



a ministry of **twr**

PSALMS 1-72

MISSION 66 STUDY GUIDE



Mission 66

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HERE'S YOUR MISSION 66 STUDY GUIDE FOR PSALMS

Mission 66 brings the Bible to life each day as our hosts take you on a journey from Genesis to Revelation. You'll understand God's Word in a fresh way and grow in your intimacy with the Lord.

In this chapter-by-chapter audio commentary, John Mathews and Esther Sisulu come alongside you each day to open the Scriptures in a personal and applicable way. This Study Guide will help you follow each lesson, so that the teaching goes deeper into your heart and life.



John and Esther adapt the teaching of Brazilian Bible teacher Luiz Sayão, who originally taught the content in Portuguese. Known as Rota 66 (or Route 66) in Brazil, Mission 66 is a takeoff on the name of the famous U.S. highway. But, of course, it also refers to the 66 books of the Bible.



Mission 66 is a partnership between Dr. Sayão and TWR (Trans World Radio). Beginning in 2023, they launched an initiative to translate, produce, and distribute the program in the most-spoken languages in the world. A co-host team in each language will teach the content.

Projects are at various stages in English, Spanish, Mandarin, Bahasa Indonesian, German, Japanese, Arabic, Ukrainian, Italian, French and three other languages.

Your donation to Mission 66 at www.mission66.org will go towards the production and distribution of the program into the top 10 languages of the world.

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PSALM 1

SUMMARY

In this episode, we explore Psalm 1, which shows the path of the righteous versus the wicked. John and Esther explain how walking away from bad people and loving God's Word leads to growth like a tree by water. The psalm teaches that true success comes from trust in God, not wealth or fame. It also highlights that the wicked will ultimately fail. The lesson is about making good choices, staying close to God's guidance, and finding real prosperity in a life that follows His principles.

QUESTIONS

Why does the psalm warn against following the wicked?

How does Psalm 1 describe the righteous man?

What is the purpose of meditating on God's law?

What does "prosper" mean in the context of this psalm?

What happens to those who choose the path of the wicked?

How does the psalm suggest we should respond to challenges?

REFLECTION

If you feel stuck in a bad habit, how can you change your path to match the psalm's guidance?

PERSONAL APPLICATION

Choose one small habit to replace each week that brings you closer to God's will and watch how it changes your day.

PSALM 2

SUMMARY

Episode 2 dives into Psalm 2, where the King of Kings invites us to “kiss the Son.” John and Esther explain that this psalm is about recognizing Jesus Christ as the rightful ruler of all nations. The psalm shows the world’s leaders plotting against God, but God’s joy is that He has a King who will rule forever. It teaches respect, obedience, and the power of being in God’s family.

QUESTIONS

What does “kiss the Son” mean in this psalm?

Why are earthly kings mentioned in Psalm 2?

Who does the psalm call the “Son”?

What is the consequence for those who refuse to obey?

How does the psalm promise protection for believers?

What lesson can we learn about respect for authority?

REFLECTION

Imagine you’re a leader -- how would you show respect for God’s will?

PERSONAL APPLICATION

Write down one way you can honour God’s authority in your life today, and act on it.

PSALMS 3-5

SUMMARY

This episode studies Psalms 3, 4, and 5, all prayers of King David in trouble. They teach that when we're in distress, we should pray quietly, trust God, and keep faith. David talks about fear, anger, and hope, showing that even in pain, God is listening and will help. The message is to turn to God in secret, pray, and trust that He will answer.

QUESTIONS

What situation did David face when he wrote Psalm 3?

Why does Psalm 4 ask for silence and "be angry, but do not sin"?

What does Psalm 5 say about dealing with enemies?

How does "secret prayer" help in hard times?

What promise does David give in these psalms?

How can we apply David's trust in God today?

REFLECTION

Think of a time you felt alone -- how could you use prayer as David did?

PERSONAL APPLICATION

Set aside five minutes each day to quietly talk to God about what's on your mind.

PSALMS 6-7

SUMMARY

This episode looks at Psalms 6 and 7, two confessions of David. He admits sin, asks for mercy, and declares his hope in God's justice. The psalms remind us that we can admit mistakes, seek forgiveness, and believe that God will right wrongs. Even when life feels bleak, God's promise of safety and justice gives hope.

QUESTIONS

Why does David beg God not to discipline him in Psalm 6?

What does "he asked how long" refer to?

What does Psalm 7 say about punishment for enemies?

How does confession help in dealing with guilt?

What promise does God give in these psalms?

Why is trust in God important after sin?

REFLECTION

If you made a mistake, how could confessing change your life?

PERSONAL APPLICATION

Write a short apology to God for a mistake you're ashamed of and ask for His help to fix it.

PSALM 8

SUMMARY

This episode explores Psalm 8, a hymn of awe about God's creation. John and Esther highlight how God made humans special, placing them over all creatures. The psalm celebrates the beauty of the heavens and the wonder that even babies praise God. It reminds us that we're made for purpose and that God loves us.

QUESTIONS

What is the main theme of Psalm 8?

How does the psalm describe humans in comparison to stars?

What does "Out of the mouth of babes" mean?

Why does the psalm praise God's creation?

