



Wisdom and Whispers PT.II | Psalms | Mark Allen | 04.26.26

The Book of Psalms

Opening Prayer

Begin your time together in prayer, asking God to open your hearts to hear His whispers as you study the book of Psalms together.

Icebreaker

Share one emotion you've experienced this week and how you expressed (or didn't express) it.

Key Takeaways from the Sermon

1. **Psalms addresses our emotions** - The book gives us permission and a framework to express our full range of emotions to God.
 2. **We are three-part beings** - Body (bone, flesh, blood), Soul (mind, will, emotions), and Spirit (conscience, fellowship, wisdom).
 3. **Psalms is divided into five books** - Each book mirrors one of the first five books of the Bible (Genesis through Deuteronomy).
 4. **God is worthy of our praise** - Regardless of our circumstances, God deserves our worship and emotional expression.
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Discussion Questions

Understanding Emotions

1. Why do you think God gave us the book of Psalms to express our emotions to Him? What does this tell us about God's character?

2. Pastor Mark mentioned that men often say they're "not emotional" but emotions include more than just tears. What are some emotions besides sadness that you regularly experience?
3. Look at the list of emotions covered in the sermon (fear, discouragement, loneliness, sin, worry, anger, resentment, happiness, gratitude, doubt). Which emotion do you struggle most to express to God? Why?

The Three-Part Being

4. Discuss the concept that humans are made in God's image as three-part beings (body, soul, spirit). How does understanding this help you relate to God?
5. Pastor Mark explained that Ecclesiastes addresses the mind, Proverbs addresses the will, and Psalms addresses the emotions. Why is it important that Scripture speaks to all three parts of our soul?

The Five Books of Psalms

6. Were you aware that Psalms is divided into five books that mirror Genesis through Deuteronomy? How does this change your perspective on reading Psalms?
 7. **Book One (Psalms 1-41)** mirrors Genesis and shows the perfect man, the fall, and man crying out to God. Read Psalm 1 together. What does it mean to be "like a tree planted by streams of water"?
 8. **Book Two (Psalms 42-72)** mirrors Exodus and deals with exile and bondage. Read Psalm 42:1-2. When have you experienced your soul "thirsting" for God like this?
 9. **Book Three (Psalms 73-89)** mirrors Leviticus and focuses on worship and God's provision for dealing with sin. How does understanding the tabernacle (altar, washing, oil, holy place, mercy seat) help you appreciate what Jesus did for us?
 10. **Book Four (Psalms 90-106)** mirrors Numbers and the wilderness struggle. Read Psalm 90:12. What does it mean to "number our days" and why is this important?
 11. **Book Five (107-150)** like Deuteronomy, becomes one giant hallelujah—a reminder to never forget what God has done and to praise Him with everything we have.
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Practical Application

This Week's Challenge

- Choose ONE of the following to practice this week:

- **Option 1: Emotional Honesty with God**

- Each day this week, identify one emotion you're feeling and find a Psalm that addresses it (use the list from the sermon)
- Read that Psalm and pray it back to God, personalizing it for your situation
- Journal about what God reveals to you through this practice

- **Option 2: Praise Practice**

- Read Psalm 150 each morning this week
- Find one new way each day to praise God (singing, dancing, journaling, creating art, etc.)
- Share your experience with at least one other person

- **Option 3: Life Reflection**

- Meditate on Psalm 90 throughout the week
- Consider: "Am I numbering my days? Am I living each day with intentionality?"
- Make one specific change in how you spend your time to align with God's purposes

Group Accountability

1. What is one specific way you will express your emotions to God this week?
2. Who in the group can you check in with during the week about how this is going?

- **Memory Verse**

- **Psalm 42:1-2** - "As the deer pants for the water brooks, so my soul pants for You, O God. My soul thirsts for the living God."

Deeper Study (Optional)

For those who want to go deeper this week:

- Read through one complete "book" of Psalms (start with Book One, Psalms 1-41)
- As you read, note the different emotions expressed
- Look for the progression from the righteous man (Psalm 1) to man's rebellion (Psalm 2) to crying out to God (Psalm 22)
- Notice how the book ends with the doxology in Psalm 41:13

Closing Prayer

Close by reading Psalm 150 together as a group prayer. Encourage group members to express their praise in whatever way feels natural - some may want to read aloud, others may want to lift hands, some may want to remain quiet. Let everything that has breath praise the Lord!

Leader Notes

- Be sensitive to the fact that some people struggle to express emotions, especially in group settings
 - Create a safe space where vulnerability is welcomed but not forced
 - Have tissues available - discussing emotions can bring them to the surface
 - Consider playing a worship song related to Psalms to open or close your time
 - Remind the group that God can handle all our emotions - even the "negative" ones like anger, doubt, and fear
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