

# A Visitor's Guide to the Old Testament

## A Quick Discussion Guide on the Book of Psalms

1. There are FIVE books in the Psalms. Choose ONE psalm from each of the books and be ready to explain why you chose that psalm:
  - a. 1-41:
  - b. 42-72:
  - c. 73-89:
  - d. 90-106:
  - e. 107-150:
  
2. Not limiting yourself to one from each book, in addition to the psalms you've already chosen, what are your FIVE-TEN favorite psalms and why?
  
3. In the list of psalms below, identify a topic or life circumstance in which the psalm would be especially valuable:
  - a. 91 –
  - b. 61 –
  - c. 42 –
  - d. 88 –
  - e. 54,56 –
  - f. 32 –
  - g. 105 –
  - h. 119:9-16 –
  - i. 82 –
  - j. 131 –
  - k. 49,62 –
  - l. 3,4,5 –
  
4. Psalms are especially valuable when visiting people who are in the hospital and/or sick. Construct a brief "devotion" that you might share with someone who is sick based on one of the following psalms. Include the reading, the points you would make in your devotion, and a prayer to conclude:
  - A psalm of lament and trust – Ps 13
  - The Lord is my shepherd – Ps 23
  - The Lord is my light, salvation – Ps 27
  - Prayer of deliverance – Ps 30
  - Prayers of confession – Ps 30, 51, 130
  - The wisdom of an aged person – Ps 37
  - God is our refuge and strength – Ps 46
  - Promises when sick in bed – Ps 63:1-8
  - Longing to be in God's house – Ps 84
  - Security in God – Ps 91
  - Thanking God – Ps 95:1-7; 100; 103; 145
  - I lift up my eyes to the hills – Ps 121
  - Lord you search and know me – Ps 139
  
5. Write your memory passage below:
  
6. What season of the Church Year would the following psalm be appropriate:
  - Ps 98
  - Ps 72
  - Ps 51
  - Ps 69
  - Ps 45
  - Ps 22
  - Ps 118
  - Ps 47
  - Ps 46
  - Ps 150