



SUMMER IN THE PSALMS



27	73	91
23	121	57
46	51	88-89



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Introduction:

The Book of Psalms is a profound collection of poems and songs that express worship of God, reflections of His divine nature and insights into our lived experiences. Its messages are authentic and have encouraged and shaped the faith of God's people for thousands of years. The Psalms teach us how to worship, pray, repent, trust, and persevere.

The book contains 150 psalms arranged into five sections and was written over nearly a thousand years by authors including David, Asaph, the sons of Korah, Solomon, Moses, and others. The Psalms are the most frequently quoted Old Testament book in the New Testament, highlighting their importance for understanding God's character and His plan of redemption.

Within the collection are many different types of psalms—songs of praise, lament, thanksgiving, wisdom, repentance, remembrance, and more—each offering unique insights into God's relationship with His people. Together, they remind us that the God who was faithful in the past remains faithful today and worthy of our trust in every season of life.

Each week of this guide includes a short message summary and place for notes, discussion questions, and the daily Bible reading plan. So, grab your small group, family, friends, and your One, and join us as we spend the Summer in the Psalms.

Reading Plan:

Over the next nine weeks, we invite you to read through the entire Book of Psalms with us! Each day's reading includes 1–4 psalms, depending on their length. If you fall behind, don't get discouraged, simply pick up where you left off and keep going. Make sure to follow along with our daily devotions on the Sunnybrook app or website.

We hope that as you journey through the psalms, your faith will grow, your trust will deepen, and you will experience His presence in a fresh way this summer.

*“The most valuable thing
the Psalms do for me
is to express the same delight in
God which made David dance.”*

C.S. Lewis, Reflections on the Psalms



Did you know...



THE BOOK OF PSALMS IS THE LONGEST BOOK IN THE BIBLE, WITH 150 CHAPTERS AND 2,461 VERSES AND WAS ORIGINALLY WRITTEN IN HEBREW.



THEY WERE OFTEN SUNG WITH MUSICAL ACCOMPANIMENT, SUCH AS HARPS AND LYRES.



THE LONGEST PSALM IS PSALM 119 WITH 176 VERSES.



THE SHORTEST PSALM IS PSALM 117 WITH 2 VERSES.



THE MOST COMMON AUTHOR IS DAVID WITH 73 PSALMS, POSSIBLY MORE.



THE BOOK OF PSALMS IS DIVIDED INTO 5 BOOKS, AND EACH BOOK ENDS WITH A DOXOLOGY—A SHORT HYMN OF PRAISE. THE FINAL PSALM, PSALM 150 IS A GRAND DOXOLOGY FOR THE ENTIRE COLLECTION.

*Ex. Praise be to the Lord, the God of Israel,
from everlasting to everlasting.
Amen and Amen. Psalm 41:13*



PSALM 23 IS ONE OF THE MOST WELL-KNOWN AND OFTEN QUOTED PASSAGES IN THE BIBLE.



PSALM 90 IS THE OLDEST PSALM, WRITTEN BY MOSES IN ROUGHLY, 1440-1400 BC.



PSALM 22 FORESHADOWS THE CRUCIFIXION AND PSALM 16 POINTS TO THE RESURRECTION.

Week 1

Psalm 27 was written by David in the middle of opposition that leads to intense fear. As you walk through this psalm, you can find freedom from fear through faith in God. There are three places we go to with the Lord to defeat fear in our life. 1. A place of trust (verse 1). 2. A place of remembrance (verses 2-3). 3. A place of worship (verses 4-6). Going to these places with the Lord will allow us to see that God is bigger than our problems and move us from fear to faith.

Reading Plan:

DAY 1: PSALMS 1–3

DAY 2: PSALMS 4–6

DAY 3: PSALMS 7–8

DAY 4: PSALMS 9–10

DAY 5: PSALMS 11–13

DAY 6: PSALMS 14–16

DAY 7: PSALMS 17–18

PSALM 27

Discussion Questions:

1. What is your favorite 4th of July tradition?
2. What is something that used to scare you when you were younger but doesn't bother you anymore?
3. Read Psalm 27 together. What stands out to you? Why?
4. When you think of the three places we can go to with the Lord to defeat fear, which is the most difficult one for you to get to? Which is the easiest? Why?
 - A place of trust
 - A place of remembrance
 - A place of worship

Notes:



*The Lord is my light and my salvation—
whom shall I fear?*

*The Lord is the stronghold of my life—
of whom shall I be afraid?*

Psalm 27:1

PSALM 23

*Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.*

Psalm 23:6

Psalm 23 is one of the most well-known and beloved psalms, written by David as he reflects on the Lord as his Shepherd. Each line speaks directly to the needs of our lives, revealing God's care, guidance, and provision.

