

BOOK ONE:
PSALMS

1 - 41

**A WOV BIBLE STUDY:
TRUSTING GOD IN EVERY SEASON**

*"Those who know your name trust in you, for you, Lord,
have never forsaken those who seek you."
(Psalm 9:10 NIV)*



INSIGHT FOR LIVING MINISTRIES
The Bible-Teaching Ministry of Pastor Chuck Swindoll



PSALMS

OVERVIEW BIBLE CHART

1490 BC DAYS OF MOSES	BOOK ONE 41 Psalms	BOOK TWO 31 Psalms	BOOK THREE 17 Psalms	BOOK FOUR 17 Psalms	BOOK FIVE 44 Psalms	444 BC DAYS OF EZRA
	Psalms 1-41	Psalms 42-72	Psalms 73-89	Psalms 90-106	Psalms 107-150	
ANALOGY	Humanity	Deliverance	Sanctuary	Reign of God	Word of God	
	Genesis	Exodus	Leviticus	Numbers	Deuteronomy	
	Personal	Devotional	Liturgical, Historical	General	Prophetic, Natural	
DOXOLOGY	Psalms 41:13	Psalms 72:18-19	Psalms 89:52	Psalms 106:48	Psalms 150	
THEME	We worship God for who He is and what He has done.					
KEY VERSE	Psalms 19:14					
CHRIST IN PSALMS	Anticipated, portrayed, and prophesied about in such figures as the coming king, the redeemer, the loving shepherd, and the righteous sufferer					

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Welcome to the Study!

The first forty-one psalms invite us on a journey through every season of the soul—from deep delight in God’s Word to desperate cries for help and honest confession. Whether celebrating God’s blessings or wrestling with fear and sorrow, these ancient songs remind us that the Lord is our refuge and hope in all circumstances. As we study Psalms 1–41 (Book One) together, our theme is “Trusting God in Every Season.” Let this promise shape your heart: “Those who know your name trust in you, for you, Lord, have never forsaken those who seek you.” (Psalm 9:10, NIV)

These psalms walk us through the full spectrum of human experience—joy, sorrow, fear, confession, praise, and longing for God’s presence. Through it all, the central message is to turn to God, trust Him, and seek His guidance, no matter what life brings. May this study help you know God more deeply and trust Him more completely, whatever you face.

Warm Regards,

WOV Bible Study Team

Source: (Bible study created with hyperwriteai.com)

Week 1: The Path of Blessing and Trust - Psalms 1–3

Discover the contrast between the righteous & wicked/God's authority & refuge in Him

Observation & Understanding

1. How does Psalm 1 describe the blessed/righteous person?
2. According to Psalm 1, what is the “delight” of the blessed?
3. What imagery is used for the righteous in Psalm 1?
4. What is the fate of the wicked in Psalm 1?
5. Who is speaking in Psalm 2, and who are the main characters?
6. What are the nations doing in Psalm 2, and why?
7. How does God respond to the rebellious nations in Psalm 2?
8. What does “kiss the Son” mean in Psalm 2?
9. What situation is David facing in Psalm 3?
10. How does David describe his feelings in Psalm 3?
11. What titles does David use for God in Psalm 3?

12. What specific requests does David make in Psalm 3?

13. Why is meditation on God's law so important in Psalm 1?

14. What does Psalm 2 teach about God's sovereignty?

15. How does David's trust in God show in Psalm 3?

Application & Reflection

16. When have you felt surrounded as David did in Psalm 3?

17. How can you delight in God's Word more this week?

18. What does it look like to "take refuge in Him" today?

19. Which verse from these psalms stands out to you, and why?

20. What practical step will you take this week based on these psalms?

NOTES

Week 2: Prayers for Mercy and Guidance - Psalms 4–6

Explore David's prayers for help, mercy, and guidance in difficult seasons.

Observation & Understanding

1. What is David's request in Psalm 4?
2. How does David address God in Psalm 4?
3. What emotions are expressed in Psalm 4?
4. What does David say about anger in Psalm 4?
5. In Psalm 5, how does David approach God at the start of his day?
6. What does David ask God to do in Psalm 5?
7. How are the wicked described in Psalm 5?
8. What promises does David declare in Psalm 5?
9. In Psalm 6, why is David troubled?
10. What does David ask for in Psalm 6?
11. How does David describe his physical and emotional state in Psalm 6?

