

BAPTISTWAY PRESS
Dallas, Texas
baptistwaypress.org

**Adult
Bible Study
in
Simplified
English**

**Study
Guide**

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Psalms
*Songs from the
Heart of Faith*

Adult Bible Study in Simplified English Study Guide

Psalms

Songs from the Heart of Faith

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First edition: February 2013

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Made possible by your gifts to the Mary Hill Davis Offering® for Texas Missions

Introduction

Psalms: Songs from the Heart of Faith

The book of Psalms is a wonderful group of songs. Most of these songs were written by David, the man who became King of Israel. He was the man who pleased the heart of God (Acts 13:22). They were written from David's heart at different times in his life. He wrote them when he was happy. He wrote them when he was sad. He wrote them when he was angry. Sometimes he was angry at God. Sometimes he was angry with his friends. Many times he was angry at his enemies. Some of the Psalms have words that tell people what tune to use for singing them. Many of them are songs of praise to and worship of God. Many of them are used today to write wonderful songs of worship and praise.

The Psalms were very important to the people of God. They were important to Jesus and His followers. We know this because the New Testament writers used words and ideas from many of these songs. Jesus, Himself, used many words from the Psalms. He used them to teach about and praise God. One Psalm was so important to Jesus that He quoted from it while He was dying. The Psalms are very important to us today. They help us understand who God is. They help us know how much He loves us. They help in our times of trouble. They give us words of praise to sing. They help us to have a heart of faith.

We will study some of the Psalms that were quoted or used in the New Testament. This study will help us to understand some of the life of David and what his words meant to Jesus and the New Testament writers. We will learn how David and other writers of the Psalms felt in good time and in times of trouble. Mostly we will learn that we can trust God because He hears and answers our prayers. God is great and greatly to be praised! Let's sing and learn!

About the Writers

Janet Roberts wrote the first 10 lessons of the study guide for *Psalms: Songs from the Heart of Faith*. Janet is a graduate student at Dallas Theological Seminary. She has taught English as a Second Language since she was a missionary in Japan the summer of 1976. She has taught EFL in China four times since 2000. Janet edits Simplified English Bible studies. She is a member of Prestonwood Baptist church where she is the Associate Director of Prestonwood Literacy Missions. Janet has been married since 1979 and has 2 daughters, 2 sons-in-law, 2 sons and 2 beautiful granddaughters.

Jenny Hander wrote Lessons 11-13 and the Easter Lesson. She graduated from Texas A&M and is the author of *A Place of Peace*. Jenny founded *Crossing Your Jordan Ministries* to encourage hurting women. She uses her passion to teach Bible study for women at Oakwood Baptist Church in New Braunfels, Texas and has recently returned from teaching women in DR Congo and Rwanda. Jenny delights in studying God's Word and serving others. She is married to Lex and is privileged to impart her love for God to their three daughters as she homeschools them. At the time of this printing they are expecting their first son, and Jenny can't wait to begin raising up a mighty warrior for God!

Overview

Psalms: Songs from the Heart of Faith

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Word List

Lesson 1

depend: to trust in for help or for something that is needed

honor: great respect given because of worth, glory given to one who is important

inheritance: to get something from your parent or relative (aunt, uncle, cousin, etc.) after they die

quoted: repeated the same words said or written by another person

Lesson 2

astronauts: people whose job is to go up into space (the heavens)

context: the words before and after a word, sentence, or verse that help us understand the meaning

infants: babies

nature: all of the animals, fish, birds, plants, water, air that together are the world; everything not made by people

wondered: had a desire to know something and feel surprise about it

Lesson 3

choir: a group of people who sing together while others listen

control: to have complete power of ruling and guiding

guided: showed the way, led in the right way

homeless: without a place to live; having no home

proof: anything that can be used to show something is true

Lesson 4

ancestors: a person born before you in your family list; all relatives before your grandparents

complain: telling others you are unhappy for some reason, the reason may be true or not; to grumble or whine

memory: all a person remembers; the power of remembering

surrounded: having something around on every side; in the center with many around you

Lesson 5

completely: perfectly, and fully, with nothing missing

famous: the quality of being known by many, talked about by many, remembered by many

Mother-in-law: the mother of your husband or wife

useless: having no or very little use; not important for any reason

worthy: very good and important; having a high value

Lesson 6

abortion: a medical procedure to end a pregnancy

deny: to say something is not true; to refuse the truth

legal: allowed by the law

shame: strong feeling of disgrace or embarrassment

stubborn: to be set on having your own way; not willing obey; not willing to yield or give in

subject: the thing that is being talked about; topic or main idea

Lesson 7

alphabet: the letters of a language given in order (the English alphabet goes in order from A to Z)

brag: to proudly say how great someone or something is

glorify: to make great or give great honor

imagine: to make a picture or idea in your mind; to guess about

sermon: a speech given to tell about God, often at a church

Word List

substitute: a person or thing that takes the place of another; a person who teaches in place of a regular teacher

Lesson 8

author: a person who writes something like a story or book

blessings: all good things that come from God; God's help, gifts, love, etc.

expensive: something that has a high price or costs a lot

fix: to make something right or make it the way it was before; to take something broken and make it whole again

rescued: made free or saved from danger

Lesson 9

atheist: a person who does not believe in the one true God or any gods at all

decide: to make a choice, many times after a lot of thought

ignore: choosing not to pay attention to something; choosing to overlook something

perfect: having no sin; completely right in every way without any wrong doing

Lesson 10

crisis: a time of great danger, trouble and problems

example: something or someone who shows what others should be like; something to be copied or followed

pattern: doing something the same way over and over so that it is easy to know what will come next

silently: without talking, speaking or any sound

Lesson 11

circumstances: conditions that surround us; the things that are happening around us

presence: the act of being with someone or in their company

severe: very hard or harsh

sovereign: the characteristic of having total power and control

Lesson 12

hobbies: things that interest us and we find enjoyable, examples are cooking, art, sports, music

praise: to worship, admire or applaud someone because of who they are or what they do

sacrifice: to give something costly

temporary: something that does not last

worship: the act of giving our heart, time and attention to something or someone

Lesson 13

celebration: a happy time that is spent enjoying good things; a time of joy

descendants: ancestors; people from your family who were born many generations before you

loving-kindness: a term which describes the depth of God's special love for His people

unique: one of a kind; different from anything else

Easter Lesson

Sabbath: a special day of the week set aside to rest and to worship God

proof: something that helps you believe a statement to be true; evidence that shows something is true

persistence: the act of continuing to do something even when it is difficult

tragic: extremely sad or shocking

Memory Verses

Lesson 1

“He said to Me, ‘You are My Son. Today I have become Your Father.’”

(Psalm 2:7b)

Lesson 2

“O Lord, our Lord, how great is Your name in all the earth!”

(Psalm 8:9)

Lesson 3

“Giving thanks and speaking bad words come from the same mouth. ...This is not right!” (James 3:10)

Lesson 4

“They cried to You and were set free. They trusted in You and were not ashamed.”

(Psalm 22:5)

Lesson 5

“But as for me, I trust in You, O Lord. I say, ‘You are my God.’”

(Psalm 31:14)

Lesson 6

“How happy he is whose wrong-doing is forgiven, and whose sin is covered!”

(Psalm 32:1)

Lesson 7

“Give great honor to the Lord with me. Let us praise His name together.”

(Psalm 34:3)

Lesson 8

“He put a new song in my mouth, a song of praise to our God.”

(Psalm 40:3a)

Lesson 9

“They have all turned back. They have all turned to sin. There is no one who does good, not even one.”

(Psalm 53:3)

Lesson 10

“Do not hide Your face from Your servant, for I am in trouble. Hurry to answer me.”

(Psalm 69:17)

Lesson 11

“He who lives in the safe place of the Most High will be in the shadow of the All-powerful.”

(Psalm 91:1)

Lesson 12

“Come, let us bow down in worship. Let us get down on our knees before the Lord Who made us.”

(Psalm 95:6)

Lesson 13

“Give thanks to the Lord, for He is good. His loving-kindness lasts forever.”

(Psalm 118:1)

Easter Lesson

“Mary Magdalene went and told the followers that she had seen the Lord. She told them the things He had said to her.”

(John 20:18)



Adult Bible Study in
Simplified English

Bible Text

Psalm 2; 110

Memory Verse

“He said to Me, ‘You are My Son. Today I have become Your Father.’” (Psalm 2:7b)

Word List

depend: to trust in for help or for something that is needed

honor: great respect given because of worth, glory given to one who is important

inheritance: to get something from your parent or relative

(aunt, uncle, cousin, etc.) after they die

quoted: repeated the same words said or written by another person

Lord of All

Electricity is great! It provides the power we need to do many things. We cannot see it. We only see what it does. In the United States, we use it without thinking. We know it is always there. We only think about it when something goes wrong. If we have no electricity for a long time, it causes many problems. We call this a *black out*. Our air conditioner, heat, refrigerator and freezer stop working. We cannot charge the batteries for our computers or phones. The longer the electricity is out, the more we miss it. We **depend** on it for almost everything.

God is also an unseen power. God is much greater than electricity! When everything is going well, we do not think about Him. God is the power behind everything in our lives. He is always there. God keeps everything going. Sometimes terrible things like hurricanes, tsunamis, or earthquakes happen. Then people start to wonder about God. *Where is God? Does God have power over everything? Who is God? How does God work in our lives?* Big problems like these make us think. They help us understand how much we must depend on God for everything.

Psalms 2 and 110 were written to remind us of God’s power. They are **quoted** many times in the New Testament. They are called *royal psalms*. They declare God is the king of all. These psalms also tell about kings of this world. They tell about Israel’s kings. God is the highest power and should be obeyed.

Going Against God and God’s Answer (2:1-6)

What happens when people, especially rulers, go against

Things to Think About

1. Why are these two Psalms called Royal Psalms?
2. What names of Jesus are found in these Psalms?
3. Why is it important to know that some of these verses are quoted many times in the New Testament?
4. Which verse was quoted by Jesus Himself ?
5. Why did Jesus quote that verse?
6. What do these Psalms teach us about God and what should we do now that we know these things?

God? The picture of leaders standing in a line makes me think of a children's game called *Red Rover*. Two teams stand in lines facing each other. Each team holds hands tightly to form a human chain. Then one team chooses someone from the other team (maybe Mary). They say: "Red rover, red rover, let Mary come over!" Mary leaves her team and runs fast. She tries to break the other team's chain by running through it. If Mary breaks their chain, she takes one of their players back to her team. If she does not, she has to join that team. Each team takes turns doing this. They continue until everyone is on the same team.

Psalm 2 tells how these kings and leaders want to fight against God and His Chosen One. Throughout history, God's people thought His Chosen One would be the king of Israel. They sometimes read this psalm when they welcomed a new king. David was a great king. We know that an even greater king was coming. Jesus is God's Chosen One. He is the coming king.

How does God answer these who want to fight? He laughs at them first. God's power is much greater than the power of any person! Then He becomes angry. His angry words make these foolish leaders afraid. He tells them about the king He will send. This special king will come to Zion or Jerusalem in Israel.

The Kingly Agreement and Wise Words (2:7-12)

King David was called a son of God when he became king (2 Samuel 7:14). After that, all the kings from David were called this. This also describes Jesus, the Son of God. He is the true king and Son of David (Matthew 1:1-17, 3:17; Mark 1:11; Luke 3:22).

A son gets an **inheritance** when his father dies or when he asks for it. Since God does not die, He tells His Son to ask Him and He will give it. No king of Israel ever owned all the nations. Jesus does and will at the end of days. This is how we know these verses tell about Jesus. This is how it will be when Jesus comes again in the future. The breaking of pots with iron is a word picture. It describes Jesus taking and owning all the nations.

Kings, rulers, you and I need to be wise. We are wise if we serve the Lord. We are wise if we know how great and powerful He is. This is the fear of the Lord. We can find joy in knowing it. We are wise if we **honor** His Son, Jesus. In that time, God's people showed honor with a kiss. We are wise if we put our trust in God. People in David's time said these words for their king. Today we are wise and happy if we obey these words for our king of kings.

At the Lord's Right Side (Psalm 110)

Psalm 110:1 is quoted in the New Testament more than any other verse from the Old Testament. Jesus quoted it when He was in front of the religious leaders. Jesus

said He was the Christ, the Son of David. Jesus said He was the Promised One. Preachers from long ago told about Jesus. This psalm also tells about Jesus (Matthew 22:41-45; Mark 12:35-37; Luke 20:41-44). Other New Testament writers quoted this verse, too (Acts 2:34; Ephesians 1:20; Hebrews 1:13, 8:1, 10:12). All this tells us the Bible is one holy book that agrees together.

Psalm 110:1 is an important verse. These words may be confusing. We can understand it more like this: *The Lord God says to my Lord Jesus, "Sit at My right side...."* Remember that Jesus is God's Son. He is also Lord. This psalm is like Psalm 2. It talks about David and Israel's kings, but it also talks about Jesus.