What lesson does the psalm give about humility?

How can we see God's greatness in daily life?

REFLECTION

When did you feel amazed by God's creation, and how did it change your view?

PERSONAL APPLICATION

Spend a few minutes looking at the sky today and think about how God's work is around us.

PSALMS 9-10

SUMMARY

In this episode we look at Psalms 9 and 10. The first psalm shows David thanking God for help and justice, while the second talks about the wicked feeling safe because “God hides Himself.” The teacher explains that even when the wicked think they can hide from God, He is always watching and will bring justice. The themes are God’s hidden presence, the certainty of justice, and hope for those who are hurting.

QUESTIONS

Why do the wicked feel they can hide from God?

What does David say about the enemies of the righteous?

How does the psalm describe God’s judgment?

What does it mean that God “hides Himself”?

Who will receive help when they call out to God?

What is the ultimate hope in Psalm 9?

REFLECTION

Think about a time when you felt invisible or ignored. How did you find help or hope?

PERSONAL APPLICATION

Write down one way you can trust God to help you when you feel alone or in danger.

PSALMS 11-13

SUMMARY

This episode covers Psalms 11, 12, and 13. The teacher focuses on “good foundations” -- trusting God, standing firm amid danger, and praising after hardship. Psalm 11 shows faith in a safe refuge, Psalm 12 cries out against lies, and Psalm 13 turns from doubt to praise. The main ideas are faith, integrity, hope, and thankfulness.

QUESTIONS

What does Psalm 11 say about God's throne?

Why does the psalmist ask, “Will God help me?”

What is wrong with the people in Psalm 12?

How does Psalm 13 show change in feelings?

What does the psalmist promise in verse 6?

Why is faith important when the world is corrupt?

REFLECTION

How does faith help you keep strong when things seem unfair?

PERSONAL APPLICATION

List a “bad” habit you can change to live more honestly and kindly.

PSALMS 14 AND 53

SUMMARY

In this episode we read Psalms 14 and 53. Both begin with “The fool says, ‘There is no God.’” The teacher explains that a fool is someone who acts without wisdom or faith, while the psalm calls out those who think God doesn’t exist. The themes are the danger of atheistic thinking, the contrast between fools and the wise, and the call to seek God.

QUESTIONS

What does the fool say in his heart?

How do the two psalms differ?

Why do the verses repeat?

What does “fool” mean in the Bible?

What does the psalm say about those who fear God?

Why is it dangerous to believe God does not exist?

REFLECTION

Do you think it’s easy or hard to decide who is a fool or wise?

PERSONAL APPLICATION

Choose one “foolish” thought you have and replace it with a positive one about God.

PSALMS 15 AND 24

SUMMARY

This study looks at Psalms 15 and 24. The teacher shows that these psalms ask, “Who may enter God’s house?” The answer is the righteous who walk blamelessly and keep clean hands. They also praise the “King of Glory” who will come into Jerusalem. Themes: righteous living, God’s holiness, and the arrival of the King.

QUESTIONS

What must a person do to dwell in God’s tent?

Which behaviour is forbidden in Psalm 15?

What is the main question in Psalm 24?

Who is called the “King of Glory”?

How does Psalm 15 describe a good heart?

Why do the gates of Jerusalem sing?

REFLECTION

What actions show you have a “clean hand” today?

PERSONAL APPLICATION

Make a simple rule for yourself that keeps you honest and fair in school or home.

PSALMS 16-18

SUMMARY

Our study today explores Psalms 16, 17, and 18. The teacher explains that Psalm 16 is about trusting God and being safe, Psalm 17 is a plea for justice, and Psalm 18 is a thankful song for God's help. Themes: faith, justice, gratitude, and God's protection in life's troubles.

QUESTIONS

What does David say about his only good?

What does verse 10 warn against?

Who is David asking for help?

What is the purpose of Psalm 17?

How does Psalm 18 describe God's help?

What does David claim in verse 24?

REFLECTION

When have you felt saved or protected by a higher power?

PERSONAL APPLICATION

Write a short prayer or note thanking God for a recent help you received.

PSALM 19

SUMMARY

Today we explore Psalm 19, where David praises God for two powerful gifts: the clear signs of His work in nature and the perfect law that guides our hearts. He talks about how the heavens shout His glory and how the law restores our souls. David asks God to uncover hidden faults in him and to warn him against prideful sins that he already knows he can do. The psalm reminds us that God's words and the world around us both help us live in alignment with His will.

QUESTIONS

What do the heavens declare in Psalm 19?

How does David describe God's law?

What does "hidden faults" mean?

What is "presumptuous sin"?

Why does David pray for a warning?

What is the overall message of the psalm?

REFLECTION

How can you listen to the "voice" of the heavens in your everyday life?

PERSONAL APPLICATION

Write a short note to yourself asking God to show you any hidden mistakes and give you courage to avoid prideful choices.

PSALMS 20-21

SUMMARY

In this episode we hear David praying for the king's safety and victory. Psalm 20 asks God to protect the king, give him help, and bless his plans. Psalm 21 thanks God for that protection and declares the king's success because of trust in God. The theme is that trusting in God -- not in weapons or people -- brings real, lasting power.

