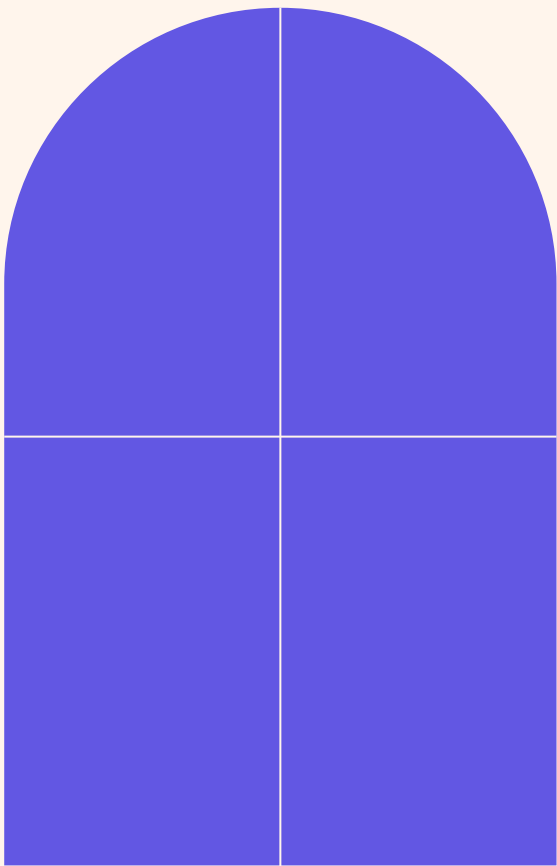
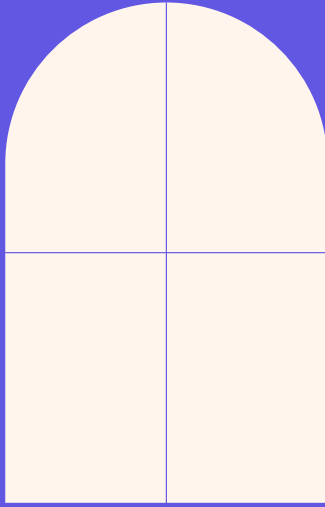


JESUS IN THE **PSALMS**



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CEDAR

At Bow church, many of us meet weekly or fortnightly in Cedar groups to look together at God's Word, the bible. This Cedar series looks at the Psalms and provides a reading and reflection schedule for personal use integrated with our Sunday sermons and our Cedar group discussions. Together we seek to grow as followers of Jesus as strong in our faith as the great Cedars of Lebanon.

INTRODUCTION TO THE PSALMS

"The Psalms are the Manna of the Church. As Manna tasted to every man like that he liked best, so do the Psalms minister instruction, and satisfaction, to every man, in every emergency and occasion. David was not only a clear Prophet of Christ himself, but a Prophet of every particular Christian; he foretells what I, what any shall do, and suffer, and say . . . the whole book of Psalms is . . . an ointment poured out upon all sorts of sores . . . a Balm that searches all wounds."

- John Donne

The Psalms have been pivotal to God's people through many generations, first in the Old Testament when they were sung by the people of Israel in their worship at the temple in Jerusalem and now in the New Testament period when they are recited, sung, memorised and cherished by Christians (as well as Jews) all around the world. The Psalms are a collection of 150 ancient Hebrew poems, songs and prayers that come from all different periods in Israel's history, with many different authors -including King David who probably wrote over 70 of the 150 Psalms we have today.

These poems, song and prayers are highly valued not only for their beauty and poetry but they teach us about God, about how we can express our everyday raw emotions to him and help us worship him in the reality we find ourselves in. They help us pray, giving us words to say whatever our need or situation. And there is another reason for us to pay particular attention to the Psalms! As Donne put it, David was “a clear prophet of Christ.” This is the book, of all the Old Testament, that speaks most often and clearly of Jesus the Messiah. St. Athanasius explains: ‘When we come to the matters of which the Prophets speak—of the coming of the Savior and how, although He is God, He yet should dwell among us—we find that these occur in almost all [the Psalms] . . . Having thus shown that Christ should come in human form, the Psalter goes on to show that He can suffer in the flesh He has assumed.’ In other words, it is not just the prophetic books of the Old Testament that point us toward Christ. So the Psalms too, are full of testimony to his life and work which continues today. Right before Jesus ascended to heaven, He reminded His followers that “Everything must be fulfilled that is written about me in the law of Moses, the prophets and the Psalms” (Luke 24:44).

