



'You are my God:'
A personal journey through five Psalms of
prayer and praise.



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‘You are my God’:

A personal journey through five Psalms of prayer and praise.

‘Lord, ...you know me’	Psalm 139
‘Sovereign Lord, my strong deliverer’	Psalm 140
‘In you I take refuge’	Psalm 141
‘Teach me to do your will’	Psalm 143
‘Every day I will praise you’	Psalm 145

About this course:

Aim: This course introduces you to the book of Psalms in the Old Testament.

Learning outcomes: At the end of the course you will:

- ✚ Have read five Psalms of prayer and praise.
- ✚ Have reflected on their meaning for your own life and relationship with God.

Content: This workbook contains five lessons:

Lesson 1: Psalm 139: ‘Lord, ...you know me’

Lesson 2: Psalm 140: ‘Sovereign Lord, my strong deliverer’

Lesson 3: Psalm 141: ‘In you I will take refuge’

Lesson 4: Psalm 143: ‘Teach me to do your will’

Lesson 5: Psalm 145: ‘Every day I will praise you’

How to use this work book:

- ✚ Choose a version of the Bible that you find easy to read. Helpful translations include the Good News Bible and the New International Version. The Bible quotations in this workbook are taken from the New International Version of the Bible.

- ✚ Read the Psalm for each lesson slowly. Read it more than once so that you understand what the Psalmist is saying to God and how he is feeling.
- ✚ When you have done this, answer the questions on the worksheet, using your Bible to help you.
- ✚ When you have finished a lesson, post your worksheets to the address on page 2 of this workbook, enclosing a stamped, self-addressed envelope for your tutor to use to return your work to you.
- ✚ Aim to make time to study regularly and send in one lesson per month.
- ✚ Send in one lesson at a time. Your tutor's feedback will help you with your next lesson.
- ✚ How your tutor will feed back on your work is explained on pages 29 – 31 at the end of this workbook.
- ✚ Your tutor will treat as confidential any personal issues you might share in your written work.

Introducing the book of Psalms: The psalms in the Old Testament are poems and hymns written by God's people. They were used in Israel's individual and shared, public worship. The psalms speak about and directly to God. They bring all sorts of feelings to him – joy and pain, anger and contentment, questions and certainties, fears and peaceful trust, celebration and mourning. The psalms also celebrate God's greatness, his love and goodness and his guidance and direction in everyday life. Whatever is happening in life, the psalms express the firm belief that God hears, understands and responds to the prayers and praise of his people.

Lesson 1. Psalm 139: 'Lord, ...you know me'.

Read Psalm 139 straight through.

This psalm speaks to a great God whom we can never fully describe or understand. Yet, as awesome as God is, he loves and cares for human beings. The writer of this prayer says:

'Lord, ...you know me': verse 1.

You know everything about me: verses 1 - 6

You are present everywhere. You are with me, and I am never outside your loving care: verses 7 – 12.

Write a short statement in the space below describing God's presence in your life:



A photograph of a hand reaching out, symbolizing God's presence and care. The hand is positioned in the upper left corner of a large rectangular box, with the fingers slightly curled as if holding something or reaching towards someone. The background is a soft, warm light, creating a sense of divine presence and care.

‘For you created my inmost being’: verse 13.

You created me and cared for me before I was born.

You know my past, present and future: verses 13 - 18

Write below three examples of God’s care and guidance in your life:

1.

2.

3.

‘Search me, God, and know my heart...See if there is any offensive way in me’:

verse 24

To think about:

- People can do evil things deliberately
- They can ignore God, hurt themselves and hurt other people

Write three examples of such behaviour in the space below:

1.

2.

3.

To pray about: Sometimes, living in a way that pleases God can be difficult because of the way we feel or the way we think. God understands our struggles and can help us with this. Complete these sentences as your own prayer:

O God, search me and know:

My heart:

My thoughts:



Write three sentences below about the ways in which you can be an example of a different way of living:

'Lead me in the way everlasting': verse 24.

You are my life - giver. You guide me in the way that leads to life: verses 19 – 24

To encourage you:

- As you finish your reflection on this psalm, write in the space below one example of the way God has led you in the right way in the past:

- What have you learned from this study that will help you in future?



Now send these pages to your tutor at the address on page 2 of this workbook.