12. What is David's hope by the end of Psalm 6?

Application & Reflection

13. Why is honesty in prayer important, as shown here?

14. What does it look like to trust God with your anger or fear?

15. How can you start your day with God, as David does in Psalm 5?

16. When have you cried out to God for mercy?

17. How does David's vulnerability inspire your own prayers?

18. Which phrase or verse is most meaningful to you?

19. What is one way you can seek God's guidance this week?

20. How can you encourage someone else with these psalms?

NOTES

Week 3: Justice, Praise, and Protection - Psalms 7–9

David wrestles with enemies, celebrates God's justice, and finds his security in God.

Observation & Understanding

1. What accusation does David face in Psalm 7?
2. How does David respond to false accusations?
3. What do you learn about God's role as Judge in Psalm 7?
4. How does David express his innocence or guilt?
5. What praise does David give in Psalm 8?
6. How does Psalm 8 describe humanity's place in creation?
7. What does "crowned with glory and honor" mean in Psalm 8?
8. In Psalm 9, what does David thank God for?
9. How does David describe God's justice in Psalm 9?
10. What hope does David find for the oppressed?
11. How does David describe his enemies in these psalms?

Application & Reflection

12. What is the significance of remembering God's deeds?
13. How do these psalms balance honesty and praise?
14. When have you needed God's protection from injustice?
15. How can you worship God for His creation this week?
16. What does it mean to trust God as your defender?
17. Which attribute of God stands out to you in these psalms?
18. How can you reflect God's justice in your relationships?
19. What verse might you memorize, and why?
20. How will you apply these lessons in your daily life?

NOTES

Week 4: Honest Lament and Renewed Hope - Psalms 10–13

David's laments teach us how to bring our raw emotions and doubts to God.

Observation & Understanding

1. What questions does David ask God in Psalm 10?
2. How does David describe the wicked in Psalm 10?
3. What does David want God to do about injustice?
4. How does David end Psalm 10?
5. In Psalm 11, what are David's fears?
6. What does David affirm about God's presence in Psalm 11?
7. What is the outcome for the righteous and the wicked in Psalm 11?
8. What complaints does David raise in Psalm 12?
9. What does David pray for in Psalm 12?
10. How does David encourage himself in Psalm 13?
11. What emotions are expressed in these psalms?

Application & Reflection

12. Why is it important to be honest with God about doubts?

13. How do these psalms show God's faithfulness?

14. In what ways have you felt abandoned or overlooked by God?

15. How do you see God answering prayer in these psalms?

16. What helps David move from despair to trust?

17. Which of David's prayers resonates with your experience?

18. How can you encourage others who are struggling with doubt?

19. Which verse will you hold onto this week?

20. What practical steps can you take when you feel discouraged?

NOTES

Week 5: Trusting God in Trouble - Psalms 14–16

David trusts God and seeks His counsel during times of distress and uncertainty.

Observation & Understanding

1. How does Psalm 14 describe the fool?
2. What is God looking for among His people in Psalm 14?
3. What hope does David express at the end of Psalm 14?
4. In Psalm 15, who may dwell in God's presence?
5. What qualities are listed for the blameless in Psalm 15?
6. Why do you think David emphasizes integrity?
7. What does David ask for in Psalm 16?
8. How does David describe his relationship with God in Psalm 16?
9. What does David say about God's guidance in Psalm 16?
10. How does Psalm 16 point to hope beyond death?
11. What stands out about David's trust in God?

Application & Reflection

12. How can you pursue integrity in your own life?
13. What does “the boundary lines have fallen for me in pleasant places” mean to you?
14. How can you seek God’s counsel in decision-making?
15. What does it look like to keep God “always before” you?
16. How does David find joy in God’s presence?
17. Which verse encourages you most in a difficult season?
18. What practical step can you take to deepen your trust in God?
19. How can these psalms shape your prayers this week?
20. Who can you encourage with these truths?

NOTES

Week 6: Deliverance and Dependence - Psalms 17–18

David's prayers & songs celebrate God's deliverance & express deep dependence on Him.