Week 2



Discussion Questions:

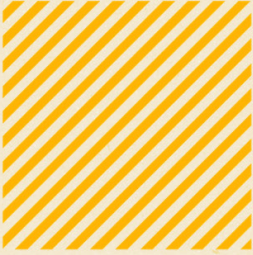
1. What would you say is one of the most well-known songs of summer?
2. Read Psalm 23 together. After hearing it again, what is one thing that stands out to you? Why?
3. What do you think draws people to these words to make it so favored?
4. Psalm 23 is known as the Shepherd's Psalm. What attributes of the good Shepherd are most important to you right now? Why?
5. How can our problems in life like busyness, worry, or hurt, challenge our ability to trust God as our Shepherd?

Notes:

Reading Plan:

- DAY 8: PSALMS 19–20**
- DAY 9: PSALMS 21–22**
- DAY 10: PSALMS 23–25**
- DAY 11: PSALMS 26–28**
- DAY 12: PSALMS 29–30**
- DAY 13: PSALMS 31–32**
- DAY 14: PSALMS 33–34**

Psalm 46 contains the familiar phrase “Be still, and know that I am God.” While “be still” can mean different things to different people, we learn how to rest according to God and truly experience His peace.



Week 3

PSALM 46

Reading Plan:

- DAY 15: PSALMS 35–36**
- DAY 16: PSALM 37**
- DAY 17: PSALMS 38–39**
- DAY 18: PSALMS 40–41**
- DAY 19: PSALMS 42–43**
- DAY 20: PSALMS 44–45**
- DAY 21: PSALMS 46–48**

Discussion Questions:

1. What is the best place for a summer nap?
 - On the patio
 - In a hammock
 - On a pool float
 - Inside—in the air conditioning!
2. Read Psalm 46 together. What stands out to you? Why?
3. What does “be still” mean to you right now?
4. What are some practical ways you can create space for stillness with God this week?

Notes:

He says, “Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.”

Psalm 46:10



Week 4



In Psalm 73, the psalmist is struggling with what God is doing in his life. He is honest about the imbalance he sees and the contradiction that seems to exist between faith and reason. But as the psalm continues, he moves toward a solution by entering the presence of God, and that perspective changes everything.

PSALM 73

*When I tried to understand all this,
it troubled me deeply
till I entered the sanctuary of God;
then I understood their final destiny.*

Psalm 73:16-17



Reading Plan:

DAY 22: PSALMS 49–50

DAY 23: PSALMS 51–52

DAY 24: PSALMS 53–54

DAY 25: PSALMS 55–56

DAY 26: PSALMS 57–58

DAY 27: PSALMS 59–60

DAY 28: PSALMS 61–63

Discussion Questions:

1. Are you Team Hot Dog or Team Hamburger? Popsicle or Ice Cream?
2. Think about a time you made a snap decision on something, but then your mind was changed once you could see the full picture. Share that experience with the group.
3. Read Psalm 73 together. Now reread vs 16-17. Does your perspective change when you enter the “sanctuary of God”? How does spending time with God help us to see things differently?
4. What is one truth about God from Psalm 73 that you want to remember this week?

Notes:

Week 5

PSALM 51



Psalm 51 is David's heartfelt cry to God after his sin with Bathsheba. As you walk through the psalm you can see how God's grace meets us in the midst of our guilt. It is a powerful reminder that through authentic repentance and spiritual renewal, God restores broken hearts and draws us back to Himself.

Reading Plan:

DAY 29: PSALMS 64–65

DAY 30: PSALMS 66–67

DAY 31: PSALMS 68–69

DAY 32: PSALMS 70–72

DAY 33: PSALMS 73–74

DAY 34: PSALMS 75–77

DAY 35: PSALMS 78–79

Discussion Questions:

1. When you were a kid, what was your favorite thing to do on a summer day? Has that changed since you have grown up?
2. What does Psalm 51 teach us about God's character?
3. Why is it important to acknowledge our sin and ask for forgiveness?
4. How does it help us to remember that true forgiveness is rooted in God's grace rather than our performance?
5. Which of these do you need most right now:
 - Purity (a clean heart)
 - Power (strength to obey God)
 - Peace (freedom from guilt and shame)

Notes:

Create in me a pure heart, O God,
and renew a steadfast spirit within me.
Psalm 51:10



PSALM 121

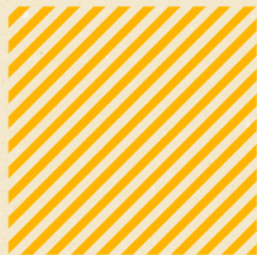
*I lift up my eyes to the mountains—
where does my help come from?
My help comes from the Lord,
the Maker of heaven and earth.*

Psalms 121:1-2



Psalm 121 is one of the Psalms of Ascent, sung by Jewish people as they journeyed to Jerusalem to worship. It looks at the comforting truth that God provides unwavering support and guidance in our lives, and it reminds us that no matter what challenges we face or how low we may feel, God calls us His.

