

# WEEK ONE

PSALMS: A VOICE FOR ALL SEASONS



## WEEKLY READING

The Psalms of Thanksgiving are listed below. Read each day's psalms in ESV or CSB. On two of the days, choose a second translation to read from. Highlight in your Bible the passages you would like to echo in prayer. Record the places you find song lyrics originating from the Psalms.

- Day 1:** Psalms 30; 34; 40
- Day 2:** Psalms 65; 66; 75
- Day 3:** Psalms 92; 105; 107
- Day 4:** Psalms 116; 118; 124
- Day 5:** Psalms 136; 138; 139

**"We want to use the Psalms of Thanksgiving as a guide to grow us in gratitude toward God, and to serve as a template for our reflection and expression of the goodness of God."**

Bible study is not a class you take but a rhythm you keep as a believer.

## PSALMS OF THANKSGIVING

Watch Session 1 Teaching and fill in these blanks:

Express \_\_\_\_\_  
Recall \_\_\_\_\_ Goodness  
\_\_\_\_\_ Our Enemies  
Confess Our \_\_\_\_\_  
Call \_\_\_\_\_ to Participate

## CROSS-REFERENCES

Six psalms from the list above are quoted or referenced in the New Testament. Two chapters are quoted multiple times: Psalms 34 and 118. Use these two questions to unpack these cross-references:

- Who is referencing the psalm?
- What circumstances surround the reference?

Psalm 34 is referenced in 1 Peter 2:3; 3:10–12.  
Psalm 118 is referenced in Matthew 21:42; Mark 12:10–11; and Luke 20:17.

\*As you read, use your Bible or online resources to find other cross-references within the Psalms of Thanksgiving.

\*\*We have cross-referenced Psalm 34 as an example and template for you. Visit our Psalms Study at [prestonwoodwomen.org](http://prestonwoodwomen.org) to access this example.

## READ, REFLECT, AND WRITE

After reading the assigned Psalms of Thanksgiving, reflect on the passages that caught your attention this week. Ask God to give you words to "sing" back to Him from your own life. Write a Psalm of Thanksgiving to God, and include at least three of the elements identified in this week's teaching (or from your own personal list). Consider singing it to Him.

## DISCUSSION QUESTIONS

- Would you describe your posture of gratitude as having grown or remained stagnant in the last year?
- Which themes resonate most with you in the Psalms of Thanksgiving?
- How does the Old Testament's emphasis on thanksgiving as a blessing and a sacrifice differ from the New Testament's perspective on grace and thanksgiving?
- Describe a time in your life when you struggled to be thankful. How could the Psalms of Thanksgiving encourage someone struggling with gratitude?

## FOCAL VERSE

Oh, taste and see that the Lord is good! Blessed is the man who makes refuge in Him!

Psalm 34:8