

PSALEL



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# Psalms

## Youth Bible Study

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by Pat Kampenga

Sample  
Lesson

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*Joy of Living Psalms Youth Bible Study*

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## PSALMS WEEK TWO

### DISCUSSION LESSON 1

- 15 - 20 min. free time - games, fellowship
- 15 - 20 min. snack and group recreation: INDOOR BOWLING
- You will need 10 plastic bottles, for bowling pins, and a basket-ball. Arrange like the pins in a bowling alley (4 in front, 3 in the next row, 2 behind them, and 1 in back). Line up the pins about 25 feet from the bowling line. Each player has two tries. Give points equal to the number of pins knocked down with each ball.
- 15 - 20 min. discussion LESSON 1
- to end of class CRAFT: PAPER BEAD JEWELRY

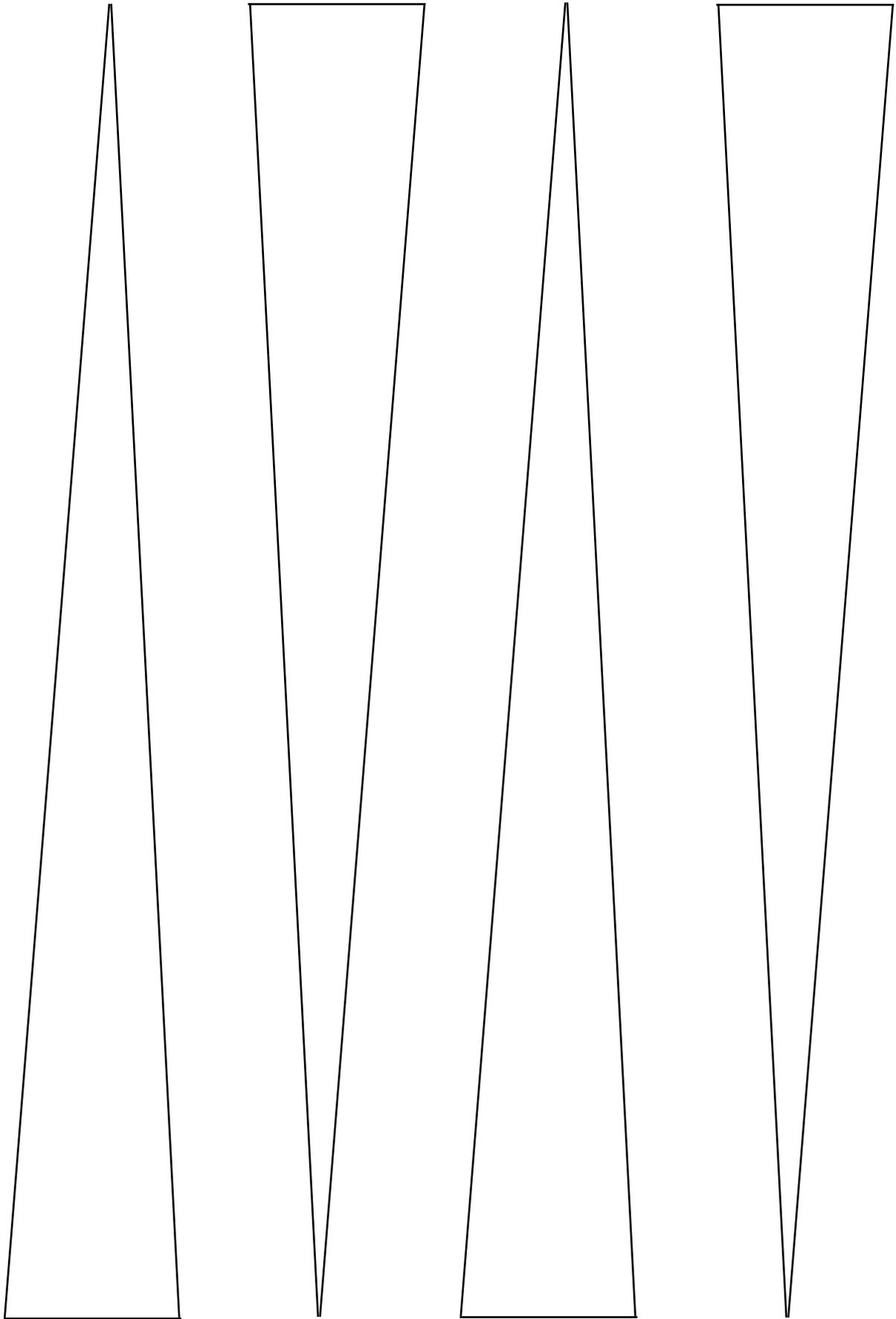
### MATERIALS

|   |                            |
|---|----------------------------|
| pencil  | 8 1/2" x 11" white paper   |
| ruler   | scissors                   |
| waxed paper   | small sponge brush         |
| juice box straw   | 32" string or dental floss |
| Gloss Mod Podge, or white glue                            |                            |
| cardstock or heavy paper to make patterns (see next page) |                            |
| newspaper   |                            |
| colorful magazine or catalog pages                        |                            |

Prior to class: From cardstock or heavy paper make 1 triangle pattern for each student. (One copy of pattern makes enough triangle patterns for 4 students.)

In class: Cover work area with newspaper and then the waxed paper or old plastic table cloth. Using the triangle pattern trace and cut out 20 triangles from the magazine and/or catalog paper (this makes 20 beads). Lay a triangle with the side you *don't* want showing face down. Cover the triangle with modge podge or watered down glue. (Modge Podge makes the beads shiny.) *Turn the triangle over.* Place the straw at the wide end of the triangle and begin rolling. Remove the straw from the center of the tube. Continue making beads until all are done. Allow to dry then string the beads. Tie the ends tightly together and you've made a necklace.

