



Week 28: Psalms 61-70

Study Guide for the week of July 6-12

Personal reflection / journaling exercise

This week, meditate on Ps 62:1-2

How is your summer going? Are you finding time for waiting quietly before God? Waiting quietly frees us from an addiction to words. List ways you are bombarded by words each day. How many of those words are energy depleting? Frivolous or unnecessary? Life-giving? Christian theologian Richard Foster says, “We now have the dubious distinction of being able to communicate more and say less than any civilization in history.” Where do you agree with him? Disagree with him?

The monk, Isaac of Nineveh once observed, “Those who delight in a multitude of words, even though they say admirable things, are empty within.” How are you guilty of Isaac’s observation?

The desert father Ammonas wrote, “I have shown you the power of silence, how thoroughly it heals and how fully pleasing it is to God. ... Know that it is by silence that the saints grew, that it was because of silence that the power of God dwelt in them, because of silence that the mysteries of God were known to them.” Have you experienced the healing of silence? The growth available in silence? The increased understanding that comes with waiting quietly before God?

Recommit to a time of waiting quietly before God the remaining days of summer.

Discussion starters

1. As the Israelites grew in their understanding of God, they learned God is not limited by geography – reread Ps 61:1-2. Christians know God isn’t limited by geography ... or do we? In what ways do we think we can escape from or limit God? How does this belief play itself out in our lives? (Hint: behaving one way in worship and another way at work.)
2. Have you ever been the target of a “generous” gardener who has an overabundance of zucchini? Have you considered the math of zucchini – one seed yields 150 zucchini? Reread Ps 66:9-13. What character trait of God is the psalmist reminding us of? Do you view God as a God of generosity or a God of scarcity? Can God really care for your every need?
3. Reread Ps 66:10-12. Do you want to be tested, purified, captured, burdened, led, or walk through fire or flood? Do you want to bypass that piece of following Jesus? What did the psalmist experience as a result of this testing (verse 12)? Have you ever experienced this kind of testing? What was the outcome?
4. Ps 68 focuses on God’s actions in the past, present, and future. What are those actions in the past, present, and future the psalmist lists? God is both on the march and dwelling in the midst of his people – list the places the psalmist writes of God living among his people. Where do you see God on the march in the world? Where do you see God in the midst of his people? In your life?

Bible verse to memorize: Ps 62:1