

God's Presence

SESSION 14

Psalm 42:1-11

Memory Verse: Psalm 42:1

God's presence brings peace and comfort even in times of adversity.

Water takes us from one extreme to another. When we don't get enough water, we're parched. However, when water overwhelms us, we run the risk of drowning. In a similar way, tough times can take us to extremes in our walk with God. His silence in the face of our struggles can leave us wondering if He's there. Or we wonder why He's allowing adversity to strike us. In those difficult days, we can count on Him to grace us with His peace. And we can depend on Him to settle us with His comfort.

As you dig into this final session from the book of Psalms, spend time thinking about times you've felt "parched" spiritually, as well as times when you've been overwhelmed by God's good grace. Thank Him for His comfort and look for ways you can challenge the adults in your Bible study to lean into His comfort as you lead this session,



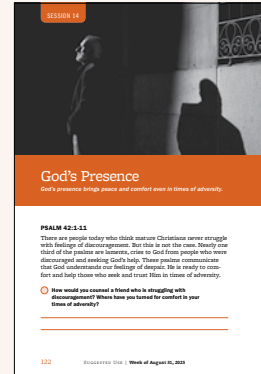
Weekly Podcast: Group Leader Training

Scan here to gain insights about this week's study on Apple podcasts, Spotify, Google Podcasts, or at goExploreTheBible.com/adults-training.



There are people today who think mature Christians never struggle with feelings of discouragement. But this is not the case. Nearly one third of the psalms are laments, cries to God from people who were discouraged and seeking God's help. These psalms communicate that God understands our feelings of despair. He is ready to comfort and help those who seek and trust Him in times of adversity. (PSG, p. 122)

**How would you counsel a friend who is struggling with discouragement?
Where have you turned for comfort in your times of adversity?**



Understand the Context (Psalms 42–43)

Psalms 42 and Psalm 43 are considered lament psalms. They reflect the distress of a person who's crying out to God for help in a deeply discouraging situation. These two psalms also express sincere praise to God for the certainty of lasting hope that He alone can give.

Psalms 42 introduces the second of five sections—or books—in the Psalms. The second book includes Psalms 42–72. One of the distinguishing features of this section involves God's name. In the first book (Pss. 1–41), the writers referred to God as Yahweh. However, the psalms in the second section referred to Him as Elohim. Both names set Him apart as holy to His people.

The superscription—or introduction—of Psalm 42 includes helpful information about its purpose. In Hebrew, a “maskil” identified a psalm used for instruction. The “sons of Korah” signified a group of Levites who served as musicians in the tabernacle (Num. 26:11) and in the temple (1 Chron. 6:22,37; 2 Chron. 20:19). Psalms 44–49, 84–85, and 87–88 also underscored the extent of their investment in music during worship.

Psalms 42–43 have been taken together because of their distinctive connections. They share an emotional message about longing for God in adversity, but they're also connected structurally. The two psalms taken together can be divided quite naturally into three sections: 42:1-5; 42:6-11; and 43:1-5. Each section ends with the same refrain: “Why, my soul, are you so

dejected? Why are you in such turmoil? Put your hope in God, for I will still praise him, my Savior and my God.”

In Psalm 42:1-5, a thirsty deer portrays the depth of despair for the psalmist. He lamented his distressing situation. He had been removed from the temple, probably against his will, and he longed to return there. Just as frustrating, his enemies taunted him with a troubling question about God's concern for him. Even in his difficult circumstances, however, he continued to place his hope in God.

He returned to his lament in Psalm 42:6-11. He was engulfed in a torrent of God's mysterious ways that left him drowning in emotional and physical agony. Even so, he vowed that he would keep on praising God for His faithful love.

Once more, he cried out for God's help. In Psalm 43:1-5, he begged God to rescue him from his enemies who were using lies to assault him. At the same time, he asked God why he felt so alone. He pleaded with God to guide him in the right direction and looked forward to returning to the temple. Until then, he would continue to anchor his hope in God.

