



## Bible study for the week starting June 7, 2026

### SHARE

What season is your soul in? Our life comes in seasons. Some seasons are harder than others. All seasons we need the Lord. What season is your soul in? Summer: Rest and Warmth; Fall: Change and Decay, Winter: Cold and hardened Spring: Change and Growth.. Which one did you pick and why?

**Summer in the Psalms:** Be sure to be reading through the Psalms this summer. This week is **Psalm 16-30**

### READ/STUDY/DISCUSS

1. Read **Colossians 3:15-17** What is the challenge in these verses and what is the comfort?  
- as you do what \_\_\_\_\_  
- What role does the Psalms play in your personal devotional life? What role does the Psalms play in your community? Do you speak or sing Psalms with one another? ‘
2. Which Psalm is your favorite? Why?
3. Read **Psalm 30** Which phrases stick out? Which ones are repeated in a different way? What do you think about when you read this Psalm? Who do you think about reading this Psalm? How does it feel to know that Jesus read this Psalm?
4. Read **Psalm 116:7** What does a return to rest look like for you? How has God been good to you?
5. Read **Matthew 11:28- 30** How do you find the rest you need? (Come to Me)

### PRAY

Pray that our souls may be at rest and find rest in the presence of the One who created us and then rested for us. Pray that praise would be on our lips in every circumstance and through every emotion.



## HE RESTORES MY SOUL

Psalm 30, Colossians 3:12-17; Matthew 11:28-30

June 7, 2026 – Pastor Ben Schrank

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“He **RESTORES** my soul.”

- Psalm 23:3

“Return to your rest, my **SOUL**, for the Lord has been good to you.”

- Psalm 116:7

“Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing **PSALMS** and hymns and spiritual songs, with thankfulness in your hearts to God.”

- Colossians 3:16

“The Psalter “might as well be called a little **BIBLE**. In it is comprehended most beautifully and briefly everything that is in the entire Bible.”

- Martin Luther

“Let everything that has breath **PRAISE** the LORD.” -Psalm 150:6

1. Don't just look for a Psalm that describes how you feel...let the Psalms **REFRAME** your faith response.
2. Our **EMOTIONS** are from the Lord...and for the Lord.
3. All circumstances are a chance to **PRACTICE** praise.

**SUPERSCRPTION** “Of david. A song at the dedication of the temple.”

**POETRY**- content and connections

**POINT** - “That my heart may sing your praises and **NOT BE SILENT**.  
Lord my God, I will praise you forever.” – Pslam 30:12

If you are **WEARY** and burdened .... you will find rest for your souls.

*For next Sunday, read Psalm 13*