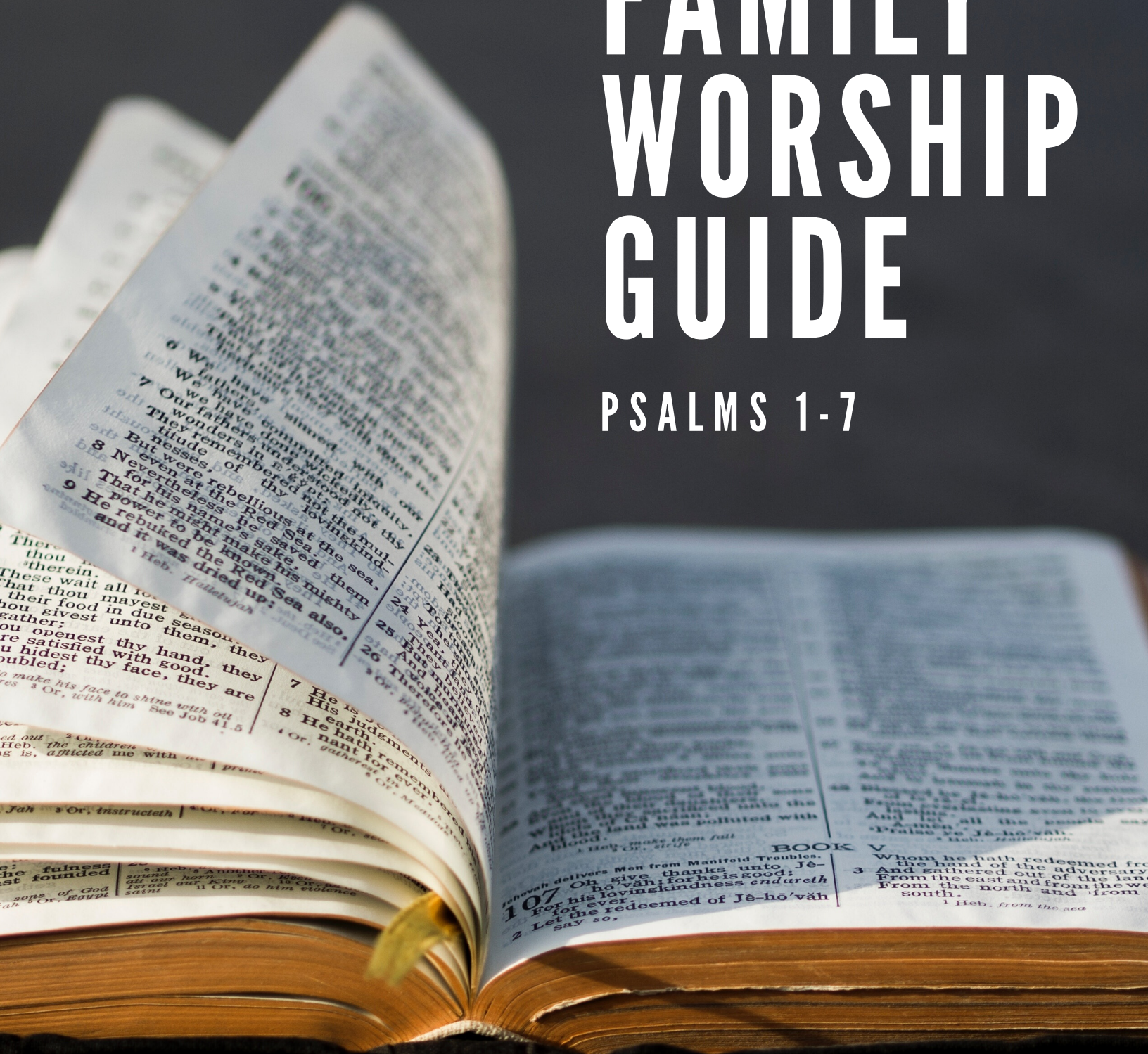


CBC

# FAMILY WORSHIP GUIDE

PSALMS 1-7



# SUNDAY

## THE TWO PATHS

### Read Psalms 1

### Discuss

#### Adult and Student Discussion Questions

- What are the marks of a blessed life and that of a wicked life according to our passage?
- The righteous are compared to a tree planted by streams in verse 3. What about the life of the righteous is the psalmist illustrating?
- The wicked are compared to chaff (the seed coverings and other debris separated from the seed in threshing grain). What about the life of the wicked is the psalmist illustrating?

