

THE BOOK OF

Psalms



2018

Summer Reflection Challenge

WILLIAMSBURG COMMUNITY CHAPEL



The great reformer John Calvin said, “*There is nothing more perilous to our salvation than a preposterous and perverse worship of God.*” Using not so subtle language, Calvin is getting at the idea that when a church worships God rightly, according to His Word, everything else falls into place. However, when a church succumbs to shallow, preference-based, individualized worship, that church is on a dangerous course that must be corrected.

During the summer of 2018, we will turn to the Book of Psalms – the hymnal placed at the very center of the Bible – for God’s teaching on proper worship. Our goal is that by the time fall arrives, everyone who calls the Chapel their church home will have a biblical, rather than personal, view of worship.

We will accomplish this goal through our sermon series as well as through our *Summer Reflection Challenge*. Each person who is part of our Chapel Family will have the opportunity to reflect on all 150 psalms over the course of the summer by reading and reflecting upon three psalms a day, five days a week, for 10 weeks. The structure for this reading and reflection will be in the historic rhythm of morning, midday¹, and evening prayer, in the context of personal, corporate, and family prayer.

To help us, we are providing this *Summer Reflection Guide* to direct our time in God’s Word as individuals, groups, and families. This guide gives us not only the structure of the reflection challenge, but it also highlights the different genres of the Psalms (Praise, Lament, Thanksgiving, Wisdom, etc.). We will be learning more about the significance of these genres as part of our summer sermon series.

Our prayer is that we will all grow deeper in our walk with Jesus Christ through our ever deepening worship of Him through His Word.

¹The Chapel will host a midday, corporate reflection from 12:00-12:15 p.m., Tuesdays through Fridays in the Worship Room for those looking for a place to gather.



Week 1: June 18-22

PSALMS 1-15

DAY 1: PSALMS 1-3

Morning: Psalm 1 (Psalm of Wisdom)

Verse 2 teaches that the person who is truly blessed is the person who delights in and meditates upon the law of God. Take a moment and meditate upon the image of the tree planted by streams of water (v. 3), considering what it teaches you about an abiding relationship with God.

Midday: Psalm 2 (Psalm of Kingship)

Take a few moments and reflect on the contrast between verse 1 and verse 12. What is producing rage in your life or what plans are you making that are not producing your intended results? How might you take refuge in Jesus, the true King?

Evening: Psalm 3 (Psalm of Confidence)

Reread verse 3 and take a moment at the end of the day to thank God for His protection.

DAY 2: PSALMS 4-6

Morning: Psalm 4 (Psalm of Praise)

Reread verse 1 and thank God for a time in your life when He gave you relief in a time of distress.

Midday: Psalm 5 (Psalm of Lament)

Is there anything that is deeply troubling you? Reread verses 1 and 2 and pray to God about that which is troubling you.

Evening: Psalm 6 (Psalm of Lament)

Before you go to bed, pray again about what was troubling you this afternoon. Place it in God's hands before you end your day.

DAY 3: PSALMS 7-9

Morning: Psalm 7 (Psalm of Confidence)

Reread verse 3 and ask God to reveal to you any blind spots or unknown sin in your life.

Midday: Psalm 8 (Psalm of Praise)

Reread verses 3 and 4 and take a moment to praise God for His personal concern for you.

Evening: Psalm 9 (Psalm of Thanksgiving)

Before you go to bed, thank God for His work in your life today.

DAY 4: PSALMS 10-12

Morning: Psalm 10 (Psalm of Lament)

What in your life is making it feel like God is “far away?” (v. 1)

Midday: Psalm 11 (Psalm of Confidence)

Ponder the question the psalmist poses in verse 3, “If the foundations are destroyed, what can the righteous do?”

Evening: Psalm 12 (Psalm of Confidence)

Take note of how this psalm begins with deep concern and ends with deep confidence. What can Psalm 12 teach us about worship?

DAY 5: PSALMS 13-15

Morning: Psalm 13 (Psalm of Lament)

What is making you say, “How long, O LORD?” (v. 1)

Midday: Psalm 14 (Psalm of Wisdom)

Consider the characteristics of the “fool” in Psalm 14.

Evening: Psalm 15 (Psalm of Wisdom)

While the word “wise” is not used in this psalm, the description of the person in Psalm 15 is meant to contrast the “fool” described in Psalm 14. What are the characteristics of wise the person the psalmist describes?



Week 2: June 25-29

PSALMS 16-30

DAY 1: PSALMS 16-18

Morning: Psalm 16 (Psalm of Confidence)

Reflect upon and give thanks for the ways that God has proved Himself faithful to you over the past few weeks.