As you read Psalm 42, highlight any repeated words and phrases. What does the repetition of these words and phrases reveal about the pain the psalmist was experiencing? (PSG, p. 123)



PREPARE: Hang **Pack Item 2** (*Poster: Types of Psalms*) on a focal wall. Make copies of **Pack Item 10** (*Handout: Authors of the Psalms*).

ASK:

How would you counsel a friend who is struggling with discouragement? Where have you turned for comfort in your times of adversity? (PSG, p. 122)

READ:

Discuss responses. Then, enlist a volunteer to read the opening paragraph on page 122 of the PSG.

DISCUSS:

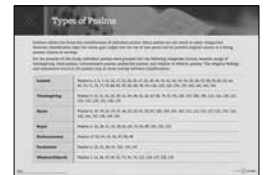
Affirm that feelings of discouragement or discontent can surround all of us at times. Guide the group to discuss some life situations that might lead to feelings of discouragement or despair. Distribute copies of **Pack Item 10** (*Handout: Authors of the Psalms*). Share that today's session comes from Psalm 42, written by the sons of Korah.

SHARE:

Direct attention to **Pack Item 2** (*Poster: Types of Psalms*). Point out that this is categorized as a psalm of lament because it reflects a cry to God for help and deliverance.

TRANSITION:

If your heart is beating and your lungs are breathing, you'll be able to identify with the psalmist in Psalm 42. He longs for restoration and healing, just like all of us do at one time or another. As you study these verses today, consider how you can find peace and rest in God's presence, even during times of adversity.



NOTES

Group Activity Option

Music

Secure a copy of the lyrics to “Have Faith in God” (*Baptist Hymnal 2008*, No. 508). Begin by asking the group what it means to have faith in God. Be prepared to share a brief personal experience of overcoming discouragement. Allow one or two volunteers to share times when their faith has been tested. Read the verses of the song chorally as a group and sing the chorus together.

In Times of Longing (Ps. 42:1-5)

1 As a deer longs for flowing streams, so I long for you, God. **2** I thirst for God, the living God. When can I come and appear before God? **3** My tears have been my food day and night, while all day long people say to me, “Where is your God?” **4** I remember this as I pour out my heart: how I walked with many, leading the festive procession to the house of God, with joyful and thankful shouts. **5** Why, my soul, are you so dejected? Why are you in such turmoil? Put your hope in God, for I will still praise him, my Savior and my God.

(v. 1) As a deer: The graphic image of a thirsty deer panting for water captured the desperation of the psalmist’s yearning for God. The parched animal’s frantic search for **flowing streams** of water had proven futile. Every stream had run dry. Likewise the writer felt a desire for God that had not been satisfied. The prophet Joel mentioned animals panting for water during a drought brought on by the Lord’s judgment (Joel 1:20).

(v. 2) Come and appear before God: The psalmist punctuated his **thirst for God** with his affirmation about the Lord’s presence. He longed for the day when he would **come and appear before God** once again for worship (see also Ex. 23:17).

Generations earlier, Joshua urged the Israelites to place their trust in the living God as they marched around Jericho (Josh. 3:10). Generations later, King Darius affirmed God when he saw the lions had not harmed Daniel (Dan. 6:26).

(v. 3) My tears: Memories of the past had brought the psalmist to tears. His heart had been broken to the point that he cried inconsolably and lost his appetite. His tears replaced the **food** he would have eaten normally. His grief was the result of his disconnect with God and His sanctuary.

(v. 3) Where is your God: Adding insult to injury, people in the psalmist’s life prodded him with an insulting question that burned a heart that had already been broken. With cruel cynicism, they questioned the presence and compassion of **your God**. From their perspective, God was nowhere to be found as the psalmist dealt with his awful crisis. The Jewish leaders exhibited that same brand of cruelty when they taunted Jesus as He suffered on the cross. (Matt. 27:39-43).

(v. 4) I remember: The heartbreaking memories of the psalmist as he worshiped God at the temple gave way to recollections of some joyful days too.