God's people knew the right side is a place of power and honor. Melchizedek was a special religious leader and a king from another country (Genesis 18:14). The Promised One would also be both. Jesus is that Promised One. He has a king's power. He also speaks to God for us like a religious leader. His power is great. He will judge all His enemies and crush them. We can all honor and obey the Lord of all!

Psalm 2

1 Why are the nations so shaken up and the people planning foolish things?

2 The kings of the earth stand in a line ready to fight, and all the leaders are against the Lord and against His Chosen One.

3 They say, “Let us break their chains and throw them away from us.”

4 He Who sits in the heavens laughs. The Lord makes fun of them.

5 Then He will speak to them in His anger and make them afraid, saying,

6 “But as for Me, I have set My King on Zion, My holy mountain.”

7 I will make known the words of the Lord. He said to Me, “You are My Son. Today I have become Your Father.

8 Ask of Me, and I will give the nations for you to own. The ends of the earth will belong to You.

9 You will break them using a piece of iron. And they will be broken in pieces like pots of clay.”

10 So, kings, be wise. Listen, you rulers of the earth.

11 Serve the Lord with fear, and be full of joy as you shake in fear.

12 Kiss the Son. Be afraid that He may be

angry and destroy you in the way. For His anger is quick. Happy are all who put their trust in Him.

Psalm 110

1 The Lord says to my Lord, “Sit at My right side, for those who hate You will be a place to rest Your feet.”

2 The Lord will send out Your strength from Zion, saying, “Rule in front of those who hate You.”

3 Your people will be willing to help in the day of Your power. Your young men will be dressed in holy clothes. They will come to You like water on the grass in the early morning.

4 The Lord has sworn and will not change His mind: “You are a Religious Leader forever, in the same way as Melchizedek.”

5 The Lord is at Your right hand. He will crush kings in the day of His anger.

6 He will say who is guilty or not among the nations. He will fill them with dead bodies. He will crush the leaders of many lands.

7 He will drink from the river on the way. And so He will lift up His head.



Adult Bible Study in
Simplified English

Bible Text Psalm 8

Memory Verse

“O Lord, our Lord,
how great is Your
name in all the
earth!” (Psalm 8:9)

Word List

astronauts: people
whose job is to go up
into space (the
heavens)

context: the words
before and after a
word, sentence, or
verse that help us
understand the
meaning

infants: babies

nature: all of the
animals, fish, birds,
plants, water, air that
together are the world;
everything not made
by people

wondered: had a
desire to know
something and feel
surprise about it

God's Shining-Greatness

A copy of Psalm 8 is on the moon. Yes, it is on a special, small disc that was left there. The American **astronauts** from Apollo 11 took it there. The disc had many names and messages from all over the world. One of the messages was from Pope Paul VI. In his message he quoted all of Psalm 8.

Psalm 8 was the perfect part of the Bible to leave on the moon. David wrote this psalm. It tells of our faith in a very great God. It tells that God made the heavens and the earth. It says that people are a special part of what God made. God gave people everything He made. God assigned people to take care of His creation and rule over it.

No Greater Name (8:1-2)

This is the first song of praise in all the psalms. Psalms 1 and 2 give a beginning for the whole Book of Psalms. Psalms 3 through 7 are sad songs asking God for help. Psalm 8 gives God praise as if one person is talking to God. It is the only psalm of praise written like this.

Psalm 8 begins and ends with the same sentence. This sentence uses the word *Lord* two times. David wrote this psalm in Hebrew. In his language, these two words are different. The first word for *Lord* is a special name for God. This Hebrew word is *Yahweh*. The second word for *Lord* means one who has power and is Lord over all things. This Hebrew word is *Adonai*. This helps us understand more about the one true and powerful God. This is the God whom David praises.

Things to Think About

1. Read Psalm 8 again. How many times is the word *You* used? Why does this word start with a capital letter?

2. Psalm 8 is quoted in Matthew 21:16, 1 Corinthians 15:27, Ephesians 1:22, and Hebrews 1:6-8. Read these verses in **context** on the last page. Discuss how the New Testament authors understood Psalm 8.

3. How special are you to God? How do you know this?

4. What special person is Psalm 8 about? How do you know this?

5. How do we rule over nature? Does this make us important? Why or why not?

6. What does David say about God?

On the earth, the children and babies praise Him. Verse 2 in the New International Readers Version of the Bible says: *You have made sure that children and **infants** praise you. You have done it because of your enemies. You have done it to put a stop to their talk.* The praise of the youngest people stops those who hate God and makes them quiet.

Children's praise is simple and full of love for God. My grandchildren went to a Christmas show and were disappointed when the first part of the show had Santa Claus, reindeer, and snowmen. They asked their mom, "Where is baby Jesus? We came to see baby Jesus!" They knew the true meaning of Christmas. They could not wait to praise God for sending His Son, Jesus. They were not interested in the world's idea of Christmas.

In Matthew 21:16, Jesus used the words from Psalm 8:2. He used these words when talking to religious leaders. They were angry because the children were praising Him. The praise of the children made those who hated Him quiet. It put a stop to their angry talk.

You Think About Me? (8:3-4)

David declared that God made the heavens. He thought about the things he could see when he looked up. The moon and the stars are so great. God made them and put them in their places. God is much greater than all that He made.

God also made people. David **wondered** why God would think about small people at all. God made so much. It is all so great. Why would God care for him? People sometimes wonder

how a great big God could think each person is special.

The Book of Hebrews uses the words from verses 4-6. The writer of Hebrews understood these verses were talking about Jesus. Like verse 2, this shows us that Psalm 8 is not only about David. It is also telling about Jesus who was going to come. Many verses in the Old Testament tell about Jesus. He is the Promised One. He saves us from our sins.

Special Place of Honor and Duty (8:5-9)

God has given people a special place of honor and a duty. People have a special place of honor in all that God made. We were made “a little less than the angels.” God gave us greatness and honor like a crown. David praised God for this.

Our duty is to rule over all of **nature**. David named everything on earth. He said that God has put everything “under the feet” of people. This means God gave us power over all things. This power also gives us the duty to care for all of nature. It is an honor to rule over what God has made. It is an honor to care for everything God has given to us. It is important that we

do a good job. When people rule well and care much we honor God. He trusted us with the animals and plants of this earth.

Again, we see that all these things can be said about Jesus. Jesus is the Son of Man and God. Hebrews 2:7-8 uses these words when talking about Jesus. Ephesians 1:22 clearly uses these words to talk about Jesus Christ. This helps us to understand that we must not be proud of the special place God has given us. Jesus is even greater. He has much more power over all things than any person in this world. God honors Him above all. We must also honor Jesus above all.

Looking up into the big heavens makes us feel small and unimportant. Ruling over God's creation and caring for His world make us feel big and important. Both things should make us praise God like David did.

Psalm 8 ends as it began. It praises the special name of God. He has honor and power over everything. People are a special part of His creation. We must praise Him. We should honor God with the way we live our lives. We should help everyone in all the earth to see God's shining-greatness.

Psalm 8

1 O Lord, our Lord, how great is Your name in all the earth. You have set Your shining-greatness above the heavens.

2 Out of the mouth of children and babies, You have built up strength because of those who hate You, and to quiet those who fight against You.

3 When I look up and think about Your heavens, the work of Your fingers, the moon and the stars, which You have set in their place,

4 what is man, that You think of him, the son of man that You care for him?

5 You made him a little less than the angels and gave him a crown of greatness and honor.

6 You made him to rule over the works of Your hands. You put all things under his feet:

7 All sheep and cattle, all the wild animals,
8 the birds of the air, and the fish of the sea, and all that pass through the sea.

9 O Lord, our Lord, how great is Your name in all the earth!

Quotes from Psalm 8 in the New Testament**Matthew 21:15-16**

15 The religious leaders of the Jews and the teachers of the Law saw the great things He did. They heard the children calling in the house of God and saying, "Greatest One! Son of David!" The leaders were very angry.

16 They said to Jesus, "Do you hear what these children are saying?" Jesus said to them, "Yes, have you not read the writings, 'Even little children and babies will honor Him'?"

1 Corinthians 15:26-28

26 The last thing that will be destroyed is death.

27 The Holy Writings say that God has put all things under Christ's feet except Himself.

28 When Christ is over all things, He will put Himself under God Who put all things under Christ. And God will be over all things.

Ephesians 1:21-23

21 This place was given to Christ. It is much greater than any king or leader can have. No one else can have this place of honor and power. No one in this world or in the world to come can have such honor and power.

22 God has put all things under Christ's power and has made Him to be the head leader over all things of the church.

23 The church is the body of Christ. It is filled by Him Who fills all things everywhere with Himself.

Hebrews 2:5-8

5 God did not make angels to be the leaders of that world to come which we have been speaking about.

6 Instead, the Holy Writings say, "What is man that You think of him and the son of man that You should remember him?"

7 "You made him so he took a place that was not as important as the angels for a little while. You gave him the crown of honor and shining-greatness. You made him the head over everything You have made.

8 You have put everything under his feet."

There is nothing that does not obey him, but we do not see all things obey him yet.



Adult Bible Study in
Simplified English

Bible Text
Psalm 16

Memory Verse

“Keep me, O God, for
I am safe in You.”
(Psalm 16:1)

Word List

choir: a group of
people who sing
together while others
listen

control: to have
complete power of
ruling and guiding

guided: showed the
way, led in the right
way

homeless: without a
place to live; having
no home

proof: anything that
can be used to show
something is true

It's a Wonderful Life

My mom had a hard life. She grew up in 13 different homes. Some homes were good. Some homes were very bad. She did not have parents to care for her. She will tell you, though, that she has had a wonderful life. How can she say that? She can say that because she has known God from a very young age. God was both a father and mother to her. He was always with her. She trusted Him to help her in the hardest times. She trusted Him to never leave her and to always give her what she needed. Her life was hard, but she knew Jesus is always with her. That is why she has joy in her wonderful life. Jesus is her Lord.

David had a hard life. He grew up in the fields as a shepherd. There were many dangers sleeping outside. As a young man he was **homeless** for a long time. King Saul wanted to kill him, so he had to live in caves. David wrote a song to tell why his life was still a wonderful one. He was a servant of the Lord. He knew God's help and the joy of God's people. He saw how God gave him everything he needed. God **guided** him in the right way to go. God saved him and was always with him.

Prayer for God's Help (16:1-2)

As a shepherd, David kept sheep. His song starts with a prayer asking God to keep him. God is called the Great Shepherd in Psalm 23. David knew God would keep watch over him. God is like a shepherd who watches his sheep. David knew he was safe with God keeping watch over him and his people.

It is wonderful to know that God watches us. God does not

Things to Think About

1. Is your life wonderful? Why or why not?
2. Do you know some “great ones” who share your faith? Tell about one that is a joy to you.
3. What words does David use to talk about God? What words about God help you the most?
4. How do the verses from Acts help you better understand another meaning of verses 8-11? What is that meaning?
5. Why can you put your trust in Jesus? What is the proof that He was more than a man?

sleep. He keeps watch over us all the time. We are never out of His sight. Psalm 139:7-8 says: “Where can I go from Your Spirit? Or where can I run away from where You are? If I go up to heaven, You are there! If I make my bed in the place of the dead, You are there!” We have joy knowing that our Father in heaven is watching and helping us.

David had faith in God. He used the words *my Lord* when he talked to God. He knew all good things come from God. That is great faith and trust. We can call God the Lord of our lives. We know God helps us when we see the good things He gives us.

Joy in God's People (16:3-4)

It is wonderful to know others who also trust in God. These are people who belong to God. They are great. David called them his joy. It is a joy to worship with God's people. It was a joy for David. It is a joy for Christians today.

It is a joy for me to praise God with the **choir** at my church. It is a very large choir, and we sing wonderful songs. We sing together. We laugh together. We pray together. We cry together, too. We praise God in song and in prayer.

There is trouble for people who put their trust in a false god. David wanted nothing to do with these people or their ways. They put blood from animals on their alters. Sometimes they used blood from people. They spoke the name of their false god. In Exodus 23:13, God warned His people. God said, “Be careful to do all I have said to you. Never speak the name of other gods. Do not let them be heard from your mouth.” David obeyed God.

God Gives and Guides (16:5-8)

This psalm tells more about having complete trust in God for everything. David's words are like the words from Psalm 2. David said the Lord is his inheritance. He said the Lord is his cup. This word picture helps us think about David's life. His past, present and future were in one place, a cup. The Lord held this cup. David trusted God with his future.

Part of an inheritance is land. The land is also a word picture for David's life. It was a good land. God gave David a good and beautiful life. David was happy with his inheritance. He trusted God to give him what was best for him.

David's psalm praises God for guiding him. God is in **control** of everything. He can help us know the best thing to do. The Bible is God's Word and tells us what to do. David trusted God to guide him.