QUESTIONS

Who is praying for protection in Psalm 20?

What is the king's main desire in Psalm 20?

How does Psalm 21 respond to the king's needs?

What does the psalm say about trusting people versus trusting God?

Why does David thank God in Psalm 21?

What is the overall lesson about faith?

REFLECTION

Think of a time you needed help. Who did you trust, and how did that help you?

PERSONAL APPLICATION

List one "weapon" you rely on (like a phone or a toy) and one real godly trust you can practice instead.

PSALMS 22 & 69

SUMMARY

Today we dive into the Messianic Psalms, especially Psalm 22. David describes deep suffering -- mocking crowds, physical pain, pierced hands -- and links these feelings to the future suffering of Jesus. He asks for a cleansing from hidden sins and a warning from pride. The main idea is that Jesus' crucifixion was foretold in the psalms and that it shows God's love and justice.

QUESTIONS

What main emotion does Psalm 22 open with?

Which phrase in Psalm 22 directly quotes Jesus' words on the cross?

What kind of suffering does Psalm 69 describe?

How does Psalm 69 connect to Jesus' crucifixion?

What is the common theme between the two psalms?

Who is considered the prophet speaking in these psalms?

REFLECTION

How can you show compassion to someone who is in pain or feeling mocked?

PERSONAL APPLICATION

Offer a kind word or help to someone who is being ridiculed or hurt today.

PSALM 23

SUMMARY

The 23rd Psalm paints God as a loving shepherd who guides, protects, and provides. David says God gives green pastures and still waters, keeps him safe in dangerous valleys, and leads him on right paths. The psalm reminds us that we can trust God for every need and that He keeps us near, even in darkness.

QUESTIONS

What image does David use to describe God?

Where does God lead us in the psalm?

What does the “valley of the shadow of death” mean?

How does God comfort us in the psalm?

What does “dwell in the house of the Lord” suggest?

What is the main promise of Psalm 23?

REFLECTION

Can you think of a time you felt safe because someone cared for you?

PERSONAL APPLICATION

Find one small way to care for someone else today, like a hug or a note.

PSALMS 25-26

SUMMARY

David writes about justice, honesty, and repentance. He asks God to show him the right path, to remember God's mercy, and to cleanse him from sin. He explains that justice means uprightness, and that everyone can be forgiven if they admit their mistakes. The psalm shows that true faith depends on honest confession and trusting God's mercy.

QUESTIONS

What is the main theme of Psalm 25?

How does David ask God to help him?

What does "just" mean in the psalm?

Why does David ask for forgiveness?

What does the psalm say about God's kindness?

What is the key lesson about justice?

REFLECTION

When have you been honest about a mistake? What happened next?

PERSONAL APPLICATION

Take a few minutes to admit one small error you made this week and pray for God's help to fix it.

PSALMS 27-28

SUMMARY

In this episode we hear David's deep trust in God's protection. He says that even when enemies surround him, the Lord is his light, his strength, and his safe haven. The psalm shows that real security comes from knowing God is always near, not from our own power. It reminds us that faith is a muscle we strengthen by talking to God each day, just like a body gains muscle by lifting weights.

QUESTIONS

Why does David call God "my light" and "my salvation"?

How does the psalm describe the enemies that surround David?

What does "the Lord is my stronghold" mean?

How does the psalm link trust with daily practice?

Why does David say he will "rejoice in the Lord" even when fearful?

What does the psalm suggest about the role of prayer?

REFLECTION QUESTION

What are the "enemies" you feel surround you, and how can you remind yourself of God's protection?

PERSONAL APPLICATION

Take a minute each morning to say, "Lord, help me feel your strength and stay in my heart," and notice how it changes your day.

PSALM 29

SUMMARY

This episode zooms into God's power shown through thunder and rain. David sings about how the voice of God shakes the earth, waves, and mountains, showing that He is the ruler of all nature. The psalm is a celebration of God's mighty hands, reminding us that He controls the storms and keeps His people safe.

QUESTIONS

What does the "voice of the Lord" represent in this psalm?

Which natural events are described as part of God's power?

How does the psalm compare God's power to that of other gods?

What do the "cedars of Lebanon" symbolize?

Why does the psalm mention "the wind" and "the flame"?

What promise does the psalm give to people who seek God?

REFLECTION QUESTION

How do you feel when you see a thunderstorm or a mighty wave?

PERSONAL APPLICATION

Take a few moments to notice God's power in the weather -- let it remind you that He is always watching over you.

PSALMS 30–31

SUMMARY

David shares his heartbreak and his hope in this two psalm story. He cries out to God, feels pain, and then sees God's healing. He talks about fear, betrayal, and finding strength in faith. The psalm shows that God turns sorrow into joy and encourages us to keep trusting even when we feel sad.

QUESTIONS

Why does David say he is “in mourning” in Psalm 30?

What does “He turned my mourning into dancing” mean?

How does Psalm 31 describe David's fear?

What does the psalm say about “standing by the Lord” when afraid?

Why does David ask God to “save me” in Psalm 31?

What does the psalm promise to those who wait for God?

REFLECTION QUESTION

When you feel sad or scared, how can you remember that God can turn it into joy?