Observation & Understanding

1. What is David's plea in Psalm 17?
2. How does David describe his relationship with God in Psalm 17?
3. What does David ask for protection from in Psalm 17?
4. In Psalm 18, how does David begin his song?
5. What metaphors does David use for God in Psalm 18?
6. How does David describe God's rescue?
7. What enemies or troubles does David face in Psalm 18?
8. How does David respond to God's deliverance?
9. What qualities does David attribute to God in these psalms?
10. What role does praise play in David's prayers?
11. How do these psalms show dependence on God?

Application & Reflection

12. When have you needed God's deliverance?
13. What does it look like to run to God as your "rock" and "fortress"?
14. How can you praise God for past deliverance this week?
15. What is the significance of remembering God's faithfulness?
16. How do you see humility and gratitude in David's words?
17. Which verse is meaningful for your current situation?
18. What practical action can you take to depend on God more?
19. How might you share your testimony of God's help with others?
20. How do these psalms shape your understanding of prayer?

NOTES**Week 7: The Glory of God Revealed - Psalms 19–21**

Reflect on God's revelation through creation, His Word, and His faithfulness to His people.

Observation & Understanding

1. How does Psalm 19 describe God's revelation in nature?
2. What impact does God's Word have, according to Psalm 19?
3. What does David pray for at the end of Psalm 19?
4. In Psalm 20, what blessing does David seek from God?
5. How does David show confidence in God's power in Psalm 20?
6. What does David declare about the "name of the Lord" in Psalm 20?
7. How does Psalm 21 celebrate answered prayer?
8. What victories does David recount in Psalm 21?
9. What attributes of God are praised in these psalms?

Application & Reflection

10. Why is remembering answered prayer important?
11. How can creation draw us closer to God?
12. What role does God's Word play in your spiritual growth?

13. How do you seek God's blessing for yourself or others?
14. When have you seen God's power at work in your life?
15. What does it look like to rejoice in God's faithfulness?
16. Which verse in these psalms encourages you most?
17. How can you praise God for His creation and His Word this week?
18. What practical step can you take to remember God's past faithfulness?
19. How can you encourage someone else with these truths?
20. What will you pray for, inspired by these psalms?

NOTES

Week 8: Suffering, Hope, and God's Presence - Psalms 22–24

Journey through suffering & hope, seeing how God's presence brings comfort & confidence.

Observation & Understanding

1. What is David's cry in Psalm 22?
2. How does Psalm 22 describe suffering and abandonment?
3. What prophecies about Jesus are found in Psalm 22?
4. How does David move from lament to praise in Psalm 22?
5. In Psalm 23, how does David describe his relationship with God?
6. What comfort is found in "the valley of the shadow of death"?
7. What does it mean for God to be our shepherd?
8. How does Psalm 23 express confidence in God's goodness?
9. In Psalm 24, who is described as the "King of glory"?
10. What does it mean to seek God's face in Psalm 24?
11. How do these psalms move from suffering to hope?

Application & Reflection

12. Where have you seen God's comfort in hard times?

13. What does it look like to trust God as your shepherd?
14. How can you praise God during trials?
15. Which verse in these psalms brings you the most hope?
16. How do these psalms help you face your fears?
17. What practical step can you take to seek God's presence this week?
18. How can you encourage others with hope in these psalms?
19. How will you apply the truth that "the Lord is my shepherd"?
20. What prayer will you offer based on these readings?

NOTES

Week 9: Guidance, Forgiveness, & Waiting on God - Psalms 25–27

Learn to seek God's guidance, receive His forgiveness, and wait on Him with trust.

Observation & Understanding

1. What does David ask for in Psalm 25?
2. How does David describe his need for guidance?
3. What does David say about God's forgiveness in Psalm 25?
4. How does David deal with fear and enemies in Psalm 25?
5. In Psalm 26, what is David's plea before God?
6. What qualities does David value in Psalm 26?
7. How does David demonstrate trust in God in Psalm 26?
8. In Psalm 27, what is David's "one thing" he seeks?
9. How does David express confidence in God's protection in Psalm 27?
10. What does David say about waiting on the Lord?
11. Why is guidance from God important in these psalms?

Application & Reflection

12. How do you experience God's forgiveness?
13. What helps you trust God in uncertainty?
14. How can you seek God's presence in worship?
15. What does it look like to wait on the Lord in your life?
16. Which verse encourages you when you face fear?
17. How will you pursue God's guidance this week?
18. How can you encourage someone struggling to wait on God?
19. What practical step can you take to trust God more?
20. What prayer will you pray, inspired by these psalms?