I often fall asleep talking to God. I ask him what I should do. My first thought in the morning is often God telling me what to do. God teaches my mind during the night. David also trusted God to teach him.

David placed God first in his life.

God was always in front and David followed Him. God had the important place of power in David's life (on the right). God kept him safe. David trusted God to show His power and keep him safe.

God Saves (16:9-11)

Acts 2 and 13 both use words from this part of Psalm 16 to tell us more about Jesus. There is **proof** here that Jesus is the Son of God. King Saul wanted to kill David. God saved David from King Saul. Many years later, David died and was buried. Jesus also died, but He came out of the grave before turning to dust. This is the proof for all to know. Jesus is God's Son!

David's heart, soul, and body were full of joy and without fear. God saved his body *and* his soul. He had joy because God showed him life that lasts forever. With the Lord, David would be happy forever.

God offers all of us the same joy. We can be saved. John 3:16 says, "For God so loved the world that He gave His only Son. Whoever puts his trust in God's Son will not be lost but will have life that lasts forever." Put your trust in Jesus. Have a wonderful life knowing He is with you.

Psalm 16

1 Keep me, O God, for I am safe in You.

2 I said to the Lord, "You are my Lord. All the good things I have come from You."

3 As for those in the land who belong to You, they are the great ones in whom is all my joy.

4 Those who have traded for another god bring many troubles on themselves. I will not take part in their altar gifts of blood. And I will not take their names upon my lips.

5 The Lord is all that I am to receive, and my cup. My future is in Your hands.

6 The land given to me is good. Yes, my share is beautiful to me.

7 I will give honor and thanks to the Lord, Who has told me what to do. Yes, even at night my mind teaches me.

8 I have placed the Lord always in front of me. Because He is at my right hand, I will not be moved.

9 And so my heart is glad. My soul is full of joy. My body also will rest without fear.

10 For You will not give me over to the grave. And You will not allow Your Holy One to return to dust.

11 You will show me the way of life. Being with You is to be full of joy. In Your right hand there is happiness forever.

Quotes from Psalm 16 in the New Testament**Acts 2:25-31**

25 "David said this about Him, 'I can see the Lord before me all the time. He is at my right side so that I do not need to be troubled.

26 I am glad and my tongue is full of joy. My

body rests in hope.

27 You will not leave my soul in death. You will not allow Your Holy One to be destroyed.

28 You have shown me the ways of life. I will be full of joy when I see Your face.'

29 "Brothers, I can tell you in plain words that our early father David not only died but was buried. We know where his grave is today.

30 He was one who spoke for God. He knew God had made a promise to him. From his family Christ would come and take His place as King.

31 He knew this before and spoke of Christ being raised from the dead. Christ's soul would not be left in hell. His body would not be destroyed.

Acts 13:34-39

34 God proved that Jesus was His Son by raising Him from the dead. He will never die again. He has said, 'I will complete the promises made to David.'

35 "In another Psalm He says, 'You will not allow Your Holy One to go back to dust!'

36 David was a good leader for the people of his day. He did what God wanted. Then he died and was put into a grave close to his father's grave. His body went back to dust.

37 But God raised this One (Christ) to life. He did not go back to dust.

38 "Men and brothers, listen to this. You may be forgiven of your sins by this One I am telling you about.

39 Everyone who puts his trust in Christ will be made right with God.



Adult Bible Study in
Simplified English

Bible Text

Psalm 22

Memory Verse

“They cried to You and were set free. They trusted in You and were not ashamed.” (Psalm 22:5)

Word List

ancestors: a person born before you in your family list; all relatives before your grandparents

complain: telling others you are unhappy for some reason, the reason may be true or not; to grumble or whine

memory: all a person remembers; the power of remembering

surrounded: having something around on every side; in the center with many around you

Trusting God in the Darkest Hour

Look at God. A friend says this when God does something great in someone’s life. Our group of friends smiles at these words. We remember other times she has said the same thing. We think about how God has answered our prayers. We remember how people were healed. We remember times God gave what was needed. We think back and praise God for so many things.

Jesus prayed the words in Psalm 22:1 from the cross. All the Jews listening to Him knew these words. They knew this whole psalm. Jesus’ words would remind them of Psalm 22. They would remember what David said. They would understand what Jesus was saying. We must read all of this special psalm. Then we will understand what Jesus prayed in His darkest hour.

Trusting God in Our Past (22:1-11)

David wrote this psalm during a very hard time in his life. He was afraid and sad. He prayed and did not get an answer from God. He felt God had left him. He said God was far from him. This caused him even more pain.

God did not answer, but David still believed in Him. David remembered his **ancestors**. They trusted God, and God saved them. God set them free. God kept them from suffering shame. David knew he could trust God because others had trusted God. God had acted to save them. Remembering the past could help David trust God. But remembering also caused David a different pain. God had saved others, but He had not yet saved David.

Things to Think About

1. Study these quotations from Psalm 22 in the New Testament: Matthew 27:43, 46; Mark 15:34; John 19:24; Hebrews 2:12. They are all about death and His coming alive again.

2. Do you ever feel like God does not hear you or has left you? Share a time you felt that way.

3. Both David and Jesus had a time in their lives when they felt God had left them. How does that make you feel about your dark times? Does it give you hope ?

4. Think about the people who have hurt you in the past. What kind of animal would you say they are like?

5. Do you think God is angry with you when you ask Him why you are suffering? Why or why not?

Where was God when David needed Him?

David decided to trust God, but he still **complained** about his hard problems. People were saying bad things about him.

They were saying bad thing to him. They did not care about his troubles. They doubted that he was important to God. They said God would help David if He really cared for David.

Again it helped David to remember the past. This time he thought about his own life. God had been with him from the time he was born. God had guided him since he was an infant. This **memory** was also painful. It was painful because David did not feel God was with him during his troubles. His trouble was near, so he did not want God to be far. He had no one but God in whom he could trust. Where was God?

Trusting God in Our Prayers (22:12-21)

In these verses, animals are a word picture which tell about David's trouble. His trouble was like being **surrounded** by strong bulls. How frightening to see strong bulls who acted like loud, hungry lions! His trouble was also like dogs surrounding him. They cut his hands and feet. He asked God to save him from the dog's power and the lion's mouth. David asked God to save him from the wild bull's horns.

David's troubles caused problems with his body. He had no strength left. Every part of him had a problem. He thought he was going to die. When he died others would take his clothes. He prayed again for help. He prayed God would be near. David's prayers show he trusted God. Where was God when he prayed?

Trusting God in Our Praise (22:22-31)

Something happened. Everything changed. David stopped complaining. David started praising. The word *praise* is written 4 times in verses 22-26. David was sure God was there. He was sure God would save him. He promised to tell his family and friends about God's help. He promised to praise God in the place of worship. He promised to praise God with people all over the world. David said God is powerful enough to rule over all nations. He even rules over death! All will worship him. Future children will worship him, too. God can be trusted and must be praised.

David knew now that God was not far from him. He knew now that God did not turn away from him. He knew now that God heard his cry for help. David wanted everyone to know God is always with us. He is even with us when we do not feel Him. That is faith. This psalm is a thankful song of faith and hope.

Jesus' words from the cross show He felt God had left Him. Those who heard His words also knew the end of this psalm. God did not leave Jesus at all. God saved Him by bringing Him back from the dead. God

saved David by making his life longer. God never left David or Jesus.

Jesus knew this psalm. He said these words in His darkest hour. He said these words when His suffering was at the worst. Other New Testament writers explain that David's psalm also tells about Jesus. David's words tell exactly how Jesus would suffer. People made fun of Jesus (Matthew 27:43). He was thirsty on the cross (John 19:28). The soldiers drew names to see who would get His clothes (Matthew 27:35; Mark 15:24; Luke 23:34; John 19:24). This is more proof that Jesus is the Promised One.

We suffer pain, problems and trouble, too. When this happens, we may feel that God has left us. We may feel that no one cares. We may feel that our prayers are not heard or answered. Praise God that these feelings are not true. God is always near!

Psalm 22

1 My God, my God, why have You left me alone? Why are You so far from helping me, and from the words I cry inside myself?

2 O my God, I cry during the day, but You do not answer. I cry during the night, but I

find no rest.

3 Yet You are holy. The praises Israel gives
You are Your throne.

4 Our fathers trusted in You, and You saved
them.

5 They cried to You and were set free. They
trusted in You and were not ashamed.

6 But I am a worm and not a man. I am put to
shame by men, and am hated by the people.

7 All who see me make fun of me. They open
their mouths and shake their heads, and say,

8 “He trusts in the Lord. Let the Lord help him.
Let the Lord take him out of trouble, because
he is happy in Him.”

9 But You brought me out when I was born.
You made me trust when I drank my mother’s
milk.

10 I was in Your care from birth. Since my
mother gave birth to me, You have been my
God.

11 Do not be far from me, for trouble is near.
And there is no one to help.

12 Many bulls have gathered all around me.
Strong bulls of Bashan stand around me.

13 They open their mouths wide against me,
like a loud, hungry lion.

14 I am poured out like water. And all my
bones are out of joint. My heart is like a melted
candle within me.

15 My strength is dried up like a piece of a
broken clay pot. My tongue sticks to the roof of
my mouth. And You lay me in the dust of
death.

16 For dogs have gathered around me. A group
of sinful men stand around me. They have cut
through my hands and feet.

17 I can tell how many bones I have. The
people look at me with wide eyes.

18 They divide my clothes among them by
drawing names to see who would get them.

19 But You, O Lord, be not far from me! O my
Strength, hurry to help me!

20 Take me away from the sword. Save my life
from the power of the dog.

21 Save me from the lion’s mouth, and from the
horns of the wild bulls You answer me.

22 I will make Your name known to my
brothers. In the center of the meeting of
worship I will praise You.

23 You who fear the Lord, give Him praise. All
you children of Jacob, honor Him. Fear Him, all
you children of Israel.

24 For He has not turned away from the
suffering of the one in pain or trouble. He has
not hidden His face from him. But He has heard
his cry for help.

25 My praise will be from You in the big
meeting of worship. I will keep my promises to
Him in front of those who fear Him.

26 Those who suffer will eat and have enough.
Those who look for the Lord will praise Him.
May your heart live forever!

27 All the ends of the earth will remember and
turn to the Lord. All the families of the nations
will worship before Him.

28 For the holy nation is the Lord’s, and He
rules over the nations.

29 All the proud ones of the earth will eat and
worship. All who go down to the dust will fall
to their knees before Him, even he who cannot
keep his soul alive.

30 Future children will serve Him. They will
tell of the Lord to their children.

31 They will come and tell about His saving
power to a people yet to be born. For He has
done it.



Adult Bible Study in
Simplified English

Bible Text Psalm 31

Memory Verse

“But as for me, I trust
in You, O Lord. I say,
‘You are my God.’”
(Psalm 31:14)

Word List

completely: perfectly,
and fully, with
nothing missing

famous: the quality of
being known by
many, talked about by
many, remembered by
many

Mother-in-law: the
mother of your
husband or wife

useless: having no or
very little use; not
important for any
reason

worthy: very good
and important; having
a high value

Trusting in the Lord

Last words are important. I will always remember my **mother-in-law**’s last words. She told us to love and take care of each other. She knew her death would be very hard for all of us.

The last words of many **famous** people have been remembered. Before dying from a brain bleed, President Franklin D. Roosevelt said, “I have a terrific headache.” Before President Grover Cleveland died, he said, “I have tried so hard to do the right.” Author Edgar Allan Poe ‘s last words were: “Lord help my poor soul.” Some people talk to God in prayer before they die.

Jesus spoke seven different times while he was dying on the cross. Three of these seven times were prayers. One of these prayers contained the famous last words of Jesus. He said, “Father, I give my spirit into Your hands” (Luke 23:46). These words come from Psalm 31:5.

In the last lesson we studied Psalm 22. That helped us understand some of the words Jesus said from the cross. Psalm 31 must have also been very important to Jesus. It should be important to us. This psalm teaches us we can give both life and death into God’s hands. God is **worthy** of our trust.

Like Psalm 22, this is a psalm of thanks. It is a song of thanks to God. In this psalm, David tells God about his trouble and asks for help. Then he thanks God for answering his prayer for help. This psalm begins with trust and ends with trust. Many verses tell about David’s strong trust in God (vv. 1a, 3-8, 14-15a, 19-24).

**Things to
Think About**

1. We sometimes use the phrase *famous last words* to remind someone that what they said was very different from what they did. This is the opposite meaning from a person's true last words. Do you say anything like this in your language? What is it?
2. Do you trust God completely? Why or why not?
3. Have you ever been so sad that your body felt weak? How did that change?
4. What kind of pain is more difficult for you: body pain or pain from people? Why?
5. If people do not trust in God, where do they go or what do they do when they are hurt and need help?

Saying "Yes" to Trusting God (31:1-8)

David trusted God **completely**. We know this from what he writes about God. He uses the words *safe* and *strong* many times. He calls God a rock. This describes God's strength. God is strong. His truth is strong. He is the only true God. He is full of loving-kindness. David trusted God because of all these things.