Midday: Psalm 17 (Psalm of Lament)

Ask for ways in which you can pray for those with you as they encounter difficult situations.

Evening: Psalm 18 (Psalm of Thanksgiving)

As you read, notice the many “pictures” of God’s protection and salvation. Take some time and draw an image of God’s protection and salvation that you encountered in this psalm.

DAY 2: PSALMS 19-21

Morning: Psalm 19 (Psalm of Praise)

Consider the line, “The law of the LORD is perfect” (v. 7). Does your life reflect this reality to the world around you?

Midday: Psalm 20 (Psalm of Kingship)

Turn to those you have gathered with and say, “Trust in the name of the LORD our God!” (v. 7) Answer whoever turns to you and say, “May He answer us when we call” (v. 9).

Evening: Psalm 21 (Psalm of Kingship)

Verse 13 says, “Be exalted, O LORD, in your strength! We will sing and praise your power.” Sing together a song of praise to our God.

DAY 3: PSALMS 22-24

Morning: Psalm 22 (Psalm of Lament)

Even from the first line (v. 1) this psalm leads us to consider Christ's work on the cross. As you read this lament, look for pictures and words that point to Jesus's death and resurrection.

Midday: Psalm 23 (Psalm of Confidence)

This psalm has two predominant themes; nourishment and safe passage. Read the psalm aloud three times with this mind.

Evening: Psalm 24 (Psalm of Kingship)

In many ways, this psalm is a victory shout. Its original readers would have heard the victory cries of a great warrior king. They would declare that the LORD is King and as King, He has brought order to the chaos and victory over evil. Reread verses 7-10 as a victory cry.

DAY 4: PSALMS 25-27

Morning: Psalm 25 (Psalm of Wisdom)

This psalm asks, "Who is the man who fears the LORD?" (v. 12)
How do you answer this?

Midday: Psalm 26 (Psalm of Lament)

How does this psalm define integrity?

Evening: Psalm 27 (Psalm of Confidence)

Together, select one or two verses to memorize from this psalm and work together to commit them to memory.

DAY 5: PSALMS 28-30

Morning: Psalm 28 (Psalm of Lament)

Notice how the psalmist speaks directly to God (vv. 1-4 and 9) and then speaks of God in the third person (vv. 5-8). What may the psalmist be doing by changing perspective in these verses?

Midday: Psalm 29 (Psalm of Kingship)

Every place mentioned here is outside of the borders of Israel. The voice of the LORD has power wherever it speaks, not just in places that know and recognize His voice. God is King wherever He is and wherever He speaks. Like rolling thunder, the voice of the LORD declares that He is King, everywhere and in everything.

Evening: Psalm 30 (Psalm of Thanksgiving)

Take time giving thanks together for all that the LORD has done!



Week 3: July 2-6

PSALMS 31-45

DAY 1: PSALMS 31-33

Morning: Psalm 31 (Psalm of Confidence)

In this psalm, David finds the LORD to be his rock (v. 2) and his refuge (v. 4) in the midst of affliction and distress (v. 7). Is there a distressing reality in which you would like Jesus to lead and guide you (v. 3) this morning?

Midday: Psalm 32 (Psalm of Wisdom)

We can think that we are getting away with our deceit when there are no immediate consequences. This psalm reminds us that ultimately, it is always the same: “Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the LORD” (v. 10).

Evening: Psalm 33 (Psalm of Praise)

“By the word of the LORD the heavens were made” says this psalm (v. 6). Is there anything tonight that causes you to stand in awe of God?

DAY 2: PSALMS 34-36

Morning: Psalm 34 (Psalm of Wisdom)

David tells us in this psalm, “Blessed is the man who takes refuge in him!” (v. 8) Do you believe this?

Midday: Psalm 35 (Psalm of Lament)

In this psalm, David despairs that he is being repaid evil for good (v. 12), and cries out for the Lord to rescue him (v. 17). If we count on the Lord to rescue us, then we do not need to be defensive. Confess that to Him now.

Evening: Psalm 36 (Psalm of Wisdom)

This psalm reminds us that “transgression speaks to the wicked deep in his heart” (v. 1). Pray that our heavenly Father would deliver us from evil so that we might “drink from the river of His delights” (v. 8).

DAY 3: PSALMS 37-39

Morning: Psalm 37 (Psalm of Wisdom)

This psalm encourages us to be still before the LORD and to wait patiently for Him (v. 7). This is easier said than done. Praise God that you are reading Psalm 37 this morning, and wait patiently for Him to direct you.

Midday: Psalm 38 (Psalm of Lament)

David cries out in this psalm, “I confess my iniquity; I am sorry for my sin” (v. 18). Jesus also encourages us to daily ask our Father in heaven to “forgive us of our debts.” Take some time to confess any wrong doing, and ask the Lord to make haste to help you (v. 22).