Week 6



Discussion Questions:

1. What is your favorite road trip song?
2. When you face a difficult situation, who is the first person you usually turn to for help?
3. Read Psalm 121 together. How does it make you feel to read words like *“The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore.”*?
4. What is one truth about God from Psalm 121 that you want to remember this week?
5. Is there a challenge or burden you are carrying right now where you need support and guidance? If you are comfortable, share with the group and spend some time in prayer together.

Notes:

Reading Plan:

- DAY 36: PSALMS 80–81**
- DAY 37: PSALMS 82–84**
- DAY 38: PSALMS 85–87**
- DAY 39: PSALMS 88–89**
- DAY 40: PSALMS 90–92**
- DAY 41: PSALMS 93–95**
- DAY 42: PSALMS 96–98**

*He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.*

Psalm 91:4



Psalm 91 is one of the most beloved psalms in Scripture and contains the powerful words, “Under His wings you will find refuge.” This psalm reminds us that God’s presence is a refuge in our lives, because true refuge is not found in our circumstances but in our relationship with Him.



PSALM 91

Week 7

Discussion Questions:

- 1 Are you Team Road Trip or Team Airplane? Mountains or Beach?
2. What is a place where you feel especially safe or at peace? Why does that place feel that way?
3. Read Psalm 91 together. What images come to mind as you read it?
4. God doesn't promise to protect us from all hardship, but He protects us in the midst of it. Why is this distinction important?

Notes:

Reading Plan:

- DAY 43: PSALMS 99–101**
- DAY 44: PSALMS 102–103**
- DAY 45: PSALMS 104–105**
- DAY 46: PSALM 106**
- DAY 47: PSALMS 107–108**
- DAY 48: PSALMS 109–111**
- DAY 49: PSALMS 112–114**

But I cry to you for help, Lord;
in the morning my prayer comes before you.
Why, Lord, do you reject me
and hide your face from me?
Psalm 88:13-14

Psalm 88 is an incredibly dark psalm. The psalmist begins by describing personal betrayal, chronic pain, loneliness, and deep despair—and that is where the psalm ends. But then when you look at Psalm 89 and place them side by side, you can see God’s steadfast love.

Reading Plan:

- DAY 50: PSALMS 115–118**
- DAY 51: PSALM 119**
- DAY 52: PSALMS 120–123**
- DAY 53: PSALMS 124–127**
- DAY 54: PSALMS 128–131**
- DAY 55: PSALMS 132–134**
- DAY 56: PSALMS 135–136**

PSALMS 88-89

Week 8

Discussion Questions:

1. If you could spend a summer anywhere in the world, where would it be?
2. When you feel overwhelmed in life, how do you normally react? Do you talk through it with someone, withdraw, distract yourself, pray?
3. How would you describe the emotional tone of Psalm 88? What about Psalm 89?
4. How can remembering God's steadfast love help you endure seasons of pain, loneliness or despair?
5. Share with the group one area of your life where you could use prayer right now. Then take some time to pray for each other.

Notes:

*Blessed are those who have learned to acclaim you,
who walk in the light of your presence, Lord.
They rejoice in your name all day long;
they celebrate your righteousness.*

Psalm 89:15-16

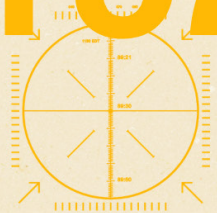


*I will praise you, Lord, among the nations;
I will sing of you among the peoples.
For great is your love, reaching to the heavens;
your faithfulness reaches to the skies.*

Psalm 57:9-10



PSALM 57



Psalm 57 is a reminder that God's purpose is at work in our lives, even in the midst of difficulty. In this psalm, David is surrounded by difficult circumstances, yet God's purpose is still being carried out in his life.

Discussion Questions:

1. As you reflect over this summer. What was your favorite moment?
2. Read Psalm 57 together. What do you notice about David's circumstances when he writes this psalm?
3. God has a purpose for you, but it's not about you. How does that make you feel?
4. After spending the last nine weeks reading through the psalms, which psalm stood out to you the most? Why?

Notes:

Reading Plan:

- DAY 57: PSALMS 137–138**
- DAY 58: PSALMS 139–140**
- DAY 59: PSALMS 141–142**
- DAY 60: PSALMS 143–144**
- DAY 61: PSALMS 145–146**
- DAY 62: PSALMS 147–148**
- DAY 63: PSALMS 149–150**

