

# *Great Commission*



Baptist Church

*Dr. Douglas E. Brown, Pastor/Teacher*



**A Book of Praise and  
Devotion  
Life Group Curriculum  
January - April 2020**



**Great Commission Baptist Church**  
Adult Life Group Lesson  
Dr. Douglas E. Brown, Pastor/Teacher

## **The Book of Psalms**

**January - April 2020**

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**Lesson I**

**Date:** January 5, 2020

**Lesson Scriptures:**

**Overview of the Psalms**

Choose a Psalm that has really helped you appreciate the writings of these psalmist and discuss in class. A Psalm that you may did not know, but gained better understanding of the Psalm through this journey of the Psalms.



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**Lesson II**

**Date:** January 12, 2020

**Lesson Scriptures:** Psalm 88: 1-18

**Handling Life's Load**

**Lesson Aim:** The student will learn about the salvation of the LORD, the importance of calling upon the LORD, and about the help we can receive from the LORD.

**Open It**

1. Why do you think people sometimes blame God for their problems?

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**Explore It**

1. What appeal opens the psalm?

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2. How did the psalm writer respond to his difficult situation?

---

3. Why did the psalm writer question the Lord?

---

4. Where did the psalm writer seek comfort?

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**Get It**

1. When have you ever felt overwhelmed by your problems or deserted by God and all of your friends?

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2. How does God want us to deal with feelings of loneliness and despair?

---

3. What hope can we have in the problems of life?

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4. How can we depend on God to save us?
- 

**Apply It**

1. In what ways could you call on the Lord when you feel lonely or discouraged?
- 
2. What can you do or say to encourage a discouraged friend or relative?
- 

**Summary:** This is a psalm of the Sons of Korah. It is given to the director of music. According to mahalath leannoth. These two terms speak about the type of stringed instruments to be played during the time of spiritual distress, physical sickness, and mental or physical illness. The psalm is a maskil of Heman the Ezrahite. A maskil gives us instructions and it is from a wise man named Heman the Ezrahite. There are several people mentioned in the writings of the Old Testament with the name Heman. It is unknown exactly which of those persons wrote this Psalm, but we do know that the psalmist was deeply troubled. We are given at least four biblical principles from the Heman on how to handle low points that occurs throughout our lives. The psalmist writes in verse 1, “O LORD God of my salvation, I have cried day and night before thee.” The first biblical principle presented here is that Salvation is of the LORD. The psalmist cried day and night to the LORD of his salvation. This is an essential truth all throughout scripture. Salvation is only found in the LORD. This deliverance is both imminent and future. In verse 2, he asked the LORD to incline his ear to his cry. He used an imperative to intensify his request.

The psalmist writes in verse 9, “Mine eye mourneth by reason of affliction: LORD, I have called daily upon thee, I have stretched out my hands unto thee.” He has Called upon the LORD daily and stretched his hands to Him in anticipation of a response from the Most High God. The psalmist mourned not from the affliction of man but from the affliction by the hand of the LORD. Calling upon the LORD is essential to the believer’s walk. Failure to do so will result in an exercise of futility. Not only should we call upon the LORD we ought to seek His help. The Psalmist writes in verse 13, “But unto thee have I cried, O LORD; and in the morning shall my prayer prevent thee.” The psalmist seeks Help from the LORD. Simply stated the psalmist has confidence that the LORD will hear his prayer.

The psalmist is in distress and feels as if the LORD has forsaken him. Instead of leaning to his own understanding or seeking counsel from man he **Questions to the LORD**. This might seem strange to us at first glance but noticed that he is not condemned or punished for seeking wisdom from the LORD. The psalmist writes in verse 14, “LORD, why castest thou off my soul? why hidest thou thy face from me?” He posed two questions about his concerning his standing and fellowship with the LORD. Life situations can be so confusing and troublesome at times, but we must continue to trust in the LORD and continue to seek His counsel.





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**Lesson III**

**Date:** January 19, 2020

**Lesson Scriptures:** Psalm 90: 1-17

**When You Sense The Brevity of Life**

**Lesson Aim:** To really grasp the truth that our days are in fact numbered. Life is short, and we must do God's work while we can. Live each day in honor of God as though it may be your last.

**Open It**

1. What do you think of when you hear the phrase, "One thousand years"?  
\_\_\_\_\_
2. Before you die, what is one: Book you'd like to read? Place you'd like to go? Deed you'd like to do?  
\_\_\_\_\_

**Explore It**

1. What mercies from God did Moses recall?  
\_\_\_\_\_
2. What imagery is used to highlight humankind's insignificance and God's greatness?  
\_\_\_\_\_
3. How did Moses feel about God's judgment?  
\_\_\_\_\_
4. What does God's holy light reveal?  
\_\_\_\_\_
5. What did Moses want the Lord to teach him? Why?  
\_\_\_\_\_
6. What promise did Moses make to God in return for His compassion?  
\_\_\_\_\_



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**Get It**

1. What does the psalm teach us about the attitude we should have toward ourselves?  
Toward God?

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2. What builds a person's self-esteem?

