sup>13</sup> Then I will teach transgressors your ways, and sinners will return to you. <sup>14</sup> Deliver me from bloodguiltiness, O God, O God of my salvation, and my tongue will sing aloud of your righteousness. <sup>15</sup> O Lord, open my lips, and my mouth will declare your praise. <sup>16</sup> For you will not delight in sacrifice, or I would give it; you will not be pleased with a burnt offering. <sup>17</sup> The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise. <sup>18</sup> Do good to Zion in your good pleasure; build up the walls of Jerusalem; <sup>19</sup> then will you delight in right sacrifices, in burnt offerings and whole burnt offerings; then bulls will be offered on your altar.”

### **WHAT DOES THE PASSAGE SAY:**

1. What attributes did the poet ascribe to God in this psalm? Why was the psalm writer able to ask for forgiveness from God? (51:1)

---

---

---

---

---

---

---

---

---

---



2. What common experience does this psalm typify? (51:1-19)

---

---

---

---

---

---

3. What was the psalm writer's attitude toward sin? (51:3-5)

---

---

---

---

---

---

4. What main picture of forgiveness is highlighted in this psalm? What does the picture of forgiveness used in this psalm reflect about the psalmist's attitude? (51:2, 7, 9)

---

---

---

---

---

---

5. What did the author of this psalm desire? (51:10-12)

---

---

---

---

---

---



6. What did the psalmist expect to be the outcome of God's forgiveness? (51:13-15)

---

---

---

---

---

7. What does God not require of His people? What does God want from His people? (51:16-17)

---

---

---

---

---

8. How does the prayer for Jerusalem serve as a fitting conclusion for this psalm? (51:18-19)

---

---

---

---

---

**PSALM 51** From the Life Application Study Bible.

This psalm expresses one of the clearest examples of repentance in Scripture. Countless broken sinners have found in these words an exquisite expression of their deeply felt need for God's mercy and forgiveness. David's confession has helped people examine excuses, halfhearted repentance, and lack of sorrow over sin that can keep them from experiencing pardon. David's words also demonstrate the place of hope within confession. Use this psalm as a starting point when dealing with a sense of distance or with guilt that is affecting your relationship with God. It will help you identify and rectify sin in your life through confession and repentance.

David was truly sorry for his adultery with Bathsheba and for murdering her husband to cover it up. He knew that his actions had hurt many people. But because David repented of those sins, God mercifully forgave him. No sin is too great to be forgiven! Do you feel that you could never come close to God because you have done something terrible? God can and will forgive you of any sin. While God forgives us, however, he does not always erase the natural consequences of our sin. David's life and family were never the same as a result of what he had done (2 Sam 12).



**THINKING THROUGH THE IMPLICATIONS OF THE PASSAGE:**

9. What does this psalm tell us about God's character?

---

---

---

---

---

10. How should we respond to our sin and God's forgiveness?

---

---

---

---

---

11. What do you think it means to have a broken and contrite heart?

---

---

---

---

---

12. How do you need to change your attitude toward your sin and God's forgiveness to you?

---

---

---

---

---



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

13. What can you do to cultivate a broken and contrite heart before God?

---

---

---

---

---

**SHARE** ..... 10 minutes

Describe how you feel about the reality of hell? Describe how you feel knowing that people you know and care about will someday arrive at an eternal destination other than heaven?

---

---

---

---

**SERVE** ..... 5 minutes

**Continue to work on your group's strategy for ongoing service ...**

---

---

---

---

**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 Dry Season | November 1-2, 2025

***“My health may fail, and my  
spirit may grow weak, but God  
remains the strength of my  
heart; he is mine forever.”***

Psalm 73:26 (NLT)

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

*Psalms*



**MEMORY VERSE**