



NAC-USA  
DEVELOPMENT  
INSTITUTE

**Finding  
Jesus in the  
Psalms**

**Psalm 22**

**Psalm 51**

**Psalm 88**

# MIDWEEK GUIDE

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**2019**

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January

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# 2019 January MIDWEEK GUIDE

## Session 1: Psalm 22

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1. Why is it important for us to see Jesus in the books of the Old Testament?

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2. The Psalms are often considered the “songs of Jesus.” Why do you think this is?

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3. The words of Psalm 22 are parallel to the words that are spoken at the time of Jesus’ crucifixion. What does this tell us about the Bible? What does this tell us about Jesus?

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4. Do David’s words in Psalm 22 seem harsh? Have you ever prayed to God in such a way? What could you learn from studying this Psalm?

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5. How can lament be turned into praise?

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6. How do reading through the Psalms help us today? How can the words written so many years ago fit into our lives?

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7. Have you ever felt as if God abandoned you? How did He give you strength to endure? How can you use this journey to help others who question God's presence?

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### Bible References

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Psalm 22

Matthew 27:35, 38-43

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## Session 2: Psalm 51

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1. Should our sin cause us pain or distress? Why?

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2. The video mentions that awareness of sin, remorse, confession, and resolution are aspects of repentance. How does each element help bring us to repentance? (The Greek word for repentance is *metanoeo*, which means, "rethinking.")

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3. How do you confess your sins to God? How could you make that a more regular part of your day?

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4. Why are our sins against others actually sins against God as well?

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5. Why is it important that we pray for renewal along with forgiveness?

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6. God knows us and is aware of all our thoughts and actions. Why do we need to then humble ourselves before Him and confess our sin?

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7. At first, David wasn't aware of his sin – God showed it to him through Nathan. What are some ways in which we can become more aware of our sin?

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8. The video ends with Psalm 51:12 – *restore to me the joy of Your salvation...* How would you describe “the joy of Your (God’s) salvation” to a coworker or neighbor?

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9. How can we see Jesus in Psalm 51?

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## References

Psalm 51  
2 Samuel 11 – 12

2018 Autumn Vision – What is Repentance?

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## Session 3: Psalm 88

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1. Reflecting on the three Psalms we have covered this month – what do they teach you about talking to God during difficult times of your life?

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2. The author of Psalm 88 began with the expression, *O Lord, God of my salvation*. What does that phrase tell you about the psalmist's relationship with God? Why is it important for us to know our God?

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3. What are some things in your life that hinder you from approaching God as you are?

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4. How is Jesus the answer to our feelings of abandonment by God? How does the life and death of Jesus comfort us during trials in our lives?

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5. What are examples of ways we can praise God during suffering?

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6. PERSONAL TAKE-HOME: Take time this week to pray through a Psalm. Pick a chapter of Psalms that you are relating to at this moment in your life. Read each line and pray to God out of the inspiration of those words. Then read the next line, and so on, until you have completed the Psalm. Consider making this a regular part of your daily or weekly prayers.

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### Bible References

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Psalm 88

Matthew 16:24-25