INTRODUCTION TO THE **SERMONS**

And so, our sermon series for the summer (8 weeks) is entitled Jesus in the Psalms! Our hope is that as we study these passages together we will know more about the character, works and promises of Jesus and experience his presence and nearness as we look for him in the Psalms.

21st July	Psalms 1+2 Christ the Son
28th July	Psalms 22 Christ the Saviour
4th August	Psalms 23 Christ the Shephard
11th August	Psalms 27 Christ our Light and Salvation
18th August	Psalms 29 Christ our King
25th August	Psalms 42 Christ our Hope
1st September	Psalms 46 Christ our Refuge
8th September	Psalms 118 Christ the Cornerstone

JULY

20/7	Read Psalm 1 + 2
21/7	Sunday Psalm 1+2
22/7	Psalm 1 Verses 1 -3
23/7	Psalm 1 Verses 4-6
24/7	Psalm 2 Verses 1-6
25/7	Psalm 2 Verses 6-12
26/7	Journal and/or prayer walk - Ask Jesus to make his presence known to you, highlight where he is in Psalm 1 + 2, and ask him what he wants to say to you through this week's readings.
27/7	Read Psalm 22
28/7	Sunday Psalm 22
29/7	Psalm 22 Verses 1-8
30/7	Psalm 22 Verses 9-16
31/7	Psalm 22 Verse 17 -24

AUGUST

1/8	Psalm 22 Verses 25-31
2/8	Journal and/or prayer walk – Ask Jesus to make his presence known to you, highlight where he is in Psalm 22 and ask him what he wants to say to you through this week's readings.
3/8	Read Psalm 23
4/8	Sunday Psalm 23
5/8	Psalm 23 Verses 1+2
6/8	Psalm 23 Verses 3+4
7/8	Psalm 23 Verses 5+6
8/8	Journal and/or prayer walk – Ask Jesus to make his presence known to you, highlight where he is in Psalm 23, and ask him what he wants to say to you through this week's readings.
9/8	Listen to : Lead me Down – Orphan no more Listen to : Psalm 23 – Jason Upton Listen to : The Lord is my Shepherd – Hymn
10/8	Read Psalm 27 Listen to: Show me your face – Upper Room Listen to: See the goodness in the land of the living – Housefires
11/8	Sunday Psalm 27
12/8	Psalm 27 Verses 1+4

AUGUST

13/8	Psalms 27 Verses 5+7
14/8	Psalms 27 Verses 8+10
15/8	Psalms 27 Verses 11-14
16/8	Journal and/or prayer walk – Ask Jesus to make his presence known to you, highlight where he is in Psalm 27, and ask him what he wants to say to you through this week's readings.
17/8	Read Psalm 29
18/8	Sunday Psalm 29
19/8	Psalms 29 Verses 1-3
20/8	Psalms 29 Verses 4-6
21/8	Psalms 29 Verses 7-9
22/8	Psalms 29 Verses 9-11
23/8	Journal and/or prayer walk – Ask Jesus to make his presence known to you, highlight where he is in Psalm 29, and ask him what he wants to say to you through this week's readings.
24/8	Read Psalm 42
25/8	Sunday Psalm 42
26/8	Psalms 42 Verses 1-4

AUGUST

27/8	Psalm 42 Verses 5-8
28/8	Psalm 42 Verses 9-11
29/8	Listen to : As the Deer - Junior Garr Listen to : Gratitude - Maverick City
30/8	Journal and/or prayer walk - Ask Jesus to make his presence known to you, highlight where he is in Psalm 42, and ask him what he wants to say to you through this week's readings.
31/8	Read Psalm 46

SEPTEMBER

1/9	Sunday Psalm 46
2/9	Psalm 46 Verses 1-3
3/9	Psalm 46 Verses 4-6
4/9	Psalm 46 Verses 7-9
5/9	Psalm 46 Verses 9-11
6/9	Journal and/or prayer walk – Ask Jesus to make his presence known to you, highlight where he is in Psalm 46, and ask him what he wants to say to you through this week's readings.
7/9	Read Psalm 118
8/9	Sunday Psalm 118
9/9	Psalm 118 Verses 1-7
10/9	Psalm 118 Verses 8-14
11/9	Psalm 118 Verses 15- 21
12/9	Psalm 118 Verses 22-29
13/9	Journal and/or prayer walk – Ask Jesus to make his presence known to you, highlight where he is in Psalm 118, and ask him what he wants to say to you through this week's readings.
14/09	Listen to: I Will Exalt You – Hillsong Listen to: I Am Loved – Maverick City Music

DAILY REFLECTION

'Blessed is the one who meditates on the law of the Lord both day and night' - Psalm 1v2.