PERSONAL APPLICATION

Write a short note to God saying, “Thank you for turning my sorrow into hope,” and keep it somewhere you can see daily.

PSALMS 32 AND 51

SUMMARY

David confesses his sins and learns God's forgiveness. These two psalms talk about admitting wrongs, feeling guilt, and trusting God's mercy. David shows that when we admit we're wrong, God helps us heal, and we can share His love with others. It's a lesson that real change starts by confessing our sins to God.

QUESTIONS

What does Psalm 32 say about the "man whose sin is covered"?

Why does David say he "kept silent" in Psalm 32?

Why does Psalm 51 ask God to "blot out" our sins?

How does the psalm describe the "clean heart" God gives?

What role does confession play in getting God's forgiveness?

What promise does God give to those who confess?

REFLECTION QUESTION

Think of a time you made a mistake -- how did you feel before and after telling someone you were sorry?

PERSONAL APPLICATION

Today, if you know something you've done wrong, say it aloud to God or a trusted friend, and feel the relief it brings.

PSALMS 33 AND 34

SUMMARY

These psalms teach that God created everything and keeps watch over us. Psalm 33 praises God's making of the world with His word, while Psalm 34 shows how God protects those who trust Him. The stories remind us that we are never alone; God is always listening and ready to help when we need it.

Questions

What does Psalm 33 say about how God created the heavens?

How does Psalm 34 describe God's care for "the poor" and "the needy"?

What does "Taste and see that the Lord is good" mean?

Why does Psalm 33 say God "sits enthroned" above all?

What promise does Psalm 34 give to those who fear the Lord?

How do these psalms show God's ongoing help?

REFLECTION QUESTION

When you think of a time God answered your prayer, what did you learn about Him?

PERSONAL APPLICATION

Next time you feel unsafe, remember that God "sits enthroned" over everything, and whisper, "I trust You."

PSALMS 35-36

SUMMARY

In today's episode Esther and John lead us through David's laments in Psalms 35 and 36. The main themes are justice and faithful perseverance. David cries out against false enemies who plot his downfall, while also reminding us that God is our defender and provider of mercy. He asks God for help, yet he keeps his trust in divine timing and delivers a message of hope: even when the world seems unfair, God hears our pleas and will ultimately set right what is wrong. The episode encourages us to seek justice through prayer rather than vengeance and to keep faith strong when life feels unjust.

QUESTIONS

Why does David call on God to fight his enemies?

What does Psalm 36 teach about the nature of God?

How does David's attitude change from anger to trust?

What does "justice" mean in the context of these psalms?

How does the writer describe God's compassion?

What lesson does the passage give about suffering?

REFLECTION

How can you apply David's trust in God during a time when you feel wronged?

PERSONAL APPLICATION

When you face unfair treatment, remember David's example: Pray for justice, don't seek revenge, and trust that God will listen and act in His own time.

PSALMS 37

SUMMARY

Today's lesson explores Psalm 37, a psalm of wisdom that contrasts the lives of the righteous and the wicked. Themes include patient trust in God, the fleeting nature of worldly success, and the promise that the righteous will inherit the land. John and Esther discuss how David urges readers to remain calm, not be envious, and rely on God's faithfulness. They also highlight that God's reward to the humble is the ultimate inheritance of the earth, while the arrogant are doomed to destruction. The episode invites listeners to focus on God rather than material wealth, trusting that He rewards justice and good deeds.

QUESTIONS

What is the main advice given to those who envy the wicked?

Why does Psalm 37 say the wicked will "wither like grass"?

What does "inherit the land" mean in this psalm?

How does the psalm describe the attitude of the righteous?

What is the role of trust in this passage?

What warning does the psalm give about earthly prosperity?

REFLECTION

How can you avoid jealousy when you see others succeed?

PERSONAL APPLICATION

Set a personal goal to focus on God's plans instead of chasing fleeting wealth. Pray for humility and patience while you wait for God's timing.

PSALMS 38-39

SUMMARY

This episode focuses on the laments of Psalms 38 and 39. David speaks of physical pain and emotional distress, reflecting on how his sin may have caused suffering. Themes include confession, suffering for sin, and the fleeting nature of life. John and Esther discuss how David pleads for mercy, acknowledges his wrongdoing, and still hopes for God's help. They also emphasize that pain can be a reminder of God's presence and a call to repentance. The lesson invites listeners to confront their own faults, seek God's forgiveness, and appreciate how God can turn sorrow into growth.

QUESTIONS

What does Psalm 38 say about the cause of David's suffering?

How does Psalm 39 describe the shortness of life?

What does David ask God for in these psalms?

How does the writer express hope amid pain?

What is the connection between sin and suffering here?

What does the passage suggest about prayer's power?

REFLECTION

In what ways can you turn a personal struggle into an opportunity to grow closer to God?

PERSONAL APPLICATION

Take time to examine your actions, confess any wrongs, and ask God for strength. Use challenges as chances to deepen trust and love for Him.