He could **remember** when he joined others during a **festive procession**. In those days, God’s people celebrated three major festivals each year: Passover (Ex. 34:18-26), Firstfruits (Lev. 23:4-44), and Shelters (Deut. 16:1-17). They celebrated these, in part, with **joyful and thankful shouts**.

(v. 5) Dejected: The psalmist’s pain placed him in good company of others in the Old Testament who grieved over God’s apparent silence. For instance, Hannah was despondent as Eli watched her weep for a child (1 Sam. 1:15). Also, God’s people were demoralized as they marched from Jerusalem into Babylonian exile (Lam. 2:17-19). The writer’s deep sorrow gave way to a conversation with himself. He challenged his soul to get past the paralyzing sadness and the spiritual restlessness that left him feeling **dejected**.

(v. 5) Hope in God: The psalmist determined that instead of being overwhelmed with sadness, he would take a step of faith. Accordingly, he ordered his soul to embrace God with a heart full of **hope** in Him (see Heb. 11:1). When he placed His faith in the living God, his hope had a durable resting place. In turn, lasting praise would replace the painful sorrow in his broken heart.

Key Doctrine

God the Holy Spirit

The Holy Spirit cultivates Christian character, comforts believers, and seals the believer unto the day of final redemption. The Holy Spirit’s presence in the Christian is the guarantee that God will bring the believer into the fullness of the stature of Christ. (See John 7:37-39; Romans 8:9-11; Ephesians 1:13-14.)

EXPLORE Psalm 42:1-5

1



APPLICATION POINT: Believers can seek God's Comfort in times of need.

CONTEXT: Use Understand the Context (PSG, p. 123) to explain why scholars connect Psalms 42–43. Summarize this information for context: “The heading of these psalms indicate they are a “maskil,” a psalm of instruction meant to enlighten those who hear or read it. The “sons of Korah” were worship leaders in the temple. That said, the writer and specific occasion of Psalms 42–43 is unknown.”

READ: Invite a volunteer to read **Psalm 42:1-5** as the group listens for evidence of spiritual dryness.

ASK: **What do you desire more than anything else? If your consuming desire is for something other than God, how would your life change if you desired Him more than you desired anything else?** (PSG, p. 125)

EXPLAIN: Sometimes verse 1 is pictured as peaceful and serene. Actually, it highlights a time of an intense longing for God's presence. Note that verse 5 is repeated in Psalm 42:11 and 43:5.

DISCUSS: **The psalmist talked to himself in verse 5. In light of this verse, what do you need to be saying to yourself?** (PSG, p. 127)

PRAY: Encourage adults to ask God silently to meet them in the middle of a desperate situation.

NOTES

Group Activity Option

Object Lesson: Picture of Death Valley

Display a picture of Death Valley. Explain that Death Valley, located in California's Mojave Desert, is the hottest, driest, and lowest National Park in the United States. Note that in Psalm 42 we find the psalmist desperately longing for relief from his spiritual dryness like he is living in a spiritual desert. Guide the group to reflect on a time of personal discouragement when they could identify with the psalmist's struggles.

In Overwhelming Times (Ps. 42:6-8)

6 I am deeply depressed; therefore I remember you from the land of Jordan and the peaks of Hermon, from Mount Mizar. **7** Deep calls to deep in the roar of your waterfalls; all your breakers and your billows have swept over me. **8** The LORD will send his faithful love by day; his song will be with me in the night—a prayer to the God of my life.

(v. 6) Deeply depressed: For the second time, the psalmist confessed his desperation using the Hebrew word *shachach*. This term described individuals who were bent over or humbled because they carried a heavy burden. The prophet Habakkuk used this word to proclaim that the presence of God made the hills “bow down” (Hab. 3:6).

But the psalmist’s concerns were more spiritual and emotional than physical. His body may have been fine, but his spirit was **depressed**. The psalmist bore a heavy burden that buckled his heart. He was devastated because he could not go to the temple and worship God.