**Triangle Pattern for Beads**



## PSALMS - LESSON 1

### Before you begin your lesson:

- a. Pray for God's Holy Spirit to help you answer the questions.
- b. Some questions may be too hard; it's ok to write "I don't know."
- c. Think about what God's Word is telling you for today.
- d. With some questions, it might be helpful to write the scripture verse on your paper.

### Read Psalm 16 verses 1 - 4.

1. In verse 1 what does David ask of the Lord?
2. Using your dictionary, what is the meaning of preserve?
3. According to Psalm 32:7 what else does the Lord do for us?
4. Who does David turn to for help?
5. What kind of people does David want to hang around?
6. Who are these people according to 1 Corinthians 1:2?
7. What happens to those who don't believe in Jesus according to Psalm 16:4a?
8. What does David promise the Lord in Psalm 16:4b? [Libation is a pouring out of wine or other liquid in honor of a god.]

**Read Psalm 16 verses 5 - 8.**

1. *The Bible for Children, Simplified Living Bible Text* says in Psalm 16:5-6: “The Lord Himself is all I need. He is my food and drink, my highest joy! He guards all that is mine. He sees that I am given pleasant brooks and meadows! He has given me a beautiful portion!” What else does the Lord give us according to Lamentations 3:22-23?
2. Using your dictionary, what does counsel mean?
3. Who counsels David?
4. What does David say happens to him during the night?
5. **CHALLENGE:** If we are afraid at night, what do you think would be a good thing to do?
6. In Psalm 16:8 David says the Lord is always before him. What does Psalm 73:23 say about God’s closeness?

**Read Psalm 16 verses 9 -11.**

1. What does David say he will do because he knows the Lord is at his right hand helping him? See Psalm 16:9 for your answer.
2. The Psalms are filled with songs of praise to the Lord for all He does for His own. What do these verses say about rejoicing? Do you have them memorized? If not, why don’t you do that this week?

1 Thessalonians 5:16

Philippians 4:4

3. In Psalm 16:11, David says the Lord showed him the path of life. What do these verses say about the path of life?

Matthew 7:13-14

John 14:6

4. What is this life these verses are talking about?

## PSALMS - LESSON 1 - ANSWERS

### Read Psalm 16 verses 1 - 4.

1. In verse 1 what does David ask of the Lord? “Preserve me, O God: for in Thee do I put my trust.” (KJV)
2. Using your dictionary, what is the meaning of preserve? “To keep from injury or harm; save.” (HOLT)
3. According to Psalm 32:7 what else does the Lord do for us? “You are my hiding place from every storm of life. You even keep me from getting into trouble. You surround me with songs of victory.”
4. Who does David turn to for help? The Lord.
5. What kind of people does David want to hang around? “I want the company of the godly people in the land. They are true nobles.”
6. Who are these people according to 1 Corinthians 1:2? [Saints, Christians, believers, all who call on the name of the Lord Jesus Christ.]
7. What happens to those who don't believe in Jesus according to Psalm 16:4a? “Those choosing other gods shall all be filled with sorrow.”
8. What does David promise the Lord in Psalm 16:4b? [Libation is a pouring out of wine or other liquid in honor of a god.] “I will not offer the sacrifices they do. I will never even speak the names of their gods.”

### Read Psalm 16 verses 5 - 8.

1. *The Bible for Children, Simplified Living Bible Text* says in Psalm 16:5-6: “The Lord Himself is all I need. He is my food and drink, my highest joy! He guards all that is mine. He sees that I am given pleasant brooks and meadows! He has given me a beautiful portion!” What else does the Lord give us according to Lamentations 3:22-23? “The Lord never stops loving us. He keeps on showing us mercy. That alone has kept us from total destruction. Great is His faithfulness. His love and kindness begin fresh each day.”
2. Using your dictionary, what does counsel mean? “Advice; instruction. (HOLT)”
3. Who counsels David? The Lord.
4. What does David say happens to him during the night? (The Lord) “gives me wisdom in the night. He tells me what to do.”

5. **CHALLENGE:** If we are afraid at night, what do you think would be a good thing to do? [Pray and ask the Lord to be with us and to protect us.]
6. In Psalm 16:8 David says the Lord is always before him. What does Psalm 73:23 say about God's closeness? "Yet I am always with you; you hold me by my right hand." (NIV)

### **Read Psalm 16 verses 9 -11**

1. What does David say he will do because he knows the Lord is at his right hand helping him? See Psalm 16:9 for your answer. "Therefore my heart is glad and my tongue rejoices; my body also will rest secure." (NIV)
2. The Psalms are filled with songs of praise to the Lord for all He does for His own. What do these verses say about rejoicing? Do you have them memorized? If not, why don't you do that this week?

1 Thessalonians 5:16 "Rejoice always."

Philippians 4:4 "Rejoice in the Lord always; again I will say, rejoice!" (NAS)

3. In Psalm 16:11, David says the Lord showed him the path of life. What do these verses say about the path of life?

Matthew 7:13-14 "Heaven can be entered only through the narrow gate! The highway to hell is wide. Its gate is big enough for the many who choose its easy way. But the Gateway to life is small. That road is narrow. And only a few ever find it."

John 14:6 "Jesus said, 'I am the Way, the Truth, and the Life. No one can get to the Father except through Me.'"

4. What is this life these verses are talking about? [Eternity with Jesus.]