David also trusted God because of what God does. God does what is right. God does what is good. David said God would set him free and keep him safe. He said God would save and guide him. He said God knows all about his life. David trusted God would not give Him to his enemies. David gave his spirit into the hands of God. He trusted God completely.

We can also trust God completely. We can trust all that God is. We can trust God for what He does. God is loving. God keeps all of His promises. God always acts in the right way. We can trust Him with our spirit. We can trust Him to keep us safe. We can trust God to save us. We can tell God that we trust Him. He will save us from our sins. That is why Jesus died on the cross and came to life again. He can save us from our sins and give us new life.

Keep Trusting God (31:9-18)

David's trust in God gave him strength during the hardest times of his life. In his trouble, he asked God for loving-kindness, or mercy. We don't know what David's trouble was. His words might mean he was sick or very sad. His words might mean people were trying to hurt him. Possibly he did not have something he really wanted or needed. His trouble made him feel

terrible. It hurt him a lot. Sadness made his body weak. Sadness also made his soul weak. His sin made him weak.

It may be good that we do not know what David's trouble was. We can learn that God will help us with any trouble. We do know that some people hated David. We know his friends were not good to him. Both friends and enemies wanted to stay away from him. They said hurtful things.

David felt **useless** like a broken pot. He was also afraid. He thought people were planning to kill him. What did he do with all this trouble? What did he do with his bad feelings?

David could have tried to help himself. He could have talked to his armies. David decided to trust God and talk to Him. He put his times in God's hands. He prayed for help. He asked God to save him. He asked God to keep his enemies from hurting him with words.

We should live like David. We should give our lives to God and ask Him for guidance. We should trust God alone.

The Best Part of Trusting God (31:19-24)

Praise is the best part of trusting

God. David stopped complaining and started praising God. He thanked God for all He had done. He told everyone who heard his song about God's help. God hears our cries for help. God is with us in our trouble. He keeps all who trust in Him safe.

David ended his song by telling God's people to love God. His words tell us to be strong. Life is not easy, but God is with us. We can trust Him in the good times and in the bad times. God is our hope.

Jesus chose Psalm 31:5 as His famous last words. He said these words before He died on the cross. He was in pain. People were saying things to hurt Him. He knew the psalm He was quoting. He knew about David's life. He knew David wrote about his complete trust in God during troubles. He knew David had pain from his body and from the people around him. It was the same for Jesus.

Jesus' last words were a strong way to show His trust in God the Father. Later, God raised Him to life again. God is right and good. We can choose to live like David. We can say those words of trust to God while we live. Trust God and live!

Psalm 31

1 O Lord, in You I have found a safe place. Let me never be ashamed. Set me free, because You do what is right and good.

2 Turn Your ear to me, and be quick to save me. Be my rock of strength, a strong place to keep me safe.

3 For You are my rock and my safe place. For the honor of Your name, lead me and show me the way.

4 You will free me from the net that they have hidden for me. For You are my strength.

5 I give my spirit into Your hands. You have made me free, O Lord, God of truth.

6 I hate those who worship false gods. But I trust in the Lord.

7 I will be glad and full of joy in Your loving-kindness. For You have seen my suffering.

You have known the troubles of my soul.

8 You have not given me into the hand of those who hate me. You have set my feet in a large place.

9 Show me loving-kindness, O Lord, for I am in trouble. My eyes, my soul and my body are becoming weak from being sad.

10 For my life gets weaker with sorrow, and my years with crying inside myself. My strength has left me because of my sin. And my bones waste away.

11 Because of all those who hate me, I have become a shame to my neighbors. Even my friends do not want to be with me. Those who see me on the street run from me.

12 I am forgotten like a dead man and they do not think about me. I am like a broken pot.

13 For I have heard many say things to hurt

me. Fear is on every side. They planned together against me. They thought of ways to take away my life.

14 But as for me, I trust in You, O Lord. I say, "You are my God."

15 My times are in Your hands. Free me from the hands of those who hate me, and from those who try to hurt me.

16 Make Your face shine upon Your servant. Save me in Your loving-kindness.

17 Do not let me be put to shame, O Lord. For I call to You. Let the sinful be put to shame. Let them be quiet in the grave.

18 Let the lying lips be quiet. For they speak with pride and hate those who do right and good.

19 How great is Your loving-kindness! You have stored it up for those who fear You. You show it to those who trust in You in front of the sons of men.

20 You will hide them with You in secret from the sinful plans of men. You keep them in Your tent in secret from those who fight with tongues.

21 Honor and thanks be to the Lord. For He has shown His great loving-favor to me when I was in a city with armies all around.

22 In my fear I said, "You have closed Your eyes to me!" But You heard my cry for loving-kindness when I called to You.

23 Love the Lord, all you who belong to Him! The Lord keeps the faithful safe. But He gives the proud their pay in full.

24 Be strong. Be strong in heart, all you who hope in the Lord.



Adult Bible Study in
Simplified English

Bible Text Psalm 32

Memory Verse

“How happy he is
whose wrong-doing is
forgiven, and whose
sin is covered!”
(Psalm 32:1)

Word List

abortion: a medical
procedure to end a
pregnancy

deny: to say
something is not true;
to refuse the truth

legal: allowed by the
law

shame: strong feeling
of disgrace or
embarrassment

stubborn: to be set on
having your own way;
not willing obey; not
willing to yield or
give in

subject: the thing that
is being talked about;
topic or main idea

The Joy of Forgiveness

I know the joy of forgiveness. Once Jesus talked about another woman who needed forgiveness. She was a woman with much sin in her life. This is what he said about her: *I tell you, her sins—and they are many—have been forgiven, so she has shown me much love. But a person who is forgiven little shows only little love* (Luke 7:47 NLT). God showed me this verse when I was feeling a lot of **shame** about my sin. I was feeling very sad because of what I had done. I needed God’s forgiveness.

Here was my sin: I paid a doctor to kill the baby that was growing inside me. I was afraid and ashamed because I was young and not married. The act of **abortion** had just become **legal** in the United States. My boyfriend said it was right if the law said it was right. I knew in my heart that it was wrong. I was too young and weak to do the right thing. The pain of my sin kept growing when I was quiet about it. Then I took my sin to God. I agreed with Him that it was wrong and told Him I was sorry. He freed me from that pain. He gave me this special verse. My love for Him and others is very strong now.

This psalm tells my story. It tells the story of many people who have secret sin in their lives. A secret sin will hurt you. You do not need to tell everyone about your secret sin. You do need to tell God. You also need to tell those you may have hurt. Ask for forgiveness. This is how you can be free and find joy.

Start at the End (32:1-2)

David’s psalm starts at the end of his life’s story. This

Things to Think About

1. What is sin?
2. Agree or disagree: Sin can be something you do not do when you know God wants you to do it.
2. Do you have a life story about forgiveness that you want to share?
3. Think about your life. Do you have any secret sin that you need to talk to God about? You don't have to share it unless you want to.
4. We use the phrase *stubborn as a donkey (mule)* to talk about a person who will not obey. Is there a phrase like this in your language? What animal do you compare a stubborn person to?
5. Read the Bible text on the last page of this lesson. What verses is Paul quoting in Romans 4:6-8?

psalm does not tell everything about David's life. We can learn about his life in other parts of the Bible. Here, David simply tells about the joy of forgiveness. He was very happy because he had been forgiven. His sins were covered. David wanted people to learn the joy of forgiveness from his story.

A Story About Himself (32:3-5)

Second Samuel 11 tells about a secret sin in David's life. David committed a sex sin with the wife of another man. Her husband was a soldier. After this sin, she told David that she was going to have a baby. David made sure her husband was killed in war. Then David married her to hide his sin. David kept both sins a secret. This caused much pain for David and many others.

David might have been talking about these secret sins in this psalm. David did not talk to God about his sins until after the baby was born. We can read about it in 2 Samuel 12. David's sin and guilt caused him a lot of pain. He had no joy or strength in his life. Inside he was very sad. Outside he was very weak. He cried all day every day.

Finally, David told God his sin. He agreed with God that it was wrong. He stopped hiding his sin. His guilt went away because God forgave him. David wanted to tell about God's forgiveness. The Bible tells us that that everyone has sinned (Romans 3:23). No one has obeyed God perfectly. We all need to agree with God about our sins and ask Him to forgive us.

It is not easy. When we sin we want to either hide or **deny** it. The first man, Adam, did that too. Not only did he hide his sin, he also blamed his wife. She blamed a snake (Genesis 3:8-13).

God wants us to bring our sins to Him. He wants us to agree with Him about our sins. He does not want our sin to keep hurting us.

A More Useful Way (32:6-7)

David stopped hiding *from* God and started hiding *in* God. God was his hiding place. Trouble was all around him like a flood, so he prayed. God surrounded him with special songs of freedom. Then David praised God.

David told everyone who is godly to pray to God. In the middle of trouble it is hard to find God. With faith and trust we can pray even when God is hard to find. Through prayer, we can know God is there.

God can keep the flood of trouble from touching us. He may not stop the trouble, but He will show He is with us. This has been so true for me. Recently, one kind of bad news after another came to me. As I sang in choir, the songs of praise were healing to me. My trouble was the same, but my faith grew. My soul was healed.

A Willing Student (32:8-11)

David teaches us many things in this psalm. He wanted to share what he learned

from God. He wanted others to know the best way to live life. David used a word picture of animals to teach a lesson. He said not to be like a horse or a donkey. They have no understanding. They are **stubborn** animals who must be made to work.

We should be willing students. We should obey knowing that God wants the best for us. Being stubborn about our sin will bring many sorrows. All sin is wrong.

If we trust in God, His loving-kindness will surround us. When we ask God to forgive us, we become right with Him. We become pure in heart. Then we will be full of joy. Then we can sing this song of David with joy.

John, a special follower of Jesus, wrote these important words: *If we say that we have no sin, we lie to ourselves and the truth is not in us. If we tell Him our sins, He is faithful and we can depend on Him to forgive us of our sins. He will make our lives clean from all sin* (1 John 1:8-9). The joy of forgiveness is the **subject** of many true stories. It is the subject of David's life and mine. It can be your song and praise, too. Agree with God about your sin. Ask God to forgive you. He will.

Psalm 32

1 How happy he is whose wrong-doing is forgiven, and whose sin is covered!

2 How happy is the man whose sin the Lord does not hold against him, and in whose spirit there is nothing false.

3 When I kept quiet about my sin, my bones wasted away from crying all day long.

4 For day and night Your hand was heavy upon me. My strength was dried up as in the hot summer.

5 I told my sin to You. I did not hide my wrong-doing. I said, "I will tell my sins to the Lord." And You forgave the guilt of my sin.

6 So let all who are God-like pray to You while You may be found, because in the floods of much water, they will not touch him.

7 You are my hiding place. You keep me safe from trouble. All around me are your songs of being made free.

8 I will show you and teach you in the way you should go. I will tell you what to do with My eye upon you.

9 Do not be like the horse or the donkey which have no understanding. They must be made to work by using bits and leather

ropes or they will not come to you.

10 Many are the sorrows of the sinful. But loving-kindness will be all around the man who trusts in the Lord.

11 Be glad in the Lord and be full of joy, you who are right with God! Sing for joy all you who are pure in heart!

New Testament Quotes from Psalm 32

Romans 4:6-8

6 David tells of this. He spoke of how happy the man is who puts his trust in God without working to be saved from the punishment of sin.

7 "Those people are happy whose sinful acts are forgiven and whose sins are covered.

8 Those people are happy whose sins the Lord will not remember."



Adult Bible Study in
Simplified English

Bible Text

Psalm 34

Memory Verse

“Give great honor to the Lord with me. Let us praise His name together.” (Psalm 34:3)

Word List

alphabet: the letters of a language given in order (the English alphabet goes in order from A to Z)

brag: to proudly say how great someone or something is

glorify: to make great or give great honor

imagine: to make a picture or idea in your mind; to guess about

sermon: a speech given to tell about God, often at a church

substitute: a person or thing that takes the place of another; a person who teaches in place of a regular teacher

Wanting Life and Finding the Maker

I am a **substitute** teacher in the schools in my city. I go to many schools and work with children of all ages. When I teach young children, they are learning the **alphabet**. They sing a little song that you might know. It helps them learn and remember the letters. Often, one child will point to each letter as we sing. Singing this song helps children find the letters in the alphabet.

Psalm 34 is a kind of alphabet song. The first letter of each verse is a letter of the Hebrew alphabet. This psalm would help the Hebrew children remember their alphabet. I can **imagine** all the children sitting around and singing the song to some easy music. This song has a lot of words. It tells about more than the alphabet. It tells about God. That is a great way to learn.

An alphabet poem is a great way for everyone to learn. Many teachers in David’s time would write these kinds of poems. They wrote poems about important subjects. Proverbs 31 and Psalm 119 are famous poems of this kind. Psalm 25 and Psalm 31 are also this kind of poem.

