



Finding
Trust, Praise, and
Faithfulness in
the Psalms

A Bible Study by:
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Welcome.

This Bible Study exists to help you dive deeper into the Word as you learn more about the depth of the Lord's love for you.

During this study, you'll take a look at several Psalms, and how they can help you to trust the Lord more deeply, praise Him unashamedly, and gain a better understanding of His faithfulness towards you.

How to Use This Study

Each section will contain several Psalms* to read and reflect on during your quiet time. Although the questions will be focused on specific verses within each Psalm, the instructions will ask you to read each Psalm in its entirety, in order to ensure you are receiving the message of the Scripture as a whole.

Then, using the specific verses noted, you will have the opportunity to take a closer look at the text, answer insightful questions, and write a prayer. Allow the Holy Spirit to speak to you, and ask Him to reveal what He wants you to learn.

Before you begin your study time, be sure to pray. Eliminate any distractions, grab your pen, Bible, a cup of coffee... and get started!

**All scriptures are noted in ESV.*

Finding Trust

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Psalm 28 | Psalm 31 | Psalm 33 | Psalm 62

Read Psalm 28

What is David's general disposition at the time of writing this Psalm?

Focus on verse 7.

The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him. (Psalm 28:7)

What do you learn from this verse?

What does it say the Lord will do for you?

What should your response be to what the Lord does?

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Psalm 28 | Psalm 31 | Psalm 33 | Psalm 62

Read Psalm 31

What does David ask of the Lord in verse 2, and what results do you see in verse 4?

Focus on verses 4-5.

*You take me out of the net they have hidden for me, for you are my refuge. Into your hand I commit my spirit; you have redeemed me, O Lord, faithful God.
(Psalm 31:4-5)*

What do you learn about God's character from these verses?

What did David recognize he needed to do (and that you should do also)?

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Psalm 28 | Psalm 31 | Psalm 33 | Psalm 62

Read Psalm 33

Name several things mentioned in this Psalm for which you can praise the Lord.

Focus on verses 20-21.

Our soul waits for the Lord; he is our help and our shield. For our heart is glad in him, because we trust in his holy name. (Psalm 33:20-21)

What do these verses call you to do?

In what ways have you recently seen the Lord be your help and shield?

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Psalm 28 | Psalm 31 | Psalm 33 | Psalm 62

Read Psalm 62

Note the verses where David calls the Lord his:

Rock--

Salvation--

Refuge--

Focus on verse 8.

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. (Psalm 62:8)

What two things does this verse call you to do?

What promise do you see at the end of verse 8?

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Psalm 28 | Psalm 31 | Psalm 33 | Psalm 62

The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him. (Psalm 28:7)

You take me out of the net they have hidden for me, for you are my refuge. Into your hand I commit my spirit; you have redeemed me, O Lord, faithful God. (Psalm 31:4-5)

Our soul waits for the Lord; he is our help and our shield. For our heart is glad in him, because we trust in his holy name. (Psalm 33:20-21)

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. (Psalm 62:8)

Using the focus verses, write a prayer to the Lord encompassing the principles and promises you see.

Psalm 30 | Psalm 34

Read Psalm 30:1-6

Why did David feel the need to praise the Lord?

Focus on verses 4-5 .

Sing praises to the Lord, O you his saints, and give thanks to his holy name. For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning. (Psalm 30:4-5)

What reasons do these verses give you to praise the Lord?

What promise do you see at the end of verse 5?

Psalm 30 | Psalm 34

Read Psalm 30:7-12

Why did David cry out to the Lord?

Focus on verses 10-12.

Hear, O Lord, and be merciful to me! O Lord, be my helper!" You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, that my glory may sing your praise and not be silent. O Lord my God, I will give thanks to you forever! (Psalm 30:10-12)

Write verse 10.

What reasons do you have to praise the Lord, according to these verses?

Finding Praise

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Psalm 30 | Psalm 34

Read Psalm 34

According to what's expressed in this Psalm, list 3 reasons why you can praise the Lord.

Focus on verses 1-3.

I will bless the Lord at all times; his praise shall continually be in my mouth. My soul makes its boast in the Lord; let the humble hear and be glad. Oh, magnify the Lord with me, and let us exalt his name together! (Psalm 34:1-3)

How often should you bless and praise the Lord?

What are some ways you can praise the Lord with others?

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Psalm 30 | Psalm 34

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Hear, O Lord, and be merciful to me! O Lord, be my helper!" You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, that my glory may sing your praise and not be silent. O Lord my God, I will give thanks to you forever! (Psalm 30:10-12)

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Using the focus verses, write a prayer to the Lord encompassing the principles and promises you see.

Finding Faithfulness

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Psalm 36 | Psalm 57

Read Psalm 36

In what ways does the Lord show His faithfulness, as expressed in verses 5-9?

Focus on verse 5.

Your steadfast love, O Lord, extends to the heavens, your faithfulness to the clouds. (Psalm 36:5)

How far reaching is the Lord's love and faithfulness?

How have you personally seen the Lord's faithfulness in your life?

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Psalm 36 | Psalm 57

Read Psalm 57

Take note of several verses where David expresses concern over the danger of his enemies.

Focus on verse 5.

He will send from heaven and save me; he will put to shame him who tramples on me. God will send out his steadfast love and his faithfulness! (Psalm 57:3)

Despite fear of enemies/bad situations, where should your focus be, and why?

What does the Lord promise to do according to the end of verse 3?

Finding Faithfulness

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Psalm 36 | Psalm 57

Your steadfast love, O Lord, extends to the heavens, your faithfulness to the clouds. (Psalm 36:5)

He will send from heaven and save me; he will put to shame him who tramples on me. God will send out his steadfast love and his faithfulness! (Psalm 57:3)

Using the focus verses, write a prayer to the Lord encompassing the principles and promises you see.

Deeper Reflection

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TRUST // Psalm 28 | Psalm 31 | Psalm 33 | Psalm 62

PRAISE // Psalm 30 | Psalm 34

FAITHFULNESS // Psalm 36 | Psalm 57

Re-read all of the Psalms we focused on in this study. Allow the Holy Spirit to speak to you about anything else He wants you to learn from them. Use this space to take additional notes as the Lord leads.

How can you better trust, praise and rely on the Lord's faithfulness?