*Never reduce Christianity to a matter of demands and resolutions and willpower. It is a matter of what we love, what we delight in, what tastes good to us. When Jesus came into the world humanity was split according to what they loved. "The light came into the world and men loved darkness rather than light" (John 3:19).*

*- John Piper*

#### Kids Discussion Questions

- This psalm is about two paths (ways of life): one for the wicked and one for the righteous. What does it mean to be wicked, what does it mean to be righteous?
- We learn most clearly in the New Testament that there is only one way to be truly righteous. What is this way?
- This psalm tells us that those who delight in God's law are blessed. What does it mean to delight in something?

#### **Sing**

*Ancient Words*  
Lynn Deshazo

#### **Pray**

That the Lord would help  
your family to delight in  
his Word this week.



# ANCIENT WORDS

## -LYNN DESHAZO

1. Holy words long preserved  
For our walk in this world  
They resound with God's own heart  
O let the ancient words impart  
Words of life words of hope  
Give us strength help us cope  
In this world where'er we roam  
Ancient words will guide us home

Chorus:

Ancient words ever true  
Changing me changing you  
We have come with open hearts  
O let the ancient words impart

2. Holy words of our faith  
Handed down to this age  
Came to us through sacrifice  
O heed the faithful words of Christ

3. Holy words long preserved  
For our walk in this world  
They resound with God's own heart  
O let the ancient words impart

4. Martyr's blood stains each page  
They have died for this faith  
Hear them cry through the years  
Heed these words and hold them dear

# MONDAY

## WHILE THE NATIONS RAGE

### Read Psalm 2

### Discuss

#### Adult and Student Discussion Questions

- What does the Lord laugh at in verse 4?
- The book of Hebrews quotes verse 7 as a reference to Jesus. How then should we understand references to the "King in Zion" from verse 6-12?
- Kings and rulers were commanded in verse 11 to "serve the Lord with fear and rejoice with trembling." How can one approach God with both fear and joy?

*God laughs because He sits in the heavens. He sits as the Great King on a glorious throne. He isn't pacing back and forth in the throne room of heaven, wondering what He should do next. God sits in perfect peace and assurance.*  
- David Guzik on verse 3.

#### Kids Discussion Questions

- This psalm talks about kings and entire nations who have made plans to stand against God. But in verse 4 it says that God, who sits in the heavens, laughs at this. Why wouldn't God be worried about their plans?
- This Psalm also talks about God's Son who didn't come to earth until hundreds of years after this psalm was written. Why do you think Jesus was mentioned here, so long before he was born?

#### **Sing**

*All Hail the Power of Jesus Name*  
Edward Perronet and John Rippon

#### **Pray**

For those in our  
community who refuse  
to take refuge in the Son  
(v.12)

# ALL HAIL THE POWER OF JESUS NAME -PERRONET AND RIPPON

1 All hail the power of Jesus' name!

Let angels prostrate fall.

Bring forth the royal diadem,

and crown him Lord of all.

Bring forth the royal diadem,

and crown him Lord of all!

2 O seed of Israel's chosen race

now ransomed from the fall,

hail him who saves you by his grace,

and crown him Lord of all.

Hail him who saves you by his grace,

and crown him Lord of all!

3 Let every tongue and every tribe

responsive to his call,

to him all majesty ascribe,

and crown him Lord of all.

To him all majesty ascribe,

and crown him Lord of all!

4 Oh, that with all the sacred throng

we at his feet may fall!

We'll join the everlasting song

and crown him Lord of all.

We'll join the everlasting song

and crown him Lord of all.

# TUESDAY

## SAVE ME, O MY GOD

**Read Psalm 3, 2 Samuel 15:14-17**

### **Discuss**

#### Adult and Student Discussion Questions

- David wrote this psalm in response to his son, Absalom's conspiracy to become King in his place. The coup was successful enough to cause David to flee Jerusalem for a time. Discuss as a family what this experience would have been like for David.
- Verse 2 shows a typical misconception of the unbelieving. Often they will point to poor circumstance as evidence that the faithful have no reward for their hope in the Lord. What have they misunderstood?
- How is it that David is able to endure through this trial without fear (v. 6)?

