



Psalms • September - November 2021

Overview

Mixtapes were awesome. You could put all of your favourite songs on one tape even if they didn't really go together. Psalms are like a mixtape for God's people. A collection of poetry and songs for every occasion and every emotion. They teach us how to come before God and come together with others whatever is going on in our world.

Our prayer is that Mixtape would be a season where we grow deeper in prayer and worship, on our own and together. Our prayer is that we would become people who genuinely journey with the Lord through every season of life.

Outline

1. Introduction - Psalm 1
2. Praise - Psalm 100
3. Lament - Psalm 42
4. Thanksgiving - Psalm 32
5. Wisdom - Psalm 37
6. Trust - Psalm 16
7. Royal - Psalm 2

Mix Tape

Psalm

Week 1 • Psalm 1

1. Since we're talking about music, what's a song you love that you're a little shy about sharing (Barbie Girl perhaps?)

2. Verse 1 carries three metaphors: walking, standing and sitting. What do each of these look like in daily life?
 - a. Walking in step with the wicked

 - b. Standing in the way sinners take

 - c. Sitting in the company of mockers

3. What does the Psalmist contrast such a person with? How does Psalm 19:7-11 reinforce this?

4. All human beings seek a satisfying life.
 - a. What does our current culture tell people they need to lead a thriving life?

 - b. How does scripture contrast with that?

5. What does it look like for me to “delight” in God’s word?

6. How can we as a life group encourage one another in this delight?

Mix tape

Psalm

Week 2 • Praise • Psalm 100

1. In what situations are you most likely to shout? (e.g. Sport games, concerts)

2. Psalm 100 gives us a clear outline of how we are to worship the Lord.
 - a. Why do you think the Psalms put such an emphasis on shouting, singing, clapping our hands and clashing cymbals when it comes to praise?

 - b. Do you think this pleases the Lord and if so why?

3. Where else in our world do we see people passionate about something which causes them to use their voices?

4. How do you express your love and praise to the Lord?
 - a. Do these ways described in Psalm 100 come naturally to you or do you feel like a fish out of water?

 - b. What stops you from praising God in this way?



5. Spend some time now praising God in this way!
 - a. If you have an instrument handy, use that but if not just pick a song that everyone knows and lift your voices in praise to the Lord, *“For the Lord is good and His love endures forever!”*
 - b. *You could also use the words of the Psalm to praise God together.*

Mix Tape

Psalm

Week 3 • Lament • Psalm 42

1. What is the worst possible song to have stuck in your head?
2. Who is the Psalmist talking to and what do you make of this? (Psalm 42:5)
 - a. How can “putting your hope in God” be an antidote to feelings of despair?
 - b. How can Psalms of Praise be helping in these times of despair?
3. What do we see our culture telling us is the antidote to despair?
4. In John 16:33 Jesus says his followers will experience tough times in this life, but to take heart because he is victorious.
 - a. How do you react when tough times come?
 - b. How easy is it to express lament/grief/despair to God through hard times?



5. How can we give people grace to express feelings of lament while also holding up hope in Jesus?
 - a. What would a time of corporate lament look like for The Street or for our life group?

Mix tape

Psalm

Week 4 • Thanksgiving • Psalm 32

1. What's your favourite psalm/verse from Psalms? Why?
2. Why do you think confession and thanksgiving linked together in this passage? See also James 5:16
3. How does what is being celebrated differ from the things we usually thank God for in our world?
4. Have a look at v3-7.
 - a. What is the effect on ourselves when we don't confess or acknowledge sin before God?
 - b. What is our confidence or expectation of God when are honest about sin?
5. In verses 8-9, David moves from encouraging confession before God to turning and actually following in his ways. Through Jesus, we have been given the Holy Spirit to change our hearts so that we can follow in God's ways (Hebrews 10:15-18)



- a. Where do you see God leading you in a new way at the moment?
- b. Why not pray together that God would help you follow in his ways more closely?

Mix Tape

Psalm

Week 5 • Wisdom • Psalm 37

1. Who is the wisest person you know? What is it about them that makes them wise?

2. What does biblical wisdom look like according to Ps 37. (particularly Verses 3-6, 30-31) see Proverbs 9:10

3. Notice what the ‘wicked’ do in comparison with the righteous/wise throughout Ps 37. Where do you see these tendencies in our society today?

4. What would it look like for your “righteousness to shine like the dawn” in your current situation? (work, school, family, flat, team)

5. Practice “waiting expectantly on the Lord” (Verse 7 see also psalm 27:14) together as you pray.
 - a. What does that mean?

 - b. What are you expecting from Him?



Mix Tape

Psalm

Week 6 • Trust • Psalm 16

1. Who is someone in your life who you can trust with absolutely anything?

2. Proverbs 3:5-6 tells us to *“trust in the Lord with all your heart”*.
 - a. What are some other examples in the bible where people have trusted in the Lord with *“all their heart”*?

 - b. Why do you think whole-heartedness matters?

3. Psalm 16:4 says- *“Those who chase after other gods will be filled with sorrow”*
 - a. What are the most common “gods” we might chase after?

 - b. In what ways would our world look different if people “chased after” or “trusted” our God?

4. Psalm 16:8 says *“I know the Lord is always with me. I will not be shaken, for He is right beside me.”*



- a. How do you remind yourself that the Lord is *a/ways* with you? Maybe it's a favourite verse or a song, etc.
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5. Are there areas in your life where you find it particularly easy to trust God? Where do you find it difficult? Then take some time to pray with one another.

Mix tape

Psalm

Week 7 • Royal • Psalm 2

1. Name as many royal names as possible in 60 seconds.

2. Where do you see pointers to Jesus in Psalm 2 and Psalm 110?
 - a. Do you know of other references to Jesus in the Psalms?

 - b. How does this strengthen the case for Jesus being the Messiah?

3. Psalm 2 is quoted in Hebrews 1 to mount evidence for the superiority of Jesus. What does this tell us about the authority of the Old Testament in the eyes of NT writers?

4. Pastor and author Mark Sayers has described our western culture as people who want the kingdom without the king.
 - a. What do you think he means by this?

 - b. How might it affect how we think about outreach?



5. What does it mean for you to worship God as a King? How would your approach to church gatherings be different if you imagined coming to a king on his throne?

6. What would it look like for a church body to serve and worship the King together?