

SLOW FOOD: PSALMS 121-150 **(31 studies)**

This set concludes Slow Food's studies in the Psalms. Whether or not the questions and references are followed up, the originals are nonetheless worth reading for themselves – they raise their own questions, often probing deeper than is comfortable (we like our Christianity neat and tidy). The Lord and God of the Psalmist is the Lord Jesus Christ in my life. The Psalms may save me from taking him for granted.

Nos 120-134 are called 'Songs of Ascent', sung by pilgrims as they made their way up to Jerusalem for the three major festivals of Passover, Pentecost and Tabernacles. They are (as are nos 135-150) mostly either attributed to David himself or emerge from the post-exilic time of Nehemiah.

The questions are framed for relevance to those working or involved in some way in schools. The first person singular is normally used, in order to encourage personal application; for group study, it can be personalised. Cross-references (listed in biblical order) chase up a theme of the psalm.

Recommended commentaries include Derek Kidner *Psalms 73-150* (Tyndale/IVP 1973 and 1975); Michael Wilcock *The Message of Psalms 73-150* (BST 2001); Warren Wiersbe *Be Exultant* (Psalms 90-150, Victor 2004); John Goldingay *Psalms 90-150* (Baker 2008). C S Lewis *Reflections on the Psalms* (1958) is an older classic, with a useful Index.

For earlier sets of studies on the Psalms see: *TNV* no. 30, April 2003 (Psalms 1-15); no. 33, May 2004 (Psalms 16-30); no. 40, October 2006 (Psalms 31-60); no. 46, September 2008 (Psalms 61-90); no. 48, May 2009 (Psalms 91-120).

Psalm 121 Do Christians need health and safety regulations? *Job 5:19-26; Ps 91.*

Psalm 122 Am I too much of an individual to love my fellow-believers? *Mal 3:16; Php 2:20-21; Heb 10:24-25.*

Psalm 123 Has my reputation suffered because I am a Christian? What can I do about it? *Neh 2:17-20; 1 Cor 1:26-29; Heb 12:1-3.*

Psalm 124 Have I underestimated my enemies – or my friends? *2 Chr 32:7-8; Ps 69:13-21; Rom 8:31; 1 Pet 5:6-9.*

Psalm 125 If I am finding it hard to trust the Lord, what encouragements can I find here? *Ps 16:8; Ps 61:1-2; Eph 6:16; 2 Tim 4:10a.*

Psalm 126 Does my joy depend on it being harvest-time? Is there a secret formula for instant success in the Christian life? *Jer 31:9; 2 Cor 9:6-11; Gal 6:7-10.*

Psalm 127 I may have heavy responsibilities, but do I have the right attitude to them? *Ps 3; Jn 15:5; 2 Cor 11:27-29.*

Psalm 128 If the Lord hasn't seen fit to bless me in a particular respect, is it because I've been disobedient, idle, unlucky – or what? *Hab 3:17-19; Mt 6:33; Heb 12:5-11.*

Psalm 129 Am I being 'oppressed' (vv 1, 2) in any way? How should I react? *Ps 37:1-8; 2 Cor 4:8-10; 1 Pet 4:12-19.*

Psalm 130 How deep is the Lord prepared to go to meet my need? *Jer 31:3; Isa 1:18; Jon 2:2-9.*

Psalm 131 Am I getting too big for my boots? *1 Chr 4:10; Jer 45:5; Rom 12:3, 16.*

Psalm 132 'Make my heart your palace and your royal throne' (song by R Hudson Pope). What would it cost for this to happen? *Isa 57:15; Mk 10:21; Jn 3:30.*

Psalm 133 Today will I contribute to, or be an obstacle to, the unity of God's people? *Jn 17:20-23; Rom 16:17-18; Eph 5:25, 28, 33; Php 2:1-4.*

Psalm 134 If sleep eludes me, where do my thoughts go? *Esth 6:1; Job 35:10; Ps 119:55; Ps 139:11-12.*

Psalm 135 What does it mean for me to be God's 'treasured possession' (v4)? *Dt 7:6; Mal 3:17; Tit 2:14; 1 Pet 2:9.*

Psalm 136 What does Ps 136 tell me that Ps 135 did not? *Isa 54:10; Rom 11:28-29; Jude 21.*

Psalm 137 How difficult do I find it to 'sing the Lord's song in a foreign land'? *Ps 42; Acts 16:25; 1 Pet 1:6-8.*

Psalm 138 What kind of relationship does David have with his Lord? Is it mine? *Ps 18:1-6; Col 3:16-17; Heb 13:5, 6.*

Psalm 139 Am I trying to hide from God? *Isa 43:1; Jon 1:1-3, 10; 3:1-3; Heb 4:12-13.*

Psalm 140 'I'm too nice to have enemies!' But what if I do? *Prov 16:7; Rom 12:14-21; Heb 12:14.*

Psalm 141 Is there a difference between piety and holiness? *Ps 40:6-8; Mic 6:6-8; Mk 12:32-33.*

Psalm 142 'No-one cares for my soul' (v4). How true is this? *Jer 38:7-13; Acts 12:1-11; 2 Tim 4:9-18.*

Psalm 143 'Prayer is telling a God who hears, and trusting a God who answers.' How healthy is my prayer life? *Isa 38:2-3; Mt 14:30; Php 1:15-19.*

Psalm 144 If I have been given any form of responsibility, what difference does my experience of God make to the quality of my leadership? *Dan 4:30-37; Mk 10:45; 1 Th 2:1-12; 2 Tim 3:10-11.*

Psalm 145 Two studies may be required for this Psalm. (1) In what ways does God reveal his greatness? (2) How can I counter negative portrayals of God (a) in my personal thinking (b) among my pupils,

colleagues or friends (c) in my public utterances? *Job 42:1-6; Ps 103:1-12; Dan 4:1-3; Rom 11:33-36.*

Psalm 146 Use this Psalm to pray for leaders (vv3-4), Christians (v5), those in need (vv7-8), strangers and the lonely (v9a) and the gospel in the world (v9b). *Jer 33:2-3; Eph 6:18; 1 Tim 2:1-4.*

Psalm 147 *Either*, what lessons can I learn from nature about the power and unceasing care of God? *Isa 40:26-29; Mt 6:25-34; Acts 17:24-25.* *Or*, write a Psalm of praise and prayer based on recent holiday experiences.

Psalm 148 How much does it mean to me that Jesus Christ is Lord of creation? *Mt 8:23-27; Jn 1:1-3; Col 1:16-17.*

Psalm 149 How can I fight for God today (v6)? *2 Cor 10:3-5; Eph 6:10-18; Rev 12:11.*

Psalm 150 Do I praise him enough? *Ps 40:12; Php 4:19-20; Rev 5:8-14.*