(v. 6) The land of Jordan . . . Mount Mizar: His absence from the temple left the writer in a struggle with discouragement, but his memories provided a measure of comfort. At the same time, they added misery to his sense of longing. His memories helped him to reduce the spiritual distance between himself and his home.

The psalmist remembered the place in the northeastern corner of Israel where the **Jordan** River began to flow south toward the Dead Sea. He also identified two mountain peaks that marked the area: **•Hermon** and **•Mizar**. If the psalmist was in this region, he would have been about 100 miles from Jerusalem and the temple.

(v. 7) Deep calls to deep: The expression offers a vivid description of the psalmist’s emotional peril. The word picture suggests chaos or a tumult. It centers on aggression, with waves of trouble crashing without mercy on a helpless victim.

The prophet Jeremiah used a similar expression in his lamentation about “disaster after disaster” (Jer. 4:20). Such a flood of misery overwhelmed Job as he received one tragic report after another about the loss of his property and the deaths of his children (Job 1:13-19; 10:17).

(v. 7) Your: The emotional images that swirled around the overwhelmed psalmist register the intensity of his despair. Like a raging storm at sea, the intensifying agony that came his way kept on separating him from the temple for a long stretch of time. The intensity had become most troubling for him. It swelled into an emotional flood that threatened him spiritually.

Yet, he acknowledged that God was in control. The **waterfalls, breakers, and billows** that had humbled him were directed by God (**your**) and were being used for His purposes. Jeremiah (Lam. 3:53-55) and Jonah (Jonah 2:3) also used the imagery of a storm to describe God’s overwhelming actions.

Key Phrase

Faithful love

The psalmist praised God for His **faithful love**, but this was no ordinary love. The Hebrew *hesed* emphasizes the enduring nature of God’s favor and grace toward His people. Often, it is used to describe redemption from sin or deliverance from an enemy. But it always denotes God’s kindness and mercy in reaching down to help His people because they cannot help themselves. We do not deserve this love and cannot earn it. But He demonstrates this grace because it is innate to His holy character.

(v. 8) By day . . . in the night: The emotional typhoon that God had stirred would not be the last word about His involvement in the psalmist’s struggle. Every **day**, the psalmist reflected on God’s grace. **In the night**, a **song** filled his heart, possibly music associated with temple worship. Singing God’s song provided a sense of intimacy with the Lord and served as a vehicle for the psalmist’s prayers. It helped him focus on the God who had given him a reason to live.

EXPLORE Psalm 42:6-8



APPLICATION POINT: Believers can take comfort in God's love for them.

READ:

Read aloud Psalm 42:6-8, directing the group to reflect on the psalmist's tone.

ART:

Give each adult a sheet of paper and a pencil. Direct them to draw an image or scene that reflects the psalmist's tone and feelings in verses 6-8. After a few minutes allow adults to share their work and to explain their drawings. Emphasize the contrast between the writer's sadness and his hope.

RECAP:

Highlight this content from page 128 of the PSG:
Metaphorically speaking, the psalmist was barely able to keep his head above water as the waves of despair incessantly crashed against him. One setback followed another, and he was physically, emotionally, and spiritually overwhelmed. It was as if he was literally drowning in his despair. . . . Nevertheless, the psalmist recognized God's faithful love for him at all times.

ASK:

To what Bible truths can you cling when you feel overwhelmed? (PSG, p. 128)

TRANSITION:

The psalmist expressed a longing to be close to the Lord, yet he felt overwhelmed and depressed. In the next few verses, we will see that he also was feeling abandoned and impatiently waiting for an answer for his distress. It's a place most of us have been in our walk with the Lord at times.

NOTES

Group Activity Option

Diary or Blog Entry

Distribute index cards and pencils to each person. Direct the group to read Psalm 42:6-8 silently and to consider how the psalmist's words might be recorded in a diary or blog today. Encourage them to write their entry or post on the index card. Allow time for volunteers to share their entry or post.

