



*The Book of Psalms 1-50*  
*Discussion/Reflection Questions*

## Chapter 1

This psalm depicts the characteristics of a godly person who loves God's Word and God's ways versus a wicked person.

What fruit are you seeing in your life as a result of your love for God and His Word? Is there anything in your life that causes you to not produce fruit?

## Chapter 2

God calls the kings of the earth to surrender to him and fear Him. We are to rejoice with trembling. A proper fear of God leads to rejoicing because we know how safe we are with him.

In what ways do you fear God and how does that affect your daily life?

## Chapter 3

In a difficult situation, David chose to lift his eyes to the Lord and acknowledge His power. He has a deep trust in God.

As you go through trials, how can you choose to increase your faith instead of increasing your fears?

## Chapter 4

David instructed his people what to do when they found themselves getting angry: do not sin, search your heart, be still, offer right sacrifices and trust in the Lord.

How can you apply these instructions to your life when you feel anger creeping into your heart?

## Chapter 5

David woke up with God on His mind. He made it a priority for God to hear his voice in the morning. This means he prayed out loud at the beginning of his day.

Does God hear your voice in the morning? If not, how can you rearrange your priorities to make time for prayer in the morning?

## Chapter 6

David was so discouraged that he could not sleep. His bed was flooded with tears but He knew that God saw him and heard His prayers.

Have you ever cried out to God feeling like God has abandoned you, only to later realize that He was strengthening you?

## Chapter 7

David was crying out to the Lord for justice, deliverance and vindication, while asking God to search his heart.

Have you ever been blamed falsely for something? How did you handle it and how was God your shield?

## Chapter 8

David beautifully expresses the glory and majesty of God in this psalm of praise.

How do you catch a glimpse of God's love for you through the moon, the stars and all of His creation?

## Chapter 9

Those who know God's name have a real relationship with him. We trust in Him and seek Him.

How does the assurance of knowing that God will never forsake you, comfort you when you struggle with unanswered prayer, fall into sin or face difficult trials?

## Chapter 10

The enemy is always trying to destroy and tear down. After David writes of his affliction from his enemies, he affirms his confidence in God as King forever.

In the midst of evil, that is all around us, how does knowing that God has all things in His control, comfort you?

## Chapter 11

God makes his presence known to the righteous and allows them to behold his face in the midst of turmoil.

How have you seen the face of God in your darkest times?

## Chapter 12

David lived in a generation full of deceivers and prideful people. He contrasted their words with God's. God's word is pure.

As a believer, how can you be accountable to speak truth with every word that you say?

## Chapter 13

David opens his heart and shares his raw emotions, but still chooses to praise God in the depths of difficulties.

Are you in the midst of a trial? Despite your difficulties, what can you praise God for today?

## Chapter 14

David reflects on those who reject God and calls them fools. It's interesting to note where they deny God - it's in their hearts. Verse 2 says the Lord is looking down from heaven to see if there are any who seek him.

We may have a lot of intellectual knowledge about God but ultimately our decisions are made by the loves and passions of our heart. How is your heart today? Is it seeking God or seeking pleasure and how can you realign your heart with the heart of God?

## Chapter 15

David lists eleven ways we should live if we want to have sweet fellowship with God.

Which of these stood out to you as something you need to work on in your life?

## Chapter 16

God will not abandon us! The pleasures of the world are empty but God's joy is full. God's presence is with us and he gives pleasure for both now and eternity. Just because we are believers that does not mean we get to experience a trouble free life. But sometimes we focus too much on what our faith is costing us and we forget all the benefits!

List below some of the benefits and pleasures of being a child of God.

## Chapter 17

The "apple of your eye" and the "shadow of your wings" are two pictures that powerfully describe God's care for his people in danger. The pupil of the eye is the most sensitive part of the eye and the most protected. A mama bird protects her helpless little ones, with her wings.

In the midst of David's fears, he prayed. Is there something you are fearful about today? Pray and talk to God about your fears. Looking back, how has God faithfully protected you in times of trouble?

