



**BIBLE STUDY THEME:
“THIRSTING FOR GOD: FINDING HOPE
AND STRENGTH IN HIS PRESENCE”**

“My soul thirsts for God, for the living God. When can I go and meet with God?”
(Psalm 42:2, 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
Humanity	Deliverance	Sanctuary	Reign of God	Word of God			
ANALOGY	Genesis	Exodus	Leviticus	Numbers	Deuteronomy		
CONTENT	Personal	Devotional	Liturgical, Historical	General	Prophetic, Natural		
DOXOLOGY	Psalm 41:13	Psalm 72:18-19	Psalm 89:52	Psalm 106:48	Psalm 150		
THEME	We worship God for who He is and what He has done.						
KEY VERSE	Psalm 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						

Copyright © 1979, 1996, 2009 by Charles R. Swindoll Inc. All rights reserved worldwide.
Chart taken from *The Swindoll Study Bible*. Used by permission of Tyndale House Publishers.

Table of Contents

Welcome to the Study!	4
Week 1: Thirsting for God in Times of Distress	5
Week 2: Prayers for Deliverance and Protection	7
Week 3: The King's Praise and God's Shelter	9
Week 4: Boasting in God, Not Riches	11
Week 5: Confession and Cleansing	13
Week 6: Dealing with Betrayal and Fear	15
Week 7: Trust and Praise in Adversity	17
Week 8: Confidence in God's Righteous Judgment	19
Week 9: Earnest Seeking and Deep Longing	21
Week 10: The God Who Answers and Rules	23
Week 11: God's Righteousness and Human Frailty	25
Week 12: Final Praise and Lasting Hope	27
Memory Verses from Psalms 42–72	29

Welcome to the Study!

Main Principle: *True hope and strength are found by seeking God above all else.*

Scripture: “My soul thirsts for God, for the living God. When can I go and meet with God?” (Psalm 42:2, NIV)

Introduction

Psalms 42–72, Book Two, invite us into a journey of spiritual longing, honest struggle, and renewed hope. In every season—whether we are overwhelmed, grateful, or searching for answers—these psalms remind us that our deepest thirst can only be satisfied by God Himself.

Book Two's central theme is “Thirsting for God: Finding Hope and Strength in His Presence,” capturing the longing of the human heart and God's faithful response. May these words guide our study: “My soul thirsts for God, for the living God. When can I go and meet with God?” (Psalm 42:2, NIV). As we walk through these psalms together, let them draw us closer to the God who sees, hears, and sustains us in every circumstance.

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: Thirsting for God in Times of Distress

Principle: God meets us in our deepest longings and gives us hope when we're downcast.

Read: Psalms 42–43

Observation & Understanding

1. What images describe the psalmist's longing for God?

2. How does the writer express his feelings of discouragement?

3. Why does the psalmist repeat "Why, my soul, are you downcast?"

4. What does "put your hope in God" mean in these psalms?

5. How does the psalmist remember past experiences with God?

6. What role does singing and praise have for the psalmist?

7. What are practical steps to "hope in God" when overwhelmed?

8. How does the writer deal with enemies and mockers?

Application & Reflection

9. What are your “deep calls to deep” moments in life?
10. How do these psalms acknowledge both pain and faith?
11. In what ways have you felt spiritual thirst or longing?
12. What does this passage teach about honesty in prayer?
13. Which phrase or metaphor resonates with your experience?
14. What does it mean to praise God before you “feel” like praising?
15. How can remembering God’s faithfulness help you now?
16. How do you see the tension between doubt and faith here?
17. What promise will you claim from these psalms?
18. How do these psalms encourage perseverance while waiting?
19. What practical action can you take when you feel downcast?
20. What prayer will you pray after meditating on these psalms?

Week 2: Prayers for Deliverance and Protection

Principle: We can bring our lament, confusion, and praise to God, trusting Him to deliver and restore.

Read: Psalms 44–45

Observation & Understanding

1. What story of the past does the psalmists retell in Psalm 44?
2. How do the people feel about God's apparent absence?
3. What requests are made to God in Psalm 44?
4. How does the tone shift between remembering and questioning?
5. What struggles or defeats are described in Psalm 44?
6. How do the writers express their faith in God despite loss?
7. In Psalm 45, who is being celebrated?
8. What imagery is used for the king in Psalm 45?
9. What descriptions are given for the bride?
10. How does Psalm 45 connect earthly royalty to spiritual truth?
11. What emotions are expressed by the community in Psalm 44?

