



***Outline for Sabbath School Teachers with ideas for group discussion inspired by the Teachers' Edition of the Sabbath School Lesson prepared by the General Conference SS ministry.***

**Lesson No. 01      30 December - 05 January 2024**

**Title:                      How to Read the Psalms**

## **Let's Share the Word**

**Key Texts:** *1 Chronicles 16:7; Nehemiah 12:8; Psalm 25:1–5; 33:1–3; Romans 8:26, 27; Psalm 82:8 & 121:7.*

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## **Themes of the Week**

- The book of Psalms is the most ancient and poetic collection of songs and prayers; it is a guide for all believers.
- The presence of a book such as the Psalms, in the biblical collection, tells us how important was the spiritual and religious life of God's people millennia ago.
- From the Psalms we receive teachings and models regarding prayer, singing, praise, repentance and confession.
- The book of Psalms is one of the most cited of the Old Testament books within the New Testament.
- The Psalms make reference to important doctrines, even if these are not its primary scope.

## **Pastoral Group Objectives**

- Make this quarter's study an opportunity to develop our worship experience.

## **Suggestions for Teaching and Spiritual Objectives**

- Encourage those present to make a personal study of the fundamental message of the Psalms.

## **Possible Questions for Deeper Study, Sharing and Application**

1. What does the book of Psalms represent for you and what have you gained from it up to now?
  2. Share with the group at least one psalm which has been important for you - what have learned and received from it? Involve each person present, encouraging each one to contribute to the discussion. Allow the time necessary for this.
  3. What does this lesson teach about the relationship of Jesus with the psalms? Why is this important?
  4. What lesson about God and faith in Him is expressed in the Psalms?
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## **Personal Testimony and Church Mission**

- Read the first verses of Psalm 37. How could you use this text in witnessing about your faith?