

# KEEP THIS ON REPEAT



## WEEK 1

These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family, and/or with a group or Bible class.

**The Psalms is the only book of the Bible made up completely of songs and prayers. In this month, we'll learn from the Psalms what spiritual rhythms God wants us to keep on repeat. First off, through prayer can learn how to talk to God - even during the hardest times of our lives.**

**1** Read Psalm 16:8 & Ps 34:1 & Ps 105:4. Taylor said, **Results require repetition.** Have you found that to be true in your life - if so, how? Follow up question: How does repetition apply to our faith?

**2** This week's focus was on prayer. Before anything else, let your group finish these sentences: 1) Prayer is hard for me because... 2) Prayer is good for me because...

**3** Read Psalm 13:1-4. To put it mildly, this prayer is really over the top. The Psalmist is feeling terrible and is not afraid to ask what sound like offensive questions. Why do you think songs like this are preserved in Scripture? How might this inform our prayer life?

**4** Read Psalm 13:5-6. Taylor said, **Prayer is where my honesty wrestles with and surrenders to God's truth.** We see that surrender when the Psalmist says God has been good to him. So between praying honestly to God like the first part of Psalm 13 or speaking truths about

God when you pray like the end - which is easier for you and why? Follow up question: how can you grow in whichever is harder for you?

**5** In trying times, there are really two options: pray or replay. Taylor used an illustration with a guitar pedal to show how we can end up reliving hurtful moments in our lives over and over again. Taylor talked about how when we replay, Satan will use old wounds to tell new lies. Why is it easy to focus on hurtful moments and relive them? How can praying God's truth halt our mind from unhealthy replays?

**ACTION STEP** Use the Psalms as a means of prayer this week. Download the PDF from [thehills.org/KTORepeat](http://thehills.org/KTORepeat) and follow along. If prayer is new for you or you'd like help, ask someone in your group or a friend if they'd pray with you every day - maybe even via text, email or Facebook messages. Sometimes it takes help to build a rhythm of prayer in our lives, and that's ok. If you need some truth about God to include in your prayers, these verses are a good starting place: Ps 16:5; Ps 30:5; Ps 36:5; Ps 46:1; Ps 48:14; Ps 62:1-2; Ps 66:20; Ps 136:1.

# KEEP THIS ON REPEAT



## WEEK 2

These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family, and/or with a group or Bible class.

**In many ways, the Psalms is a book of song lyrics - these are words that were set to music used in public worship. And over and over again, the Psalms call everyone - every nation, every person, every part of creation - to earnestly worship God - not only through music but with our whole life.**

**1** In this series we've said that **results require repetition**. And often the result of repetition is increased appreciation. Name a favorite movie of yours and share how many times (or for how many years) you think you've loved and watched that movie. What makes us want to watch our favorite movies again if we've seen them already?

**2** Read Ps 146:1-2, Ps 147:1, Ps 148:1, Ps 149:1, Ps 150:1-2. Taylor said, **Worship is a response to and celebration of who God is and what He has done**. How does our appreciation of God increase through repeated acts of worship like singing, reading Scripture, taking communion, etc?

**3** Read Ps 103:1. What do you think it looks like to worship God with all of your life? Optional Follow Up: For a New Testament perspective, check out **Colossians 3:16-17**.

**4** Read Ps 103:2-5. Why do you think the Psalmist warns against forgetfulness? What are you most prone to forget about God in your day to day life? How does worship play a part in battling forgetfulness?

**5** Read Ps 103:8-12. Grace means God treats us as we don't deserve, so we praise Him as only He deserves. How does understanding God's grace fuel our worship?

**6** Read Ps 103:19-22. Responding to God for who He is and what He's done leads to beckoning others to join in. It's a brief snapshot of how public faith and worship work together. How can your life of worship spill out into inviting others to also worship God? What are the places that you find it hardest to live a public life of worship?

**ACTION STEP** Use the Psalms as a means of worship this week. Download the reading guide at [thehills.org/KTORepeat](http://thehills.org/KTORepeat) and follow along. This week, look for opportunities to give God verbal credit for anything you are complimented on - even if it feels a tad awkward. And the next time you worship through music, try a different posture of worship as a sign of surrender - like raising your hands (Psalm 134:2); kneeling (Ps 95:6); clapping (47:1); or even dancing (149:3).

# KEEP THIS ON REPEAT



## WEEK 3

These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family, and/or with a group or Bible class.