Application & Reflection

12. How do you relate to feeling abandoned by God at times?

13. Why is it important to remember God's faithfulness in the past?

14. How does Psalm 45 picture the beauty of a godly relationship?

15. What qualities are praised in the king in Psalm 45?

16. Which verse from these psalms encourages you most?

17. What does it look like to call on God for deliverance today?

18. How do these psalms help you worship through both lament and celebration?

19. What hope does Psalm 45 point to that surpasses earthly struggles?

20. What prayer will you pray for deliverance and hope?

Week 3: The King's Praise and God's Shelter

Principle: God is our unshakable refuge and delights when we worship Him above our fears.

Read: Psalms 46–48

Observation & Understanding

1. How is God described in times of trouble in Psalm 46?

2. What imagery portrays God's power in nature?

3. What invitation is given in Psalm 46:10?

4. How does Psalm 47 celebrate God's sovereignty?

5. What does it mean for God to be "King over all the earth"?

6. How does worship look in Psalm 47?

7. In Psalm 48, what city is featured and why?

8. How does this city reflect God's character?

9. What role does remembering God's deeds play here?

10. How do these psalms encourage worship in the face of fear?

Application & Reflection

11. What “fortress” metaphors stand out to you and why?

12. How can you “be still” and know God in your life?

13. What comfort is found in God’s kingship over chaos?

14. Where do you run when life feels shaky?

15. How does security in God shape your prayers?

16. Which verse offers hope for your current season?

17. What does it mean to sing praises “with understanding”?

18. How can remembering God’s past faithfulness help you face the future?

19. How will you praise God as your protector this week?

20. What truth from these psalms will you apply today?

Week 4: Boasting in God, Not Riches

Principle: When we trust God rather than wealth, our hearts are set free for gratitude and dependence on Him.

Read: Psalms 49–50

Observation & Understanding

1. What main message is given in Psalm 49?

2. How are riches and self-reliance depicted?

3. What does Psalm 49 teach about death's common ground for all?

4. What hope does the psalmist have about the righteous after death?

5. How do the psalms contrast God's values with worldly values?

6. What is God's message to His people in Psalm 50?

7. Which sacrifices does God desire according to Psalm 50?

8. How are formalism and hypocrisy addressed in Psalm 50?

9. What does it mean to "offer God a sacrifice of thanksgiving"?

10. How does Psalm 50 connect true worship with real life?

Application & Reflection

11. Where are you tempted to trust in wealth or success?
12. Which verse challenges your perspective on security?
13. How does eternal hope shape your choices now?
14. What does God want from your daily life as an offering?
15. How do these psalms expose empty religion?
16. What practical step will you take to focus on God as your hope?
17. How can you use your resources for God's glory?
18. When have you experienced God's faith in times of need?
19. Which promise will you hold onto?
20. What prayer will you offer in response to these lessons?

Week 5: Confession and Cleansing

Principle: Honest confession brings God's forgiveness and the power to start anew.

Read: Psalms 51–52

Observation & Understanding

1. What is the background of Psalm 51?

2. How does David confess his sin?

3. What words describe David's longing for forgiveness?

4. What does David ask God to create in him?

5. How does David view brokenness?

6. What result does David desire from his restored relationship?

7. How is God's steadfast love pictured?

8. How does Psalm 52 describe the evil man?

9. What confidence does David hold in God's justice?

10. How do grace and justice meet in these psalms?

Application & Reflection

11. When have you needed to confess and receive mercy?

12. How does honesty before God bring healing?

13. What does it look like to have a “clean heart”?

14. How can you move from guilt to praise like David?

15. What qualities stand out from God’s character here?

16. What verse will you memorize as a reminder of grace?

17. How has God rescued you from destructive patterns?

18. How will you extend forgiveness to others?

19. What practical action can you take based on these psalms?

20. What prayer for forgiveness will you pray this week?

Week 6: Dealing with Betrayal and Fear

Principle: God hears our cries in betrayal and fear, and He is our unshakeable refuge.

Read: Psalms 53–55

Observation & Understanding

1. How is “the fool” described in Psalm 53?

2. What does God see among His people in Psalm 53?

3. What desire is expressed for deliverance in Psalm 53?

4. What threat does David face in Psalm 54?

5. How does David respond to this threat?

6. How does Psalm 54 model trust in God amid attack?

7. What pain does David process in Psalm 55?

8. Who has betrayed David, according to Psalm 55?

9. How does David describe his inner turmoil?

10. What does David counsel about casting burdens on the Lord?

Application & Reflection

11. When have you felt betrayed or misunderstood?
12. How can you practice honest prayer in seasons of fear?
13. Which verse gives you comfort in relational hurt?
14. What does it mean to cast your burdens on God today?
15. How does trusting God change your response to offense?
16. Who needs your forgiveness or prayers this week?
17. What does God promise those who trust Him with their pain?
18. How can you find hope when others disappoint you?
19. Which promise will you cling to in disappointment?
20. What prayer will you pray about healing and trust?