In Seasons of Waiting (Ps. 42:9-11)

9 I will say to God, my rock, “Why have you forgotten me? Why must I go about in sorrow because of the enemy’s oppression?” **10** My adversaries taunt me, as if crushing my bones, while all day long they say to me, “Where is your God?” **11** Why, my soul, are you so dejected? Why are you in such turmoil? Put your hope in God, for I will still praise him, my Savior and my God.

(v. 9) Why have you forgotten me?: Even though the psalmist had been separated from worship at the temple, he testified that he had depended on God with extreme confidence. For him, God had been the constant and unmovable **rock** of his stability. Even so, he wondered if God had wandered away from him, and why he had been **forgotten**. The term suggests that God was oblivious to the writer and his struggles.

Of course, that was not the case. God does not forsake or abandon His people (Deut. 31:8; Heb. 13:5). The prophet Isaiah even compared God to a loving mother who could not forget or forsake her children (Isa. 49:14-15).

(v. 9) Oppression: God has a reliable reputation for being faithful (Luke 12:6; 2 Tim. 2:13). However, He had not come to help the psalmist yet. Consequently, the distance the writer felt left him wondering how long he would have to live with a troubling sense of **sorrow**. To make his difficult situation even worse, he had felt **oppression** from his enemies. His sadness prompted him to ask why God had not come to his rescue. Peter later taught believers that persecution was part of living for Jesus (1 Pet. 4:12-13).

(v. 10) Crushing my bones: The oppression that he endured and his question about God had a physical impact on the psalmist’s body. He complained that he felt his enemies’ attacks in his **bones**. Earlier he called attention to the emotional pain. Here, he described his distress in terms of a physical **crushing**. Job used the imagery of burning bones to describe his desperation (Job 30:30).

(v. 10) Where: The twin adversaries of the psalmist continued to assault him simultaneously. The distressing absence of God and the crushing presence of his enemies left him terribly discouraged. He noted that his enemies would **taunt** him because God had not helped him yet (Ps. 42:3). Now he brought them up again. God hadn’t shown up, and his adversaries wouldn’t go away.

Their cruel question about God’s absence left him in deep despair. The apostle Paul taught believers that they belonged to the Lord. Therefore, they could count on Him living in them (1 Cor. 3:16).

(v. 11) Why: The psalmist returned to a conversation with his soul that he had initiated in verse 5. Now, instead of asking God about His absence, he questioned himself about being **in such turmoil**. Once more, his soul was restless.

This verse in which he questioned his soul functioned as something like a hymn refrain. It appears for the first time in verse 5, and it appears again in Psalm 43:5. The repetition of the refrain reinforced the potency of his question that he raised about his soul’s sadness.

(v. 11) Savior: The writer simply could not justify the turbulence in his soul when he compared it to the certainty that came with his confidence in God, his **Savior**. For that reason, he would not allow the circumstances swirling around him to dictate his life.

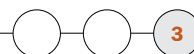
He determined that he would anchor his **hope** in the Lord alone. Instead of dwelling on the insults of his enemies and the mystery of God’s silence, his heart would be filled with praise. Therefore, as he dealt with the uncertainties in his life, he declared his certainty that the Lord would be **my God**.

Bible Skill

Compare two similar Bible passages.

Most Bible scholars believe Psalms 42–43 originally were one composition. Compare the two psalms. *What are the similarities? What words and phrases are repeated in both? How does Psalm 43 enrich the insights offered in Psalm 42?*

EXPLORE Psalm 42:9-11



APPLICATION POINT: Believers can know that God's timing is always perfect.

READ: Invite a volunteer to read **Psalm 42:9-11** as the group listens for words or phrases that reveal what the psalmist was feeling.

