

Grace in the Psalms Weekly Outline

Small Groups Week 1: Introduction & The Grace of God's Presence

Introduction: Different Types of Psalms & Their Uses



Read pages 21-30 until "Spring Feasts"



Listen to the Introduction from the beginning until the 13:23 mark

Chapter 1: The Grace of God's Presence (Psalm 23, 46, 139)



Read pages 56-79



Listen to Chapter 1- 36 minutes 10 seconds

Chapter 2: Grace for the Brokenhearted (Psalm 6, 34, 38, 51, 147)



Read Pages 80-102



Listen to Chapter 2- 28 minutes 33 seconds

Small Groups Week 1: Introduction & The Grace of God's Presence

"Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me" (Psalm 23:4).

Question #1: How does knowing that God's presence is with you in both the peaceful "green pastures" and the darkest valleys shape the way you respond to fear, uncertainty, or challenges in your life today? Can you think of a time when you experienced His presence in a difficult season? What was your response to the presence of the Lord, and what was the outcome of your difficult season?

Question #2: When life feels chaotic, how can we shift our focus from our troubles to the truth of God's unwavering presence?

- Psalm 46 describes a world in turmoil—mountains shaking, waters roaring, and nations raging—yet affirms that God remains a refuge and strength. How can we practically remind ourselves of this truth when we feel overwhelmed?

Question #3: What does it mean to “Be still and know that I am God” in the context of Psalm 46?

- Often, we see this phrase in isolation, but the full verse continues with God declaring, “I will be exalted among the nations, I will be exalted in the Earth.” How does understanding the entire verse deepen our ability to trust in God’s sovereignty, especially in difficult circumstances?

Question #4: How does Psalm 34:18 challenge our understanding of God's presence in times of sorrow? When we feel brokenhearted, we often long for relief, yet this verse promises that God is near rather than necessarily removing the pain. How does this shape the way we view grace in suffering?

Question #5: Psalm 51 highlights the power of repentance and God's grace in restoring a broken heart. In Christ, we have complete forgiveness, as His sacrifice has washed us clean. David prays, "Create in me a clean heart, O God, and renew a right spirit within me" (Psalm 51:10). How does knowing that we are fully forgiven in Jesus transform the way we approach repentance? Can you share a time when you experienced the freedom and restoration of God's grace through His forgiveness?

Additional Questions/Comments/Notes:

Small Groups Week 2: Grace in Times of Trouble & Forgiveness

Introduction: Psalms and Jewish Feasts



Read from page 30, beginning with "Spring Feasts," and continue through to 'Worship in the Old and New Testament: A Shift from the Old Covenant to the New Covenant' on page 32. Also, be sure to read page 45.



Listen to Introduction 13:23-15:27

Chapter 3: Grace in Times of Trouble (Psalm 4, 31, 43, 46, 56, 61, 62, 91, 121)



Read pages 103-116



Listen to chapter 3- 21 minutes 38 seconds

Chapter 4: The Grace of Forgiveness (Psalm 32, 51, 103, 106, 130, 141)



Read pages 117-135



Listen to chapter 4- 28 minutes 41 seconds

Chapter 5: The Grace of God's Mercy (Psalm 41, 86, 103, 136, 145)



Read pages 136-149



Listen to chapter 5- 15 minutes 10 seconds

Small Groups Week 2: Grace in Times of Trouble & Forgiveness

Question #1: In times of trouble, we often pray for God's deliverance, yet the Psalms show us that God's grace is not only about removing difficulties but also about sustaining us through them. How do the Psalms illustrate this truth, and what does that reveal about the nature of God's grace?

Question #2: The Weight of Unforgiveness vs. the Freedom of Grace. Psalm 32 describes the burden of unconfessed sin as feeling like "bones wasting away" and strength being "sapped as in the heat of summer."

Why do you think guilt and unforgiveness weigh so heavily on the soul? How does the complete and permanent forgiveness found in Christ bring true freedom from guilt and shame?

Question #3: Forgiving Others Through the Grace We've Received. In Matthew 18:23-35, Jesus shares a parable about a servant who was forgiven an enormous debt but struggled to extend that same forgiveness to others. How does understanding the depth of God's grace toward us empower us to forgive others? What role does our identity in Christ play in helping us extend forgiveness, even when it feels difficult?

Question #4: Experiencing God's Mercy. Psalm 103:8-12 describes God as compassionate and gracious, slow to anger, and rich in mercy. How does understanding that God does not treat us as our sins deserve, impact the way we see Him? How does this truth change the way we approach Him in our times of failure or need?

Question #5: Extending Mercy to Others. Jesus teaches in Matthew 5:7, "Blessed are the merciful, for they will be shown mercy." In what ways can we reflect God's mercy in our daily lives? How does experiencing God's mercy personally empower us to show mercy to those who have wronged us?

Additional Questions/Comments/Notes:

Small Group Week 3: Worship, Provision, & Justice for the Oppressed

Introduction: Authorship and Dates of Psalms



Read page 32 starting with "Worship in the Old and New Testament: A Shift from the Old Covenant to the New Covenant" until you reach "Psalms in the Old Covenant and the Advantages of the New Covenant" on page 51.



Listen to Introduction 13:24-42:34

Chapter 6: Grace in Worship and Praise
(Psalm 50, 68, 81, 95, 96, 98, 99, 100, 113, 115, 117, 122, 134, 135, 148, 150)



Read pages 150-168



Listen to chapter 6- 30 minutes 30 seconds

Chapter 7: The Grace of God's Provision
(Psalm 23, 65, 104, 127, 128)



Read pages 169-179



Listen to chapter 7- 17 minutes 01 seconds

Chapter 8: Grace for the Oppressed and the Marginalized (Psalm 9, 10, 12, 34, 123, 146)



Read pages 180-196



Listen to chapter 8- 24 minutes 20 seconds

Small Group Week 3: Worship, Provision, & Justice for the Oppressed

Question #1: How does understanding God's holiness as His complete wholeness and perfection change the way you approach worship? Does it make you see worship as more of a joyful response rather than an obligation?

Question #2: Psalm 23 describes God as our Shepherd, providing for our needs. What does this reveal about God's character? How does recognizing His provision deepen your trust in His grace?

Question #3: Psalm 127:1 states, "Unless the Lord builds the house, the builders labor in vain." What does this verse teach us about relying on God's provision rather than our own efforts? How can you shift your mindset to embrace the peace that comes from trusting in His grace?

Question #4: How do the Psalms illustrate the connection between God's grace and His justice? How does God's commitment to justice offer hope to those who experience oppression and marginalization today?

Question #5: Psalm 146 highlights God's care for the foreigner, the fatherless, and the widow. In what ways does this challenge us to reflect God's grace in our interactions with marginalized groups in our communities?

Additional Questions/Comments/Notes:

Small Groups Week 4: Covenant Faithfulness, Deliverance, & Lovingkindness

Introduction: Psalms in the Old Covenant vs. the New



Read pages 51 starting with "Psalms in the Old Covenant and the Advantages of the New Covenant" until you reach "Embracing Grace through the Psalms" on page 52.



Listen to Introduction 42:35- 44:11

Chapter 9: The Grace of God's Covenant Faithfulness (Psalm 15, 24, 45, 89, 105)



Read pages 197-213



Listen to chapter 9- 28 minutes 23 seconds

Chapter 10: Grace: The Triumph of Deliverance (Psalm 3, 5, 7, 11, 12, 17, 23, 27, 35, 54, 57, 59, 64, 83, 109, 129, 140)



Read pages 214-230



Listen to chapter 10- 27 minutes 11 seconds

Chapter 11: The Overflowing Grace of God's Lovingkindness (Psalm 36, 63)



Read pages 230-246



Listen to chapter 11- 19 minutes 37 seconds

Small Groups Week 4: Covenant Faithfulness, Deliverance, & Lovingkindness

Question #1: Reflecting on God's covenant faithfulness, how does understanding that God's promises are unbreakable affect the way you view your relationship with Him, especially in times of hardship or unfulfilled expectations?

Question #2: Psalm 24 declares that only those with clean hands and a pure heart can stand in God's presence. How does this impossibly high standard point us to the grace found in Jesus Christ, and what does it mean for us today to live in response to His unearned grace?

Question #3: In times of adversity, how does trusting in God's grace as both a shield and a source of justice shape the way we respond to those who oppose or falsely accuse us?

Question #4: How does the image of God's lovingkindness as a river of delights in Psalm 36 and Psalm 63 shape your understanding of God's grace? How can this image impact the way you experience His grace in your daily life?

Question #5: David found joy and sustenance in God's grace even during times of personal crisis, such as when he fled from Absalom. How might we learn to draw strength from God's grace during our struggles, and what are some practical ways to seek refuge in His presence during difficult times?

Additional Questions/Comments/Notes:

Small Groups Week 5: God's Sovereignty, Joy, & Lament

Introduction: The Psalms as the Songs of Jesus



Read Page 52 starting with "Embracing Grace through the Psalms"- until you finish the chapter.



Listen to Introduction 44:12- 47:08

Chapter 12: The Eternal Grace of God's Sovereignty
(Psalm 2, 8, 29, 33, 47, 90, 93, 97, 103, 110)



Read pages 247-268



Listen to chapter 12- 34 minutes 22 seconds

Chapter 13: The Grace of Joy in God's Salvation
(Psalm 16, 40, 51, 92, 116)



Read pages 269-283

Listen to chapter 13- 23 minutes 07 seconds

Chapter 14: Grace in Lament and Honest Prayer
(Psalm 13, 22, 42, 44, 55, 69, 70, 74, 77, 79, 88,
102, 120, 137, 142, 143)



Read pages 284-317



Listen to chapter 14- 50 minutes 57 seconds

Small Groups Week 5: God's Sovereignty, Joy, & Lament

Question #1: In Psalm 2, the nations rebel against God's sovereignty, yet His plan remains unshaken. What does this teach us about the relationship between human rebellion and God's ultimate control over history? How does recognizing God's eternal sovereignty impact the way you handle the uncertainties and challenges in your own life?

Question #2: In Psalm 16, David finds joy in knowing God as his ultimate refuge and salvation, even amidst difficult circumstances. How can we cultivate a similar, unshakable joy in our lives, knowing that Jesus is our ultimate salvation?

Question #3: In Psalm 40, David sings a new song of praise after experiencing God's deliverance. How does the grace of Jesus' salvation inspire a "new song" in our own lives, and how can that joy be a testimony to others?

Question #4: When we experience deep sorrow or betrayal as the psalmists did, how can we distinguish between lamenting in faith versus lamenting out of hopelessness? How might God's grace guide us in those raw moments of despair? What examples of hope can we find in the Psalms, and which Psalms speak most powerfully to you about finding hope in suffering?

Question #5: In Psalm 42, the psalmist chooses to "put his hope in God" despite feeling downcast. How does praising God during personal struggles change our perspective on hope, and how can we cultivate this kind of trust in God even when our circumstances seem overwhelming?

Additional Questions/Comments/Notes:

Small Groups Week 6: Future Hope, God's Guidance, & Thanksgiving

Chapter 15: The Final Grace: Hope in God's Future
Salvation (Psalm 14, 53, 118, 145)



Read pages 318-330



Listen to chapter 15- 20 minutes 24 seconds

Chapter 16: The Grace of God's Guidance
(Psalm 1, 19, 25, 32, 73, 131)



Read pages 331-344



Listen to chapter 16- 20 minutes 34 seconds

Chapter 17: Grace in the Psalms of Thanksgiving
(Psalm 66, 100, 111, 118, 138)



Read pages 345-362



Listen to chapter 17- 23 minutes 53 seconds

Small Groups Week 6: Future Hope, God's Guidance, & Thanksgiving

Question #1: Living in the Tension of "Already" and "Not Yet": The Psalms speak of both God's present grace and the future salvation we are promised. How can we, as believers today, live in the tension between experiencing God's grace now and anticipating the ultimate fulfillment of His promises in the future? What does it look like to "live in light of the final grace" in our daily lives?

Question #2: The Power of Hope in God's Future Salvation: Psalm 118 declares, "It is better to take refuge in the Lord than to trust in man" (Psalm 118:8). How does the hope of God's future salvation shape the way we trust in God today? How can this hope help us overcome present struggles and uncertainties? What does it mean to fully trust in God's future grace?

Question #3: In Psalm 25 and Psalm 32, we see God's guidance given freely to those who seek it, especially in times of personal failure. How does this shape your understanding of God's grace in moments when you feel lost or disconnected? How can we lean into His guidance even when we struggle with our own mistakes or doubts?

Question #4: Psalm 73 illustrates how God's guidance can shift our perspective when we face confusion or envy toward others. In what ways do you find yourself comparing your life to others, and how does God's grace help you navigate these moments? How can resting in God's guidance help us find peace when life doesn't seem fair?

Question #5: How does the practice of thanksgiving in the Psalms help us shift our focus from our struggles to God's grace? Reflecting on Psalms like Psalm 66, Psalm 100, or Psalm 138, what are some specific ways God's grace has shaped your life that you can offer thanks for today? How might cultivating a heart of gratitude impact your relationship with God in both joyful and difficult seasons?

Additional Questions/Comments/Notes:

Small Groups Week 7: Restoration, God's Promises, & Waiting

Chapter 18: The Grace of Restoration
(Psalm 30, 51, 71, 80, 85, 107, 114, 126, 147)



Read pages 363-400



Listen to chapter 18- 56 minutes 51 seconds

Chapter 19: The Grace of God's Promises
(Psalm 49, 84, 89, 119, 132)



Read pages 401-417



Listen to chapter 19- 26 minutes 27 seconds

Chapter 20: Grace in the Midst of Waiting
(Psalm 27, 39, 130)



Read pages 418-435



Listen to chapter 20- 23 minutes 16 seconds

Small Groups Week 7: Restoration, God's Promises, & Waiting

Question #1: Restoration Through Mourning: In Psalm 30, David sings of God turning his mourning into dancing (Psalm 30:11). What role does worship play in our process of restoration, especially during seasons of grief or loss? How might God be inviting us to bring our sorrow to Him in a way that allows His joy to transform our circumstances?

Question #2: The Power of Hope in Restoration: David's hope in Psalm 71 was anchored in God's faithfulness, despite the challenges he faced. How does the difference between "deferred hope" (as in Proverbs 13:12) and "fulfilled hope" (as seen through the life and death of Jesus Christ) shape your understanding of restoration today? How does this hope sustain us during life's struggles?

Question #3: How does the reality of God's unshakable promises impact your trust in His grace during difficult or uncertain seasons of your life? In what ways can remembering God's covenant promises help transform your perspective on challenges and encourage deeper faith? Also, what is a promise God made in the Psalms that you can hold onto in a difficult season, and how does it give you hope or strength?

Question #4: In Psalm 27, David speaks of waiting for the Lord with confidence, saying, "Wait for the Lord; be strong and take heart and wait for the Lord" (Psalm 27:14). In what ways can we cultivate this active trust in God's timing during seasons of uncertainty or frustration? How does the assurance of God's presence sustain us in waiting, and how can this change our perspective on the process of waiting itself?

Question #5: Psalm 130 teaches that waiting is not passive but an active trust in God's mercy and redemption. How does recognizing the grace found in the waiting process change our approach to challenges and unanswered prayers? In your own experience, what has been a moment where waiting revealed deeper trust in God, and how did that shape your faith or understanding of His timing?

Additional Questions/Comments/Notes:

Small Group Week 8: Righteous Judgment, Victory, Protection, Generations, & Strength

Chapter 21: The Grace of God's Righteous Judgment (Psalm 9, 14, 26, 37, 52, 58, 75, 76, 82, 94, 101)



Read pages 436-454



Listen to chapter 21- 30 minutes 23 seconds

Chapter 22: Grace in the Psalms of Victory (Psalm 18, 20, 21, 60, 108, 144, 149)



Read pages 455-477

Listen to chapter 22- 33 minutes 30 seconds



Chapter 23: The Grace of God's Protection (Psalm 48, 91, 121, 124, 125)



Read pages 478-496

Listen to chapter 23- 28 minutes 08 seconds



Chapter 24: Grace for Generations (Psalm 67, 72, 78, 87, 133, 145)



Read pages 497-513



Listen to chapter 24- 25 minutes 16 seconds

Chapter 25: The Grace of God's Strength (Psalm 28, 29, 112)



Read pages 514-531



Listen to chapter 25- 24 minutes 03 seconds

Small Group Week 8: Righteous Judgment, Victory, Protection, Generations, & Strength

Question #1: How can embracing the grace found in God's righteous judgment help us release our desire for revenge and find peace in trusting God's perfect timing, especially when faced with injustice or suffering in our own lives?

Question #2: How does acknowledging that every victory—big or small—is ultimately a gift of God's grace reshape the way we approach challenges in our lives? Think back to a time when you found great success in your life- how was that success given to you by God?

Question #3: How does understanding that God's protection is not just physical but also emotional and spiritual influence the way we respond to life's uncertainties or personal fears? Can you think of a time when you experienced God's protection in a way that went beyond physical safety?

Question#4: In what ways do you see God's grace impacting not just your own life, but the lives of those around you and the generations that will follow? How can we intentionally shape the spiritual legacy we leave for future generations?

Question #5: When facing personal weakness or challenges, how can we differentiate between relying on our strength versus fully trusting in God's grace to empower us? Can you share a time when you experienced God's strength in a way that transformed your situation?