PSALMS 40-41

SUMMARY

This study examines Psalms 40 and 41, where David shifts from lament to gratitude. Themes are deliverance, thankfulness, and the importance of sincerity. David thanks God for rescue from a pit, praising Him with a new song. He also speaks of his own poverty, emphasizing dependence on God. The conversation highlights that true worship goes beyond rituals; it comes from a sincere heart. Esther and John discuss how to honour God with genuine devotion, trusting that He values the inner spirit over external sacrifices.

QUESTIONS

What event led David to praise God in Psalm 40?

Why does David mention his poverty in Psalm 41?

How does the Psalm emphasize sincerity over rituals?

What does “new song” represent?

What does Psalm 40 teach about faithfulness?

How does David express gratitude?

REFLECTION

How can you show genuine thanks to God instead of just following routine prayers?

PERSONAL APPLICATION

Replace ritual prayers with heartfelt thanks, sharing your gratitude for God’s daily blessings and trusting Him with your heart.

PSALMS 42-44

SUMMARY

This episode explores Psalms 42, 43, and 44. These psalms are lamentations expressing longing for God, frustration over exile, and questioning God's silence. Themes include spiritual thirst, the search for God in hardship, and the importance of remembering God's past faithfulness. Esther and John discuss how David feels abandoned but still calls out to God, remembering past victories. The lesson encourages believers to keep a heart yearning for God, to recall His faithfulness, and to continue praying even when God seems distant.

QUESTIONS

What metaphor does Psalm 42 use to describe God's longing?

Why do David's friends leave him in Psalm 42?

How does Psalm 43 echo Psalm 42's theme?

What does Psalm 44 say about Israel's situation?

How does Psalm 44 describe God's silence?

What encouragement does the psalm give to believers?

REFLECTION

What can you do when you feel far from God or His guidance?

PERSONAL APPLICATION

Write a list of past moments when God helped you and read them during times of doubt to remind yourself of His faithfulness.

PSALMS 45 AND 47

SUMMARY

Psalm 45 is a royal wedding song that celebrates a king's marriage and his triumph over nations. The psalm shows how Israel's king is chosen by God and how his reign will be glorious forever. Psalm 47 shifts from the wedding to a worldwide call for all peoples to clap and shout for the Lord, the Most High, who rules the earth. The focus is on God's power, the joy of his people, and the hope that the Davidic king will bring peace and justice. The teacher explains that this wedding is symbolic of the future Christ-church union, and that the celebration reminds us of God's eternal reign.

QUESTIONS

Who is the king praised in Psalm 45?

What does the bride's foreign origin signify?

What does Psalm 47 ask everyone to do?

Why does the psalm call people to "clap your hands"?

What is the promise about the king's name?

How is the king's reign described in relation to God?

REFLECTION

What does a celebration of God's reign look like in your life today?

PERSONAL APPLICATION

Invite a friend to join you in praying for God's reign over your school or town.

PSALMS 46-48

SUMMARY

These three psalms celebrate God's protection over Israel and Jerusalem. Psalm 46 speaks of God as a safe refuge during disasters, assuring believers that He keeps the city safe. Psalm 47 calls all peoples to praise the Lord, emphasizing His supreme sovereignty. Psalm 48 describes the beauty of Jerusalem, praising God's enduring love and faithfulness. Together they remind us that God is the true ruler of all nations, that He protects His people, and that He desires true worship, not mere ritual. The teacher encourages listeners to trust God even when danger seems close.

QUESTIONS

What is God's role in Psalm 46?

Which city is highlighted as a symbol of God's love?

How does Psalm 47 invite people to worship?

What does Psalm 48 say about Jerusalem's beauty?

What promise does God make about protection?

How does the teacher describe true worship?

REFLECTION

How can you show trust in God during a scary situation?

PERSONAL APPLICATION

Write a short prayer asking God to protect your family like He protects Jerusalem.

PSALM 49

SUMMARY

Psalm 49 warns that wealth and human wisdom are temporary. It talks about how even the richest and wisest die, leaving nothing to pass on. The psalm teaches humility, encouraging believers to focus on life and faith rather than money. It also reminds us that God knows the value of our lives, and He can bring true peace. The teacher notes that this psalm encourages reflection on what is truly important, pointing to God's eternal promise and warning against living only for worldly gains. It urges us to value wisdom over riches, and to trust God for lasting worth.

QUESTIONS

What does the psalm say about the fate of the rich?

How does it describe the value of wisdom?

What is the main warning about wealth?

Who is the psalm's true audience?

What does the psalm suggest we should do instead?

How does the psalm portray God's view of life?

REFLECTION

Why do you think the psalm warns against valuing money over life?

PERSONAL APPLICATION

Make a list of one thing you can give up today to spend more time with God or a friend.

PSALMS 50, 52 AND 54

SUMMARY

These three psalms focus on God's judgment, the difference between good and bad worship, and the need for a sincere heart. Psalm 50 calls on people to bring true sacrifice, not empty ritual. Psalm 52 criticizes a deceitful man, showing the danger of false worship. Psalm 54 deals with betrayal, encouraging faith and prayer for justice. Together they teach that God values real devotion, warns against hypocrisy, and reminds believers to trust Him even when betrayed. The teacher explains how these psalms show God's justice and the importance of honest worship.

QUESTIONS

What is the main message of Psalm 50?

How does Psalm 52 describe the sinful man?

What kind of betrayal does Psalm 54 describe?