*Care and grief do us good and no hurt when they set us a praying, and engage us, not only to speak to God, but to cry to him, as those that are in earnest. - Matthew Henry on verses 4-8*

#### Kids Discussion Questions

- Verse 3 compares the Lord to a shield. What does a shield do and how does God do this for his people?
- David wrote this psalm asking God for salvation from his enemies in a war. What do we need salvation from?
- Even though David had many enemies, he says in verse 4 that he will not be afraid. How is he able to keep from being afraid?

#### **Sing**

*The Solid Rock*  
Edward Mote

#### **Pray**

Pick a family from  
Calvary to pray for.

# THE SOLID ROCK - EDWARD MOTE

1

My hope is built on nothing less  
Than Jesus Christ, my righteousness;  
I dare not trust the sweetest frame,  
But wholly lean on Jesus' name.

Chorus:

On Christ, the solid Rock, I stand;  
All other ground is sinking sand,  
All other ground is sinking sand.

2

When darkness veils His lovely face,  
I rest on His unchanging grace;  
In every high and stormy gale,  
My anchor holds within the veil.

3

His oath, His covenant, His blood,  
Support me in the whelming flood;  
When all around my soul gives way,  
He then is all my hope and stay.

4

When He shall come with trumpet sound,  
Oh, may I then in Him be found;  
In Him, my righteousness, alone,  
Faultless to stand before the throne.

# WEDNESDAY

## ANSWER ME WHEN I CALL

### Read Psalm 4

### Discuss

#### Adult and Student Discussion Questions

- How is this psalm different than your personal prayers?
- What situation does David describe in verse 2?
- How does he find relief from this in verse 3?
- How is the joy that comes from the Lord better than that which is found in pleasant circumstances (v.7)?

*Christ in the heart is better than corn in the barn, or wine in the vat. Corn and wine are but fruits of the world, but the light of God's countenance is the ripe fruit of heaven. - C.H. Spurgeon*

#### Kids Discussion Questions

- Verse 2 tells us that men were lying about David. Have you ever had someone lie about you? What did it feel like?
- Who did David turn to when this happened?
- Even though men were lying about David, he was able to sleep in peace (v. 8). How do you think he was able to do this?

#### **Sing**

*'Tis So Sweet to Trust in Jesus*  
Louisa M.R. Stead

#### **Pray**

For the widows and  
widowers of our church.



# 'TIS SO SWEET TO TRUST IN JESUS - LOUISA M.R. STEAD

1

'Tis so sweet to trust in Jesus,  
Just to take Him at His word;  
Just to rest upon His promise;  
Just to know, Thus saith the Lord.  
Jesus, Jesus, how I trust Him,  
How I've proved Him o'er and o'er,  
Jesus, Jesus, Precious Jesus!  
O for grace to trust Him more.

2

O how sweet to trust in Jesus,  
Just to trust His cleansing blood;  
Just in simple faith to plunge me,  
'Neath the healing, cleansing flood.

3

Yes, 'tis sweet to trust in Jesus,  
Just from sin and self to cease;  
Just from Jesus simply taking  
Life, and rest, and joy, and peace.

4

I'm so glad I learned to trust Thee,  
Precious Jesus, Savior, Friend;  
And I know that Thou art with me,  
Wilt be with me to the end.

# THURSDAY

## I WILL ENTER YOUR HOUSE

### Read Psalm 5

### Discuss

#### Adult and Student Discussion Questions

- What can be learned about the character of God from this psalm?
- What marks the wicked in this psalm? What marks the righteous?
- What gives David the right to enter the house of the Lord (v. 7)?
- The phrase "take refuge in" is often used throughout the Psalms. What does it mean to take refuge in the Lord? What is promised to those who do?

*No man truly comes to Christ unless he flies to Him as his only refuge and hope...The convicted sinner no more "decides" for Christ than the poor drowning man "decides" to take hold of that rope that is thrown to him and suddenly provides him with the only means of escape. The term is entirely inappropriate. - Martin Lloyd Jones*

#### Kids Discussion Questions

- Verse 5 says "the boastful shall not stand before your eyes." What does it mean to boast? Why is it wrong to be boastful?
- David says that his enemies are not honest (9) and that this makes them guilty before God (v.10). Why is it so important to always be honest?
- The Lord blesses the righteous (v. 12). What does it mean to be blessed by the Lord??

