STUDY

Psalms Bible Study Questions and Answers (Free PDF)

A 12-session walk through the Psalms, from the blessed man of Psalm 1 to the last hallelujah of Psalm 150, with open questions for your own answers. Free to print, no sign-up.

A 12-session study of the Psalms for groups or solo reading.

> *Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night.*
>
> **Psalm 1:1-2 (NIV)**

> *The LORD is my shepherd, I lack nothing.*
>
> **Psalm 23:1 (NIV)**

> *He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*
>
> **Psalm 46:10 (NIV)**

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The study guide

SESSION 1 · PSALM 1:1-6

Two Ways: The Blessed Life

The book opens with a picture of two ways. The blessed one delights in the law of the Lord and is like a tree by the water, while the wicked have no root.

1. What three things does the blessed person avoid in Psalm 1:1, and what do they delight in and meditate on in Psalm 1:2?

2. Why does the psalm picture the righteous as a tree planted by streams of water (Psalm 1:3)?

3. What are you giving your attention and delight to each day, and what is it growing in you?

SESSION 2 · PSALM 8:1-9

Majesty and Our Place

David looks at the night sky and wonders at God's majesty. He asks why the Maker of the stars would care for human beings, and marvels at the honor God has given them.

1. How does Psalm 8:1 begin and end, and what does David see when he considers the heavens in Psalm 8:3?

2. What does David's question in Psalm 8:4 reveal, and how does Psalm 8:5 answer it?

3. When did you last stop and let creation lead you to praise, and what keeps you from doing it more?

SESSION 3 · PSALM 23:1-6

The Lord Is My Shepherd

David, once a shepherd himself, calls the Lord his shepherd. The psalm walks from green pastures through the darkest valley to the house of the Lord.

1. What does the shepherd do for his sheep in Psalm 23:1-3, and what does David say about the darkest valley in Psalm 23:4?

2. Why is the shepherd's presence, more than a safe road, the comfort of Psalm 23:4?

3. Where are you walking through a dark valley now, and how might you let the shepherd lead you there?

SESSION 4 · PSALM 13:1-6

How Long, O Lord? The Lament

David cries out in real distress and asks God four times how long. The psalm turns at the end from complaint to trust and song.

1. What does David ask in Psalm 13:1-2, and what does he ask God to do in Psalm 13:3?

2. Why does Scripture give us prayers of complaint, and what turns the psalm in Psalm 13:5-6?

3. What is a "how long" you have not brought to God, and what has kept you quiet?

SESSION 5 · PSALM 22:1-31

My God, Why Have You Forsaken Me?

This psalm begins in agony and ends in praise that reaches the ends of the earth. Jesus prayed its first line from the cross.

1. What does Psalm 22:1 cry out, and what images of suffering does David use in Psalm 22:16-18?

2. How do the Gospels use this psalm at the cross (Matthew 27:46), and what does Psalm 22:24 say God has not done?

3. How does it change your view of your own sorrow to know that Jesus prayed this psalm?

SESSION 6 · PSALM 51:1-19

Create in Me a Pure Heart

This is David's prayer of repentance, prayed after the Lord sent the prophet Nathan to confront him over his sin with Bathsheba. It asks for mercy, cleansing, and a new heart.

1. On what basis does David ask for mercy in Psalm 51:1, and what does he confess in Psalm 51:4?

2. What does David ask God to do in Psalm 51:10-12, and what does God want according to Psalm 51:17?

3. What have you been carrying that you have not confessed, and what keeps you from bringing it to God?

SESSION 7 · PSALM 46:1-11

God Is Our Refuge

A song of trust for hard days, when the earth itself seems to shake. It ends with God's own voice calling his people to be still.

1. What does Psalm 46:1-2 say God is to us, and what does Psalm 46:7 say about who is with us?

2. What does it mean to "be still" in Psalm 46:10, and why is it linked to knowing that God is God?

3. What feels shaken in your life right now, and what would it mean to be still before God there?

SESSION 8 · PSALM 90:1-17

Teach Us to Number Our Days

The only psalm attributed to Moses. It sets God's eternity beside our short lives and asks for wisdom and steadfast love.

1. How does Psalm 90:2 describe God, and how does Psalm 90:10 describe the length of our days?

2. Why does Psalm 90:12 ask God to teach us to number our days, and what does this have to do with wisdom?

3. How would you live differently this year if you took the shortness of your days seriously?

SESSION 9 · PSALM 103:1-22

Praise the Lord, My Soul

David preaches to his own soul, telling it not to forget God's benefits. He rests on the Lord's compassion and forgiveness.

1. What does David tell his soul to do in Psalm 103:2, and what benefits does he name in Psalm 103:3?

2. How does Psalm 103:8-13 describe the Lord's character, and what does Psalm 103:12 say about our sins?

3. What benefits of God have you forgotten, and how could you remember them this week?

SESSION 10 · PSALM 121:1-8

I Lift Up My Eyes: Songs of Ascent

One of the songs pilgrims sang while climbing up to Jerusalem. It asks where help comes from, and answers with the Lord who never sleeps.

1. What question does Psalm 121:1 ask, and how does Psalm 121:2 answer it?

2. What does Psalm 121:3-4 say about the Lord who watches over us, and what does Psalm 121:7-8 promise?

3. Where do you tend to look for help first, and what would it mean to look to the Lord first?

SESSION 11 · PSALM 139:1-24

Searched and Known

David marvels that God knows him completely, is present everywhere, and formed him before birth. He ends with a prayer to be searched and led.

1. What does Psalm 139:1 say about how God knows David, and what does Psalm 139:7-8 ask about going away from God?

2. What does Psalm 139:13-14 say about how each person is made, and why does David end by asking to be searched in Psalm 139:23-24?

3. What does it feel like to be fully known by God, and what part of you have you tried to hide from him?

SESSION 12 · PSALM 150:1-6

Let Everything Praise the Lord

The Psalms end with a shout of praise. Every place, every instrument, and every breath is called to join.

1. Where is God to be praised in Psalm 150:1, and which instruments are named in Psalm 150:3-5?

2. Why do the Psalms, which hold so much sorrow, end in praise, and what does Psalm 150:6 say about who should join in?

3. How could praise become a steady habit in your life, even on hard days?