NOTES

Week 10: Crying Out and Finding Refuge - Psalms 28–31

David cries out for help and discovers God as a secure refuge in times of distress.

Observation & Understanding

1. What is David's plea in Psalm 28?
2. How does David describe God's response in Psalm 28?
3. What does David thank God for in Psalm 28?
4. In Psalm 29, what is emphasized about God's voice?
5. How does Psalm 29 describe God's power?
6. What does David pray for at the end of Psalm 29?
7. What distress does David face in Psalm 30?
8. How does David move from weeping to joy in Psalm 30?
9. What is David's testimony about God's faithfulness in Psalm 30?
10. In Psalm 31, how does David express his trust in God?
11. What metaphors for God are used in these psalms?

Application & Reflection

12. How do you relate to David's cries for help?
13. What does it look like to praise God for His power?
14. When have you experienced God's faithfulness in hard times?
15. How can you find refuge in God this week?
16. Which verse brings you comfort or strength?
17. How will you give thanks for God's answers to prayer?
18. What practical way can you praise God in your challenges?
19. How can you encourage others to trust God during distress?
20. What prayer will you offer based on these psalms?

NOTES

Week 11: Confession, Joy, and Deliverance - Psalms 32–35

The power of confession, the joy of forgiveness, & God's deliverance from trouble.

Observation & Understanding

1. What blessing is described in Psalm 32?
2. How does David describe confession and forgiveness in Psalm 32?
3. What does David warn against in Psalm 32?
4. How does David respond to God's mercy in Psalm 32?
5. In Psalm 33, what reasons does David give for praising God?
6. How does David describe God's creative power in Psalm 33?
7. What is David's hope in Psalm 33?
8. What troubles does David face in Psalm 34?
9. How does David praise God in the midst of trouble in Psalm 34?
10. What promises are given to those who seek God in Psalm 34?
11. In Psalm 35, what does David pray for?

12. How does David handle opposition and injustice?

Application & Reflection

13. What is the importance of confession in your life?

14. How can you praise God regardless of your circumstances?

15. When have you experienced God's deliverance?

16. What does it look like to trust God for justice?

17. Which verse in these psalms stands out to you?

18. How will you encourage others with the hope of forgiveness?

19. What practical step will you take to confess and receive God's mercy?

20. What prayer will you pray, inspired by these psalms?

NOTES

Week 12: Confidence in God's Unfailing Love - Psalms 36–41

Celebrate God's faithfulness, love, & the confidence He gives in every circumstance.

Observation & Understanding

1. How does David describe the wicked in Psalm 36?
2. What does David say about God's love and faithfulness in Psalm 36?
3. What imagery is used for God's care in Psalm 36?
4. What is David's plea in Psalm 36?
5. In Psalm 37, what advice does David give about evildoers?
6. What does it mean to "delight in the Lord" in Psalm 37?
7. How does David encourage patience and trust in Psalm 37?
8. What is the fate of the wicked and the righteous in Psalm 37?
9. In Psalm 38, how does David describe his suffering?
10. What does David pray for in Psalm 38?
11. How does David express hope in God despite pain?

12. In Psalm 39, what questions do David ask about life?

13. How does David reflect on the brevity of life?

14. What hope does David find in God in Psalm 39?

15. In Psalm 40, how does David describe God's rescue?

16. How does David respond with praise and obedience?

17. What is David's prayer in Psalm 41?

18. How does David find confidence in God's care?

Application & Reflection

19. Which verse in these psalms encourages you most?

20. What practical step will you take to trust God's love this week?

NOTES

Memory Verses from Psalms 1–41

Below are selected memory verses from each Psalm in Book One (Psalms 1–41). These verses were chosen for their encouragement, spiritual depth, and relevance for Christian women walking in faith. Each verse is paired with space for reflection or notes.

Psalm 1:2 – “But whose delight is in the law of the Lord, and who meditates on his law, day and night.”

Reflection/Notes: _____

Psalm 2:12b – “Blessed are all who take refuge in him.”

Reflection/Notes: _____

Psalm 3:3 – “But you, Lord, are a shield around me, my glory, the One who lifts my head high.”

Reflection/Notes: _____

Psalm 4:8 – “In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.”

