

The Greatest Prayers of All Time

Old Testament Challenge - Week of August 1

Bible Text:

Book of Psalms

Theme:

The Book of Psalms is the greatest collection of prayers in the history of humanity. We will look at five different kinds of psalms, each enabling us to speak our heart to the Lord in new and powerful ways.

Daily Readings:

- Monday – Psalm 19
- Tuesday – Psalm 30, 51
- Wednesday – Psalm 58
- Thursday – Psalm 96
- Friday – Psalm 103
- Saturday – Psalm 119
- Sunday – Psalm 137

Bible Memory Verse:

“Hear, O LORD, and be merciful to me; O LORD, be my help.”

Psalm 30:10

Personal Reflection:

1. As you read through the psalms listed in the Daily Readings, make a list of the emotions expressed by the author. What do you think this says about God?

2. Why do you think God included the Book of Psalms in His Holy Word?

3. Do your prayers tend to focus primarily on...
 - Praise/thanksgiving?

- Confession of sin?

- Lament/cries for help?

Discussion Questions:

1. Read Psalm 13:1-2. Do you think it is appropriate to talk to God in this way? Explain.

2. What does the Book of Psalms teach you about prayer?

3. Read Psalm 23. Why do you think this psalm is so beloved?

4. Create your own psalm of praise and thanksgiving as you pray short prayers together, celebrating who God is and what He has done!

Action Challenge:

Write a personal psalm to God that reflects your heart and life today. That is, a psalm of thanksgiving, praise, lament, confession of sin, cry for help, etc.