

My God and I: Selected Psalms – AK 09

COMMENTER'S GUIDE

WRITE IT OUT!

(ON SCANNABLE SINGLE PAGE ANSWER SHEETS ONLY)

These 2 additional questions, not found in the exam booklet are designed to make the student dig into the Biblical text and show they understand the Biblical principles studied throughout the course.

Questions 1 – In Psalms 1:2 the righteous man *delights in the Law of the Lord and on His law he meditates day and night.* Describe what it means to meditate day and night and how you can do this.

1 - POSSIBLE ANSWERS

To meditate means to purposefully engage with the Word using our conscious minds. To discipline our minds to un-distractedly look at and think through what the Bible says and apply it to everything we do and say. It a passion for the Word that goes over the text in our minds constantly (*day & night*) and considers its implications. To do this, one would need to set aside a time, remove themselves from all distractions, and focus on a portion of God's Word. Then think about it all day.

1 - HELPFUL COMMENTS

It would be helpful to encourage the student to spend time meditating on the Bible and to actually get into the discipline of reading and thinking about a passage. Share with them some of the blessings you've received from your own time meditating on the Word.

1 - VERSES

All of Psalm 119 is a poem about the beauty of God's Word; 2 Timothy 3:16

Questions 2 – In Psalm 32, the author notes 3 different terms used to describe sin; describe each kind and how, in the New Testament, Jesus' death on the cross takes care of each.

2 - POSSIBLE ANSWERS

The 3 terms used for sin are: 1) *transgression* which is deliberately crossing the line between right and wrong... to rebel; 2) *sin* which is "to miss the mark"; to deviate from the path that pleases God; 3) *iniquity* which is the inward perversion of our nature that manifests itself in wrongdoing. The cross provides a solution for each of these types of sin. Jesus is the *scapegoat* for our transgressions, carrying away our sins so that we are forgiven. His blood provides *atonement* (a covering) for our sins. Through His death we are *justified* (declared righteous) and our faith is credited as righteousness.

2 - HELPFUL COMMENTS

All of our sin is taken care of at the Cross of Jesus Christ! His work is complete and finished!

2 - VERSES

John 1:29; Romans 3.21-30; 4:3-5; 1 Peter 1:2

WHAT DO YOU SAY?

These questions are designed to help the student express their thoughts, feelings, and opinions about something they have learned from the chapter.

EXAM 1 – What changes will you make in your life as a result of meditating on Psalm 1?

1 - COMMENTS

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1 - VERSES

- [Rom. 12:2](#) Do not be conformed to this world.
- [Ps. 1:1-2, 6](#) Blessed is the man who walks not in the counsel of the ungodly.
- [1 Cor. 15:33](#) Evil company corrupts good behavior.
- [John 17:16-18](#) Sanctify them by Your truth. Your word is truth.
- [James 3:15-17](#) The wisdom that is from above is first pure ... without partiality and without hypocrisy.

EXAM 2 – Share one way in which you have personally experienced God’s shepherding care.

2 - COMMENTS

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2 - VERSES

- [John 10:11](#) The good shepherd gives His life for the sheep.
- [Heb. 13:20-21](#) May the God of peace who brought up our Lord Jesus from the dead ... make you complete in every good work to do His will.
- [Matt. 11:28-29](#) Come to Me, all you who labor and are heavy laden, and I will give you rest.

Rest/Leads: [Ps. 23:2-3](#) He restores my soul; He leads me in the paths of righteousness For His name’s sake.

Restores: [Ps. 23:3](#) He restores my soul.

Encourages/Comforts: [Ps. 23:4](#) Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me

Protects/Heals: [Ps. 23:5](#) You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over.

Confidence for Future: [Ps. 23:6](#) Surely goodness and mercy shall follow me All the days of my life; and I will dwell in the house of the Lord Forever.

EXAM 3 – David closes the psalm with an exhortation to “wait on the Lord.” In what areas of your life do you need to wait on God?

3 - COMMENTS

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3 - VERSES

Trusting God: [Isa. 26:3-4](#) You will keep him in perfect peace, whose mind is stayed on You.

Walk by faith in God: [Heb. 11:6](#) Without faith it is impossible to please Him.

Wait on the Lord: [Ps. 37:9](#) Evildoers shall be cut off, but those who wait on the Lord, they shall inherit the earth.