Week 7: Trust and Praise in Adversity

Principle: Adversity is an invitation to trust and worship God before you see the answer.

Read: Psalms 56–58

Observation & Understanding

1. What fears does David confess in Psalm 56?
2. How does David transform fear into faith?
3. What declaration is repeated about trusting in God?
4. What vows or promises does David make to God?
5. How are tears seen by God in Psalm 56?
6. In Psalm 57, where is David physically and emotionally?
7. What does it look like to take “refuge in the shadow of Your wings”?
8. How does praise arise even before deliverance?
9. What confidence rings through David’s words in Psalm 57?
10. How does Psalm 58 express frustration with injustice?
11. What requests for intervention are made in Psalm 58?

Application & Reflection

12. Where do you need to trust God when afraid?

13. What helps you worship even in uncertainty?

14. Which phrase from these psalms strengthens your faith?

15. How does remembering God's care for your tears reassure you?

16. What step will you take to praise God during trial?

17. Where do you need boldness to speak truth, as in Psalm 58?

18. How can you use your story for God's glory right now?

19. What verse might you memorize for times of fear?

20. What prayer for deliverance and courage will you offer?

Week 8: Confidence in God's Righteous Judgment

Principle: God's justice is sure—He is your strong fortress and righteous judge.

Read: Psalms 59–61

Observation & Understanding

1. What threats face David in Psalm 59?

2. How does he describe God as a defender?

3. Where does David find joy in these troubles?

4. What does David declare about God's faithful love?

5. In Psalm 60, what has caused distress for the people?

6. What do they ask God to do in Psalm 60?

7. What comfort is offered during a national crisis?

8. How does Psalm 61 picture confidence in God's shelter?

9. What imagery describes God's protection in Psalm 61?

10. What does it mean to take refuge “under God's wings”?

Application & Reflection

11. When have you witnessed God's deliverance?
12. How can you pray for God's justice in the world?
13. What helps you find hope during tough times?
14. Which promise from these psalms can you claim?
15. How can you praise God as your fortress and strong tower?
16. What practical step will you take to rest in God's protection?
17. What verse encourages you to pray for others' deliverance?
18. Where do you need God's intervention right now?
19. What offering of praise can you bring in a hard season?
20. What will you write or pray to declare your confidence in God?

Week 9: Earnest Seeking and Deep Longing

Principle: True satisfaction is found by seeking God above all else.

Read: Psalms 62–64

Observation & Understanding

1. Where does the psalmist find rest and hope in Psalm 62?

2. What contrasts are made between trust in God and trust in people or riches?

3. How does God's power and love complement each other in Psalm 62?

4. What does David meditate on night and day in Psalm 63?

5. How does David describe his longing for God in a "dry and weary land"?

6. What memories or practices help David find joy?

7. How does Psalm 63 move from longing to praise?

8. What does "clinging to God" mean in Psalm 63?

9. How does Psalm 64 address the voice of enemies and fears?

10. What hope does the psalmist give at the end of Psalm 64?

Application & Reflection

11. Where are you tempted to place your confidence besides God?

12. What helps you return to God as your source of strength?

13. Which phrase expresses your spiritual hunger or thirst?

14. How do praise and meditation strengthen your faith?

15. What specific step can you take to “cling” to God this week?

16. When have you found joy in remembering God’s faithfulness?

17. What does it look like to respond to enemies with prayer?

18. Which verse will you keep close in trial?

19. How will you seek God’s presence each day?

20. What prayer will you pray to grow in hunger for God?

Week 10: The God Who Answers and Rules

Principle: The Lord who hears your prayers rules with power and lavish grace.

Read: Psalms 65–67

Observation & Understanding

1. What specific acts of God are celebrated in Psalm 65?

2. How does God's care for creation reflect His character?

3. What imagery describes abundance and blessing in Psalm 65?

4. How is prayer valued in these psalms?

5. What is the psalmist's hope in Psalm 66?

6. How does Psalm 66 connect personal testimony with community praise?

7. What role does confession play in answered prayer?

8. What does "shout for joy to God, all the earth!" mean for you?

9. How does Psalm 67 envision God's blessing for the nations?

10. What connection is made between blessing and witness?

Application & Reflection

11. Which act of God's faithfulness have you celebrated recently?

12. How do you see creation pointing to God's generosity?

13. What step can you take to share your testimony this week?

14. How can you turn praise into prayer for others?

15. Which verse gives you hope when praying for God's blessing?

16. What does it look like to trust God's timing for answered prayer?

17. How does community worship deepen your faith?

18. When have you seen God use your prayers to bless others?

19. What offering of praise will you give in response to these psalms?

20. What will you pray about God's blessing for the world?

Week 11: God's Righteousness and Human Frailty

Principle: God is strong where you are weak—praise Him for rescuing and renewing you.

