

Psalms: an introduction Household readings

A psalm is a poem or song. And there is a whole book of them in the Bible! They are full of emotions, pictures, images and words. They talk about people living everyday life as God's people!

But these poems and songs—gathered together from all over the history of God's people—also point to the one man who lived life perfectly as God's person: Jesus:

"⁴⁴ Then He told them, "These are My words that I spoke to you while I was still with you-- that everything written about Me in the Law of Moses, the Prophets, and the Psalms must be fulfilled." ⁴⁵ Then He opened their minds to understand the Scriptures.

Luke 24:44-45

As we read Psalms as a household (no matter how big or small the household is!), we can really enjoy the language and the pictures and the images and the emotion... but we can also think hard about how Jesus fulfils the Psalms for us... so that we can sing them, too.

These shorts devotions will help you sit as a household each day (well, five days in the week!), and prepare your hearts and minds by looking at the passages we will be thinking through each Sunday. The devotions should take about 10 minutes:

- Begin each time with a short prayer, asking God to help you understand the Bible.
- Do the 'tasks/questions'.
- Finish by praying a short 'thank-you' prayer to God.

Try to set aside the same time each day to spend this time together, making this a household habit!

It won't be easy but it will be greatly rewarding!

Week 1 (starting June 21)

Psalms 1 and 2...

Day 1

- Get a Bible, and find the book of Psalms.
- Flick through Psalms, and see if you can find out:
 - how many psalms there are?
 - how many ‘books’ there are in Psalms?
- Read Psalm 1.

Day 2

- Read Psalm 1.
- What picture language is used in Psalm 1?
- You might want to draw a picture of the psalm!
- What kind of person is described in verses 1-3?
- What kind of person is described in verses 4-5?

Day 3

- Read Psalm 1 again.
- What is the difference between the two people in the psalm? (Look at verses 2 and 6)

Day 4

- Read Psalm 2.
- What do people want to do? (vs.1-3)
- Who has God put in charge? Who is he? (vs.6-7)
- You could draw a picture of the psalm!

Day 5

- Think back over the week’s readings... who is the only man who has always lived with ‘the LORD’s instruction’, and who is God’s Son?

Week 5 (starting July 19)
Psalm 117

Day 1

- Read Psalm 117.
- What does the author command us to do?
- Why?

Day 2

- Read Psalm 117.
- Here is a challenge: try to memorise this psalm this week.

Day 3

- Read Psalm 117.
- Share one thing with each other which shows God's faithful love to you, in your day-to-day life.

Day 4

- Read Psalm 117.
- Grab a piece of paper as a household, and draw a picture of something that shows God's faithful love to you.

Day 5

- Read Psalm 117.
- As a household, share one thing about God's faithful love that you are looking forward to seeing (after all, it 'endures forever'!)

Week 2 (starting June 28)
Psalms 1 and 2...

Day 1

- Read Psalm 1:1-3.
- Draw a picture of a tree, and a stream, and its fruit.
- Why do you think a person who is fed by God's words is like a really healthy tree?

Day 2

- Read Psalm 1:4-5.
- Draw a picture of chaff in the wind.
- Why do you think a person who rejects God, and his word, is like chaff?

Day 3

- Read Psalm 1:6.
- Who watches over the 'way of the righteous'?
- Where does life go if you reject God?
- Draw a picture of these two ways of living life.

Day 4

- Read John 1:1-3.
- Who do you think 'the Word' is?
- Look a little further, to John 1:14... what did this 'word' do?

Day 5

- What kind of man was Jesus? Write down words you would use to describe him...
- Do you think he is anything like the man in Psalm 1:1-3? Why/why not?

Week 3 (starting July 5)
Psalm 51

Day 1

- Read Psalm 51:1-5.
- Who wrote this psalm?
- What does he ask God to be to him?
- What problem does he have?

Day 2

- Read Psalm 51:6-9.
- What does God ‘desire’?
- What does David ask for?

Day 3

- Read Psalm 51:10-13
- What does David want and need?
- What will David be able to do?

Day 4

- Read Psalm 51:14-19
- What does God not want?
- What is ‘acceptable’ to God?

Day 5

- Think back over your answers this week...
- What do we share with David?
- Who do we need to turn to?
- Why?

Week 4 (starting July 12)
Psalm 103

Day 1

- Read the little title under the psalm number... who wrote this psalm?
- Share everything you can remember about this man David—who he was, what his life was like, and what his relationship with God was like... if you need a hand, read 1 Samuel 16, 2 Samuel 7, and 2 Samuel 11...

Day 2

- Read Psalm 103:1-5.
- What does David praise God for?
- Draw a picture of some of the images David uses here...

Day 3

- Read Psalm 103:6-10.
- Has God always been like this?
- What has God always done?

Day 4

- Read Psalm 103:11-19.
- What are some of the pictures of God’s forgiveness? (maybe use a globe to show the distance of east from west)
- What is the picture used for humans?
- What will last always?

Day 5

- Read Psalm 103:20-22.
- What can we give God?
- Who can give praise to God?