

Dear STAC family & friends,

Our first week, we explained this bible study as a training plan for your life. We believed taking a journey through the book of Psalms would be living water for our thirsty souls during these unique times in our nation and community.

The hope behind this study was it would be your training plan. When you look back and reflect on all the changes that have taken place for yourself, what do you see? When you think about what God has revealed to you, brought you through or is leading you through now, has your heart changed?

We have all been asked to run the race. We have all been invited to not do it alone.

David and his life story, along with other Psalm writers show us what it looks like to run to God in the midst of joy, sadness, fear, sickness, celebration and uncertainty.

Our prayer is that your soul was nourished and your thirst quenched by the Psalms.

This is our last week. Thank you so much for taking a chance on us and trying something new. We have been blessed and encouraged by your participation and testimonies of what God has been doing in you during this time.

As we close up this study, make sure that you are closing it up with Him too. We believe there was a specific reason why God led us to journey through Psalms. The most courageous prayer you might find yourself asking is:

*"Search me, O God, and know my heart;
test me and know my anxious thoughts" Psalm 139:23,24*

There is still more that God wants to share with you during this week. Check your cadence as you are running, check your breath and make sure you are taking deep breaths and above all keep your eyes set on Him, *"the champion who initiates and perfects our faith"*.

In closing we would like to say this prayer over you today:

*"May the LORD bless you
and protect you.
May the LORD smile on you
and be gracious to you.
May the LORD show you His favor
and give you His peace."
Numbers 6:24-26*

Week 6

Theme to consider:

Clarity. What has been the overarching theme of this study the last 5 weeks in my life? How might God be trying to bring all of this into fullness in my life? What do I need to tend to as I finish up this week? How do I make sure this is not just head knowledge, but it is knowledge that is lived out in my actions, thoughts and words?

Memory verse:

"O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you" Psalm 63:1a

Week 1 Psalms:

- Psalm 63
- Psalm 36
- Psalm 84
- Psalm 91
- Psalm 65

Bonus Study: (for the weekend)

- Psalm 35
- Psalm 40

Week 6: Day 1

Psalm 63

Theme: A desire for God's presence, provision, and protection. No matter where we are, our desire should be for God because only He satisfies fully.

Author: David (when he was in the wilderness of Judah, seeking refuge during Absalom's rebellion; 2 Samuel 15-18)

Step 1: Pray

Write out or confess to Him what is your biggest concern today. Thank Him for speaking to you through His Word

Step 2: Study

Read the passage out loud or listen to it using biblegateway.com, read in 2-3 different translations, write out the passage or verse for meditation throughout the day

*look up a word that stuck out to you using Strong's Concordance on bluelettebible.org

Step 2: Observe

What truths about God do you see? Write them out

What promises do you see? Write them out

Step 4: Apply

What is God leading you to TRUST Him in today?

Journal the answers to the questions or sit with Him and answer them in prayer

- Have you ever felt the loneliness you hear in David's tone (verses 1-5)? What did you learn about yourself during that time?
- How would you rate your praise life? Scale from 1-10, Explain your answer
- How has God shown Himself to be your helper recently (verse 7)
- What does verse 8 mean for you?

Week 6: Day 2

Psalm 36

Theme: God's faithfulness, justice, and love are contrasted with the sinful hearts of men and women. In spite of our fallen condition, God pours out His love on those who know Him.

Author: David

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Step 2: Study

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Step 2: Observe

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Step 4: Apply

What is God leading you to TRUST Him in today?

Journal the answers to the questions or sit with Him and answer them in prayer

- What injustice or sin do you see in the world or in your surroundings right now that you need God to restore? Write out a prayer and end it with “God I trust you” (verse 1-4)
- Are verses 5 & 6 hard for you to comprehend? Why or why not?
- How have you seen God provide shelter for humanity and or animals (verse 7)
- Would you consider your heart to be a “honest heart” (verse 10)? Explain your answer

Week 6: Day 3

Psalm 84

Theme: God's living presence is our greatest joy. His radiant presence helps us grow in strength, grace and glory

Author: The sons of Korah (temple assistants)

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Step 2: Observe

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Step 4: Apply

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Journal the answers to the questions or sit with Him and answer them in prayer

- When have you longed for something to the point of fainting? (verse 2)
- How have you grown stronger? What caused that growth? Can you see God in it? (verse 7)
- How has God given you a heart of humility recently, similar to the willingness to be a “gatekeeper” in verse 10?
- What situation can you apply the promise of verse 11 too?

Week 6: Day 4

Psalm 91

Theme: God's protection in the midst of danger. God doesn't promise a world free from danger, but he does promise His help whenever we face danger

Author: Anonymous

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Step 2: Study

Read the passage out loud or listen to it using biblegateway.com, read in 2-3 different translations, write out the passage or verse for meditation throughout the day

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Step 2: Observe

What truths about God do you see? Write them out

What promises do you see? Write them out

Step 4: Apply

What is God leading you to TRUST Him in today?

Journal the answers to the questions or sit with Him and answer them in prayer

- Describe what your soul feels when it is in the safety of God (verse 2)
- What “faithful promise” can be your “armor and protection today” (verse 4)
- What is the key word in verse 9? Why?
- Read Hebrews 1:14 in correlation to verse 11. Have you seen or heard this happen on earth? How has it enhanced your faith?

Week 6: Day 5

Psalm 65

Theme: God provide abundantly. We can be thankful to God for His many blessings

Author: David

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Step 4: Apply

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Journal the answers to the questions or sit with Him and answer them in prayer

- Have you ever made a vow? If so, what was it and why was it so meaningful to you? (verse 1)
- Rate on a scale from 1-10, how you are doing with coming to God first for all of life's situations. Explain your answer, ask the Lord to speak to what you discover.
- What "festivities" do you think are going to happen in Heaven? Who are you most looking forward to celebrating with and why? (verse 4)
- Who in your life needs the "hope" of Christ (verse 5)? Write out a prayer and commit to praying for that person 1x a week for the next month