RECAP: Share this content from pages 128-129 of the PSG: *The psalmist exhibited strong faith in God while at the same time experiencing intense sorrow. By calling God my rock, he believed God was trustworthy, that God would protect him and strengthen him in this ordeal. Still, he wrestled with his feelings as he expressed them to God through rhetorical questions. He felt as if God had forgotten and abandoned him by not responding to his prayers, especially as the painful oppression of his enemies intensified. His enemies asked him, "Where is your God?" Their question said out loud what the psalmist was wondering himself.*

ASK: **What is this psalm telling you to do when you are in the midst of a hard season?** (PSG, p. 129)

REREAD: Read aloud Psalm 42:5,11 and Psalm 43:5. Note how the psalmist reminded himself to have hope in God each time he raised these questions. As time allows, direct the group to complete the Bible Skill activity on page 129 of the PSG. (See p. 148 of the Leader Guide.) Allow volunteers time to share what they found.

RELATE: *Even amid difficult times we are encouraged to seek the Lord's presence and follow His guidance.*

NOTES

Group Activity Option

Case Study

Prepare a case study based on a life situation appropriate for the group. In four or five sentences describe the difficult situation, such as the a parenting issue, loss of a job, health diagnosis, or a broken relationship. Group adults into teams of two or three and direct each team to determine what advice they would give the person in that case study. Allow time to review responses. Highlight the psalmist's challenge to put our hope in God despite painful or difficult circumstances.

CHALLENGE

SUMMARIZE: Review these points from Apply the Text on page 130 of the *Personal Study Guide*:

- *Believers can seek God's comfort in times of need.*
- *Believers can take comfort in God's love for them*
- *Believers can know that God's timing is always perfect.*

DISCUSS: Direct attention to the first set of questions on page 130 of the PSG. Discuss practical ways the group can reach out to individuals who are struggling. Reflect on the impact being the “hands and feet of Jesus” can be in those situations.

MEMORIZE: Direct the group's attention to Psalm 42:1. Read it together and share that it is the memory verse for the session. Point out the second set of questions on page 130 of the PSG. Encourage adults to write out a personal prayer based on Psalm 42 and to use it as a prayer prompt during the week. Urge them to continue working to memorize Psalm 42:1 as well.

PRAY: Lead the group to pray silently, sharing their own struggle with God. Read aloud Psalm 42:5, praying for God to provide comfort and guidance to those who need it.

After the Session

Text or email the group, asking them to reflect on the sessions in Psalms. Encourage them to share one principle they learned from these studies and how they are trying to apply them to their lives each day. Remind them the next session will begin a new study in the books of Numbers and Deuteronomy. Encourage them to come and to invite a friend or family member to join them.

LEADER EXTRAS



For free bonus introduction and application ideas that connect to a current news event, go to **goExploreTheBible.com/LeaderExtras**.

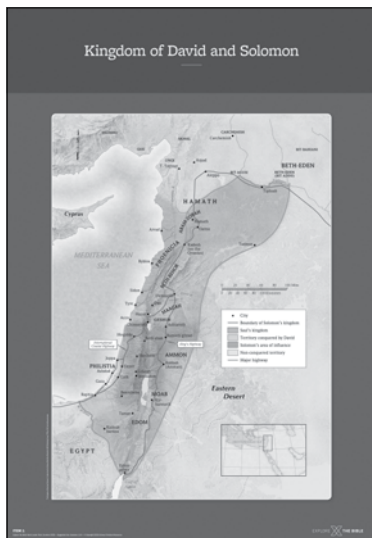
EXPLORE  THE BIBLE.

LEADER PACK **IDEAS**

Pack Item 1

Map: Kingdom of David and Solomon
Sessions 1-14

Locate a map that highlights the areas controlled by Israel during the reigns of David and Solomon.



Example from *Explore the Bible Leader Pack*

Pack Item 2

Poster: Types of Psalms
Sessions 1-14

Create a poster that identifies the categories found in the book of Psalms and list the chapters that fit into each category. See page 7 of the PSG.

Pack Item 3

Poster: Key Verse: Psalm 19:14
Session 3

Create a poster with the text of Psalm 19:14:

May the words of my mouth and the meditation of my heart be acceptable to you, LORD, my rock and my Redeemer.

Pack Item 4

Poster: God in the Psalms
Sessions 1, 3, 4, 7, 11, 13, 14

Create a chart that identifies the various ways God is described in the Psalms. Provide a list of images used and the passages where those images are found in Psalms. Possible images could include Shield, Rock, King, Shepherd, Judge, Refuge, Fortress, Deliverer, Protector, and Redeemer.