Evening: Psalm 39 (Psalm of Lament)

David laments his own sin (vv. 1 and 8) and the consequences of his sin (vv. 10 and 11). However, even though he is tired and spent, he continues to trust God to deliver him. Who or what might you be tempted to trust instead of God when you are sad and tired? God invites us to cry out to Him as David did (v. 12).

DAY 4: PSALMS 40-42

Morning: Psalm 40 (Psalm of Thanksgiving)

In this psalm, David recalls a time when he had to wait patiently for the LORD, and how the LORD drew him up from a pit (v. 1). Can you share of a time when Jesus rescued you from a scary or insecure situation?

Midday: Psalm 41 (Psalm of Thanksgiving)

David is thankful that the LORD has set him in His presence forever (v. 12). We can always ask the LORD for grace and forgiveness just like David did (v. 4), and know that Jesus will keep us in His presence forever also.

Evening: Psalm 42 (Psalm of Remembrance)

The psalmist remembers wonderful times of worship with God's people (v. 4). These memories helped him as he goes through troubling times (v. 3). What memories of God's love for you and presence with you help carry you in times of trouble?

DAY 5: PSALMS 43-45

Morning: Psalm 43 (Psalm of Lament)

The psalmist was familiar with sadness, mourning and oppression (v. 2). In these times, he confessed his inability to figure out the problems on his own. He asks God to lead him with His truth and light (v. 3). Are we ever done making this request to God? Will you again ask Jesus to lead you in His truth and light this morning?

Midday: Psalm 44 (Psalm of Lament)

In this psalm, the psalmist is unaware of any wrongdoing which might have led to his suffering (v. 17). Sometimes we suffer unjustly and do not know why. Who else can be trusted to redeem us, and to bring about justice than the Lord? We can cry to the Lord for rescue and redemption because He loves us and He is able (v. 4 and 26).

Evening: Psalm 45 (Psalm of Kingship)

The human king of Israel is described at the beginning of this psalm (v. 2), but we soon realize that this is really a psalm pointing us to the King who sits on His throne forever and ever (v. 6). Jesus is the "King of kings and Lord of lords" (Revelation 19:16). Psalm 45 encourages us to bow to Him (vv. 10-11).



Week 4: July 9-13

PSALMS 46-60

DAY 1: PSALMS 46-48

Morning: Psalm 46 (Psalm of Thanksgiving)

This psalm highlights God's power and love for His people. What is our response to such marvelous revelation? (vv. 2, 4, 8, 10)

Midday: Psalm 47 (Psalm of Kingship)

A great king deserves high accolades and honor. God is the greatest King. How does this psalm exemplify all His worth?

Evening: Psalm 48 (Psalm of Praise)

Mount Zion is described as the city of the great King (v. 2). What qualities of our King does this psalm describe? Use them in your own prayer of praise to God.

DAY 2: PSALMS 49-51

Morning: Psalm 49 (Psalm of Wisdom)

This is a detailed meditation on the vanity of riches. Why is it better to trust in God than in wealth? (vv. 14 and 15)

Midday: Psalm 50 (Psalm of Kingship)

God our King is also our Judge. What does God condemn in His people, and what does He ask from them?

Evening: Psalm 51 (Psalm of Lament)

David realizes just how sinful he is, and how God looks for integrity in the innermost part of his life. In verses 7-12, what does David plead for in addition to forgiveness?

DAY 3: PSALMS 52-54

Morning: Psalm 52 (Psalm of Wisdom)

Psalm 52 presents a picture of a successful godless man strutting through life in his pride. What is the end of such a person (v. 7) and what is the better way to live (vv. 8-9)?

Midday: Psalm 53 (Psalm of Wisdom)

What does this psalm say about the extent of man's sin? How does this psalm present the answer to our sin problem?

Evening: Psalm 54 (Psalm of Lament)

We learn from this psalm about the severity of faith's trials and the ground of faith's confidence and assurance. Consider how all of this is perfectly exemplified in Christ's life, death and resurrection.

DAY 4: PSALMS 55-57

Morning: Psalm 55 (Psalm of Lament)

Of the two ways of meeting trouble (vv. 6-7 and 22 respectively), which is the better way and why? Have you been tempted to be an “escapist?”

Midday: Psalm 56 (Psalm of Lament)

Notice the refrain in verses 3-4 and 10-11. What does trusting in God look like for you today?

Evening: Psalm 57 (Psalm of Lament)

Consider the trials by which David was surrounded. What supports David’s claim (verse 5) that his heart is steadfast?

