

# SUMMER IN THE *Psalms*





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Welcome!

As we are enjoying the warmer weather and longer days, we want to invite you to join the staff and leaders of City Church with a reading plan in the book of Psalms.

The Psalms are a beautiful book of poetry and songs that will refresh you spirit and ignite your creativity.

We want to invite you to grow with us as we unite around this wonderful book of Scripture.

Let us know if you are participating by tagging us on Instagram @citychurchca.







WHAT ARE THE  
PSALMS?



The Psalms are one of sixty-six books of The Bible. It is considered, “wisdom literature” alongside Job and Proverbs.

King David wrote seventy-three of the 150 Psalms, Moses wrote one, and some were not named.

Psalms are poetry that were often linked to music. These formed the prayers and songs of the Jews.

Jesus used this prayer book often--even quoting it on the cross.

Within Psalms, you will find praise, thanksgiving, lament, wisdom and those called, “royal psalms.”







WHY THE  
PSALMS?



The Psalms are helpful for many reasons. First, they help widen our view and appreciation for God. With the poetry and genre, you will have many moments of worship as you meditate on God's character.

They also are brutally honest. You will find permission to express sadness, disillusionment, frustration and joy as you reflect on the full range of the author's emotions.

Psalms will deepen your prayer. Through new language and a deeper appreciation for God, you will find new thoughts and new language to express yourself to your Creator.







HOW TO READ  
THE PSALMS?



The Psalms are wisdom literature and poetic in nature.

Read them as poetry, or as music as you find rhythm, repetition and contrast.

Allow this art form to produce your own creativity as you think about, and pray to God.

As you read through specific situations the author is describing, consider how Jesus faced that same reality, and also how Jesus specifically helps us in these situations.

Whether you read all three Psalms in one sitting, or do one in the morning, one at lunch, and one before bed, keep the goal in mind.

We are not reading these to earn God's approval.

We are rather meditating on God and the human condition. We are thinking, worshipping, and praying our way through God's character, where need to trust God, and how we need to ask for God's help.

It is better to apply one Psalm to your life today than to read ten and never practice these truths.

## Example from Psalm 1

\*This is a wisdom Psalm about God's instruction for our happiness.

*God, thank you for showing me how to enjoy this gift of happiness.*

*Give me courage and discernment to know the scoffers, and evil influences around me. Help me to take immediate action to prevent them from taking me on the wrong path.*

*Jesus, you are the true Living Water. Refresh me today. Establish me deeper in your roots so that I may serve you. serve others, and enjoy my life with you.*







# FEEDBACK REQUEST

If you found this mini guide helpful, could you let us know?

If you have other suggestions to make it better, let us know that too. [info@citychurch.ca](mailto:info@citychurch.ca)

We are looking forward to growing alongside you this summer as we unify around this wonderful book of Scripture.

May God draw even nearer to you this summer! May God open up your mind, your heart and emotions to the wonderful King who gave us His life for us!

*With love,  
Pastor Chris for City Church*