**Results require repetition. If we've said it once, we've said it a dozen times so far in this series. And in the Psalms, the Songs of Ascents is a road trip playlist sung by Israelites during pilgrimage journeys to Israel. They needed these songs as a repeated reminder of where they could find unending hope.**

**1** Most all of us have been on a road trip of some kind. What do you do to pass the time? What do you listen to - music or audiobooks? Podcasts or playlists? Are there any songs that, as soon as you hear them, remind you of specific trips?

**2** **Read Ps 121:1-2.** Any Israelite who heard this song would immediately think of the journey to Jerusalem. And on their way they'd see idols and shrines to other gods (usually on mountains, hilltops, and high places). What kinds of "gods" do people turn to today for help and hope? Follow up: Finish this sentence, "When God takes second place in my life, it's usually to..."

**3** **Read Ps 121:3-4.** These verses have been described as comparing God to Baal, a popular god in Biblical times who was known for debauchery and long, demigod hangovers (Seriously!). The verse helps to show how anything other than God will fall short in providing unending hope. From all the "gods" your group just listed, how do they ultimately disappoint? How have you experienced that disappointment?

**4** **Read Ps 121:5-6.** Taylor said, **Hope trusts and expects the fulfillment of God's promises.** Whether we're oppressed by the sun (which represents physical turmoil, disease, and earthly oppression) or by the moon (which represents emotional turmoil, mental anguish or depression) God says he will be with us. Right now, is the "sun" or "moon" more oppressive in your life? What does it look like to have hope during painful or trying seasons? *(To see a NT parallel, look at Revelation 21:23)*

**5** **Read Ps 121:7-8.** The Psalm finishes with the phrase, "both now and forevermore." That phrase is repeated throughout the Psalms. If we're willing to have hope that God will eternally be faithful, how does our hope in "forevermore" affect our life "now"? *(To see a fulfillment of God keeping us from all harm, look at Revelation 21:4-5)*

**ACTION STEP** Use the Psalms to fuel your hope this week. Download the reading guide at [thehills.org/KTORRepeat](http://thehills.org/KTORRepeat) and follow along. This week, take steps to live right now with a view of forevermore. Set three alarms to go off during your day, and when they do, stop and pray a prayer of hope: "God, you are the source of my hope. Reveal to me the competing gods in my life. Instill in me an abiding trust in You, because You've promised to guard me both now and forevermore."

# KEEP THIS ON REPEAT



## WEEK 4

These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family, and/or with a group or Bible class.

**Psalm 22 only found its truest meaning once Jesus quoted it from the cross. The Psalmist cries out to God in desperation, moving to striking depictions of Christ's crucifixion. But the song doesn't stop there. Like so many others, it moves to worship and hope and even the ends of the earth. In this way, Psalm 22 shows us the scope of the whole Gospel.**

**1** Read **Mark 15:34** and then **Psalm 22:1**. This moment on the cross has shaped our understanding of what was happening between Jesus the Son and God the Father. Why did Jesus experience separation from God as He never had before? (**HINT: Read 2 Corinthians 5:21**) How is this a model for honest prayer in our own lives?

**2** Compare the following passages: Psalm 22:7-8 & Matthew 27:43; Psalm 22:16-18 & Mark 15:24; Psalm 22:15 & John 19:28-30. This inspired song depicted aspects of Christ's crucifixion with great accuracy. Among the many prophecies Jesus fulfilled, what does it mean to you that even in Jesus' dying he was fulfilling Scripture?

**3** Read **Psalm 22:22-24**. The psalm abruptly moves to earnest worship. Taylor said, Christ's infinite suffering won our immeasurable blessing. How does seeing the sacrifice of Jesus invite us to respond in earnest worship? What is the blessing Christ won for us? How would you explain it to someone who has never read the Bible?

**4** Read **Psalm 22:27-31**. Psalm 22 finishes with telling future generations, "He has done it." Why does the message of the gospel give us unending hope? In light of God's triumph over death, how can we live and speak from a place of hope?

**5** Read **Psalm 105:4**. We've said throughout this series that results require repetition. But we really can't find God without Jesus, no matter how many times we try. Now read 1 Peter 3:18. It was only through Jesus' sacrifice that we could experience God's presence, mercy, and grace. Read Luke 9:23. How can you keep a rhythm of prayer, worship, and hope that will help you take up your cross daily?

**ACTION STEP** Use the Psalms to encounter Jesus this week. Download the reading guide at [thehills.org/KTORRepeat](http://thehills.org/KTORRepeat) and see the New Testament quotations of the Psalms used to point people to Jesus. Take stock this week of how much you talk about Jesus - is He part of your conversation with friends and family? Do you ever quote His teaching or parables at work? If the answers are no, be intentional about introducing more of Jesus in your daily conversations. Jesus alone sets us apart as God's claimed people.