DAY 5: PSALMS 58-60

Morning: Psalm 58 (Psalm of Lament)

Contrast the description of God as Judge with the wicked judges spoken of in verses 1-5. Give praise to God for being the righteous Judge.

Midday: Psalm 59 (Psalm of Lament)

In how many ways does David address God in this psalm, and what encouragement in our times of trouble may be found in each?

Evening: Psalm 60 (Psalm of Lament)

This psalm has three divisions: David's complaint (vv. 1-4), David's prayer (vv. 5-8), and David's decision of faith (vv. 9-12). What may we learn from David's example of how to meet bad news?



Week 5: July 16-20

PSALMS 61-75

DAY 1: PSALMS 61-63

Morning: Psalm 61 (Psalm of Confidence)

Some have suggested that this psalm is from one of David's narrow escapes in the rocky wilderness. This could be possibly from his own son, Absalom. Do you find yourself in a crazy predicament in your life? Pray this psalm!

Midday: Psalm 62 (Psalm of Confidence)

This psalm shows us how to stand in the midst of opposition. Contemplate verse 12 as you think about work today.

Evening: Psalm 63 (Psalm of Remembrance, Psalm of Thanksgiving)

As you gather possibly with your family this evening focus on verses 5 and 6. Has your day led you to a point where you can say what David has said in these verses? Talk about how you have seen the goodness of God in your day with one another.

DAY 2: PSALMS 64-66

Morning: Psalm 64 (Psalm of Confidence)

As you start your day, pray verses 1 and 2 – that God will protect you from those that might seek to harm you.

Midday: Psalm 65 (Psalm of Thanksgiving, Psalm of Praise)

This was possibly a song that was sung annually during the first grain of the barley harvest. As you read this psalm, look for the phrases that show gratitude for the Lord's provision.

Evening: Psalm 66 (Psalm of Thanksgiving)

This is a psalm for God's deliverance. This deliverance would not have happened, however, if they had clung to sin (v. 18). Is there something in our lives that is hindering us in our relationships that we need to confess?

DAY 3: PSALMS 67-69

Morning: Psalm 67 (Psalm of Praise)

Read verses 1 and 2 carefully. Why does God bless us? What is God's desire?

Midday: Psalm 68 (Psalm of Praise, Psalm of Remembrance)

In verse 14, Zalmon means "black or dark mountain." Notice the contrast of the fallen kings to snow.

Evening: Psalm 69 (Psalm of Lament)

In this psalm we see David's troubles are coming from his brothers, his family (vv. 7-9). Look at how he responded. Are there relationships in your family to which you need to devote a special time of focused prayer? Pray as a family tonight.

DAY 4: PSALMS 70-72

Morning: Psalm 70 (Psalm of Confidence)

This is a short psalm that was often used in connection with an offering. It was used to remind the people of the petitioner's request. Declare your petitions (or requests) to the Lord this morning as you start your day!

Midday: Psalm 71 (Psalm of Confidence)

From the time when the psalmist was young (v. 5) to when he was old (v. 9) he has praised God. Look at verse 24 one more time. How can you talk about God today with others who are around you?

Evening: Psalm 72 (Psalm of Kingship)

Verse 18 states that God has done “wondrous things.” Take some time with your family or friends and share some of the wondrous things you have seen God do this year in your lives.

DAY 5: PSALMS 73-75

Morning: Psalm 73 (Psalm of Wisdom)

In verse 24, the phrase “to glory” is better translated “with glory.” Individuals in the Old Testament rarely thought of glory as heavenly glory or final resting glory. Rather they saw it as having honor or favor with God in the here and now. Pray this morning for His wisdom as you begin your day.

Midday: Psalm 74 (Psalm of Remembrance)

Do you ever feel like everyone around you scoffs at the name of Jesus? This is nothing new. The psalmist feels the same way and states it in verse 22. Pray that the Lord would use you and work through you to proclaim His name!

Evening: Psalm 75 (Psalm of Confidence)

The word “horn” is used in verses 4, 5, and 10. Horn here is a metaphor carried over from the animal kingdom that speaks of pride, self-reliance, arrogance, and defiance. Ask God to give your family humble hearts to trust in Him more and in yourselves less.

July 23-27

REFLECTION RECESS

We are halfway through the Psalms! As our church turns to VBS this week, we will take a recess from our Reflection Challenge. We will return with Psalm 76 on July 30.



Week 6: July 30 - August 3

PSALMS 76-90

DAY 1: PSALMS 76-78

Morning: Psalm 76 (Psalm of Kingship)

Psalm 76 portrays God as a mighty and victorious military King (vv. 3, 6, 11). What battles do you anticipate you will face today and how can God’s victory give you encouragement as you face them?