Glorify the Lord (34:1-3)

God’s greatness is the subject of this song. People **brag** about many things. They brag about their nice house or car. They brag about how they play a sport. They brag about their jobs. David did not brag about himself. He did not brag about his country. He started this psalm by bragging about God. He told others to do the same. God is great. David tells us to give great

Things to Think About

1. Can you think of an alphabet poem in your language that has helped you learn?
2. Do you praise God with other people at church? What is your favorite part your time at church?
3. 1 Peter 3:10-12 uses words from Psalm 34. Why are there so many quotes from Psalms in the New Testament?
4. Tell about a time you looked to the Lord and He helped you.
5. The phrase *the fear of the Lord* is used almost thirty times in the Old Testament. What does it mean?
6. Verse 20 gives us another idea about the death of Jesus. Why do we know it is not about people who trust God? This promise was for Jesus. See John 19:31-36.

honor to the Lord. **Glorify** the Lord and praise Him together.

This is what we do at church. Every part of our time in church is to glorify our Maker! We pray. We sing songs of praise. We read the Bible. We learn more about God as we listen to a **sermon**. We learn more about Jesus. We learn how the Holy Spirit works in our lives. We should be proud to bring others to church. We should be proud to tell them about the Lord.

Look for the Lord (34:4-7)

God does not hide from us. He is always there for us. The Hebrew word for *look* tells about meeting God through worship. *I looked for the Lord* means David met with God in worship. God answered him and took away his fears. David told others. Others looked to the Lord. They had joy without shame. God answered them, too. They will never be ashamed. When someone tells us how God answered them, we can look to God, too. He will also answer us and give us joy without shame.

David calls himself a poor man. He was homeless. He was in an enemy country far from home. He was afraid. He had few friends. He had many troubles. He cried and God saved him! God can answer us and save us, too! Look for God. Look to God. Look at God!

Fear the Lord (34:8-14)

David said, “O, taste and see that the Lord is good.” We can do more than read David’s description of God. We can find out about God for ourselves! Do we know that God is good for ourselves? Or have we only heard about His goodness from

others? Has God been good to us? David wanted people to know they can experience God's goodness just like he did. David knew that all those who trust in the Lord will be made happy and safe.

What does it mean to fear the Lord? It is very important to understand these words. It does not mean to live in fear. It does not mean to be afraid of God. It means we have a deep respect for God. It means we trust God completely and depend on Him. It means we know that God is the maker of all things. It means we know God has power over everything. God is worthy of our trust and service. We should remember the words of Proverbs 1:7: *The fear of the Lord is the beginning of much learning.*

When we fear God He will give us all we need. We will see many good things. In this psalm, David teaches us how to fear the Lord. When we fear God we do what is right and good. We do not lie. We stay away from sin. We follow the ways of peace. We should honor God with our actions, our words and our attitudes. This is what it means to fear the Lord.

Honor the Lord (34:15-22)

This alphabet poem finishes by teaching about two kinds of people. These kinds of people live very different lives. People who trust God and do right are promised one kind of life. People who live sinful lives receive another kind of life.

People who trust God are not promised a life without trouble. People who trust God can have a broken heart or a broken spirit. But God promises He will see and hear them when they cry. He will take them out of their trouble. God will save their souls. He will punish them for their sins. They will live forever with the Lord.

Those who live a sinful life will find the Lord is against them. They will not be remembered. Their sin will kill them. They will be held guilty. They will be punished forever.

What a difference! We can choose. I made this choice in my life. I watched my father live his life for strong drink. I watched my mother live her life for God. I chose to live for God, too. I gave my life to the Lord. He is always with me. Which life will you choose? If you want the best life, choose to trust the Lord. Live for Him!

Psalm 34

1 I will honor the Lord at all times. His praise will always be in my mouth.

2 My soul will be proud to tell about the Lord. Let those who suffer hear it and be filled with joy.

3 Give great honor to the Lord with me. Let us praise His name together.

4 I looked for the Lord, and He answered me. And He took away all my fears.

5 They looked to Him and their faces shined with joy. Their faces will never be ashamed.

6 This poor man cried, and the Lord heard him. And He saved him out of all his troubles.

7 The angel of the Lord stays close around those who fear Him, and He takes them out of trouble.

8 O taste and see that the Lord is good. How happy is the man who trusts in Him!

9 O fear the Lord, all you who belong to Him. For those who fear Him never want for anything.

10 The young lions suffer want and hunger. But they who look for the Lord will not be without any good thing.

11 Come, you children, listen to me. I will teach you the fear of the Lord.

12 Who is the man who has a desire for life,

and wants to live long so that he may see good things?

13 Keep your tongue from sin and your lips from speaking lies.

14 Turn away from what is sinful. Do what is good. Look for peace and follow it.

15 The eyes of the Lord are on those who do what is right and good. His ears are open to their cry.

16 The face of the Lord is against those who sin. He will keep the people of the earth from remembering them.

17 Those who are right with the Lord cry, and He hears them. And He takes them from all their troubles.

18 The Lord is near to those who have a broken heart. And He saves those who are broken in spirit.

19 A man who does what is right and good may have many troubles. But the Lord takes him out of them all.

20 He keeps all his bones safe. Not one of them is broken.

21 Sin will kill the sinful. And those who hate God's people will be held guilty and punished forever.

22 The Lord saves the soul of those who work for Him. None of those who trust in Him will be held guilty.



Adult Bible Study in
Simplified English

Bible Text

Psalm 40

Memory Verse

“He put a new song in my mouth, a song of praise to our God.”
(Psalm 40:3a)

Word List

author: a person who writes something like a story or book

blessings: all good things that come from God; God’s help, gifts, love, etc.

expensive: something that has a high price or costs a lot

fix: to make something right or make it the way it was before; to take something broken and make it whole again

rescued: made free or saved from danger

Thanking God for Help

Life is not always easy. It can be very difficult. During one month I faced many problems. First I lost a job I enjoyed. Next I got the flu. Then one of my adult children had a big problem. In times like that, we might use this phrase: *When it rains, it pours!* We say this when one bad thing after another happens. It can be difficult to thank God when many bad things happen. It can be hard to praise Him for the good things He gives us. Sometimes we only see the problems. We keep looking for a way to **fix** them. We should look to God, our Father, to help us.

The Bible tells about many people who had all kinds of problems. The Book of Psalms is full of their stories. This book contains many of their prayers during times of suffering. This book tells about people who are crying out to God. They are crying out and complaining because of suffering. Psalm 40 is that kind of psalm. It teaches us that life can be difficult. It teaches us to serve God even when we do not feel thankful.

In hard times, serve God just like you did before trouble came. Serving God can make problems seem smaller. Serving God can help you take your eyes off yourself. It helps you see the needs of others. In helping others, you can help yourself at the same time. You can see God’s **blessings** and feel hope.

So Thankful for God’s Blessings (40:1-5)

David’s life was full of blessings. God had changed his life. He was a poor shepherd who became king. God **rescued**

Things to Think About

1. Have you ever been so sad that you felt like you were in a muddy dark hole? What happened? How did God rescue you?

2. How has God blessed you? Tell about something that happened today or yesterday that you know is a blessing from God.

3. Hebrews 10:5-9 uses words from Psalm 40:6-8. What does it help us understand about Jesus?

4. What can you do to show that you are full of thanks to God for all His blessings?

5. When was the last time you told someone about God and all His blessings in your life? How often do you tell those who do not yet believe in God?

6. Is the gift of Jesus expensive? Why or why not?

David many times when King Saul tried to kill him. God helped David win against his enemies. God always answered David's prayers, even if David had to wait. David saw many blessings in his life. He started this psalm by praising God for everything.

God gives many blessings. The best blessing is that God is with us. He is with us when everything seems dark and we feel afraid. He hears us when we cry. He hears us in the day or night. He is with us and helps our hearts have hope.

David was in a bad place. God heard David's cry and helped him. He brought David out of the bad place he was in. That place felt like a deep, dark hole. It felt muddy and dangerous. David was in deep sadness and sorrow. He had many troubles in his life. God rescued him. God put him in a much better place. God put David in a place where he could stand without falling. David was happy and praised God for His help.

Sometimes we do not look for God's blessings. Then we may not see His blessings. When we feel deep sadness it is hard to see what God is doing. Waiting is difficult. This psalm shows us that God will help us when we cry to Him. God will bring us out of the dark places when we trust Him. We can wait on God to give us a new song. Then others will know and trust God, too.

It is important to tell others about God's blessings. David had so many blessings he could not count them. I love to hear stories about God's blessing. If we look for God daily, we can see what He is doing. We can be thankful every day and tell others about God's blessings. It is like standing on a rock instead of in a hole. Sadness cannot stay when we are thankful!

Serving God (40:6-10)

David did not stop thanking God. He knew a thankful heart obeys God. This is pleasing to God. God calls all His followers to show and tell the world about Him.

In David's time thankful people would bring special gifts to God. They would bring an animal they owned and burn it on an altar. This was an **expensive** gift. They could have used the animal for food. They could have sold it for a lot of money. Instead, they gave it to God. This is how they obeyed God.

These special gifts showed God how thankful they were. But God wanted more than their special gifts. He also wanted His people to give of themselves. He wanted them to love and serve others. A special gift of thanks was not enough. God wanted their hearts and lives to be right.

Jesus was the best and highest gift from God. He was a substitute for all animal gifts. The **author** of Hebrews used words from Psalm 40:6-8 when he wrote (Hebrews 10:5-7). His words teach us what Jesus said about these special gifts. Jesus said animal gifts could not take away sin. Jesus was God's perfect gift. He came to

take away sin. Jesus gave His life so people could be forgiven forever. This gift was once for all.

Today we obey God by giving gifts of money. These gifts do not take away our sin. They do not change us on the inside. Change happens inside us when we trust Jesus. Our life shows if we are right with God. If our life is right, others will see it and want to serve God, too.

Sure That God Saves (40:11-17)

We can be sure that God saves us through Jesus. Jesus gave His own life for us. David was also sure God would help him. He remembered what God had done for him before. He thought more about others instead of himself. He told others about God in the big meeting. He wanted others to trust God to help them, too.

David depended on God. We can depend on God to save us, too. We know Jesus died so God could give us life that lasts forever. God can help us when there are many problems. God will do what is best for us. During all my troubles, I sang praises to God in the big meetings. God helped me. Thank you, God!!

Psalm 40

1 I did not give up waiting for the Lord. And He turned to me and heard my cry.

2 He brought me up out of the hole of danger, out of the mud and clay. He set my feet on a rock, making my feet sure.

3 He put a new song in my mouth, a song of praise to our God. Many will see and fear and will put their trust in the Lord.

4 How happy is the man who has made the Lord his trust, and has not turned to the proud or to the followers of lies.

5 O Lord my God, many are the great works You have done, and Your thoughts toward us. No one can compare with You! If I were to speak and tell of them, there would be too many to number.

6 You have not wanted gifts given on the altar in worship. You have opened my ears. You have not wanted burnt gifts or gifts to cover sins.

7 Then I said, "Look, I have come. It is written about me in the book.

8 I am happy to do Your will, O my God. Your Law is within my heart."

9 I have told the good news about what is right and good in the big meeting with many people. You know I will not close my lips, O Lord.

10 I have not hidden what is right and good with You in my heart. I have spoken about how faithful You are and about Your saving power. I have not hidden Your loving-kindness and Your truth from the big meeting.

11 O Lord, You will not keep Your loving-pity from me. Your loving-kindness and Your truth will always keep me safe.

12 Too many troubles gather around me. My sins have taken such a hold on me that I am not able to see. There are more of them than there are hairs on my head. And the strength of my heart has left me.

13 Be pleased to save me, O Lord. Hurry, O Lord, to help me.

14 Let all who want to destroy my life be ashamed and troubled. Let those who want to hurt me be turned away without honor.

15 Let those who say to me, "O! O!" be filled with fear because of their shame.

16 But let all who look for You have joy and be glad in You. Let those who love Your saving power always say, "The Lord be honored!"

17 Because I suffer and am in need, let the Lord think of me. You are my help and the One Who sets me free. O my God, do not wait.



Adult Bible Study in
Simplified English

Bible Text Psalm 53

Memory Verse

“They have all turned back. They have all turned to sin. There is no one who does good, not even one.”
(Psalm 53:3)

Word List

atheist: a person who does not believe in the one true God or any gods at all
decide: to make a choice, many times after a lot of thought
ignore: choosing not to pay attention to something; choosing to overlook something
perfect: having no sin; completely right in every way without any wrong doing

No One Does Good

My cousin calls himself an **atheist**. He does not believe that God exists. He is part of a group called the New Atheists. They believe that science has all the answers to our big questions. They say science can explain everything. They are against anyone who believes in the one true God. They are against people who believe in any other gods, too. They only believe in science. They would not say this, but science is their god.

