

# 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.