Midday: Psalm 77 (Psalm of Remembrance)

The Hebrew word “Selah” is a poetic term that encourages the reader to pause and ponder what they have just read (vv. 3, 9, 15). How can pausing to reflect on God’s faithfulness to you in the past help you to take confidence in His promises to you in the present? (vv. 11-15)

Evening: Psalm 78 (Psalm of Remembrance)

Psalm 78 is a rich retelling of some of God’s most powerful acts in the Old Testament. Share with your family some ways that God has worked in your life so that your children might teach the next generation how to obey God and “set their hope” in Him (vv. 4-7).

DAY 2: PSALMS 79-81

Morning: Psalm 79 (Psalm of Lament, Psalm of Praise)

This psalm combines confession (vv. 8-9) and praise (v. 13). As you start your day, is there anything you need to confess to God so that you might experience His grace and praise Him today?

Midday: Psalm 80 (Psalm of Remembrance)

What phrase is repeated throughout this Psalm? (vv. 3, 7, 19)
How do you need to seek God to “restore” you today so that you might more personally experience Him?

Evening: Psalm 81 (Psalm of Praise)

Did God deliver you from any distress (vv. 6-7) or provide any good things for you (v. 16) today? Think of a creative song to sing to Him and let Him know you are grateful – maybe even use instruments! (vv. 1-3)

DAY 3: PSALMS 82-84

Morning: Psalm 82 (Psalm of Lament)

We can sometimes feel as if God is not truly an all-powerful and just God (v. 2). Pray that God would show you opportunities to be His ambassador today for the defenseless and less fortunate (vv. 3-4).

Midday: Psalm 83 (Psalm of Lament)

The nation of Israel had many enemies (vv. 1-4). Have you ever prayed for your enemies in hopes that they would ultimately know God? (vv. 16-18; Matthew 5:44-45) Take some time and do that now.

Evening: Psalm 84 (Psalm of Praise)

The author of this psalm wanted to be in God's temple, the place of His presence, more than anywhere else (vv. 1-3, 4, 10). What keeps us from loving God and wanting to be with Him more than anyone or anything else?

DAY 4: PSALMS 85-87

Morning: Psalm 85 (Psalm of Praise)

This psalm beautifully describes God's characteristics of grace, forgiveness, faithfulness, and "steadfast love" (vv. 2-3, 9-11). As you start your day, ask God to guide your footsteps in righteousness as you follow Him today (v. 13).

Midday: Psalm 86 (Psalm of Lament, Psalm of Praise)

As in our morning reading, this psalm also highlights God's grace and "steadfast love" (vv. 5, 13, 15). How can you respond to His "steadfast love" both outwardly (v. 11) and inwardly (v. 12) for the remainder of today?

Evening: Psalm 87 (Psalm of Praise)

This psalm might seem a little strange, but it tells us that God has a special place in His heart for His people (vv. 2-3, 5). Spend some time in prayer and thank God that He loves you and has a special place for you in His heart.

DAY 5: PSALMS 88-90

Morning: Psalm 88 (Psalm of Lament)

This psalm is full of strong yet depressing language as the psalmist pours out his heart to the LORD (vv. 3-4). Do you have any need to cry out to God this morning? (vv. 1-2, 13) Be confident, knowing that He hears you (1 Peter 5:7).

Midday: Psalm 89 (Psalm of Remembrance, Psalm of Kingship)

King David is the focus of this psalm (vv. 3-4, 20-21, 35-37, 49), but how are these verses also fulfilled in the person of Jesus Christ? Spend some time praising God for the salvation we have in the ultimate descendant of David, Jesus Christ (Luke 1:32-33).

Evening: Psalm 90 (Psalm of Lament)

While God is eternal (vv. 1-2, 4), we as human beings live relatively short lives (vv. 3, 10). How can you make the most of your lives – individually and as a family – so that you might rejoice and be glad in God (vv. 12, 14, 17)?



Week 7: August 6-10

PSALMS 91-105

DAY 1: PSALMS 91-93

Morning: Psalm 91 (Psalm of Confidence)

As you reread verse 15, what “trouble” are you facing today that you need to “call upon God” for?

Midday: Psalm 92 (Psalm of Praise, Psalm of Thanksgiving)

As a group or individually, how are you helping create an atmosphere of righteousness at your workplace or home?

Evening: Psalm 93 (Psalm of Kingship)

This psalm may have been used liturgically as a moment of call and response. As a family, choose one person to be the “leader” and everyone else is the “congregation.” The leader reads verse 1 out loud and then everyone reads verses 2 and 3 together. Then the leader reads verse 4 followed by everyone reading verse 5 together.