Many people who believe in God live like atheists. How can that happen? It happens like this. They only think or talk about God on Sunday while they are at church. They do not think and act the same way the rest of the week. They say God is real with their words. Sadly, the rest of their life does not show God is real. They deny that God is real with the way they live.

People have been trying to **ignore** or deny God from the beginning. In Psalm 53, David said these ideas lead to a wrong life. He said these ideas lead to judgment and punishment. This is true for everyone who denies God.

The Foolish Person (53:1-4)

The first verse of this psalm is very famous. The Bible tells us a fool does wrong things but thinks he is right. A fool does not believe in God. Fools live to please only themselves. Today we may think a fool is a funny person. The kind of fool the Bible describes is not funny. He is just wrong.

Most people in David’s time believed in many different gods. These were false gods. The God of Israel was David’s God.

Things to Think About

1. What is your god like? Do you believe in the God of the Bible or a different kind of god?
2. Read what the book of Proverbs says about how the fool and the wise person are different on the last page of this lesson. Which verse helps you understand the best what a fool is?
3. How do Christians sometimes act like an atheist?
4. What would you say to someone who says there is no God?
5. What does God see when He looks from heaven and sees our world today? What does He see when He looks at you?

He is the only true God. A fool denies the only true God. The God of the Bible made everything. He will judge and punish sin. The fool wants a different kind of god, so he ignores God. There are many people who live like this today. They want a different kind of God. They are foolish people.

God is looking for people who desire to understand Him. God is looking for people who seek Him. The Bible calls these kind of people wise. A wise person is very different from a fool. The Bible tells about the wise person in 270 different verses. We can read about the wise in the Book of Proverbs. The writer of Proverbs declares, “The way of a fool is right in his own eyes, but a wise man listens to good teaching” (Proverbs 12:15). The wise understand that God made a good way for all people to live. They understand that God wants to be close with the people He made. He wants us to know Him. God wants us to be His children. Wise people want what God wants. They **decide** to follow the ways of God. These are the kind of people God was looking to find in this psalm.

When God looked, He only found people who sin. It is true. Every person has turned away from God. Not one person does good on their own. No one is **perfect**. Romans 3:10-12 uses words from these verses to talk about sin. David wanted every person to see their sin. He wanted people to know how much they need God ‘s forgiveness. David knew that people who keep doing wrong hurt others. They hurt people who do what is right. They do not pray to God. These words describe people who ignore God most of the time. This is a picture of atheists today.

God Punishes the Foolish (53:5)

Some people do not know God or look for Him. He is there. He sees them. He will punish fools who keep doing wrong. David said God will punish them in two ways.

First, God does not stay near a fool. Fools deny God, so He turns away from them. This makes a fool feel afraid when he does not have to fear. One of the greatest blessings from God is peace. Those who trust Him know that He is always near. When life is hard there is peace from God. We can go through hard times without fear because God is with us. A fool is without God. He has no peace. His fear can be strong. This is one punishment.

Fools face a second punishment. God judges the fool and puts him to shame. God spreads out his bones. Everyone in David's time understood these words. The bones of dead people were buried in special boxes. If a dead person's bones were spread out, it brought shame on his life. It brought shame on his family. God brings shame on the fool, but this will not happen wise. They will not suffer this shame.

God Rescues His People (53:6)

People from the nation of Israel were called God's people. The true people of God were the ones who trusted God and obeyed Him. The same is true today. All who trust in God are children of God. They are truly His people.

God's people were surrounded by enemies. Their enemies denied God. God's people needed to be rescued. David cried out to God to save Israel. Today we are also surrounded by people who deny God today. We can be sure that God is with us. He will keep us safe.

This psalm contains an important promise. God promised to return Israel to their land. This has happened in the world today. God used David's words to tell what was going to happen in the future. We are full of joy when we see what God has done. Jesus will save Israel and all who believe in Him. He will do this when He comes again.

All God's words are true. We have troubles of every kind because of sin. Other gods cannot help us. Science cannot save us. Fools will be judged and punished, but God's people can have joy. Will you deny God or trust Him? What will you decide?

Psalm 53

1 The fool has said in his heart, “There is no God.” They are sinful and have done bad things. There is no one who does good.

2 God has looked down from heaven at the children of men to see if there is anyone who understands and looks for God.

3 They have all turned back. They have all turned to sin. There is no one who does good, not even one.

4 Have those who do wrong no understanding? They eat up My people like they eat bread. They have not called upon God.

5 There they were, in much fear, where there was nothing to be afraid of. For God has spread out the bones of those who come against you. You put them to shame, because God has turned away from them.

6 O, that the saving of Israel would come out of Zion! Jacob will be full of joy and Israel will be glad when God returns His people to their land.

Quotes from Psalm 53 in the New Testament**Romans 3:9-12**

9 What about it then? Are we Jews better than the people who are not Jews? Not at all! I have already said that Jews and the people who are not Jews are all sinners.

10 The Holy Writings say, “There is not one person who is right with God. No, not even one!

11 There is not one who understands. There is not one who tries to find God.”

12 Everyone has turned away from God. They have all done wrong. Not one of them does what is good. No, not even one!

The Fool and the Wise Person in Proverbs

3:35 Honor will be given to the wise, but shame will be given to fools.

10:1 A wise son makes a father glad, but a foolish son is a sorrow to his mother.

10:8 The wise in heart will receive teaching, but a fast talking fool will become nothing.

10:14 Wise men store up learning, but the foolish will be destroyed with their mouths.

11:29 ... the foolish will serve those with a wise heart.

12:15 The way of a fool is right in his own eyes, but a wise man listens to good teaching.

12:16 The anger of a fool is known at once, but a wise man does not speak when he is spoken against.

12:18 There is one whose foolish words cut like a sword, but the tongue of the wise brings healing.

12:33 A wise man hides how much learning he has, but the heart of fools makes known their foolish way.

13:16 Every wise man acts with much learning, but a fool makes his foolish way known.

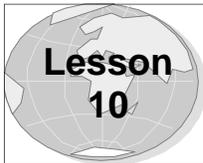
14:1 The wise woman builds her house, but the foolish woman tears it down with her own hands.

14:8 The wisdom of the wise man is to understand what to do, but lying is the foolish way of fools.

14:16 A wise man fears God and turns away from what is sinful, but a fool is full of pride and is not careful.

15:5 A fool turns away from the strong teaching of his father, but he who remembers the strong words spoken to him is wise.

15:7 The lips of the wise spread much learning, but the minds of fools do not.



Adult Bible Study in
Simplified English

Bible Text
Psalm 69

Memory Verse

“Do not hide Your face from Your servant, for I am in trouble. Hurry to answer me.” (Psalm 69:17)

Word List

crisis: a time of great danger, trouble and problems

example: something or someone who shows what others should be like; something to be copied or followed

pattern: doing something the same way over and over so that it is easy to know what will come next

silently: without talking, speaking or any sound

A Cry for Help

Everyone complains sometimes. Some people complain loudly and often. Some people complain very softly and seldom. Some people do not complain to others, only **silently** to themselves. I know a lady who complains loudly all day long. She likes to complain. We complain when life does not follow our plan. We complain when other people are difficult and treat us badly. We complain when we get bad news from a doctor. These difficult times seem more difficult if they happen when we are trying to follow God’s plan. We feel like we might die if everything continues to get worse. We wonder where our help will come from. We cry out to God for help.

Like many Psalms, this Psalm follows a **pattern** in David’s cry to God: a complaint, hurry to help, please punish my enemies, and a song of praise. David was in **crisis**. His life was too hard. He was surrounded by people who hated him. They wanted to kill him for following God’s plan. God seemed silent. He did not know what to do. He did trust in God. He knew God was there even when he could not see or hear Him, so he prayed. This prayer song may help us in our difficult times as we cry for help. We learn from David how to trust God in hard times.

A Complaint (69:1-12)

David uses words to make a picture of how he feels. He feels like his troubles will take his life like deep water. He feels like there is deep mud and he has no good place to stand. He feels surrounded by his troubles, like water in a flood. He cannot see

Things to Think About

1. Has anything in your life made you feel like you were surrounded by trouble and you might die? Does the word picture of a flood mean more to you?

2. How do you feel about complaining to God in prayer?

3. Jesus quoted verse 4 in John 15:25 when He was telling people that He was hated without a reason because people also hate God. Why do you think people hate God and hate those who follow God?

4. Other quotes from this Psalm in the New Testament are John 2:17 (Jesus cleaning the house of God); Acts 1:20 (Judas' death); Romans 11:9-10 (Jews who did not understand why Jesus came); and Romans 15:3 (living well for God).

an answer. He feels like he might die so he cries out to God. He cries and cries until he is tired. His mouth is dry. His eyes are weak. He is waiting and waiting for God.

David was not too tired to complain more to God. He complained that people hated him without a reason. He complained about how many enemies he had. He complained that they were powerful. He complained that they were lying by saying he stole something. We do not know what this is talking about but maybe some thought he had stolen the throne of Saul. He did not steal the throne, God gave it to him. God told him and his family through Samuel that David would be king (1 Samuel 16:1-13). This may tell us why David said he had been put to shame because of God. It may tell us why he was a stranger to his family. Jesus was also hated without reason.

David knew he had not lived a perfect life. He did not want his sin to be a problem for those who wanted to trust God. David knew as a famous person he should be a good **example** for others to follow. His problems were not from these sins. They were because those who hated him did not want him to follow in God's ways. Going without food and wearing clothes made with hair were ways of showing deep pain and sadness in David's time. He was put to shame and made fun of because of his desire to be in God's house. Today we see that people hate Christians when they obey God.

A Cry for God's Help (69:13-21)

David cries to God for help again. He is sure that God will answer him at the right time. He is sure because he knows that

God is loving, kind and full of truth. He is sure because he remembered how God had helped him before. He uses the word pictures again to talk about how God will help him.

David is depending on and trusting God to save him. He prayed that God would hurry. Our faith grows as we wait on God. God answers in His perfect time. We learn we can trust Him to answer our cry.

A Cry for God's Punishment (69:22-29)

Here the man who is so loved by God tells his Father how he wants his enemies punished. In his time of crisis he shows how human he is. He is very honest about his feelings. God knows our thoughts. We can tell him how we really feel. He is not surprised.

A Song of Praise (69:30-36)

Hope wins. David is so sure that God will rescue him that he thanks God. He sings his praise to God. He gives honor to God. He is still in crisis when he sings his praise. He grew closer to God as he stopped thinking only of himself and started thinking about others and what pleases

God. His words will help others and please God.

Earlier in the Psalm David said he did not want his life to be a bad example to others. Now through his words of praise and thanks he can be a good example to others. He was sure that when God rescued him this would help the faith of others to grow. They would learn that they could trust God in their times of trouble.

Psalm 69

1 Save me, O God, for the waters have almost taken my life.

2 I have gone down into deep mud and there is no place to put my feet. I have come into deep waters and a flood comes over me.

3 I have cried until I am tired. My mouth is dry. My eyes become weak while I wait for my God.

4 Those who hate me, without a reason, are more than the hairs on my head. Those who want to destroy me are powerful. I am made to return things that I did not steal.

5 O God, You know how foolish I am. My sins are not hidden from You.

6 May those who wait for You not be put to shame because of me, O Lord God of

All. May those who look for You not lose respect because of me, O God of Israel.

7 I have been put to shame because of You. Shame has covered my face.

8 I have become a stranger to my brothers, a stranger to my mother's sons.

9 For the strong desire for Your house has burned me up. And the bad things said about You have fallen on me.

10 When I cried and went without food, I was put to shame.

11 When I put on clothes made from hair, they made fun of me.

12 Those who sit by the gate talk about me. And I am the song of those who drink too much.

13 But as for me, my prayer is to You at the right time, O Lord. Answer me with Your saving truth in Your great loving-kindness, O God.

14 Take me out of the mud and do not let me go down in it. Take me away from those who hate me and from the deep waters.

15 Keep the flood water from covering me. Do not let the sea swallow me up. Do not let the deep hole close its mouth over me.

16 Answer me, O Lord, for Your loving-kindness is good. Turn to me because of Your great loving-pity.

17 Do not hide Your face from Your servant, for I am in trouble. Hurry to answer me.

18 Come near to me and save me. Pay the price to set me free from those who hate me.

19 You know how I have been put to shame by the bad things said about me. All those who hate me are before You.

20 Being put to shame has broken my heart, and I feel very sick. I looked for pity but there was none. I looked for someone to comfort me

but there was no one.

21 They gave me bitter drink in my food. And because I was thirsty they gave me sour wine.

22 May their table in front of them become a net. May it become a trap when they are in peace.

23 May their eyes grow dark so they cannot see. And may their backs always shake.

24 Pour out Your anger on them. May Your burning anger catch up with them. ²⁵May their place of living be empty and may no one live in their tents.

