

Psalm 69 Bible Study

Opening

Read Psalm 69 aloud together. It's a long psalm — consider dividing it among readers by the sermon's three sections: verses 1–12, 13–29, and 30–36.

Getting Started

1. The psalmist describes his trouble as drowning (vv. 1–2). Why is drowning such a fitting picture for certain kinds of suffering? What experiences in life feel most like "no foothold"?
2. Read John 15:25, John 2:17, and Romans 15:3. The New Testament repeatedly places Psalm 69 on the lips of Jesus — and on the road to Emmaus, Jesus taught that all the Scriptures concern him (Luke 24:25–27). How does knowing that Christ himself prayed this psalm change the way you read it? How should it shape the way you read the Old Testament as a whole?
3. Verse 4 declares the sufferer innocent ("hated me without cause"), yet verse 5 confesses folly and wrongdoing. Read 2 Corinthians 5:21 and Isaiah 53:6. How do these two verses, side by side, picture substitution? Why does Christ's confession of *our* sin in *our* place give power to our own confession?
4. In verses 7–12, the sufferer is shamed publicly, estranged from his own family, and mocked by everyone from respected elders to drunkards. Have you ever experienced

misunderstanding or rejection — even from those closest to you — because of your devotion to Christ? How does it help to know your Savior walked that road first?

5. In verses 13–18, the psalmist anchors his prayer in God's character before naming his circumstances. Look at your own prayers this past week. What would it look like this week to "pray God's character back to him" when you don't know what else to pray?

6. Verse 26 says the persecutors attack "him whom you have struck down" — the cross was simultaneously God's plan (Acts 2:23) and man's crime. Why does it matter that the suffering of Christ was not an accident or a defeat, but the definite plan of God? What comfort does that give when your own suffering seems senseless?

7. The psalm that began underwater ends in singing — and verse 34 says even *the seas* join the praise. The very waters that threatened in verse 1 are converted into worship. Where in your life do you long to see God turn a flood into a song? Spend time as a group praying verses 30–33 for one another: praise from the humble, revival for seeking hearts, and confidence that "the LORD hears the needy."

Closing Prayer