Pack Item 5

Poster: Key Verse: Psalm 105:1-2
Session 8

Create a poster with the text of Psalm 105:1-2:

Give thanks to the LORD, call on his name; proclaim his deeds among the peoples. Sing to him, sing praise to him; tell about all his wondrous works!

Examples from *Explore the Bible Leader Pack*.
The Pack is available for purchase at [goExploreTheBible.com](https://www.goExploreTheBible.com).

Pack Item 10

Handout: Authors of the Psalms
Sessions 1-14

Create a chart that identifies the human writers who penned the various psalms, along with the psalms they wrote. The list should include David, Asaph, Solomon, Moses, the sons of Korah, Heman, and Ethan. Note that many psalms are also anonymous.

Pack Item 11

Handout: A Hymn to God's Law
Session 2

Use a commentary, Bible handbook, or other source to create a handout that digs into the key points related to Psalm 119, including its acrostic structure and its focus on God's Word.

Pack Item 12

Handout: God as King
Session 4

Use a commentary, Bible handbook, or other source to create a handout that highlights how psalmists portrayed God as the ultimate King and Ruler over all creation.

Pack Item 13

Handout: Christ in the Psalms
Sessions 4-6

Use a commentary, Bible handbook, or other source to create a handout that examines messianic psalms and how they pointed people to the life and ministry of Jesus centuries later.



Example from *Explore the Bible Leader Pack*

Pack Item 14

Handout: Our Forgiving God
Sessions 9-10

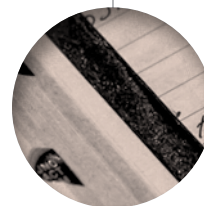
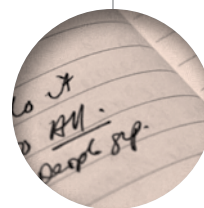
Use a commentary, Bible handbook, or other source to create a handout that focuses on how the psalmists portrayed the forgiveness of God, especially in the context of how pagan religions viewed their deities.

Examples from *Explore the Bible Leader Pack*.
The Pack is available for purchase at goExploreTheBible.com.