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3. How can we balance a healthy self-esteem with a humble attitude?

---

4. What does it mean to "number our days"?

---

**Apply It**

1. How could you remind yourself of God's past faithfulness more often?

---

**Summary:** Psalm 90 is written by "Moses, the man of God". It is entitled, "From Everlasting to Everlasting" and is noted as a "Prayer of Moses."

Moses focuses on the eternal nature of God and His greatness, man's human weakness, and man's need for the Lord to provide grace for our daily needs. Moses prays for God's grace on His people. He prays that God establishes our work, for without Him our works amounts to nothing. Moses reminds us that life is short and we are to seek God's wisdom to live each day to its fullest for the glory of God. When Moses emphasizes to "number our days" he isn't saying that we should count each day by number, but he does focus on the need to live every day for maximum impact. God calls us to use every moment of every day to honor Him. The Apostle Paul wrote, "Be careful, then, how you live-not as unwise but as wise, making the most of every opportunity, because the days are evil" (Ephesians 5:15-16)



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**Lesson IV**

**Date:** January 26, 2020

**Lesson Scriptures:** Psalm 91:1-16

**Trusting God For Our Security**

**Lesson Aim:** To know that whatever trouble we face today, God is our safe place.

**Open It**

1. What endangers our health and safety in today's world?

---

2. What emotions do you feel when you think about the dangers you face?

---

**Explore It**

1. What are three images used in the passage to convey God's protection over His loved ones?

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2. Which acts of God's deliverance are listed in the passage?

---

3. What condition did the author place on God's protection?

---

4. What specific promises does God give to His people?

---



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**Get It**

1. In what ways is God like a fortress, a shadow, and a bird?  
\_\_\_\_\_
2. What words or images would you use to describe the Lord's protection in your life?  
\_\_\_\_\_
3. When have you experienced the protection of the Lord?  
\_\_\_\_\_
4. What are your worst fears?  
\_\_\_\_\_
5. What does this passage teach us about prayer?  
\_\_\_\_\_

**Apply It**

1. How could you encourage another friend who is struggling with fear?  
\_\_\_\_\_

**Summary:** Psalm 91 is a prayer of someone who has taken refuge in the Lord. Some say that it is the prayer of Moses, others say David. We will say the Psalmist. The psalmist is confident that God's presence will protect the people in every dangerous situation (vs.3-13). The psalmist knows that God is his dwelling place of His people and he receives protection under the shadow of outstretched wings of His power. He is aware that he must walk closely to God in order to have His shadow fall on him. The one who lives intimately with God knows the greatness of His protection and God becomes like a mighty refuge and fortress for the believer. Having received God's protection, comfort and care the believer trusts God all the more. Having God as his Shelter and refuge gives strength and courage to the people of God.

In this Psalm (vs 14-16) God promises to rescue, protect, answer, deliver, satisfy with long life and show him His salvation. There is great blessing as we seek God and choose to walk in His Ways.

In whatever troubles we face today, God is the place of refuge we can run to. **HE IS OUR SAFE PLACE.**

Aim and Summary by Earline Franklin



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**Lesson V**

**Date:** February 2, 2020

**Lesson Scriptures:** Psalm 92: 1-15

**It Is Good To Praise God**

**Lesson Aim:** Participants will understand that as long as they have breath, they are called to give praises to the most High God.

**Open It**

1. What are some examples of relatively harmless, short-lived pleasures (such as ice cream)?  
\_\_\_\_\_

2. What value is there in the cliché, "No pain, no gain"?  
\_\_\_\_\_

**Explore It**

1. How does the psalm introduce its topic?  
\_\_\_\_\_

2. How does this psalm describe the foolishness and destiny of the wicked?  
\_\_\_\_\_

3. What are the righteous like?  
\_\_\_\_\_

4. In what way will the righteous "bear fruit"?  
\_\_\_\_\_

**Get It**

1. What does this psalm teach us about the consequences of sin?  
\_\_\_\_\_

2. What does this passage tell us about the rewards of righteousness?  
\_\_\_\_\_



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3. Under what conditions can we expect to grow and mature as Christians?

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4. What steps can we take to "stay fresh and green" in our faith?

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**Apply It**

1. When might you be able to spend some extra time in prayer and meditation this week?

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2. What works or deeds of God in your life do you want to record or write down?

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**Summary:** Psalm 92 is a psalm of worship. It is titled "A song for the Sabbath day". It is intended for a day of corporate worship and is to be a delight rather than a burden.