What does the teacher say about true worship?

How does God's judgment appear in these psalms?

What does the teacher advise believers to do in betrayal?

REFLECTION

Have you ever felt betrayed? How did you respond?

PERSONAL APPLICATION

Choose one action to show honest worship, like praying before a school event.

PSALM 55

SUMMARY

Psalm 55 is a lament over betrayal and persecution. The psalmist, who is believed to be King David, cries out to God because a trusted friend has turned against him. He describes how he wishes to escape and how he feels terrified. Yet, throughout the psalm, the believer keeps praying and trusting God's protection. The teacher highlights how this psalm teaches us that even when friends betray us, we can still rely on God's help. It also reminds us that prayer is powerful and that God listens even when we are in distress.

QUESTIONS

Who is speaking in Psalm 55?

What has the psalmist suffered from?

How does the psalmist wish to escape?

Why does he keep praying?

What does the teacher say about trusting God?

How does the psalm show God's listening power?

REFLECTION

Think of a time when a friend betrayed you. How did you handle it?

PERSONAL APPLICATION

Write a short prayer asking God for strength when you feel hurt by a friend.

PSALMS 56-59

SUMMARY

In this episode, John and Esther guide us through Psalms 56, 57, 58, and 59. These are four songs of trouble written by David when enemies threatened him. The big idea is that even when we feel scared or hurt, we can still trust God, sing, and thank Him. David shows us that our faith can grow stronger in pain, not weaker. He uses animals to describe enemies -- lions, snakes, dogs -- showing how dangerous they can be. But he also reminds us that God is our rock and refuge. The theme is that bad things can turn into good when we keep faith, praise, and hope in God.

QUESTIONS

Why did David write these psalms?

What does Psalm 56 say about enemies?

How does Psalm 57 show David's trust?

What animal imagery appears in Psalm 58?

What promise does Psalm 59 give about God's help?

How can we learn from David's attitude?

REFLECTION

What does David's story teach you about handling fear?

PERSONAL APPLICATION

Think of a time you felt scared. Write one short prayer asking God to help you stay strong, and praise Him, just like David.

PSALMS 60-62

SUMMARY

This episode covers Psalms 60, 61, and 62. These psalms were written when Israel was in battle, and the king asked God for help. The main idea is that God is all-powerful and He gives us victory even when we feel weak. Psalm 60 shows the people in Israel praying because enemies are fighting them. Psalm 61 talks about a king running away from his son, feeling afraid, but still trusting God. Psalm 62 reminds us that God is our only rock. The lesson is that when we ask God for help, He listens and is always ready to save us.

QUESTIONS

What war does Psalm 60 describe?

Why did the Israelites feel sad in Psalm 60?

Who was the king worried about in Psalm 61?

What does Psalm 61 say about the “rock”?

How does Psalm 62 show God’s power?

What can we learn about prayer from these psalms?

REFLECTION

How does knowing that God can help us in trouble change the way you pray?

PERSONAL APPLICATION

Write a short note telling God that you feel weak and ask Him to be your rock and help you.

PSALMS 63-65

SUMMARY

In this lesson we read Psalms 63, 64, and 65. David wrote these while he was running from enemies in the wilderness. He shows how thirsty he was for God's love and how God gives a good harvest. Psalm 63 talks about wanting God's help in the desert. Psalm 64 asks God to keep him safe from those who plot against him. Psalm 65 thanks God for good rains and a good harvest. The theme is that God cares for our needs and gives us plenty, even when life is hard.

QUESTIONS

What does Psalm 63 say about David's longing?

How does Psalm 64 describe enemies?

What promise is made in Psalm 65 about the harvest?

What kind of help does David ask for in Psalm 63?

What does Psalm 65 say about rain?

How does God show love in these psalms?

REFLECTION

Think about a time you needed help. How did you feel when someone or something gave you support?

PERSONAL APPLICATION

List one thing you need help with today and pray for it, asking God for His loving help, just as David did.

PSALMS 66-68

SUMMARY

This episode explores Psalms 66, 67, and the final part of 68. The psalmist remembers how God saved Israel in the past and thanks Him for victories. Psalm 66 talks about God turning the sea into dry land. Psalm 67 says that God wants all nations to see His goodness. Psalm 68 praises God's power over enemies and his protection of the weak. The main theme is that God remembers us, gives us help, and that we should thank Him for all His blessings, even for people who are sad or lonely.

QUESTIONS

What miracle does Psalm 66 describe?

Who does Psalm 67 say should see God's goodness?

What does Psalm 68 say about the weak?

Why is the psalmist singing?

How does Psalm 68 mention enemies?

What can we learn from God's care in these psalms?

REFLECTION

When you see someone in trouble, how can you act like the psalmist and help?

PERSONAL APPLICATION

Choose one person who is lonely or sad and write a short note of encouragement or a quick prayer for them.

PSALMS 70-71

SUMMARY

In the final episode we read Psalms 70 and 71. Psalm 70 is a short prayer asking God to protect the writer from enemies who want to kill him. Psalm 71 is a long prayer by an old man who remembers how God helped him all his life. He asks God not to leave him and to give him strength. The main idea is that even when we are old, weak, or scared, we can still pray for help and trust that God will listen and save us.