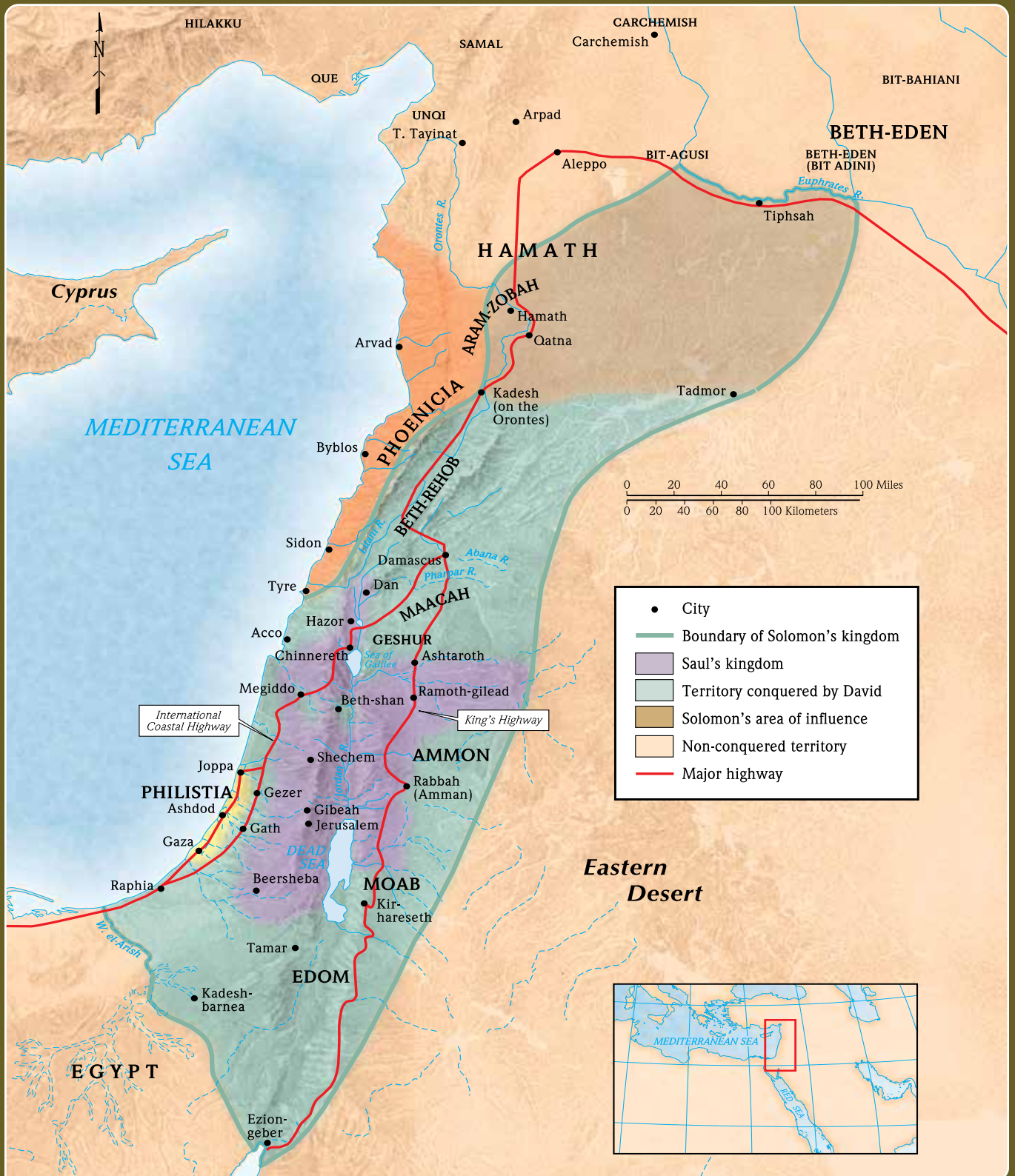
COMING **NEXT QUARTER**

NUMBERS AND DEUTERONOMY

- Session 1: **The Journey** (Num. 9:15-23)
- Session 2: **Provision** (Num. 11:4-17)
- Session 3: **The Land** (Num. 13:17-31)
- Session 4: **Rebellion and Judgment** (Num. 14:11-24)
- Session 5: **Lack of Trust** (Num. 20:2-13)
- Session 6: **God's Plans** (Num. 22:22-45)
- Session 7: **Instructions Given** (Num. 33:50-56; 34:13-15)
- Session 8: **Remember** (Deut. 4:1-9,15-20)
- Session 9: **Love** (Deut. 6:1-9,20-25)
- Session 10: **Undivided Worship** (Deut. 12:1-11,29-32)
- Session 11: **Covenant Relationship** (Deut. 28:1-6,15-19)
- Session 12: **Fully Committed** (Deut. 30:11-20)
- Session 13: **God's Power** (Deut. 33:1-5,26-29)



Kingdom of David and Solomon



PSALMS

It's been said that music is the universal language of humanity. Something about songs just brings people together and challenges us to look deeper. For Christ followers, music is a vital part of our faith journey. It draws us closer to God and challenges us to become more like Him. That's why so many are captivated by the book of Psalms. This timeless songbook touches every aspect of our lives, offering wisdom, comfort, encouragement, and healing. As you study this sampling of the Psalms, let the ancient words meet you where you are. Listen as God speaks to your heart and reminds you just how much He cares about you.

WE'RE HERE TO HELP!

WEEKLY AUDIO HELPS

Listen to Explore the Bible Adults in your favorite podcast app

BLOG

goexplorethebible.com/blog

Lifewayadults

goexplorethebible.com

RELIGION/Biblical Studies/Bible Study Guides



© 2025 Lifeway Christian Resources