In this Psalm, we are reminded that it is a privilege that we are admitted to praise the Lord, and hope to be accepted every morning and every night; not only on Sabbath days but every day; not only in public but in private and in our families. Giving thanks to God for all things is an appropriate act and the effect is good. There is much, under all circumstances to be thankful: for life, health, friends, hope, provisions and above all redemption. We are reminded that giving praise is good because praise is due to God for all of His wonderful works, loving kindness and mercies extended to His own. The Psalmist says that in addition to the voice, praise should include instruments in celebrating the praises of God. We are to be intentional about beginning our day with praise for the mercies of the night and ending our day with praise for the mercies of the day. Let us be reminded of Psalm 150 .... "let everything that has breath praise the Lord. Praise the Lord!" Adore Him in your car. Acclaim Him at home. Exalt Him while you work. As long as you have breath, in every situation, praise Him! Because He is truly worthy.



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**Lesson VI**

**Date:** February 9, 2020

**Lesson Scriptures:** Psalm 95: 1-11

**When We Come Together For Worship**

**Lesson Aim:** To always make God the focus of our worship and to worship with a surrendered heart.

**Open It**

1. What is one lesson you have learned from the past?

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**Explore It**

1. How is the Lord described?

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2. What reasons did the psalm writer give Israel to praise the Lord?

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3. How did the psalm writer advise the righteous to demonstrate their submission to God?

---

4. What imagery is used to describe the relationship God wants to have with His people?

---

5. What were the consequences of the Israelites' rebellion?

---

**Get It**

1. Why do you think the psalm writer called God's people to bow before the Lord?

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2. What motivates you to offer praise and thanksgiving to God?

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3. What have been some of the consequences of your failures?
- 

**Apply It**

1. How do you plan to follow the psalm writer's advice about worshiping God?
- 

**Summary:** This Psalm calls God's people to praise and worship God the king of all, creator of all creatures and shepherd of the flock. Worship is the feeling or expression of reverence and adoration for a deity. It reorients the thinking and practice concerning the vital matter of worship. It turns our attention and affection toward God.

In this Psalm we are called to worship in various ways and to rejoice. We are called to collective worship although it can be done in private also. Worship is vocal (public praise of God). Worship is a joyful, grateful praise or intense feeling. The joyful praise and adoration should be God centered and He must be the source and the subject. God should be honored with a happy, enthusiastic heart. God's people have much to shout joyfully about. Worship is honoring God with song and doing so in a community of God's people. Singing then must be unto the Lord from a heart that is sincere and focused toward God. Worship should not be simply saying things about God but with thought and with connection to what we have experienced or need to experience through Him. It should be done with a consciousness of God presence in our lives. There should be a true connection between God and His people in worship. Our worship should express a heart of thanksgiving to our God who has done so much for us. Understanding the greatness of God helps us to properly worship Him. Humble worship is an obligation that the creature owes to the creator. He is worthy of our worship because He is our God and we are under His constant care. The redeemed have great reason to humbly worship God. He is both the Maker and their Redeemer in creation and in redemption.

Let us worship God with a sincere and surrendered heart that focus on Him and Him along and a heart that is willing to obey.





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**Lesson VII**

**Date:** February 16, 2020

**Lesson Scriptures:** Psalm 96: 1-13

**Be A Witness To All Nations**

**Lesson Aim:** The student will learn to be a witness and worship the LORD. Especially to the people of God for when we are at our best, worship is more robust and enthusiastic and when our witness is clear and contagious. But, sadly enough, our worship is often weak and stunted and our witness often muted.

**Open It**

1. For you, what can cause church worship services to become stale or boring?

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2. What are some common elements of worship in your church?

---

**Explore It**

1. How far did the psalm writer want the praise of God's people to extend?

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2. What did the psalm writer encourage God's people to proclaim?

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3. What does the order of nature reveal?

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4. What will motivate creation to praise the Lord?

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**Get It**

1. What should be our motivation in praising God?

---

2. What about nature inspires you to praise God?

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3. What does it mean to fear the Lord?

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4. How can you declare the Lord's glory to others?

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**Apply It**

1. What gift of time, money, or service could you give to the Lord this week?

---

2. Who is one person you could tell about God's goodness?

---

**Summary:** WORSHIP IS OWED TO GOD AND TO BE DIRECTED TO HIM (v. 1) The phrase 'all the earth' indicates that worship is a universal obligation. Even those who do not worship are under this obligation. The recurring phrase 'to the LORD' reminds us that worship is to be directed to God (vv.1-2, 7-8). It would seem to go without saying that God is the object of worship, but we have to constantly be reminded of this because we have the tendency to shift the focus of worship to ourselves or someone else. We very easily fall into the trap of being religious consumers who attend services with the idea that something must be done for us instead of our being responsible for doing something for God. If we really appreciate the greatness and goodness of **the LORD**, we will want others to magnify His name too. Thus the psalmist calls on the **families of the peoples** to join in telling **the LORD** how majestic and stately and mighty He is. They should ascribe to Him **the glory** that is **due His name**. They should **bring an offering** to lay at His feet. They should **worship Him in the beauty of holiness**, or in holy garments. All the world should pay Him obeisance. The mention of holy garments reminds us that even the clothes we wear when we worship the Lord should be appropriate to the occasion. While it may be true that reverence is primarily a matter of the heart, it is also true that we can express our reverence by our attire. Slovenly clothes at the communion service, for instance, betray a casualness that is seldom seen at weddings or funerals.



