



PSALMS



ladies bible study

September 2025

OPEN MY EYES,
THAT I MAY BEHOLD
WONDERFUL THINGS
FROM YOUR LAW.

PSALM 119:18

INTRO

Each week please read the scripture and answer the reflection questions. Use the margins to highlight, mark up and write notes or questions. When we meet be prepared to discuss the weekly scripture. Don't miss the study tips in the back of this book!

*"If you aim at
nothing, you will hit
it every time."*
-ZIG ZIGLAR

Let's aim high in our goal to know God and be transformed by His Word. There is nothing greater. **"WHAT IS MORE, I CONSIDER EVERYTHING A LOSS BECAUSE OF THE SURPASSING WORTH OF KNOWING CHRIST JESUS MY LORD." PHIP 3:8**

WEEK ONE

PSALM 1 | THE WAY OF THE RIGHTEOUS + THE WICKED

¹ Blessed is the man

who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;

² but his delight is in the law of the Lord,
and on his law he meditates day and night.

³ He is like a tree

planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.

In all that he does, he prospers.

⁴ The wicked are not so,

but are like chaff that the wind drives away.

⁵ Therefore the wicked will not stand in the judgment,
nor sinners in the congregation of the righteous;

⁶ for the Lord knows the way of the righteous,
but the way of the wicked will perish

REFLECTION

1. Define or paraphrase

counsel of the wicked-

path (or way) of sinners-

seat of scoffers-

2. How do the righteous avoid these pitfalls?

3. How would you go about meditating on God's word day and night?

Describe what this might look like in your daily life? (Joshua 1:8)

4. Draw a picture from Psalm 1:3 to visualize what it means for a tree to be planted by a stream of water. Use imagery from Jeremiah 17:7,8 for additional details if you want.

5. What is chaff? (Matthew 3:12)
6. What does it mean that the wicked are like chaff which the wind drives away?
7. How do you describe the "judgment" in vs. 5?
8. Write your own psalm of adoration and thanksgiving based on Psalm 1.

WEEK TWO

PSALM 90 | FROM EVERLASTING TO EVERLASTING A PRAYER OF MOSES, THE MAN OF GOD.

¹ Lord, you have been our dwelling place
in all generations.

² Before the mountains were brought forth,
or ever you had formed the earth and the world,
from everlasting to everlasting you are God.

³ You return man to dust
and say, "Return, O children of man!"

⁴ For a thousand years in your sight
are but as yesterday when it is past,
or as a watch in the night.

⁵ You sweep them away as with a flood; they are like a dream,
like grass that is renewed in the morning:

⁶ in the morning it flourishes and is renewed;
in the evening it fades and withers.

⁷ For we are brought to an end by your anger;
by your wrath we are dismayed.

- ⁸ You have set our iniquities before you,
our secret sins in the light of your presence.
- ⁹ For all our days pass away under your wrath;
we bring our years to an end like a sigh.
- ¹⁰ The years of our life are seventy,
or even by reason of strength eighty;
yet their span is but toil and trouble;
they are soon gone, and we fly away.
- ¹¹ Who considers the power of your anger,
and your wrath according to the fear of you?
- ¹² So teach us to number our days
that we may get a heart of wisdom.
- ¹³ Return, O Lord! How long?
Have pity on your servants!
- ¹⁴ Satisfy us in the morning with your steadfast love,
that we may rejoice and be glad all our days.
- ¹⁵ Make us glad for as many days as you have afflicted us,
and for as many years as we have seen evil.
- ¹⁶ Let your work be shown to your servants,
and your glorious power to their children.

¹⁷ Let the favor of the Lord our God be upon us,
and establish the work of our hands upon us;
yes, establish the work of our hands!
but the way of the wicked will perish

REFLECTION

Additional poetic writings by Moses, Deut. 32:1-43 and Deut. 33:1-29

1. What does associating this psalm with Moses add to your appreciation of it?
2. How does it affect you to know that no matter where you live that God is your dwelling place?
3. List phrases or thoughts that speak about God's eternal being.

4. List phrases or thoughts that speak about human frailty. Isaiah 40:6-8; Job 14:1,2
5. Jot down words or phrases that speak about God's other attributes.
6. Key verse is vs. 12. Name some practical ways we can become more mindful of how we spend our days?

3. Vss. 12-17 contain prayerful petitions. Write them out in your own words. How do these requests relate to the idea of wisdom?

WEEK THREE

PSALM 91 | MY REFUGE AND MY FORTRESS

- ¹ He who dwells in the shelter of the Most High
will abide in the shadow of the Almighty.
- ² I will say to the Lord, "My refuge and my fortress,
my God, in whom I trust."
- ³ For he will deliver you from the snare of the fowler
and from the deadly pestilence.
- ⁴ He will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.
- ⁵ You will not fear the terror of the night,
nor the arrow that flies by day,
⁶ nor the pestilence that stalks in darkness,
nor the destruction that wastes at noonday.
- ⁷ A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.