QUESTIONS

What does Psalm 70 ask God to do?

Why is the writer in Psalm 70 worried?

What is the main hope in Psalm 71?

Who is the “old man” in Psalm 71?

What promise does Psalm 71 give about God’s help?

What can we learn about asking for help from these psalms?

REFLECTION

Think about a time you felt very old or weak. How did you talk to God then?

PERSONAL APPLICATION

Write a brief prayer saying you need God’s help and that you trust Him, just like the old man in Psalm 71.

PSALMS 72 AND 75

SUMMARY

Today we explore the powerful words of Psalms 72 and 75. Psalm 72 is a hopeful prayer for a king who rules with justice and kindness. It asks God to bless Israel, protect the weak, and let the king's reign bring peace. Psalm 75, in contrast, reminds us that leadership is hard. It speaks of trials, of a world that can test even the best leaders. It shows that when things go wrong, it's God who steadies the earth, not human power. The two psalms together highlight the high standards for leaders, the promise of justice, and the truth that we need God's help to truly rule well.

QUESTIONS

Who is the king praised in Psalm 72?

What kind of justice does Psalm 72 ask God for?

Which nations are mentioned as obeying the king in Psalm 72?

What is the main lesson of Psalm 75 about leadership?

How does Psalm 75 describe God's role in the world?

Why do the psalmists say that the world can "totter" in Psalm 75?

REFLECTION QUESTION

How would you act if you were a leader who needed to be fair and just?

PERSONAL APPLICATION

Pick one small act each week to help someone who needs support or protection.

ANSWERS | PSALM 1

The psalm warns against the wicked because their choices lead to destruction, not growth.

The righteous man is described as a tree planted by streams of water, always fruitful.

Meditating on God's law keeps our hearts focused on His truth, helping us make wise decisions.

"Prosper" here means living well -- peace, safety, and a heart full of God's blessings.

The wicked will be uprooted and perish like chaff blown away by wind.

We should follow God's instruction, trust Him, and stand firm in faith.

ANSWERS | PSALM 2

"Kissing the Son" means showing respect and allegiance to Jesus.

Kings are mentioned because they are the rulers people obey, and they oppose God.

The "Son" is Jesus Christ, the promised Messiah.

Those who rebel will face God's wrath and lose.

Believers are promised safety, peace, and blessing from God.

We learn that honouring God's authority gives us safety and purpose.

ANSWERS | PSALMS 3-5

David was fleeing from his son Absalom and feeling threatened.

Silence helps control anger so it doesn't turn into sin.

Psalm 5 urges us to pray for justice but not to wish harm.

Secret prayer builds a close relationship with God and steadies us.

David promised that God would listen, protect, and bring peace.

We can trust God with our worries and keep faith during tough times.

ANSWERS | PSALMS 6-7

David fears God's judgment and wants mercy because he feels guilt.

"How long?" is his question about how long he will suffer.

Psalm 7 promises that enemies will be ashamed and punished.

Confession frees us from guilt and invites God's healing.

God promises to hear, forgive, and protect believers.

Trust helps us move forward, knowing God will guide us.

ANSWERS | PSALM 8

The main theme is God's majestic creation and humans' special role.

Humans are made smaller than stars yet given honour and responsibility.

It means babies, even before speaking, naturally praise God.

The psalm praises God for creating and caring for everything.

It teaches humility -- humans are precious but still made to serve.

We can see God's greatness in nature, art, and people's kindness.

ANSWERS | PSALMS 9–10

The wicked think they can hide because they believe God is distant.

David says the enemies of the righteous will fall.

God's judgment is swift and sure.

"Hidden" means God works secretly; we just don't see it.

The oppressed who call on God will be saved.

The psalm ends with praise, showing hope comes from God.

ANSWERS | PSALMS 11–13

God's throne is in heaven, showing He is supreme.

The psalmist doubts but asks for help.

The people lie and deceive.

The psalmist moves from questioning to praising.

He promises to sing and trust God.

Faith gives courage to stand for what's right.

ANSWERS | PSALMS 14 AND 53

He says there is no God.

They differ only in wording.

To reinforce the message.

Someone who acts without wisdom or faith.

They are praised for loving God.

It separates people from God's help and mercy.

ANSWERS | PSALMS 15 AND 24

Walk blamelessly and speak truth.

Slander, lying, and dishonest business.

Who can stand in God's holy place?

The Lord, the King of hosts.

It speaks truth, no lies, no harm.

Because the King will enter, the gates celebrate.

ANSWERS | PSALMS 16-18

He has no good without God.

The enemies of the righteous.

God Himself.

To be delivered from enemies.

God lifts him, gives strength, and saves him.

He kept his heart clean and had no sin.

ANSWERS | PSALM 19

They declare God's glory and His handiwork.

He says it is perfect, trustworthy, and brings joy and enlightenment.

Faults that we are unaware of, but God can reveal.

Sins we know we're doing but ignore or refuse to change.

Because God's words are a red light that tells us to turn away

before we break.

God's creation and His word both guide and protect us; pray for insight and guard against pride.

ANSWERS | PSALMS 20-21

David

God's help, safety, and blessing for his plans.