**Lesson VIII**

**Date:** February 23, 2020

**Lesson Scriptures:** Psalm 97: 1-12

**The Majesty of God's Kingdom**

**Lesson Aim:** The student will learn to recognize God's Presence, His Power and the Pillars of His Kingdom and proclaim the good tidings of His salvation from day to day.

**Open It**

1. How do you feel when you are many miles away from "civilization"?

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2. What is your biggest concern about the environment?

---

**Explore It**

1. On what principles is the Lord's rule established?

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2. What conclusion did the psalm writer draw from nature?

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3. Why does the city of Zion rejoice?

---

4. What specific instructions did the psalm writer offer?

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5. How does God treat the faithful?

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6. What advice concludes the passage?

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**Get It**

1. What principles have you learned from observing God's creation?  
\_\_\_\_\_
2. What steps could you take to take better care of God's creation around you?  
\_\_\_\_\_
3. What are some modern day "images" or "idols" that many people worship?  
\_\_\_\_\_
4. What distracts you from worshipping the Lord?  
\_\_\_\_\_

**Apply It**

1. What is one step you could take to remember God's place in the world as Lord over all?  
\_\_\_\_\_

**Summary:** Psalm 97 is the continuation from Psalm 96, however the psalmist does not give an **invitation** or a **proclamation** to who the LORD is, but a **declaration v.1-6.** (The LORD reigns!" Not "the LORD *will* reign," but "the LORD reigns!" Right now!) Note the three groups he addresses to; [Let the Earth be glad v.1-6; Let Israel be glad v.7-9; and Let the Righteous be glad v. 10-12.] And that includes all the people of God. We may not see much righteousness and justice in the world today, but that does not mean God has been dethroned. For reasons we do not fully understand, God permits evil men to exploit the earth and its people, but one day He will come in power and glory and set things right. Hating evil may bring some fear along with it, for those who reject evil may at times face the prospect of abuse in one form or another at the hands of those with more power. But faith that the Lord "protects the lives of his godly people and rescues them from the power of the wicked" drives away fear. "

The second imperative is "rejoice". Not just "rejoice," however, but "rejoice in the Lord," for the Lord is king and has come to put everything in right order. Psalm 97, like Psalm 96, looks back to an appearing of the Lord at some point in history, but it also looks forward to an appearing at some point in the future: As Christians, we can choose to be happy because we can look back and know that God has appeared in the Lord Jesus Christ to put everything in right order.



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**Lesson IX**

**Date:** March 1, 2020

**Lesson Scriptures:** Psalm 98: 1-9

**A New Song For The LORD**

**Lesson Aim:** This psalmist invites believers to look forward to the earthly millennial reign of David's greater Son, Jesus Christ, and urges believers to sing.

**Open It**

1. How do you celebrate special days or events in your family?

---

**Explore It**

1. Why does the psalm call God's people to sing "a new song"?

---

2. For what reasons does the Lord deserve praise?

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3. How is God's commitment to His people summed up by the psalm writer?

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4. What imagery is used to described the whole world's praise to God?

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5. What final reason did the psalm writer give God's people to praise Him?

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**Get It**

1. What has this psalm taught you about joy?

---

2. How can we keep our spiritual lives fresh and exciting?

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3. How can we guard against getting into a rut in our spiritual journeys?

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4. What attributes or works of God's motivate you to praise Him?

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### **Apply It**

1. How could you creatively remind yourself each day this week about one praiseworthy attribute or blessing of the Lord's?

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**Summary:** Everybody in the world—and all the world of nature (vv. 7–9). The anticipation of His coming excites creation, and we should be a part of their excitement. ***Joy to the world—the Lord has come!*** "This is a jubilant song of praise to God, because of the marvel that the divine revelation of salvation should be known to the ends of the earth." If all people really understood what a marvel the salvation of God actually is, perhaps there would be a more general song of thanksgiving arising from the hearts of mankind.

Just think! In all the history of the universe, there is no such thing as "forgiveness" until we come to Christ. None of the laws of nature ever forgave a violator even for the fraction of a second. All nature is red in tooth and fang and claw. No hawk ever forgave the prey; no wild beast ever forgave the victim. No serpent ever forgave the careless heel.