26 For they have made it hard for the one You have punished. And they talk about the pain of those You have hurt.

27 Let their sins add up, and may they not become right with You.

28 May they be taken out of the book of life, and not be written down with those who are right with You.

29 But I am suffering and in pain. O God, may You save me and set me up on high.

30 I will praise the name of God with song. And I will give Him great honor with much thanks.

31 This will please the Lord more than any ox or young bull with horns and hoofs.

32 Those without pride will see it and be glad. You who look for God, let your heart receive new strength.

33 For the Lord hears those who are in need, and does not hate His people in prison.

34 Let heaven and earth and the seas and all the things that move in them give thanks to Him.

35 For God will save Zion and build the cities of Judah. Then His people may live there and have it for their own.

36 And the children of those who obey Him will have it given to them. Those who love His name will live there.



Adult Bible Study in
Simplified English

Bible Text

Psalm 91

Memory Verse

“He who lives in the safe place of the Most High will be in the shadow of the All-powerful.” (Psalm 91:1)

Word List

circumstances:

conditions that surround us; the things that are happening around us

presence: the act of being with someone or in their company

severe: very hard or harsh

sovereign: the characteristic of having total power and control

Telling About God's Sure Rescue

Poems in the English language often contain words that rhyme. Hebrew poems contain rhyming or repeated ideas. Many poems like this are in the Book of Psalms. The writer of Psalm 91 repeats some words many times to show what God is like. In these verses the psalmist uses the words *Most High* and *All-powerful*. He also says that God is like a *safe-covering* and a *strong wall*. These ideas are repeated many times in Psalm 91.

God Is Your Refuge (Psalm 91:1-4)

Where can you find safety during hard times? Psalm 91 describes common troubles like sickness, pain and the enemy's trap. God never promised total protection from troubles. However, God does promise spiritual protection if we trust in Him.

The psalmist says, “He who lives in the safe place of the Most High will be in the shadow of the All-powerful.” What does this mean? The sun can be hot. We might stand in the shadow of a tree to find shelter. In the same way, we can place ourselves in God's shadow. When we do this, we find rest from trouble. He lightens the pressure of our **circumstances**. In Matthew 11:28 Jesus says, “Come to Me, all of you who work and have heavy loads. I will give you rest.”

In order to find God's shadow we must first put ourselves in His **presence**. Psalm 91:1 says we must *live* in God's presence. We must keep our trust in God. One way to remain in God's

**Things to
Think About**

1. What steps can you take to help you live daily in God's presence?
2. How has God proved faithful to you in the past?
3. What things do you fear? How can you replace fear of those things with love for God?
14. Now that you know God sends His angels to protect you, what great thing is God asking you to do?
15. Is there something in your life you consider more important than God? Ask God to help you love Him most.

presence is to remember God's faithfulness. Verse 4 reminds us that God is faithful. God's Word is full of promises like this. The psalms contain many comforting promises. Circumstances do not have the power to change God's promises. His promises hold true no matter what we face in life.

Have No Fear (Psalm 91:5-8)

What do you fear? Trouble at night? Attacks during the day? Sickness? Hard times may come, but we need not fear them. God's love keeps us from fear. 1 John 4:18 tells us that "there is no fear in love." Fear disappears when we choose to love God more than ourselves .

God is **sovereign** and all-powerful. As Christians, no harm can come our way unless God allows it. If God allows us to face hard things, we can remember that He is in control. We can know that God is good. We can remember these words from the Bible: "We know God makes all things work together for the good of those who love Him...." (Romans 8:28). We can also remember these words from the Bible: "Everything comes from Him. His power keeps all things together. All things are made for Him" (Romans 11:36).

Psalm 91:8 says we will see how sinners are punished. At times we all suffer consequences from our sins. However, God has reserved a more **severe** punishment for unbelievers. God will give this punishment when Christ returns to earth. God takes sin seriously. This psalm reminds us to live with eternity in mind. When hard times come we often want God to make things better quickly. We should remember God is always working on our

behalf. We may not always see the good in our situation until we reach eternity.

God Will Protect You (Psalm 91:9-13)

In these verses, the psalmist says we should make the Most High the place where we live. He reminds us how important it is to live in God's presence. God promises to protect us with His presence. This is a promise of spiritual protection. Physical harm may come to Christians. This happens every day in the world. But physical harm will not keep us from God's presence. Nothing will separate us from His love (Romans 8:38).

Even in difficult circumstances nothing can destroy our relationship with God. Our salvation is safe through faith in Christ. If we trust God for salvation, He will one day deliver us from hard times. God gives us His Spirit to guide us through life. He will show us how He wants to use hard times for good things.

These verses use animals to give a word picture about hard things. Sometimes our circumstances seem strong like a lion. Sometimes they seem dangerous like a snake. Life is full of things like this. Even

so, God will give us strength to do great things for Him. He will send His angels to protect us. God's angels help us feel His presence in hard times. God makes us strong and protects us with His presence.

Because You Love Him (Psalm 91:14-16)

God loved us before we could love Him. He loves us deeply, and He knows the ones who love Him. He uses His power to guard us against the enemy's attacks. These verses tell God's promises for the ones who love Him.

He promises to walk with us in trouble (Hebrews 13:5). He promises to eventually lead us out of trouble (Romans 8:18). God promises that if we call to Him He will answer us (Jeremiah 33:3). If we believe that Jesus died for our sin God promises us eternal life (John 3:16).

God gives us many great promises, but He does not promise a life without trouble. It is not always easy to love God when trouble comes. Sometimes we blame God for our trouble or feel angry. However, God is sovereign. We know our suffering is not without purpose. Choosing to live in God's presence helps us to find rest in Him.

Psalm 91

1 He who lives in the safe place of the Most High will be in the shadow of the All-powerful.

2 I will say to the Lord, "You are my safe and strong place, my God, in Whom I trust."

3 For it is He Who takes you away from the trap, and from the killing sickness.

4 He will cover you with His wings. And under His wings you will be safe. He is faithful like a safe-covering and a strong wall.

5 You will not be afraid of trouble at night, or of the arrow that flies by day.

6 You will not be afraid of the sickness that walks in darkness, or of the trouble that destroys at noon.

7 A thousand may fall at your side, and ten thousand at your right hand. But it will not come near you.

8 You will only look on with your eyes, and see how the sinful are punished.

9 Because you have made the Lord your safe place, and the Most High the place where you live,

10 nothing will hurt you. No trouble will come near your tent.

11 For He will tell His angels to care for

you and keep you in all your ways.

12 They will hold you up in their hands. So your foot will not hit against a stone.

13 You will walk upon the lion and the snake. You will crush under your feet the young lion and the snake.

14 Because he has loved Me, I will bring him out of trouble. I will set him in a safe place on high, because he has known My name.

15 He will call upon Me, and I will answer him. I will be with him in trouble. I will take him out of trouble and honor him.

16 I will please him with a long life. And I will show him My saving power.



Adult Bible Study in
Simplified English

Bible Text Psalm 95

Memory Verse

“Come, let us bow down in worship. Let us get down on our knees before the Lord Who made us.”
(Psalm 95:6)

Word List

hobbies: things that interest us and we find enjoyable, examples are cooking, art, sports, music

praise: to worship, admire or applaud someone because of who they are or what they do

sacrifice: to give something costly

temporary: something that does not last

worship: the act of giving our heart, time and attention to something or someone

Worship and Obey

It is easy to sing thanks to God during church on Sunday. How often do we give thanks to God during the week? Our time is filled with many things. We go to work. We take care of our family. We go to school. We enjoy time with friends. We play sports or spend time on **hobbies**. Psalm 95 reminds us to come before God daily with thankful hearts.

Ways to Praise (Psalm 95:1-2)

Praise is the act of showing someone thanks. We might praise someone when they do something well. We might praise someone for their good qualities. Psalm 95 tells us two ways to praise God.

One way to praise God is with joy. Most people find it easy to sing with joy when life is good. Other times life is not easy. It can be hard to sing with joy when life is difficult. During hard times we must remember that God is always at work. We can sing with joy when we remember that God is good.

Hebrews 13:15 tells us to “give thanks all the time to God through Jesus Christ.” Another translation of Hebrews 13:15 says we should always offer a “**sacrifice** of praise to God.” A sacrifice is something you give even though it costs you a lot.

We can sacrifice money or things we own when someone needs help. Parents often sacrifice time and sleep to care for their children. In the Old Testament God’s people offered sacrifices to God. Their sacrifices made a **temporary** covering for sin. When Jesus died on the cross He became the final sacrifice for all sin.

Things to Think About

1. What steps can you take to help you remember to God praise throughout the week?
2. How can you incorporate joy and thanksgiving to God when life is hard?
3. Name at least three reasons you have to praise God.
4. What would your actions say that you worship?

We should offer God a sacrifice of praise because He sent Jesus!

The psalmist tells a second way we can praise God. We can give God our thanks. This is another form of praise.

Philippians 4:6 says, “Do not worry. Learn to pray about everything. Give thanks to God as you ask Him for what you need.” Thanking God for all He has done reminds us of His faithfulness. We should praise God because He is always present in our lives!

Reasons to Praise (Psalm 95:3-5)

It is easy to praise God when we remember His greatness. The psalmist reminds us that God rules over everything. God is king over all kings. God made the lowest part of the sea. God made the highest mountain. Have you ever seen the ocean? It stretches farther than you can see. Have you ever seen the land below from an airplane? The earth is big and wonderful. God made all of it!

Think of a beautiful sunset. Think of newborn baby. Think of your favorite animal as it runs across a field. God made all these things. God does not *need* our praise. All of creation praises God with its beauty. We praise God because He does all things well. He deserves our praise.

The Act of Worship (Psalm 95:6-7)

The psalmist invites us to bow down and **worship** God. Praise is a way to tell what we admire about something or someone. Worship is the act of giving our heart to something or someone. Sometimes we may worship things like money or fine

jewelry. Sometimes we worship people. Other times we may worship our job. We give our thoughts to things we worship. We lift up the things we worship so that others can admire them, too.

People in the Old Testament had a special way to show respect for the king. They would lie flat on the floor at the his feet. This position showed respect. It showed that people were at the king's mercy. The king could do what he wanted with his people. In the same way, we can lay our lives at God's feet.

Some people choose to bow down on their knees when they worship. Others like to bow their head. Some raise their hands. Some even lay flat on the floor. God's people do these things to show the state of their hearts. These things are not the most important things to God. God is more concerned with how we worship Him in our hearts.

A Warning (Psalm 95:8-11)

God gave His people many rules to follow. God gave His people rules so that life would go well for them. But God's people stopped obeying His rules. God's

people still sang praises to God in church. They claimed to still worship God. But the actions that came from their hearts showed something different.

In Isaiah 29:13 the Lord said, "These people show respect to Me with their mouth, and honor Me with their lips, but their heart is far from Me. Their worship of Me is worth nothing." There were many times God's people did not obey Him in their hearts.

The Book of Exodus tells some of the history of God's people. God led His people out from slavery in Egypt. Still they refused to trust Him. God wanted to lead His people into a fertile land. They refused to follow Him. Because of that, He made them live in a desert for 40 years. They did not receive what God wanted to give them.

Do we live each day to please God? Or do we only worship God while we are at church? We can offer God praise without really worshipping Him. When we worship God with a pure heart we find many reasons to praise Him!

Psalm 95

1 Come, let us sing with joy to the Lord. Let us sing loud with joy to the rock Who saves us.

2 Let us come before Him giving thanks. Let us make a sound of joy to Him with songs.

3 For the Lord is a great God, and a great King above all gods.

4 The deep places of the earth are in His hand. And the tops of the mountains belong to Him.

5 The sea is His, for He made it. And His hands made the dry land.

6 Come, let us bow down in worship. Let us get down on our knees before the Lord Who made us.

7 For He is our God. And we are the people of His field, and the sheep of His hand. If you hear His voice today,

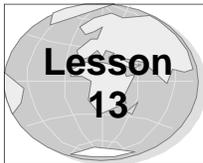
8 do not let your hearts become hard as you did at Meribah, as you did that day at Massah in the desert.

9 Your early fathers put Me to the test and tried Me. But they had seen the work I did.

10 I was angry with the people of that day for forty years. I said, “They always think wrong thoughts. And they do not know My

ways.”

11 I was angry with them and said, “They will never go into My rest.”



Adult Bible Study in
Simplified English

Bible Text

Psalm 118

Memory Verse

“Give thanks to the Lord, for He is good. His loving-kindness lasts forever.” (Psalm 118:1)

Word List

celebration: a happy time that is spent enjoying good things; a time of joy

descendants: ancestors; people from your family who were born many generations before you

loving-kindness: a term which describes the depth of God's special love for His people

unique: one of a kind; different from anything else

Give Thanks for God's Loving-kindness

How has God been good to you? All good things come from God. Do you have a loving family? Are you healthy? Do you earn money at your job? Can you go to school and learn things? Do you have a safe place to live? Look around. It is not hard to find the good things God gives. In Old Testament times God's people often met together to remember God's goodness. Psalm 118 is a song God's people would sing during these times of celebration.

