

PSALMS

IN REAL LIFE

Wk 1 · July 24 · Overview



INTRODUCTION

Our new series *Psalms in Real Life* starts with Pastor Chip giving us an overview of psalms and how they can read our hearts and our minds, teach us how to pray, and show us how to live authentically. The psalms teach us to look up at the bigness and power of God and not just look at our own problems. They also help us look back at God's goodness and forward to His promises.

DISCUSSION

1. What is your experience with the Book of Psalms? If you have a favorite psalm, share it with your group and explain why.
2. **Read Psalms 1 and 2.** After each, discuss what words/phrases stuck out to you.
3. Of the main reasons for reading the psalms - they can read our hearts and our minds, teach us how to pray, and show us how to live authentically - which one do you most struggle with? Pray as a group and commit to reading the psalms during this series.

TAKE ACTION

1. Set aside time this week to read through some of the psalms. Journal about what God shows you about Himself and others through these readings.
2. Listen to songs based on psalms this week. Good artists to check out include Hillsong, Bethel, Elevation Worship, and Maverick City Worship.
3. Set up a chat or group text with your group to share insights and questions as you read the psalms during the week that you can discuss when you meet.

RESOURCES

How to Read Psalms [video](#) and [slideshow](#) on [RightNow Media](#)

Exalting Jesus in Psalms 1-50 by Josh Smith and Daniel Akin