When the angels of God kept not their first estate, but sinned, there was no hint of forgiveness. The same verse of the holy text which tells of their sin speaks of their destruction and of their being reserved in chains of darkness till the day of judgment and the destruction of ungodly men.

Then nature and the nations are welcomed to join the symphony. **The sea** and its numberless inhabitants are imaginatively pictured as roaring with delight. **The world** and its occupants are deliriously happy too. **The rivers clap their hands** as they break upon the rocks. **The hills** lift up their heads as if in songs of ecstasy. All creation reacts with spontaneous transport when the King comes to rule over **(judge) the earth**—to give this poor, sick, sobbing world a reign of righteousness and of equity. Who wouldn't be happy?



**Lesson X**

**Date:** March 8, 2020

**Lesson Scriptures:** Psalm 99: 1-9

**The Reign of Righteousness**

**Lesson Aim:** Believers are to understand that we are to Exalt the LORD and recognize that “He is holy, and He is high” therefore, give God the honor due to Him.

**Open It**

1. Who calls on you in times of need?

---

2. With whom do you sometimes have difficulty communicating? Why?

---

**Explore It**

1. How should the world respond to God’s holy reign?

---

2. Why should people praise and honor the Lord?

---

3. How did God demonstrate His justice in Israel?

---

4. Whom did the Lord choose to be His representatives?

---

5. What concluding instructions did the psalm writer offer God’s people?

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**Get It**

1. How does God demonstrate His holiness to us?  
\_\_\_\_\_
2. What kind of relationship does God desire to have with us?  
\_\_\_\_\_
3. What steps can we take to become more sensitive to God's voice?  
\_\_\_\_\_
4. What can we do about the distractions that prevent us from praising God?  
\_\_\_\_\_

**Apply It**

1. How can you thank God for His forgiveness?  
\_\_\_\_\_
2. What steps could you take this week to open your lines of communication with God?  
\_\_\_\_\_

**Summary:** The King's *holiness* is the threefold cord that runs through this Psalm. The psalmist sees the Messiah as already having established His kingdom. **He** sits enthroned "above **the cherubim**", which probably means that His throne is supported by symbolical cherubs. These are angelic beings with a human body and also with wings. They are assigned to vindicate the holiness of God against the sin of man. The sight of the enthroned Monarch is so moving that the nations might well tremble and the earthquake with fear.

How do we honor the LORD? **Fear Him, Exalt Him and Call upon Him.** The psalmist gave three references to the people who are great men of prayer, **Moses, Aaron and Samuel** are mentioned to encourage you in your praying. They were not perfect, but they heard God's word, obeyed it, and God answered when they called. The Word of God and prayer must always go together and so must prayer and obedience.

Aim and Summary by Bobby J. Williams Sr., Diploma (SBI)





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**Lesson XI**

**Date:** March 15, 2020

**Lesson Scriptures:** Psalm 100:1-5

**Make A Joyful Noise**

**Lesson Aim:** The student will learn that we are called to rejoice and express our happiness in worship.

**Open It**

1. When do you feel like shouting for joy or singing?  
\_\_\_\_\_
2. When (in what situations or for what acts) do you expect a thank you or acknowledgment of a favor you've done?  
\_\_\_\_\_

**Explore It**

1. What attitude is recommended to accompany the praise of God's people?  
\_\_\_\_\_
2. What imagery is used to describe God's protection of His people?  
\_\_\_\_\_
3. How does the psalm writer describe the relationship God has with His followers?  
\_\_\_\_\_
4. How should a person enter God's house?  
\_\_\_\_\_
5. How does this psalm describe the reliability of God's character?  
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**Get It**

1. What message comes through most clearly to you in this psalm?  
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2. What should motivate us to worship God?

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3. What attitude should we have toward worshipping God?

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4. How does this psalm challenge you to rely on the Lord?