His Loving-kindness Lasts Forever (Psalm 118:1-4)

Why should we thank God? Because God's love lasts forever! Remember that Hebrew poems repeated important words and phrases. In Psalm 118, the psalmist says five times that God's **loving-kindness** lasts forever.

God's love is **unique**. God loves with a different kind of love than you and me. God's love never fails. God's love never changes. God loves us even though we do not deserve His love. The word *loving-kindness* is a special word. It is a word for the kind of love that only God gives. It shows us that God's love runs deeper than we will ever know (Ephesians 3:18).

This psalm invites God's people to sing. The name *Israel* is another name for the king. This psalm also mentions the house of Aaron. These are the priests in the nation of Israel. Lastly this psalm invites all who fear the Lord to sing. If we follow God, then this includes you and me! All of God's people have good

**Things to
Think About**

1. What words can you use to describe God's love for you?
2. Do you think it is better to trust in God or to trust in man? Give reasons for your answer.
3. How does your faith in God allow you to stand firm against your enemy?
4. Describe a time when God proved faithful in your life. List the names of three people with whom you can share your story.

reason to praise Him. We should all give thanks to God for His loving-kindness. His love is special.

The Lord Is My Helper (Psalm 118:5-9)

The psalmist writes about a time when he called to God in prayer. He was in trouble. He was not in a good place. Enemies fought against him. He cried out to God, and God answered his prayer. Then he felt free from his fear.

We should follow the psalmist's example. When trouble surrounds us we are wise to call on God for help. God is in control of all things. Only God can protect us. Enemies may rise against us, but they will not win against God. Ask God for help during hard times. He will fill your heart with peace as you trust in Him (Isaiah 26:3).

In the Name of the Lord (Psalm 118:10-14)

Three times the psalmist says he cut off his enemies in the name of the Lord. When King David was a young shepherd boy he fought the giant Goliath in the name of the Lord (1 Samuel 17:45). What does it mean to fight in the name of the Lord?

In Old Testament times, people's names were very meaningful. A name told a lot about a person. A person's name told what kind of person he was. The name of the Lord was special to God's people. It stood for His ways, which are good and right. Doing something in the name of the Lord would mean doing it in agreement with His ways.

Both the psalmist and David knew that their enemies displeased God. Their enemies did not follow God's ways. Each

of them chose to defend God's ways. They did not allow their enemies to speak untrue things about God. Instead they fought for the truth. Their faith in God helped them fight their enemies.

Proclaim His Goodness (Psalm 118:15-18)

In verses 15-16 the psalmist writes about God's right hand. God's right hand is a way to describe God's power. Israel defeated her enemies by depending on God's great power. This psalm celebrates God's great work.

The psalmist also says that God punished him but did not let him die. God allowed Israel's enemies to attack them because Israel had turned away from God. The attacks reminded God's people that they needed to depend on Him.

God punished His people, but He did not let all of His people die. God showed His faithfulness to His people even when He punished them. Even now there is a small group of **descendants** remaining in Israel. Has God shown Himself faithful to you? Follow the psalmist's example. Tell someone what God has done for you!

Give Thanks (Psalm 118:19-21)

In verses 19-21 the psalmist gives thanks to God. It almost seems like a private meeting. He has already reminded God's people of God's goodness. In these verses, he thanks God in a personal way.

God loves it when we give Him thanks. Jesus tells a story in the New Testament about giving thanks to God. In Luke 17, Jesus heals ten men. But only one of the men returns to thank Jesus. We should be like that man. We can glorify God by thanking Him for all He has done. We can proclaim God's goodness to everyone we know.

Rejoice! (Psalm 118:22-29)

God's people remembered God's victory. They celebrated His goodness. In these final verses they ask Him for protection in the future. Looking at the past can help us trust God in the future. This is why it is important to remember what God has done. Spend time talking about it with your family. Tell a friend who is not yet a Christian. Remember how God showed His love for you in the past. Celebrate that His loving-kindness endures forever!

Psalm 118

1 Give thanks to the Lord, for He is good. His loving-kindness lasts forever.

2 Let Israel say, "His loving-kindness lasts forever."

3 Let the house of Aaron say, "His loving-kindness lasts forever."

4 Let those who fear the Lord say, "His loving-kindness lasts forever."

5 I cried to the Lord in my trouble, and He answered me and put me in a good place.

6 The Lord is with me. I will not be afraid of what man can do to me.

7 The Lord is with me. He is my Helper. I will watch those lose who fight against me.

8 It is better to trust in the Lord than to trust in man.

9 It is better to trust in the Lord than to trust in rulers.

10 All nations gathered around me. But I cut them off in the name of the Lord.

11 They gathered around me. Yes, they were on every side. But I cut them off in the name of the Lord.

12 They were all around me like bees and they died out fast like burning thorns. I will destroy them in the name of the Lord.

13 You pushed me back so that I was falling, but the Lord helped me.

14 The Lord is my strength and my song. He is the One Who saves me.

15 The joy of being saved is being heard in the tents of those who are right and good. The right hand of the Lord does powerful things.

16 The Lord's right hand is lifted high. The right hand of the Lord does powerful things.

17 I will not die but live. And I will tell of what the Lord has done.

18 The Lord has punished me but He has not given me over to death.

19 Open to me the gates of what is right and good. I will go through them and give thanks to the Lord.

20 This is the gate of the Lord. Those who are right with God will pass through it.

21 I will give thanks to You, for You have answered me. And You are the One Who saves me.

24 The stone that was put aside by the workmen has become the most important stone in the building.

23 The Lord has done this. We think it is great!

25 This is the day that the Lord has made. Let us be full of joy and be glad in it.

25 O Lord, we beg You to save us! O Lord, we ask that You let everything go well for us!

26 Great and honored is he who comes in the name of the Lord. We honor you from the house of the Lord.

27 The Lord is God. He has given us light. Tie the gift with rope to the horns of the altar on this special day.

28 You are my God and I will give You thanks. You are my God and I will praise You.

29 Give thanks to the Lord, for He is good. His loving-kindness lasts forever.



*Adult Bible Study in
Simplified English*

Bible Text

John 20:1-18

Memory Verse

“Mary Magdalene went and told the followers that she had seen the Lord. She told them the things He had said to her.”
(John 20:18)

Word List

Sabbath: a special day of the week set aside to rest and to worship God

proof: something that helps you believe a statement to be true; evidence that shows something is true

persistence: the act of continuing to do something even when it is difficult

tragic: extremely sad or shocking

Knowing, Believing, Telling

Jesus said many times that He would die on the cross. Jesus also said that He would rise on the third day (Matthew 16:21 and 17:22-23, Mark 8:31 and 9:30-31, Luke 9:22, 44 and John 2:19-21). But Jesus’ death was more **tragic** than anyone expected. Jesus’ followers did not understand what He had said about His death. They were confused and afraid after He died on the cross. Have you ever had a hard time understanding God’s words in your life? You are not alone.

Seek God Right Away (John 20:1-4)

Mary began to look for Jesus’ body as soon as she could. Jesus was crucified on Friday. Friday was the day before the **Sabbath**. The Sabbath was a weekly day of rest. No one could work on the Sabbath. By law, Mary had to rest on the Sabbath. When Sunday came, Mary ran to look for her Savior!

When Mary reached the tomb she could not find Jesus’ body. Jesus had said that when He died, He would rise again after three days. But Mary did not expect Jesus to rise from the grave. She expected Jesus’ body to be in the tomb. When she did not find Jesus’ body, she thought someone had taken Him. Mary ran to tell two of Jesus’ disciples that His body was missing. The two disciples ran to the tomb, but they did not find His body either.

Have you ever had hard things happen in your life that made no sense? What was your first response? My first response was to hide from God. Mary’s first response was to search for

**Things to
Think About**

1. Where do you turn when you fail to understand God's Word or God's ways?
2. What proof do you have that Jesus is alive?
3. Describe an experience when you called out to God. Did you feel that you found Him?
4. Name someone you can tell about the risen Savior. Can you make time to talk with that person this week?

God. Mary was confused, but she kept searching for Jesus. Mary did not give up, and she was the first to see the risen Savior.

The Linen Cloths (John 20:5-7)

When Mary and the two disciples reached the tomb, they found Jesus' burial cloths. These burial cloths were wrapped around Jesus' body after Jesus died. When John saw the cloths he knew no one had stolen Jesus' body. A grave-robber would not take time to unwrap Jesus' body. He would leave as quickly as possible. He would not want to be caught. These things helped John understand what had happened.

Believing Without Seeing (John 20:8-10)

As soon as John saw the burial cloths, he believed Jesus had risen from the grave. Jesus had said many times that He would rise again. John did not understand His words until he saw **proof**. Like John, it is hard for us to believe things we can't see.

There was another disciple who could not believe Jesus had risen. Thomas said he could only believe Jesus had risen if he saw Jesus for himself (John 20:25). Thomas wanted proof. When Jesus showed Himself to Thomas, he believed. Jesus said, "Thomas, because you have seen Me, you believe. Those are happy who have never seen Me and yet believe!" (John 20:29).

Jesus is worthy of our trust. Thomas and John both needed proof to help them understand Jesus' words. Jesus says we are happy when we believe even though we do not see. That is faith. 2 Corinthians 5:7 says, "Our life is lived by faith. We do not live by what we see in front of us." It is easy to believe God's Word when we have proof. Jesus asks us to believe even without

seeing. We can ask God to give us faith to believe.

Persistence (John 20:11-15)

After seeing the empty tomb the two disciples returned home. But Mary stayed at the tomb. Mary **persisted** in her search for Jesus. Her love for Jesus caused her to keep looking for Him. Because of Mary's persistence, she was the first to see Him. Because she did not give up, she received comfort from Jesus Himself.

He Calls Us by Name (John 20:16-18)

Mary felt very sad after Jesus' death. She had lost someone she loved very much. Mary's sadness caused her to look for Jesus persistently. Mary thought she would never find Jesus. But when she called out to Jesus, He answered her by name.

Mary was so worried and confused that she did not even recognize Jesus when she saw Him. Then Jesus spoke kindly to her. Imagine how she felt when she heard His voice! Imagine her surprise and her joy. Imagine the comfort and relief Jesus' voice brought her.

Sometimes we are just like Mary. We are afraid and confused by the things that

are happening around us. God knows we will not always understand our circumstances. He promises we will find Him when we search for Him (Jeremiah 29:13). He is always there. We just may not recognize Him. If we keep searching, we will hear His voice speaking to us. What joy and comfort that brings!

Many times God uses hard things to teach us new things about Him. This is not just for our own good. He wants us to tell others what we learn. Jesus told Mary not to hold onto Him. What has God shown you about Himself? Are you holding onto it for yourself? Or are you sharing it with everyone you know?

Jesus wanted Mary to leave and tell others she had seen Him. That is God's Great Commission for all of us: "Go to all the nations and tell them" (Matthew 28:18-20). Jesus has risen. He is alive! Has Jesus revealed Himself to you? Go and tell someone!

John 20:1-18

1 It was the first day of the week. Mary Magdalene came to the grave early in the morning while it was still dark. She saw that the stone had been pushed away from the grave.

2 She ran to Simon Peter and the other follower whom Jesus loved. She said to them, “They have taken the Lord out of the grave. We do not know where they have put Him.”

3 Then Peter and the other follower went to the grave.

4 They ran but the other follower ran faster than Peter and came to the grave first.

5 He got down and looked in and saw the linen cloths but did not go in.

6 Then Simon Peter came and went into the grave. He saw the linen cloths lying there.

7 The white cloth that had been around the head of Jesus was not lying with the other linen cloths. It was rolled up and lying apart by itself.

8 Then the other follower, who had come first, went in also. He saw and believed.

9 They still did not understand what the Holy Writings meant when they said that He must rise again from the dead.

10 Then the followers went back again to their homes.

11 Mary stood outside the grave crying. As

she cried, she got down and looked inside the grave.

12 She saw two angels dressed in white clothes. They were sitting where the body of Jesus had lain. One angel was where His head had lain and one angel was where His feet had lain.

13 They said to her, “Woman, why are you crying?” She said to them, “Because they have taken away my Lord. I do not know where they have put Him.”

14 After saying this, she turned around and saw Jesus standing there. But she did not know that it was Jesus.

15 He said to her, “Woman, why are you crying? Who are you looking for?” She thought He was the man who cared for the garden. She said to Him, “Sir, if you have taken Jesus from here, tell me where you have put Him. I will take Him away.”

16 Jesus said to her, “Mary!” She turned around and said to Him, “Teacher!”

17 Jesus said to her, “Do not hold on to Me. I have not yet gone up to My Father. But go to My brothers. Tell them that I will go up to My Father and your Father, and to My God and your God!”

18 Mary Magdalene went and told the followers that she had seen the Lord. She told them the things He had said to her.