

Psalms for Every Season: Introduction

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Psalm 63:1-8

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Reflection & Discussion

The book of Psalms is a prayer book for God's people

It teaches how to live faithfully according to God's Word while also hoping for the coming of the Messiah.

*What do you know about the Psalms? Do you have a favorite?

*Have the Psalms helped you in your life of faith?

The Book of Psalms is about living in tension—holding onto both honesty and hope

It brings together Torah and Messiah, lament and praise, faith and hope.

*How does your season of life – where you are at in your soul – affect how you talk with God?

*When life gets hard what do you tend to turn to? What happens when all is going well?

This author had a soul thirsty for God and needed help

Read and discuss Psalm 63:1-8 (NIV)

*¹ You, God, are my God,
earnestly I seek you;*

*I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.*

*² I have seen you in the sanctuary
and beheld your power and your glory.*

*³ Because your love is better than life,
my lips will glorify you.*

*⁴ I will praise you as long as I live,
and in your name I will lift up my hands.*

*⁵ I will be fully satisfied as with the richest of foods;
with singing lips my mouth will praise you.*

*⁶ On my bed I remember you;
I think of you through the watches of the night.*

*⁷ Because you are my help,
I sing in the shadow of your wings.*

*⁸ I cling to you;
your right hand upholds me.*

*What do you notice about the season this psalmist is writing about? What does this passage show us about holding the tensions?

*How can you relate to the psalmist? Are you thirsting, praising, remembering, clinging?

*What would change if you truly believed God's 'love is better than life'?

Whatever season we are in- God is with us

When we feel like you don't have what you need, when you are remembering and retelling God stories or when you are moving forward.

*What season are you in right now? Where do you find your soul today?

*What would it look like for your eyes to be open in this season – being honest AND full of hope?

*What is the Spirit saying to you about God's presence in this season? What reminder of God's faithfulness can you cling to?

Write Your Own Psalm

God, I am thirsty and needy because _____.

Right now, I feel _____.

I remember when _____ and trust You because _____.

I am clinging to you and believe _____, because of You I have hope.

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