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### **Apply It**

1. How could you prepare yourself to praise and thank God the next time you go to church for worship?

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**Summary:** The song was written and used in the daily synagogue service. This song's numerical position allows us to consider it to be the first of 100. The song gives us the reason we should be in the mindset of praise. The praise is patterned out, and we are instructed how to respond to the reasons for our praise. The reason for our praise originates with this principle. Being a citizen of Heaven, serving the most high God comes with benefits. Praise God for his benefits. The benefits of serving God should give us joy and gladness. We should sing praises unto the Lord for all he has done. The unknown Rider calls upon the entire Earth to make a Joyful Noise unto the Lord. As the writer references God as Lord, he gives us the first reason to praise. We praise God because he is Lord! As Believers, we have accepted the invitation to be a part of his kingdom. Accepting that invitation, with our profession of faith in Jesus Christ, and the death, burial, and Resurrection, makes us citizens of the kingdom of God. This citizenship positions us under leadership of the most high ruler, God. Review your personal reasons and respond to God with a spontaneous and joyful praise. Verse 3 puts a Foundation on Joy. For most of the song speaks of God as Lord and Creator. Our very existence is because God made us and not we ourselves. We are not self-existent or spontaneously created. As His people and creation, we are fearfully and wonderfully made in His image. As His sheep, we follow the Good Shepherd who always has our best interest at heart. For this cause, your daily disposition should be one of praise and worship of the One who creates and keeps us. When we live in this light, it becomes easier to enter into his gates with Thanksgiving! The inference within our text is man should praise, even before he gets to the gates and courts of God. The benefits and blessings we enjoy as believers in God and citizens of the Kingdom of Heaven should induce an attitude of gratitude and praise. For all he has done within his Provisions for creation, certainly he deserves to be joyfully praised. For the Lord is good; His Mercy is Everlasting; and His truth endures to all generations. Praise be to God!



**Lesson XII**

**Date:** March 22, 2020

**Lesson Scriptures:** Psalm 101: 1-8

**Making A Commitment to the LORD**

**Lesson Aim:** The student will learn that spiritual growth will result in a deeper commitment to the LORD.

**Open It**

1. In what settings do you feel pressure from others to behave a certain way?

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**Explore It**

1. How does the psalm describe the Lord's character?

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2. What did David ask of the Lord?

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3. What accusations did David make against the wicked?

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4. Whose company did David want to keep? Why?

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**Get It**

1. What glimpse does this psalm give into the kind of relationship David had with the Lord?

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2. What does it mean to lead a blameless life?

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3. What steps can we take to strengthen our commitment to God?

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4. What attitudes should we have toward unbelievers?

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5. Why is peer pressure so powerful?
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**Apply It**

1. What steps could you take to strengthen your relationships with the people who have a positive influence on your life?

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2. What is one change you need to make to reduce the negative influence of people in your life?

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**Summary:** As we delve into this lesson, we have to consider the title given to it. Reading this psalm, it is clear David has made a conscious choice to sing of God's loving kindness. He recognizes the Lord's merciful judgments. As a people, the Jews had sinned and rebelled against God. Yet God continue to correct, council, and convict them because of their sinful ways. David himself was no stranger to wrongdoing and erroneous actions. These errors occurred after he had been informed of his eventual appointment to the throne of Israel. It was not because David was perfect, but, because he chose to respond to God, repent and return to God's Rule and righteousness. No matter what he had done, David always turn to God for, and accepted reproof and correction. David's history lends credible credence to his commitment to God. David has a desire to live according to his belief in the word of God. His belief in God, His word, and His position as Lord serve as David's foundation to follow God in his personal walk. You cannot commit to what you do not believe in (on). The instances and David's life cultivated spiritual growth and wisdom in the mighty and merciful God. The mistakes David made, the correction of God, and the repentance of sin, testifies of God's love and provision. David was continually protected and provided for from the very beginning. This belief caused a conscious consecration from Wicked and worthless ways. It was David intent to set himself apart from the evil ways and evildoers. The Hardy and prideful people would not be of his court or Council. Although David did not immediately attain this status, his commitment to God's ways were remembered and reinvigorated with God's forgiveness and restoration. As Believers we have to stay spiritually "woke" to the ways and the word of God. We have to continually make the conscious choice to Worship the Lord and walk circumspectly in our daily lives. Our Lives ought to give credence to our testimony of who God is and the mercy he has shown to us. We should live as peculiar people called out and set apart by the Most High God. With the guidance of the Holy Spirit, we should strive to keep our commitments to God. When we fall short, we should respond to God's correction within his merciful judgments and remember our commitment to the Lord. Remembering commitments is a constant conscious Choice with the intent on carrying them out daily.



**Lesson XIII**

**Date:** March 29, 2020

**Lesson Scriptures:** Psalm 102: 1-11

**When You Are Overwhelmed by Suffering Part 1**

**Lesson Aim:** The student will learn that when they discover they are overwhelmed with their circumstances; they can always call on the LORD.

**Open It**

1. How do you feel physically when you are worried or scared? happy?

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**Explore It**

1. What initial appeal introduces the psalm?

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2. What affect did the psalm writer's problems have on his emotional attitude and physical strength?

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3. How was the psalm writer treated by others during this difficult time in his life?

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4. What reason explains the psalm writer's distress?

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**Get It**

1. When have you felt weakened by the stress and pressure of life's problems as was the psalm writer?

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2. How can we follow the psalm writer's example when dealing with overwhelming problems in our lives?