As we study the psalms together this summer, we've intentionally only chosen to study eight in the hope that by only reflecting on one or two verses at a time, we may practice mediating on scripture. Just like Psalm 1 instructs. Ever since the days when the Psalms were first written, they have been used in the worship of God more consistently and more frequently than any other part of the bible! As part of our study over these 8 weeks we've allocated days to listen to songs, hymns and music directly inspired from the psalms—our prayer is that as you listen you'll encounter God and be led to worship him in a deep and intimate way.

Use these questions each day to reflect on the assigned psalm for the week. You might like to use a journal to note down your thoughts and responses to the questions. As you begin ask the the Holy Spirit to speak to you.

GOD

What does this passage say about God?

Where is Jesus in this psalm?

HUMANITY

What does this passage say about us?

RESPONSE

How is this passage leading you into prayer and/or worship today?

WEEKLY REFLECTION

On Friday there is no set reading but time to look back and reflect on the week's readings.

Perhaps (if you're able) you could go on a prayer walk, or take some time to journal – or do both!

You might find the following prompts helpful.

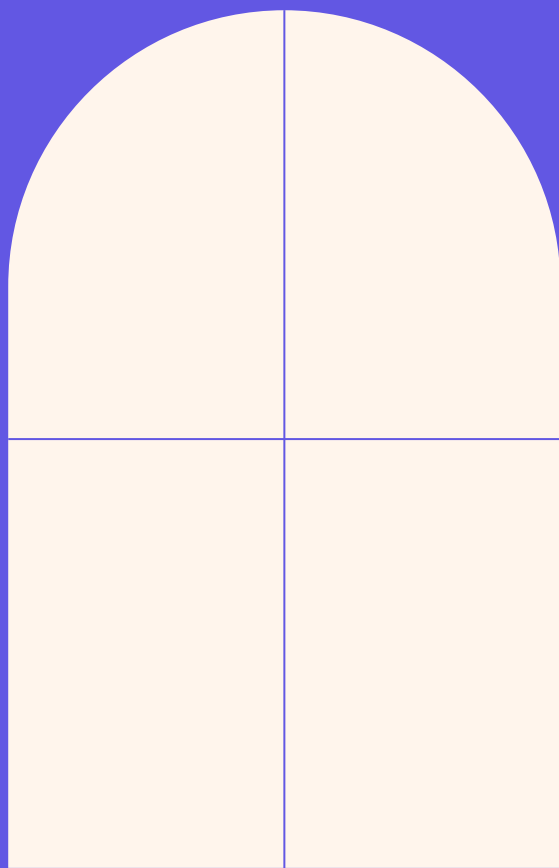
As you begin ask the the Holy Spirit to speak to you.

QUESTIONS

What questions have this week's readings raised or answered for you?

How have this week's readings led you into prayer and worship?

Return to one passage that caught your attention and read it again slowly, asking what might God want to show you through it?



CEDAR GROUP SESSIONS

This outline is for Cedar Groups to use in midweek meetings, with questions to help go deeper with the text in conversation. Group leaders might have additional questions or take you to other sections of Scripture to help make sense of what you're discussing. Don't worry if you struggle to answer the questions – it takes time to get to grips with the Bible. Focus on what you understand and stay curious about what you don't. And be kind when sharing your views with one another.

PRAY

Open the session together in a time of prayer allowing for God to be at the centre of your time together.

READ

Session 1: Psalm 1+2

Session 2: Psalm 22

Session 3: Psalm 23

Session 4: Psalm 27

Session 5: Psalm 29

Session 6: Psalm 42

Session 7: Psalm 46

Session 8: Psalm 121

DISCUSS

What God has been saying to each person as they've been reflecting and meditating on the allocated Psalm this week?

What stuck out from Sunday's sermon?

What have you learnt about Jesus this week from your study of the Psalms and does it change how you think about and respond to him?

RESPOND

On the weeks that worship songs, hymns and music have been suggested – listen to one at the end of your session and worship and meditate on the words together.

Decide together how this session will change the way you will live in the days and weeks ahead and close in prayer for one another.

OTHER **RESOURCES**

The Bible Project Book of **Psalms** Summary

Psalms (3 Vol) – James Montgomery Boice

Reflections on the **Psalms** – C.S. Lewis

Christ in the **Psalms** – Patrick Henry Reardon

EMAIL: HELLO@BOW.CHURCH
CALL: 07908 416 052

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