Reflection/Notes: _____

Psalm 5:3 – “In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.”

Reflection/Notes: _____

Psalm 6:9 – “The Lord has heard my cry for mercy; the Lord accepts my prayer.”

Reflection/Notes: _____

Psalm 7:10 – “My shield is God Most High, who saves the upright in heart.”

Reflection/Notes: _____

Psalm 8:4 – “What is mankind that you are mindful of them, human beings that you care for them?”

Reflection/Notes: _____

Psalm 9:10 – “Those who know your name trust in you, for you, Lord, have never forsaken those who seek you.”

Reflection/Notes: _____

Psalm 10:17 – “You, Lord, hear the desire of the afflicted; you encourage them, and you listen to their cry.”

Reflection/Notes: _____

Psalm 11:7 – “For the Lord is righteous, he loves justice; the upright will see his face.”

Reflection/Notes: _____

Psalm 12:6 – “And the words of the Lord are flawless, like silver purified in a crucible, like gold refined seven times.”

Reflection/Notes: _____

Psalm 13:5 – “But I trust in your unfailing love; my heart rejoices in your salvation.”

Reflection/Notes: _____

Psalm 14:2 – “The Lord looks down from heaven on all mankind to see if there are any who understand, any who seek God.”

Reflection/Notes: _____

Psalm 15:2 – “The one whose walk is blameless, who does what is righteous, who speaks the truth from their heart.”

Reflection/Notes: _____

Psalm 16:8 – “I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.”

Reflection/Notes: _____

Psalm 17:6 – “I call on you, my God, for you will answer me; turn your ear to me and hear my prayer.”

Reflection/Notes: _____

Psalm 18:2 – “The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge.”

Reflection/Notes: _____

Psalm 19:14 – “May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.”

Reflection/Notes: _____

Psalm 20:7 – “Some trust in chariots and some in horses, but we trust in the name of the Lord our God.”

Reflection/Notes: _____

Psalm 21:13 – “Be exalted in your strength, Lord; we will sing and praise your might.”

Reflection/Notes: _____

Psalm 22:24 – “For he has not despised or scorned the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help.”

Reflection/Notes: _____

Psalm 23:1 – “The Lord is my shepherd, I lack nothing.”

Reflection/Notes: _____

Psalm 24:1 – “The earth is the Lord’s, and everything in it, the world, and all who live in it.”

Reflection/Notes: _____

Psalm 25:4 – “Show me your ways, Lord, teach me your paths.”

Reflection/Notes: _____

Psalm 26:2 – “Test me, Lord, and try me, examine my heart and my mind.”

Reflection/Notes: _____

Psalm 27:1 – “The Lord is my light and my salvation—whom shall I fear?”

Reflection/Notes: _____

Psalm 28:7 – “The Lord is my strength and my shield; my heart trusts in him, and he helps me.”

Reflection/Notes: _____

Psalm 29:11 – “The Lord gives strength to his people; the Lord blesses his people with peace.”

Reflection/Notes: _____

Psalm 30:5b – “Weeping may stay for the night, but rejoicing comes in the morning.”

Reflection/Notes: _____

Psalm 31:24 – “Be strong and take heart, all you who hope in the Lord.”

Reflection/Notes: _____

Psalm 32:7 – “You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.”

Reflection/Notes: _____

Psalm 33:11 – “But the plans of the Lord stand firm forever, the purposes of his heart through all generations.”

Reflection/Notes: _____

Psalm 34:18 – “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Reflection/Notes: _____

Psalm 35:9 – “Then my soul will rejoice in the Lord and delight in his salvation.”

Reflection/Notes: _____

Psalm 36:9 – “For with you is the fountain of life; in your light we see light.”

Reflection/Notes: _____

Psalm 37:4 – “Take delight in the Lord, and he will give you the desires of your heart.”

Reflection/Notes: _____

Psalm 38:15 – “Lord, I wait for you; you will answer, Lord my God.”

Reflection/Notes: _____

Psalm 39:7 – “But now, Lord, what do I look for? My hope is in you.”

Reflection/Notes: _____

Psalm 40:2 – “He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.”

Reflection/Notes: _____

Psalm 41:13 – “Praise be to the Lord, the God of Israel, from everlasting to everlasting. Amen and Amen.”

Reflection/Notes: _____