- [Isa. 40:31](#) Those who wait on the Lord shall renew their strength.

EXAM 4 – According to this psalm, what is the best reaction when the Holy Spirit confronts you with sin in your life, and why?

4 - COMMENTS

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4 - VERSES

- [1 John 1:9](#) If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.
- [Ps. 32:5](#) I will confess my transgressions to the Lord, and You forgave the iniquity of my sin.
- [Ps. 51:4](#) Against You, You only, have I sinned, and done this evil in Your sight.

Do not cover up your sin: [Prov. 28:13](#) He who covers his sins will not prosper.

EXAM 5 – Think about a time when God delivered you from a difficult situation. How did that change the way you relate to Him and others?

5 - COMMENTS

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5 - VERSES

- [Ps. 34:4](#) I sought the Lord, and He heard me, and delivered me from all my fears.
- [Ps. 34:17-19](#) The righteous cry out, and the Lord hears, and delivers them out of all their troubles. The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.
- [Ps. 111:10](#) The fear of the Lord is the beginning of wisdom.
- [Heb. 13:5](#) I will never leave you nor forsake you.

EXAM 6 – Using these two psalms, discuss why turning to God is the best antidote for depression.

6 - COMMENTS

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6 - VERSES

- [1 Peter 5:6-7](#) Humble yourselves under the mighty hand of God, that He may exalt you in due time.
- [Heb. 12:3](#) Consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged.

EXAM 7 – Take time to “Be still and know that I am God.” How can such a time of contemplation strengthen you?

7 - COMMENTS

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7 - VERSES

- [Ps. 46:1](#) God is our refuge and strength.
- [Ps. 18:2](#) The Lord is my rock and my fortress and my deliverer, my God, my strength, in whom I will trust, my shield and the horn of my salvation, my stronghold.
- [Nahum 1:7](#) The Lord ... knows those who trust in Him.
- [Rev. 21:3](#) The tabernacle of God is with men, and He will dwell with them, and they shall be His people
- [Rom. 8:31](#) If God is for us, who can be against us?

EXAM 8 – How does David’s example during difficult circumstances encourage you? In what situation right now do you need to follow David’s example?

8 - COMMENTS

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8 - VERSES

- [1 Tim. 6:6](#) Godliness with contentment is great gain.
- [Ps. 63:3-4, 6-8](#) Your loving kindness is better than life.
- [Deut. 4:29](#) Seek the Lord your God, and you will find Him if you seek Him with all your heart and with all your soul.
- [Phil. 1:21](#) To live is Christ, and to die is gain.

EXAM 9 – As you consider the brevity of life, what are your own priorities?

9 - COMMENTS

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9 - VERSES

- [Gen. 2:7](#) The Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life.
- [2 Peter 3:8](#) With the Lord one day is as a thousand years, and a thousand years as one day.
- [Ps. 90:12](#) Teach us to number our days, That we may gain a heart of wisdom.
- [Eph. 5:15-16](#) Walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil.

EXAM 10 – What impact does God’s holiness make to your life?

10 - COMMENTS

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10 - VERSES

- [Job 42:6](#) I abhor myself, and repent in dust and ashes.
- [Isa. 6:5](#) Woe is me, for I am undone! Because I am a man of unclean lips.
- [Ps. 99:3](#) Let them praise Your great and awesome name He is holy.
- [Ps. 99:5](#) Exalt the Lord our God ... He is holy.
- [1 Peter 1:15-16](#) As He who called you is holy, you also be holy in all your conduct.
- [John 4:24](#) God is Spirit, and those who worship Him must worship in spirit and truth.
- [2 Tim. 2:21](#) Be a vessel for honor, sanctified and useful for the Master, prepared for every good work.

EXAM 11 – For what do you want to praise the Lord right now?

11 - COMMENTS

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11 - VERSES

- [Ps. 103:1-22](#); [150:1-6](#) Praise the Lord!

EXAM 12 – How does it affect your thinking and actions to know that God knows all about you and has made plans for you?

12 - COMMENTS

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12 - VERSES

- He is omniscient: [Ps. 139:1-6](#)
- He is omnipresent: [Ps. 139:7-12](#)
- He is omnipotent: [Ps. 139:13-18](#)
- [1 Kings 8:39](#) You alone know the hearts of all the sons of men.
- [Ps. 1:6](#) The Lord knows the way of the righteous, but the way of the ungodly shall perish.