

## **Psalms : questions to get you thinking**

The Psalms are prayers and hymns people have said to God. God has inspired the words, but they are not primarily to teach us things or tell us how to live. The words in the Psalms help us express ourselves to God and to think about Him.

### **Facts about the psalm**

1. Read the psalm many times and in different translations.
2. Find out about any places or people mentioned in the psalm.
3. Look up any other Bible verses that seem to relate to the psalm.
4. If possible, describe the historical background of the psalm.
5. What type of psalm is it? Which verses tell you that?

### **Understanding the psalm**

1. Describe any repeat patterns in the psalm.
2. How do these repeats help your understanding?
3. Make a note of anything you do not understand.
4. Write down all the emotions and feelings expressed in the psalm.
5. Make a list of what the psalm tells you about God. Take time to think carefully about each thing on your list.
6. Write two or three short sentences which sum up the whole of the psalm.

### **Application**

1. Which one emotion or feeling in the psalm do you identify with most?
2. How does this psalm relate to your life now?
3. When could it relate to you in the future?
4. What have you learned about God or been reminded of?
5. How does this psalm help you to be more honest with God, yourself or others ?
6. What do you need to do now?
7. If you wish, write down a prayer to God and use it this week.