DAY 2: PSALMS 94-96

Morning: Psalm 94 (Psalm of Lament)

This psalm moves from complaint, to exhortation, to blessing, to confession of trust, to thanksgiving, to continued confession of trust. Which of these movements do you resonate with the most as you begin your day?

Midday: Psalm 95 (Psalm of Praise, Psalm of Remembrance)

Verses 7-8 shift between praise and remembrance, asking us to choose between trust and the hardening of doubt. Where do you need to choose trust in work today?

Evening: Psalm 96 (Psalm of Praise, Psalm of Kingship)

There are four parts to this psalm: Part 1 (vv. 1-3), Part 2 (vv. 4-6), Part 3 (vv. 7-9), and Part 4 (vv. 10-13). If you are reading this as a family, have different people read different parts. If not, just pause before starting each new part. Then ask how you are ascribing glory to God.

DAY 3: PSALMS 97-99

Morning: Psalm 97 (Psalm of Praise, Psalm of Kingship)

In verses 10 and 11, the psalmist expresses God's promise of protection, "light," and "joy." What are you in particular need of this morning as you begin your day?

Midday: Psalm 98 (Psalm of Praise, Psalm of Kingship)

Salvation is the major theme of this psalm. Reread verses 1-3. What aspect of salvation mentioned in these verses resonates with you in this current season of your life?

Evening: Psalm 99 (Psalm of Kingship, Psalm of Remembrance)

This psalm may have been used liturgically as a moment of call and response. As a family, choose one person to be the "leader" and everyone else is the "congregation" (or just notice the breaks if you are on your own). The leader reads verses 1-2, the congregation reads verse 3, the leader reads verse 4, the congregation reads verse 5, the leader reads verses 6-8, and the congregation reads verse 9.

Day 4: Psalms 100-102

Morning: Psalm 100 (Psalm of Thanksgiving)

As you begin your day, offer your own prayer of thanksgiving to God after reading this psalm.

Midday: Psalm 101 (Psalm of Wisdom)

This psalm challenges us to think deeply about the people we associate with and how we interact with them. How does this psalm challenge you as you consider the people that you interact with on a regular basis?

Evening: Psalm 102 (Psalm of Lament)

This psalm was set during the exile of God's people when Jerusalem lay in ruins. As a family (or as an individual), reflect on your day. Was there anything today that was difficult, frustrating, or left in ruin?

DAY 5: PSALMS 103-105

Morning: Psalm 103 (Psalm of Praise)

Throughout this psalm, we read about the “steadfast love” of God (vv. 4, 8, 11, 17). What does the adjective “steadfast” tell us about God and the love He has for us? How can you remain mindful of His steadfast love throughout the day today?

Midday: Psalm 104 (Psalm of Praise)

Throughout all of time, people have connected to God through His natural creation. As you pause in the middle of your day, what aspect of God's creation most reminds you of God and elicits praise from you?

Evening: Psalm 105 (Psalm of Thanksgiving, Psalm of Remembrance)

This psalm challenges us to remember the acts of God's redemption throughout history. What is your favorite Old Testament story of God and why? Give thanks as a family for God's ultimate redemption story found in the person and work of Jesus Christ (Colossians 1:13-14).



Week 8: August 13-17

PSALMS 106-120

DAY 1: PSALMS 106-108

Morning: Psalm 106 (Psalm of Remembrance)

Why is remembrance an important aspect of proper biblical worship? As you start your day, spend some time remembering God's faithfulness to you.

Midday: Psalm 107 (Psalm of Thanksgiving)

Take a few moments and give thanks to God for how He is at work in our community.

Evening: Psalm 108 (Psalm of Praise)

Take a few moments and praise God for how you saw Him at work in your life today.

DAY 2: PSALMS 109-111

Morning: Psalm 109 (Psalm of Praise)

The first verse of Psalm 109 indicates that it is a psalm. Reflect on the differences between David's praise and the church's typical approach to praise. What did you learn?

Midday: Psalm 110 (Psalm of Kingship)

The psalms often point us toward Jesus as the True King. What does Psalm 110 teach you about Jesus Christ?

Evening: Psalm 111 (Psalm of Thanksgiving)

Reflect on all that you experienced today and thank God for something from your day.

DAY 3: PSALMS 112-114

Morning: Psalm 112 (Psalm of Wisdom)

Reflect on the many characteristics of "the righteous" contained in Psalm 112.

Midday: Psalm 113 (Psalm Praise)

Psalm 113 is a classic psalm. Take a moment whether you are alone or with a group and verbalize praises to God. Have someone close this collective time of praise by rereading Psalm 113.

