

## **Psalm Study Week 10**

### **Psalms 131-150**

Opening prayer

Read Psalm 131 verse 2. How do we calm our souls? Does reading some psalms help?

Psalm 133 has an interesting notion of oil running down over a person.

Psalm 134 prayers in the night shift. In the middle of the night how do you pray?

Psalm 136 what can you say about God's steadfast love that lasts forever?

Psalm 137 is a very hard psalm when you read the last line. Do you hear the pain of those who were taken as slaves to Babylon after Jerusalem fell?

Psalm 139 tells us of how well and how long God has known us. Can you affirm verse 14?

Psalm 144 verse 3 continues this thought though maybe more as a deep theological question. What do you think?

Psalm 145 verse 2 is a good reminder of a daily to do list item. How do you bless God? The first half of verse 3 may be a familiar line to some of you, a great affirmation if you do not know it.

Psalms 146-150 all begin with the word Hallelujah or Praise the Lord. What do you read here and how might we praise the Lord in our Bible study and now that it is over?

#### **Feedback on this study of the Psalms.**

Did you learn anything that is helpful in your spiritual life?

Could you write a psalm or two?

Keep reading them and meditating on what God might be saying to you through them.