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3. What attitude should we have toward ourselves and the Lord in the middle of our problems?
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**Apply It**

1. What specific steps could you take this week to lighten the anxiety you feel over the challenges you face?
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**Summary:** The author of this psalm is not known. The unknown psalmist wrote of sublime suffering. The characterizations he used leads readers to understand how personal the Affliction was. The anguish was personal because it is a side effect of sin. It is written at a time when Zion is in ruin and the one experiencing the punishment for his sin has become introspective according to those issues that had him in this place. The author began with the reason that should God entertain his earnest request. His suffering has become overwhelming. This entreating of God asked for his attentiveness and an accelerated answer. This request alone speaks to the mindset of the suffer because God was present and promised to be ever present when he said, “I will be your God, and you will be my people”. The deeply descriptive commentary conveys a feeling of sickness and wasting away from a high or “burning” fever. This suffering began to take a physical toll. With a heavy and wounded heart, the writer describes being so depressed and mournful that he forgot to eat. He is malnourished and emaciated. Sin has the author comparing himself to the unclean pelican and owl. These birds were called unclean by God and an abomination if they were eaten by man. Considering the sin nature and trespass committed against God, the writer deduces his suffering was imposed by God, as the pronouncement of the birds to be unclean, and a consequence of sin. The writer feels his days were numbered and his life was slipping away. As Believers in the age of Grace, we sometimes feel the heaviness of life. We are inundated with the rigors of living with health issues, social injustice, racial and radical attacks. The spiritual, physical, and emotional pressures in our lifetime can be a little overwhelming. The self-inflicted suffering, we add to our daily walk due to sin can send us into a downward spiral of depression, self-deprivation, and undesired results. As we kneel before God, we should consider what sin we have committed and repent, asking God for his Divine forgiveness and restoration.



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**Lesson XIV**

**Date:** April 5, 2020

**Lesson Scriptures:** Psalm 102: 12-28

**When You Are Overwhelmed by Suffering Part 2**

**Lesson Aim:** The student will learn that when they discover they are overwhelmed with their circumstances; they can always call on the LORD.

**Open It**

1. Of what do you like to write down, record on tape, or otherwise keep a record?

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**Explore It**

1. Where did the psalm writer obtain his hope for the future?

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2. How did the psalm writer overcome his sense of dismay?

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3. What specific reason prompted the psalm writer to record this prayer?

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4. What will be the result of God's deliverance of His people?

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5. What does this psalm say about God's reliability?

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**Get It**

1. When has the Lord shown compassion on you?

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2. What should be our response to God's deliverance and help?
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3. How would it be beneficial to keep a record of God's faithfulness in our lives?
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**Apply It**

1. Where could you record or write down the ways that God is faithful to you?
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**Summary:** In this second part of Psalms 102, the writer takes a turn toward God. The focus changes from the profound suffering and despondent attitude felt by the psalmist to a positive Praise of God and the precious permanence of his presence. The author proclaims the Lord sits on the throne forever. He knew God to be timeless, and that He was there from the very beginning, until present day, and would be there at the end. God's name and reign will endure through all generations. The writer has shown God reverence and displays confidence in God's restoration. The timing of this writing is believed to be at the conclusion of Israel's Babylonian exile when Jerusalem and the Zion was left in the ruins. The psalmists expectation is that God will rise and show sympathy and mercy upon Zion. The servants of God, as represented by the writer, was seeking restoration of their beloved Land. Once the land is restored, the world would revere the name of the Lord and glorify him. The unknown Rider then speaks to the need for a responsive relationship with God. He says God will respond to and not despise the prayer of those that have nothing. This was recorded for future generations to know what God has done and will do in creation and praise His name. He recognizes the need to testify of God's provisional punishment. The consequences of his actions manifested a dependency on God and a prayer for request for leniency and restoration. The author again wrote of God's timelessness and compared It to the temporal life he was leading.

As Believers, we should humble ourselves to the all-powerful, omnipresent, omniscient sovereignty of God who has been providing, protecting, and restoring Mankind from the beginning of time. We have to continue to tell and record the goodness and loving kindness of God, that future generations to come will know and love him





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**Lesson**

**Date:** April 12, 2020

**Lesson Scriptures:**

# **RESURRECTION SUNDAY**



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**Lesson XV**

**Date:** April 19, 2020

**Lesson Scriptures:** Psalm 103: 1-10

**When We Become Aware Of God's Mercy Part 1**

**Lesson Aim:** The student will learn about the command to bless the LORD at all times and why.

**Open It**

1. According to TV and advertisements that you often see, what attitude should we have about ourselves?

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**Explore It**

1. What personal benefits did the psalm writer receive from the Lord?
2. What imagery did the psalm writer use to emphasize his message?
3. How does the Lord respond to the sinfulness of people?

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**Get It**

1. What can we learn from this psalm about people?
2. In what specific ways should we imitate the psalm writer's attitude?

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3. How is the Christian view of people different from the secular view?

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4. What are the benefits of having a good self-image?

