Lighting the Way

Studies in Job, Psalms, Proverbs, Ecclesiastes & Song of Solomon

[Shaping Hearts for God Curriculum]

**Lesson 3 – Psalms of Sadness**

**Memory Verse**

“Shout joyfully to the Lord, all the earth! Serve the Lord with gladness: Come before Him with joyful singing. Know that the Lord Himself is God: It is He who has made us, and not we ourselves: We are His people and the sheep of His pasture. Enter His gates with thanksgiving. And His courts with praise! Give thanks to Him; bless His name. For the Lord is good; His lovingkindness is everlasting. And His faithfulness to all generations.” Psalm 100

**Daily Bible Readings**

**Thursday** – Psalm 13 - **Friday** – Psalm 42: 1-4 - **Saturday** – Psalm 42: 5-11

**Monday** – Psalm 90: 1-6 - **Tuesday** – Psalm 90: 7-12

**Questions**

1. What does the psalmist ask God to do?
2. What has been the psalmist’s food? And what does this mean?
3. In Psalm 42, the psalmist says his soul is thirsty for something. Someone with a thirsty body wants water; what does a person want who has a thirsty soul?
4. According to versus 5 and 11 of Psalm 42 what does the psalmist decide to do even though he has troubles?
5. What does “everlasting to everlasting” mean…? ***True or false?*** God looks at time the same way we do.
6. The psalmist knows that people live about how many years? Since life is short, the psalmist encourages people to…