## Chapter 18

David wrote this psalm of praise, celebrating the victory that God gave him over all his enemies.

What is an example of a victory that God gave you and how was He your rock during that time?

## Chapter 19

As David reflects on the glory of God seen in creation and the purity of God seen in His word, he then reflects on himself. David closes this Psalm by reflecting on his words and his heart. His one desire is to be acceptable in God's sight.

Take a moment and reflect on your own words this week. Then reflect on your heart's desires. Is there anything you need to confess or surrender to God? Write out a humble prayer of confession below.

## Chapter 20

David knew that others were trusting in their horses and chariots for success. David contrasts their trust in things, with his trust in God.

Sometimes we can be tempted to trust in something other than God to give us success - like our intelligence, money or even another person. What are you tempted to trust in other than God?

## Chapter 21

David and his people were celebrating and singing praises to God for the victory and blessings He had given them.

Have you celebrated the blessings God has given you in your life including answered prayers? Try writing a prayer or poem of praise below and be specific about something God has done for you or a loved one.

## Chapter 22

In this psalm, David referenced the crucifixion of Jesus. Then a promise is given - all of those all over the earth, who seek the Lord, will not only find him but will praise Him!

God does not hide himself from his people. You have sought the Lord and found Him! There is no greater gift! How does remembering that God has revealed himself to you, lead you to praise him for your salvation? Who can you pray for today that does not know Christ? Write your prayer below.

## Chapter 23

This beautiful psalm depicts how God cares for us. Sheep do not always know what is best and so we need our Shepherd. When we are following him, we are safe and secure, even through the dark valleys of life.

Are you allowing your shepherd to lead you? In what areas of your life, do you need to step back and let God lead?

## Chapter 24

Earlier in Psalms, David emphasized the glory of God seen in the heavens. In this Psalm, he focuses on the Earth and how everything on it belongs to God.

When you consider the earth and all that God has created here, what do you learn about your God?

## Chapter 25

David lifted his heart to God during difficult times. He desired to be taught by the Lord, during his season of waiting.

A mature believer desires to be taught by the Lord. How are you being taught, by the Lord and what have you learned by waiting on God to guide you?

## Chapter 26

The word “walk” is repeated multiple times in this Psalm. David resisted evil by walking with the Lord.

What does it mean to walk in faithfulness and how are you displaying this in your life?

## Chapter 27

David was in a dangerous situation because of evildoers who wanted to take his life. But David believed. He believed that he would see the goodness of God, in the midst of his struggles and so he had courage to wait on the Lord.

How does your belief that God is good comfort you in the midst of your fears or trials?

## Chapter 28

David learned to trust God in difficult situations, even when the Lord wasn't answering his prayers.

Think of a time when you felt like God was being silent. How did God eventually help you? How can that encourage you today as you wait on God to answer your prayers?

## Chapter 29

In this Psalm, David speaks of hearing the powerful voice of God, through nature, over and over. It caused David to worship God.

We live in a noisy world. Technology runs 24/7. How do you hear God's voice and see his power on display in nature and how does that speak to your heart?

## Chapter 30

David was expressing thanksgiving to God for rescuing him. After a season of darkness and weeping, joy had come!

The mercies of God are new every morning. Every sunrise brings the hope of a new and better day. How does a new morning, with a fresh start, wipe away your tears and give you hope?

## Chapter 31

There is nothing that David trusts in, except God. He was not ashamed of his faith but rather praised God day in and day out, no matter how hard his trials had become.

Do you struggle to let your faith in God be known? Do you worry that God might not come through and somehow that will bring shame to yourself or God? In what area of your life do you need to be more bold with your faith?

## Chapter 32

David confessed his sins to the Lord and rejoiced greatly because he was forgiven.

Are there any sins that you need to confess to God right now and receive His forgiveness?

## Chapter 33

This psalm is filled with praise and worship to the Lord.

What role does worship play in your life and how can you have a continual heart of praise?

