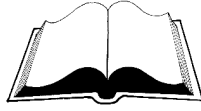


Exploring the Psalms



Week 2: Messiah

DAY 1

Reading Plan: **Psalm 8**

Challenge Plan: **Psalm 41** and **Psalm 69**

Reflection Questions:

- Have you ever wondered while staring at a starry sky, how God could care about your life? Do you feel important to God?

DAY 2

Reading Plan: **Psalm 22**

Challenge Plan: **Psalm 41** and **Psalm 69**

Reflection Questions:

- Vv. 1-21 shift between faith and despair. Where would you mark your spiritual life between these?

Faith

Despair



DAY 3

Reading Plan: **Psalm 35**

Challenge Plan: **Psalm 34**, **Psalm 40** and **Psalm 69**

Reflection Questions:

- Is there any injustice in your world that hurts you enough to pray against it? If there is none, what does that say about your concern for justice and compassion for others?

DAY 4

Reading Plan: **Psalm 109**

Challenge Plan: **Psalm 16**, **Psalm 97** and **Psalm 102**

Reflection Questions:

- How does Psalm 109 compare with Jesus' attitude towards false persecution (Matthew 5:11,12)?

DAY 5

Reading Plan: **Psalm 118**

Challenge Plan: **Psalm 45**, **Psalm 68** and **Psalm 110**

Reflection Questions:

- What does the verse 14 in Psalm 118 mean? Is there a process to these two lines or is the writer just saying the same thing twice?