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**Apply It**

1. What gift of praise can you offer to the Lord today?

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**Summary:** This is a Psalm of David. He writes, “A Psalm of David. Bless the LORD, O my soul: and all that is within me, bless his holy name.” The King James Bible translated the English word bless from the Hebrew verb *barak* which means to adore God on bended knees. The *piel* stem is used which expresses an intensive repeated action. *Barak* is recorded five times throughout Psalm 103. Believers should **consistently bless His name**. It is important to note that the LORD should be blessed in all situations rather good or bad because His name is holy. The LORD name should be blessed not only because His name is holy but because all of His benefits. The list of benefits is not all He has to offer to us but covers every imaginable blessing we can receive despite our sinful proclivities.

David writes in verse 2, “Bless the LORD, O my soul, and forget not all his benefits...” Believers should **know why we ought to bless His name**. The benefits are listed in verses 3 – 12: (1) He has forgiven, all our iniquities, (2) He heals our diseases, (3) He redeems our life from destruction, (3) He crowns us with loving kindness and tender mercies, (4) He revealed His ways and acts to Moses (5) He satisfies our years with good things, (6) He performs righteous deeds and justice for all who are oppressed, (7) He is compassionate, and gracious, slow to anger, and abundant in love, (8) He has not dealt with us after our sins, nor reward is according to our iniquities, (9) His mercy is great, (10) He remember that we are, (11) He removed our transgressions. This is why the LORD is worthy of all our praises. The LORD is both our Creator and Sustainer. No one can compare to His act of loving kindness and righteousness. Despite our rebellious acts He is merciful towards us by not bestowing to us what we deserve. The LORD is the author and finisher of our faith. He is a just and benevolent God who has given us everything we need in life and more.



**Lesson XVI**

**Date:** April 26, 2020

**Lesson Scriptures:** Psalm 103: 11-22

**When We Become Aware Of God's Mercy Part 2**

**Lesson Aim:** The student will learn that the LORD's benefits are everlasting, bestowed to those who are obedient to Him, and how the benefits are measured out.

**Open It**

1. What are some of the benefits of your job (whether paid or not)?

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**Explore It**

1. How is God's love and forgiveness depicted?

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2. To whom does the Lord give His blessings?

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3. How are we described in this passage?

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4. What specific instructions conclude the psalm?

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**Get It**

1. How can we cultivate an attitude of humility?

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2. What does it mean to fear the Lord?

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3. How has God made Himself known to us?

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### **Apply It**

1. What specific steps could you take to remember God's commands in the Bible?
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**Summary:** This lesson is a continuation from last week's lesson. Recall that this is a psalm of David. Last week's lesson ended with a list of benefits from the LORD. David continues to declare the greatness of the God of our salvation. He declares that the LORD has compassion upon His children. The LORD understands our limitations and extends mercy to us. Our existence on this earth is temporary but the LORD's mercy is from everlasting to everlasting and His righteousness extends to our children's children. The LORD's blessings are eternal. Simply stated, the **LORD's benefits are everlasting** and do not die with men but continues throughout eternity. These benefits are only available to those who have a righteous standing before the LORD. This cannot be achieved by man alone but through the One who has empowered man and bestowed all His benefits.

The LORD throne has been established in heaven in eternity past and He is sovereign over all creation. David writes in verse 20, "Bless the LORD, ye his angels, which excel in strength, that do his commandments, hearkening unto the voice of his word." The **LORD's benefits are bestowed to those who are obedient to Him**. Even the angels who keep his commandments and obey the voice of His word are blessed. This is in contrast to the angel who sinned in heaven and who was cast out (Isa.14:12-15). The angel name was Lucifer and he is now referred to as the adversary. Israel had many adversaries but the chief adversary has been identified as Satan (Job 1:6). According to the Blue Letter Bible this being is referred to as Satan 52 times.

David writes in verse 21, "Bless ye the LORD, all ye his hosts; ye ministers of his, that do his pleasure." The **LORD's benefits are measured out**. The armies and servants of the LORD are blessed through the LORD. The armies and servants speak of the created armies worshipping and serving the LORD and who are doing His good pleasure (Isa. 6:1-3). It is probable that human servants are included in this group. Everything about the LORD and anyone attached to Him are blessed. Even His works are blessed because it some His dominion and power. David writes in verse 22, "Bless the LORD, all his works in all places of his dominion: bless the LORD, O my soul." The LORD is worthy of all our praises!

Aim and Summary by Rev. Joseph Ellzey Jr. B.S, M.A.B.T., MCJ



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*Lesson Aims, Summaries by Rev. Joseph Ellzey Jr. B.S., Earline Franklin, Rev. Terrence Howard TH.M., Rev. Troy Stevens, Dip. TH., and Bobby J. Williams Sr., Diploma (SBI) 2020*

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