

NOTES

Songs and Poems

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Wisdom and Melody

Psalm 1

Walking, Standing and Sitting

Psalm 1:1–2 • 1 Peter 5:8–9

Are you stumbling into _____ or are you seeking after _____ right now?

Rivers and Deserts

Psalm 1:3–4 • Jeremiah 17:5–10

You don't control the _____, but you can control your _____!

Known and Cherished

Psalm 1:5–6 • Matthew 10:28–33

Righteousness comes from _____ not _____ actions.

INTERSECT

PSALMS TRAIL M.A.P.

This summer, we are taking a stroll through the book of Psalms. To help us make the most of our time, we are going to give you a M.A.P. to follow each week. The following study has been broken down into 3 parts: Meditation, Application, and finally Prayer. Our hope is that you would use this M.A.P. as a personal or family devotion each week and that you be encouraged along the way!

Meditation: This week, take some time to meditate on **Psalm 127.**

1. By meditating, we are not talking about anything mystical but rather our hope is that you would spend some time in this passage. Let it move past your head to your heart.

2. What can we learn about the nature of who God is from this passage?

3. What can we learn about who we are in relation to who He is in this passage?

Application: This week, what lessons can you take from **Psalm 32.**

1. While I know that this passage says a lot, what is the main take away from what you just read?

2. What are you going to do with what you just read? In light of what is captured here, what do you need to change? What do you need to start or stop doing?

3. Can you think of someone who needs to read this passage? How could you encourage them this week?

Prayer: This week, use **Psalm 91** as a guide for your prayer time.

1. Read through Psalm 91 a couple of times. Then, pattern a time of prayer based on what you see being said within this psalm. Sometimes, it helps to replace the pronouns with names of people that you know and love.

2. Don't be afraid to break the psalm down, allow yourself to focus on just a portion, and pray through that for yourself and/or others