#### **Sing**

*Great is Thy Faithfulness*  
Thomas Chisholm

#### **Pray**

For the other gospel-believing churches in our community.

# GREAT IS THY FAITHFULNESS

## - THOMAS CHISHOLM

1

"Great is Thy faithfulness," O God my Father,  
There is no shadow of turning with Thee;  
Thou changest not, Thy compassions, they fail not  
As Thou hast been Thou forever wilt be.

Chorus:

"Great is Thy faithfulness!" "Great is Thy faithfulness!"  
Morning by morning new mercies I see;  
All I have needed Thy hand hath provided—  
"Great is Thy faithfulness," Lord, unto me!

2

Summer and winter, and springtime and harvest,  
Sun, moon and stars in their courses above,  
Join with all nature in manifold witness  
To Thy great faithfulness, mercy and love.

3

Pardon for sin and a peace that endureth,  
Thine own dear presence to cheer and to guide;  
Strength for today and bright hope for tomorrow,  
Blessings all mine, with ten thousand beside!

# FRIDAY DELIVER MY LIFE

## Read Psalm 6

## Discuss

### Adult and Student Discussion Questions

- From verses 1-2, what is it that David seems to be aware of that overwhelms him?
- When was the last time your soul was "greatly troubled" (v. 3)?
- What do you naturally turn to in such a situation?
- How would you summarize David's request of God in this psalm?
- What seems to be the result (v. 8-10)?

*Once Luther wrestled hard with God in prayer and came jumping out of his prayer closet crying out, "Vicimus, vicimus" – that is, "Victory, victory!" David had the same sense of prevailing with God at the end of this prayer. - David Guzik on verses 8-10.*

### Kids Discussion Questions

- David was worried that he would face discipline from the Lord (v. 1). What is discipline and who usually gives it?
- David was so upset that he says every night "I flood my bed with tears." Have you ever been this upset? What did you do about it?
- What is David doing about it in this psalm?

### **Sing**

*I Need Thee Every Hour*  
Annie S. Hawks

### **Pray**

For the children and  
youth of our church  
family.

# I NEED THEE EVERY HOUR

## -ANNIE S. HAWKS

1

I need Thee every hour,  
Most gracious Lord;  
No tender voice like Thine  
Can peace afford.  
I need Thee, oh, I need Thee;  
Every hour I need Thee;  
Oh, bless me now, my Savior!  
I come to Thee.

2

I need Thee every hour,  
Stay Thou near by;  
Temptations lose their power  
When Thou art nigh.

3

I need Thee every hour,  
In joy or pain;  
Come quickly and abide,  
Or life is vain.

4

I need Thee every hour,  
Teach me Thy will;  
And Thy rich promises  
In me fulfill.

5

I need Thee every hour,  
Most Holy One;  
Oh, make me Thine indeed,  
Thou blessed Son.



# SATURDAY

## IN YOU DO I TAKE REFUGE

### Read Psalm 7

### Discuss

#### Adult and Student Discussion Questions

- What has stood out the most to you from this week's look at the first 7 psalms?
- From the first 4 verses of Psalm 7, what is David responding to?
- David refers to God as the "one who tests the minds and hearts." How is this different than what men are able to judge?
- According to this passage, who should those who refuse to repent fear?

*Our Lord and Master Jesus Christ, in saying, "Repent Ye," intended that the whole of the life of believers should be repentance. - Martin Luther*

#### Kids Discussion Questions

- Most of the psalms we've read this week were written by David the king. How do you imagine good kings spend their time? What can we learn from the fact that the most famous king in the Old Testament wrote so many worship songs?
- This psalm should remind us of the importance of repentance. What does it mean to repent? How often should we repent?
- David finished this psalm by giving thanks to the Lord. What can you give thanks to the Lord for today?

**Sing**  
*Doxology*  
Thomas Ken

**Pray**  
That the Lord would  
prepare the hearts of  
those who will hear his  
Word preached  
tomorrow.

# DOXOLOGY - THOMAS KEN

1

Praise God, from whom all blessings flow;  
Praise Him, all creatures here below;  
Praise Him above, ye heav'nly host;  
Praise Father, Son, and Holy Ghost!

2

Praise God the Father who's the source;  
Praise God the Son who is the course;  
Praise God the Spirit who's the flow;  
Praise God, our portion here below!