## Chapter 34

David knew what it felt like to be broken. His spirit had been crushed through his trials. But God was near and heard his cries for help and delivered him from his afflictions.

Are you hurting today? Has something crushed you? The Lord is near and he wants to help you. Tell God your hurts. Ask him for help and deliverance. Let the Lord be your refuge, while you wait for healing.

## Chapter 35

In the midst of David's trials and turmoil, he continues to call on God for help and then praise the Lord for his greatness.

How do you respond to trials and turmoil in your life? Do you call out to God for help? Do you praise God for his greatness?

## Chapter 36

David spoke about the evil in this world and prayed that he would not be driven away by wickedness.

Is there anything in your heart that is pulling you away from God? Ask Him to shine His light upon it.



## Chapter 37

When we are delighting in worldly things, our flesh longs for things that are not pleasing to the Lord. When we are delighting in God, He takes our old desires and makes them new.

Is there something you are longing for today, that perhaps is not from the Lord? Pray and ask God to exchange your desires for his desires and your will for his.

## Chapter 38

David asked God for forgiveness of his sins. True repentance is sorrow over the sin itself not just the miserable results that sin can bring.

Is there a sin in your life that you need to confess? Confess it now. Consider if you have sinned against someone else and go to them and apologize today.

## Chapter 39

In Psalm 39, David is emotional. He goes from anger to crying. David worked hard to not sin with his mouth. Though he kept quiet, his feelings did not dissipate.

When you feel emotional, do you guard your mouth and keep it from sin? What can we learn from the heart of David, in today's Psalm?

## Chapter 40

David praised God for meeting his needs during difficult trials.

How have you seen God work in your life, by drawing you up from a pit of despair?

## Chapter 41

As David was sick in bed, he also endured a betrayal from a close friend. This verse was also spoken by Jesus in John 13:18, regarding Judas Iscariot's betrayal. But David remained steadfast in His confidence that God would never betray him.

Have you ever been betrayed by a close friend, that you really trusted? How does knowing that both Jesus and David experienced betrayal comfort you? And how does knowing that God will never betray you, encourage you?

## Chapter 42

The author, in these next two psalms, questions God many times as he also puts his hope and trust in Him.

Have you ever cried out to God so much that you've questioned where He is? How has God revealed Himself to you through those times?

## Chapter 43

God's light and truth are faithful guides to the believer.

How is God's truth leading you today?

## Chapter 44

The Jewish people were defeated by their enemy and felt humiliated and deserted by God.

Have you ever felt that God has hidden His face from you and how do you continue to seek Him through those feelings?

## Chapter 45

This psalm is a love song written for the wedding of a king. However, the underlying message is about Jesus Christ and His bride, the church. Christ is our divine King. There is no successor. His kingdom is forever.

How does knowing that the king of Kings and Lord of Lords loves you forever -- comfort and encourage you?

## Chapter 46

When we wake, God's help is not slow. He is with us in the mornings, throughout the day and all night.

God is our very present help in times of trouble. How have you experienced God's presence and help, in times of trouble?

## Chapter 47

The people in this psalm were told to praise and exalt God.

Let's do it! Write your own psalm or poem or words of praise to God below.

## Chapter 48

God shows His people that He is their fortress and that He will guide them forever.

How does God's steadfast love encourage and help you when all of these horrible things are happening in the world?

## Chapter 49

The psalmist reminds us that being wealthy does not prevent death and does not determine our salvation. The rich cannot take their money with them when they die. While the rich spend their lives building their homes and collecting money here on earth, the righteous trust in God.

In what ways are you tempted to trust more in your wealth than in God?

## Chapter 50

This is our final Psalm in this study. It is fitting to remember this. This psalm talks about worshiping God with honesty and gratitude; not as a ritual or a disguise. May we continue to praise his name forever with glad and sincere hearts!

As you continue to live your life praising the Lord, how can you make sure you are worshiping the Lord with sincerity and not let it turn into a routine?