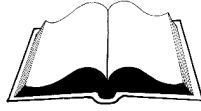


# Exploring the Psalms



Week 1: Scripture

## DAY 1

*Reading Plan:* **Psalm 1** and **Psalm 2**

*Challenge Plan:* **Psalm 19** and **Psalm 106**

*Reflection Questions:*

- What is significant about the tree and the stream? What do they represent?
- The righteous person's delight is in the law. What is the difference between an attitude of delight and duty in approaching the Bible?

## DAY 2

*Reading Plan:* **Psalm 119:1-40**

*Challenge Plan:* **Psalm 12**, **Psalm 25** and **Psalm 36**

*Reflection Questions:*

- In v. 18 the Psalmist asks God to "open [their] eyes," what does this teach us about how we should approach studying scripture.

## DAY 3

*Reading Plan:* **Psalm 119:41-80**

*Challenge Plan:* **Psalm 37** and **Psalm 128**

*Reflection Questions:*

- Vv. 47 and 48 mentions "delight" and "meditation" on God's Word. Why does the Psalmist do each of these (hint v. 49)?

## DAY 4

*Reading Plan:* **Psalm 119:81-128**

*Challenge Plan:* **Psalm 42**, **Psalm 43** and **Psalm 81**

*Reflection Questions:*

- What is the relationship between understanding something and obeying something?
- How are obedience and compliance different?

## DAY 5

*Reading Plan:* **Psalm 119:129-176**

*Challenge Plan:* **Psalm 84**, **Psalm 101** and **Psalm 112**

*Reflection Questions:*

- In vv. 145-152, the psalmist is going through something difficult. How did their previous faithfulness prepare them for this time?