Evening: Psalm 114 (Psalm of Remembrance)

Take a moment to reflect on why the Exodus is a consistent theme throughout the Psalms. What did you learn?

DAY4: PSALMS 115-117

Morning: Psalm 115 (Psalm of Praise)

Commit this day to the glory of God. Ask God to guard you from seeking glory for your name so that you can instead give glory to His name (v. 1).

Midday: Psalm 116 (Psalm of Remembrance)

Reflect on a time when God “heard” your voice and had mercy on you (v. 1). As you close your time of reflection, reread verse 18 and allow your remembrance to lead you to praise.

Evening: Psalm 117 (Psalm of Praise)

Look back over Psalms 113-117 and ahead to Psalm 118. These psalms are known as the six “hallelujah” (lit. “praise the LORD”) psalms. Jewish people sing them before and after Passover and they are often used in churches during the Easter season. Join in the chorus of praises throughout the ages and say, “Praise the LORD” before your head hits the pillow.

DAY 5: PSALMS 118-120

Morning: Psalm 118 (Psalm of Thanksgiving)

Psalm 118 was meant to be read responsively. Invite someone right now or later in the day to read it responsively with you.

Midday: Psalm 119 (Psalm of Wisdom)

Psalm 119 is a Psalm of Wisdom that celebrates the truth of God's Word. It is the longest chapter in the entire Bible and is arranged as an acrostic poem (meaning that each section begins with a successive letter of the Hebrew alphabet). The whole psalm takes about 10 minutes to read. If you are gathered with others reflecting corporately, assign sections to readers and take 10 minutes to read the psalm. If you are alone, read as much of this unique section of Scripture as time permits.

Evening: Psalm 120 (Psalm of Lament)

Psalm 120 begins a section of the Psalms known as "The Songs of Accents" (Psalms 120-134). These psalms were most likely sung by pilgrims as they traveled to Jerusalem to present sacrifices during major festivals each year. As you read Psalm 120, reflect on the progress of your discipleship journey. How far have you come? In what direction should you begin moving?



Week 9: August 20-24

PSALMS 121-135

DAY 1: PSALMS 121-123

Morning: Psalm 121 (Psalm of Confidence)

As mentioned in our reflection from Psalm 120, most of this week's readings come from the Songs (or Psalms) of Ascent, which were recited as God's people would "ascend" to Jerusalem to worship Him. As you begin this week, pray to the God who is your "help" (vv. 1-2), who watchfully "keeps" you at all times (v. 8).

Midday: Psalm 122 (Psalm of Praise)

Why do you think David was so glad to go to God's house (or tabernacle) in verse 1? Spend some time praising Him and also pray for anyone you know who is struggling to experience God's "peace" and "security" (vv. 6-8).

Evening: Psalm 123 (Psalm of Confidence)

This psalm notes the importance of "lifting our eyes" (v. 1) to "look to the Lord our God" (v. 2). As you think back on your day, have each member of your family share one way that you experienced God's mercy or goodness today.

DAY 2: PSALMS 124-126

Morning: Psalm 124 (Psalm of Confidence)

As is true of most of the Songs of Ascent, Psalm 124 points out how necessary God's help and deliverance are for His people (vv. 1, 6-8). Where do you need to seek God's help and deliverance today? Ask Him for that now.

Midday: Psalm 125 (Psalm of Confidence)

Similar to this morning's reading, we see from Psalm 125 that our lives can be secure and established when we trust in and obey God (vv. 1-2). How is your day going? Have you been experiencing God's help and deliverance in any tangible ways?

Evening: Psalm 126 (Psalm of Confidence)

Think back on your day and share with each other ways that God provided for you today. Spend some time singing a song of praise or thanksgiving to God so that you and your family might express "shouts of joy" (vv. 2, 5-6) to God together.

DAY 3: PSALMS 127-129

Morning: Psalm 127 (Psalm of Confidence)

As your team look ahead to today, are you striving to "build" or "watch" anything apart from God's power and enablement? (v. 1; see also John 15:5) Take some time in prayer now and ask God to "build" and "watch over" you so that you accomplish His plans instead of your own.

Midday: Psalm 128 (Psalm of Confidence)

This psalm indicates that if God's people feared and obeyed Him, then they would experience blessing and success in every area of life (vv. 1-2). Even when life is full of challenging trials, how can we respond as Christians? (James 1:2-4)

Evening: Psalm 129 (Psalm of Confidence)

Have each member of your family share about the most difficult part of their day. Together, give thanks to God that while you experienced challenges, "they have not prevailed against" you (v. 2; see also Romans 8:37-39).

DAY 4: PSALMS 130-132

Morning: Psalm 130 (Psalm of Confidence)

The words of Psalm 130 remind us that through our faith in Jesus, God has promised that He will not hold us guilty for our iniquities, but extend forgiveness to us (vv. 3-4; see also 1 John 2:1-2). Write a note to remind yourself throughout the day that you are forgiven and redeemed.

Midday: Psalm 131 (Psalm of Confidence)

David expresses a childlike humility and dependence upon the Lord in this Psalm (v. 2; see also Matthew 18:3). How does this posture of humility help us to place our hope in God on a more consistent basis? (v. 3)

Evening: Psalm 132 (Psalm of Kingship)

The psalmist expected to see God remain faithful to His covenant promises to King David (vv. 11-12, 17; see also 2 Samuel 7:12-16). Share as a family about any ways that you saw God remain faithful to His promises to you today (Matthew 28:20).

DAY 5: PSALMS 133-135

Morning: Psalm 133 (Psalm of Wisdom)

God has always been very interested in unity between His people (v. 1; Ephesians 4:3; Hebrews 13:1). Ask God to show you how you can “dwell in unity” today with others so that you might reflect the character of Christ to those around you (John 13:35).

Midday: Psalm 134 (Psalm of Praise)

The Songs of Ascent conclude with an exhortation to “bless the Lord” (v. 2). Take some time with those around you to “lift up your hands” and offer Him praise for His faithfulness to you this week.

Evening: Psalm 135 (Psalm of Praise, Psalm of Remembrance)

This psalm shows that God is infinitely greater than all other “gods” because they are not gods at all (vv. 5-6, 15-18). Ask each member of your family if they are trusting in something or someone more than they are trusting in God and ask God to help you trust and obey Him.



Week 10: August 27-31

PSALMS 136-150

DAY 1: PSALMS 136-138

Morning: Psalm 136 (Psalm of Remembrance)

This psalm remembers the mighty acts of God for His people. How have you experienced His steadfast and enduring love lately?

Midday: Psalm 137 (Psalm of Lament)

This is a disturbing psalm written during a time of exile. What is the longing of this writer's heart? Can you relate to his words?

Evening: Psalm 138 (Psalm of Thanksgiving)

David is convinced that God is at work in his life. What convinces you that God is for you and not against you?

DAY 2: PSALMS 139-141

Morning: Psalm 139 (Psalm of Wisdom)

God is so very near to us, and knows us fully. Notice the four petitions of the prayer in verses 23 and 24. Can you pray each one genuinely? Why or why not?

Midday: Psalm 140 (Psalm of Lament)

In this psalm, David describes the enemies that confront him. In dire circumstances, what does he do and for what does he pray? What can we learn from his example?

Evening: Psalm 141 (Psalm of Lament)

The pressure is so intense on David that he is tempted to give up the struggle. He prays for divine restraint and friendly reproof. Are you prepared to pray this way? If so, spend some time in prayer now.

DAY 3: PSALMS 142-144

Morning: Psalm 142 (Psalm of Lament)

In this psalm, David is at his wit's end (vv. 1-2). In such circumstances what did he believe, do, and expect? (vv. 5-7)

Midday: Psalm 143 (Psalm of Lament)

David's sense of danger and distress remains great in this psalm, but his spirit is more composed. What is not the focus of his prayer? Let his prayer guide your prayer time together.

Evening: Psalm 144 (Psalm of Kingship)

King David pours out his praise to God for all the ways He has blessed him, and he asks great things from God. What is your understanding of the spiritual blessings you have in Christ? (Ephesians 1:3-6)

DAY 4: PSALMS 145-147

Morning: Psalm 145 (Psalm of Praise)

Why should God be praised? Look for 15 main reasons connected with His being, His character, and His works in this psalm.

Midday: Psalm 146 (Psalm of Praise)

The psalmist warns against trusting in human alliances (vv. 3-4). Why might trusting in man be a mistake, and how does God prove to be faithful in all things?

Evening: Psalm 147 (Psalm of Praise)

The psalmist delights to meditate upon God's character and upon what God has done. What do we learn from this psalm regarding what is needed to please God and to secure His continued help?

DAY 5: PSALMS 148-150

Morning: Psalm 148 (Psalm of Praise)

The psalmist summons the heavens and the earth and all that are in them to praise God. Is there something special that God has done for you for which you can praise Him this morning?

Midday: Psalm 149 (Psalm of Praise)

This psalm encourages us to sing to the LORD a new song. For what are you most likely to sing the “high praises of God?” (v. 6)

Evening: Psalm 150 (Psalm of Praise)

To what end should everything be used, and all creation be united? As you conclude the Summer Reflection Challenge, spend some time as a family praising God for the time you have spent together reflecting on His word in the Psalms.



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