- ⁸You will only look with your eyes
and see the recompense of the wicked.
- ⁹Because you have made the Lord your dwelling place—
the Most High, who is my refuge—
- ¹⁰no evil shall be allowed to befall you,
no plague come near your tent.
- ¹¹For he will command his angels concerning you
to guard you in all your ways.
- ¹²On their hands they will bear you up,
lest you strike your foot against a stone.
- ¹³You will tread on the lion and the adder;
the young lion and the serpent you will trample underfoot.
- ¹⁴“Because he holds fast to me in love, I will deliver him;
I will protect him, because he knows my name.
- ¹⁵When he calls to me, I will answer him;
I will be with him in trouble;
I will rescue him and honor him.
- ¹⁶With long life I will satisfy him
and show him my salvation.”

REFLECTION

1. There are many vivid images portrayed in this psalm. Pick one or two and draw something to represent them.
 - shelter of the Most High – shadow of the Almighty – cover you with His pinions – under His wings you seek refuge – my refuge – my dwelling place – deliver me from the snare of the trapper.

- You will not be afraid
 - of the terror by night – of the arrow that flies by day – of the pestilence that stalks in darkness – of the destruction that lays waste at noon.

3. In what specific ways can you make God your refuge and dwelling place as you persevere through hard times?

WEEK FOUR

PSALM 139 | SEARCH ME, O GOD, + KNOW MY HEART TO THE CHOIRMASTER. A PSALM OF DAVID.

¹ O Lord, you have searched me and known me!

² You know when I sit down and when I rise up;
you discern my thoughts from afar.

³ You search out my path and my lying down
and are acquainted with all my ways.

⁴ Even before a word is on my tongue,
behold, O Lord, you know it altogether.

⁵ You hem me in, behind and before,
and lay your hand upon me.

⁶ Such knowledge is too wonderful for me;
it is high; I cannot attain it.

⁷ Where shall I go from your Spirit?
Or where shall I flee from your presence?

⁸ If I ascend to heaven, you are there!
If I make my bed in Sheol, you are there!

⁹ If I take the wings of the morning
and dwell in the uttermost parts of the sea,
¹⁰ even there your hand shall lead me,
and your right hand shall hold me.
¹¹ If I say, "Surely the darkness shall cover me,
and the light about me be night,"
¹² even the darkness is not dark to you;
the night is bright as the day,
for darkness is as light with you.
¹³ For you formed my inward parts;
you knitted me together in my mother's womb.
¹⁴ I praise you, for I am fearfully and wonderfully made.
Wonderful are your works;
my soul knows it very well.
¹⁵ My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.
¹⁶ Your eyes saw my unformed substance;
in your book were written, every one of them,
the days that were formed for me,

when as yet there was none of them.

¹⁷ How precious to me are your thoughts, O God!

How vast is the sum of them!

¹⁸ If I would count them, they are more than the sand.

I awake, and I am still with you.

¹⁹ Oh that you would slay the wicked, O God!

O men of blood, depart from me!

²⁰ They speak against you with malicious intent;

your enemies take your name in vain.

²¹ Do I not hate those who hate you, O Lord?

And do I not loathe those who rise up against you?

²² I hate them with complete hatred;

I count them my enemies.

²³ Search me, O God, and know my heart!

Try me and know my thoughts!

²⁴ And see if there be any grievous way in me,

and lead me in the way everlasting!

REFLECTION

1. From vss. 1-6, in what places does God know me? (Deut. 6:5-9)
2. What do you think it means for God to enclose you behind and before, and lay His hand upon you?
3. Where are some of the places that this psalmist suggests trying to get away from the presence of God? Vss. 7-12

1. What insights do vss. 13-16 give on life before birth?

See Jeremiah's call in Jer. 1:4-10.

2. Do you believe that we cannot count God's thoughts to us, that they outnumber the sand? What does this mean to you?

3. In vss 19-22, why does the psalmist ask God to slay the wicked?

What in particular are they doing that is offensive and causes such hatred?

4. Paraphrase vss. 23-24 into a personal prayer. Or memorize these two verses in a version that you can use in your personal prayers.

STUDY TIPS

1. Ask the Holy Spirit to be your teacher and your guide as you study.
2. Read the psalm slowly. Stop and think about it.
3. Read the psalm out loud.
4. Read the psalm more than once, and in different translations.
5. Read the psalm as an expression of your own soul.
6. Read the psalm as a prayer or praise to God. Allow it to lead you to worship.
7. Pay attention to the imagery used to express emotions and spiritual truths.
8. Look for ways to apply the truths about God's character and His ways to your life.



**WHO WE ARE | WOMEN WHO BELIEVE GOD IS
FAITHFUL TO MAKE OUR RIGHTEOUSNESS SHINE**

We are women who come alongside the community group ministry to get women plugged into community, discipleship, and outreach at Terrace Lake Church.

**WHAT WE DO | WE COMMIT OUR WAYS TO GOD BY
TRUSTING AND DELIGHTING IN HIM** We do this by being women of the Word, reflecting God's character like light out into the darkness, and encouraging one another through hosting fellowship events, Bible studies, outreach fundraisers, and retreats.

PSM 37:3-6 | ³**TRUST** in the Lord, and do good; dwell in the land and befriend faithfulness. ⁴**DELIGHT** yourself in the Lord, and he will give you the desires of your heart. ⁵**COMMIT** your way to the Lord; trust in him, and he will act. ⁶**SHINE** like the dawn, your justice like the noonday. [CSB]