Read: Psalms 68–69

Observation & Understanding

1. How is God's might described in Psalm 68?

2. How does God care for the vulnerable in these psalms?

3. What acts of deliverance are celebrated in Psalm 68?

4. What threats or pains does David list in Psalm 69?

5. How does David articulate his suffering?

6. What does David ask God to do in response to enemies?

7. How does David respond with hope?

8. What is the importance of praise amid pain?

9. Which names or titles for God stand out in these psalms?

10. What does it mean to “sing praise to God’s name”?

Application & Reflection

11. How does the brevity of life affect your priorities?
12. Where do you need God's nearness in affliction?
13. How does remembering God's deliverance give you comfort?
14. Which verse offers perspective during hardship?
15. What does God's care for the "fatherless and the widow" teach you?
16. How can you worship in both joy and sorrow?
17. What step will you take to honor God in weakness?
18. Who can you encourage using the hope found in these psalms?
19. Which truth will you carry forward after studying these psalms?
20. What prayer will you pray about God's power in your life?

Week 12: Final Praise and Lasting Hope

Principle: The Lord is faithful, rescuing through every season—trust His steadfast love!

Read: Psalms 70–72

Observation & Understanding

1. What urgency marks David's prayers in Psalm 70?
2. How does David appeal to God's quick help and deliverance?
3. What does David promise to do while waiting on God?
4. How is lifelong faith described in Psalm 71?
5. What does it mean for God to be your rock and fortress through all ages?
6. How does the psalmist reflect on God's faithful care from youth to old age?
7. What hope does the writer express for future generations?
8. What does Psalm 72 say about the ideal king?
9. How does justice and compassion characterize God's reign?
10. What prayers are offered for the people through the king?

Application & Reflection

11. In what ways have you seen God's faithfulness in different seasons?
12. Which "rescues" from God are you most grateful for?
13. How might you praise God for His character today?
14. What does it look like to trust God's leadership for your family and community?
15. What legacy of faith do you want to leave for others?
16. Which promises from Psalm 71 resonate with you now?
17. How can you bless others while holding onto God's hope?
18. What prayer will you offer based on the hope in these psalms?
19. What aspect of God's faithfulness will you share this week?
20. How will you celebrate God's reign and goodness beyond this study?

Memory Verses from Psalms 42–72

Below are selected memory verses from each Psalm in Book Two (Psalms 42–72). These verses were selected for their encouragement, spiritual depth, and relevance for Christian women who are walking in faith. Each verse is paired with space for reflection or notes.

Thank you for seeking God and His Word! May your journey through these psalms draw you ever closer to Him, the true source of hope and joy.

Psalm 42:2

My soul thirsts for God, for the living God. When can I go and meet with God?

Reflection / Notes:

Psalm 42:5

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Reflection / Notes:

Psalm 46:1

God is our refuge and strength, an ever-present help in trouble.

Reflection / Notes:

Psalm 46:5

God is within her; she will not fall.

Reflection / Notes:

Psalm 46:10

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.

Reflection / Notes:

Psalm 51:10

Create in me a pure heart, O God, and renew a steadfast spirit within me.

Reflection / Notes:

Psalm 55:22

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

Reflection / Notes:

Psalm 56:3–4

When I am afraid, I put my trust in you. In God, whose word I praise; in God I trust and am not afraid. What can mere mortals do to me?

Reflection / Notes:

Psalm 63:1

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.

Reflection / Notes:

Psalm 63:3-4

Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands.

Reflection / Notes:

Psalm 66:1-2

Shout for joy to God, all the earth! Sing the glory of his name; make his praise glorious.

Reflection / Notes:

Psalm 68:19

Praise be to the Lord, to God our Savior, who daily bears our burdens. Our God is a God who saves; from the Sovereign Lord comes escape from death.

Reflection / Notes:

Psalm 70:4

But may all who seek you rejoice and be glad in you; may those who long for your saving help always say, “The Lord is great!”

Reflection / Notes:

Psalm 71:14

As for me, I will always have hope; I will praise you more and more.

Reflection / Notes:

Psalm 72:18–19

“Blessed be the Lord, the God of Israel, who alone does wondrous things. Blessed be his glorious name forever; may the whole earth be filled with his glory!”

Reflection / Notes:
