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Open and Unafraid: The Psalms as a Guide to Life

Small Group Study: “Discerning the Shape of a Faithful Life”

1. In groups of 2-3, choose one of these psalm pairings.
 - a. Psalms 1-2
 - b. Psalms 4-5
 - c. Psalm 88-89
 - d. Psalms 90-91
2. On a blank sheet of paper, make two columns. Under one column write all the verbs that relate to human action. Under the other column write all the verbs that relate to God’s action. What are human beings doing in these psalms? What is God doing in these psalms? For 10 minutes work individually.
3. Together as a small group, share your results. Note the things that are repeated. Note what is said and not said. Pay attention to the key metaphors and images and ideas. Take 15-20 minutes to do this task.
4. After you’ve done this task, take a moment individually to reflect on what your study says about God, or about life and prayer, or about what it means to be faithful or unfaithful, or about the world in which we live. How might your observations inform your own life and prayer?
5. Share with each other your personal thoughts and then end the small group by praying together.