It thanks God for answering, granting victory, and giving the king power.

It says, "Some trust in horses, but we trust in the name of the Lord."

Because God gave him success, answered his prayer, and protected him.

True power comes from trusting God, not from people or things.

ANSWERS | PSALMS 22 AND 69

Sorrow and lament.

"My God, my God, why have you forsaken me?"

Drowning in deep waters, enemies, and physical pain.

It mentions poison for food and sour wine—what was offered to Jesus on the cross.

Both are cries for help amid suffering, coupled with hope of future deliverance.

David, guided by the Holy Spirit.

ANSWERS | PSALM 23

A good shepherd.

Green pastures and still waters.

A dangerous place, but with God, we're safe.

By being with us, giving us a rod and staff, and protecting us.

Living in God's presence and loving him always.

God will guide, protect, and provide for us forever.

ANSWERS | PSALMS 25–26

Justice, faith, and repentance.

He asks to learn God's ways and to keep him from shame.

Being upright and in line with God's moral line.

Because he has sinned and wants to be cleansed.

God is merciful and loves those who trust Him.

True justice comes from God's mercy when we admit our faults.

ANSWERS | PSALMS 27–28

Because God shows him hope and delivers him from danger.

They are the people who plot against him, but he says they will fall.

It means God is a safe place where David can rest and be protected.

It says faith grows when we keep talking to God, like working out muscles.

Because he believes God is always helping him, so joy comes first.

Prayer is the way we remember God's help and feel His presence.

ANSWERS | PSALM 29

It shows God's mighty voice that controls nature.

Thunder, rain, storms, and waves.

It says no other god can command the waters or thunder.

They represent great, strong trees that God can break with His power.

To show how God can move wind and light it with fire.

It says God will bless and protect those who look for Him.

ANSWERS | PSALMS 30-31

Because he is hurting after a bad event.

God changed his sadness into joy and gratitude.

It says he was scared of enemies and uncertainty.

It says we should trust God even in scary times.

Because he needed God's help to get through danger.

It promises peace and that God will protect them.

ANSWERS | PSALMS 32 AND 51

It means God forgives that person's sins.

Because he didn't admit his sins, and it hurt him.

It asks God to erase our sins from His sight.

A heart that is pure and new.

It is the first step that lets God heal us.

He promises to bless and keep them.

ANSWERS | PSALMS 33-34

God made them with His word.

It says He hears their cries and saves them.

It means: Try God in your life and you will feel His goodness.

Because He is the king over everything.

It promises them safety and help.

They show God is watching and ready to protect us.

ANSWERS | PSALMS 35-36

Because his enemies plot harm and David believes God will defend him and restore justice.

It shows God as both righteous in judgment and tenderly loving toward the humble.

He moves from complaining about his enemies to trusting God's protection and mercy.

Justice is God's rightful defence of the oppressed and punishment of the wicked.

As a shelter for the needy and a guide for the righteous.

That suffering can be a test of faith, and God will bring relief if we remain trusting.

ANSWERS | PSALM 37

They should not be envious or fret over wicked people's success.

Because their prosperity is temporary and will soon end.

It means the righteous will receive God's blessings and a lasting place in His care.

They trust in God, do good, and remain patient.

Trusting God allows the righteous to wait for His rewards.

That it is fleeting; the wicked person's wealth will eventually fade.

ANSWERS | PSALMS 38-39

It attributes his suffering to his sin and God's discipline.

It portrays life as a fleeting breath or passing shadow.
He seeks mercy, relief from pain, and a chance for repentance.

By praying earnestly and trusting that God will answer.

Suffering is seen as a consequence of sin and an opportunity for repentance.

Prayer can bring relief and help reconcile with God.

ANSWERS | PSALMS 40-41

God delivered him from a dark pit or distress.

To highlight his dependence on God and to humble himself.

It says God cares more for a heartfelt devotion than mere offerings.

A fresh, joyous praise that emerges from a heart moved by God.

It shows that faithfulness brings God's help and new songs.

Through praise, a new song, and acknowledging God's help.

ANSWERS | PSALMS 42-44

A deer panting for water.

Because they see his suffering and stay away, feeling his pain.

It repeats the call for God's help and remembrance of faithfulness.

It describes Israel's exile and feeling of abandonment by God.

God is portrayed as sleeping or hidden, causing distress.

It urges continued prayer and remembrance of God's past help.

ANSWERS | PSALMS 45 AND 47

The king is a Davidic king chosen by God.

The bride being a foreigner shows Israel's influence and the king's universal rule.

Psalm 47 asks everyone to clap and shout for the Lord.

Clapping signals joy and worship of God's power.

The psalm promises the king's name will be remembered forever.

The king's reign is described as a divine, everlasting rule that brings justice.

ANSWERS | PSALMS 46- 48

God is a safe refuge and strength, especially in trouble.

Jerusalem is highlighted as a symbol of God's love.

Psalm 47 invites everyone to clap and shout for the Lord.

Psalm 48 praises Jerusalem's beauty and God's faithfulness.

God promises to keep His people safe forever.

True worship involves a heart that genuinely follows God, not just rituals.

ANSWERS | PSALM 49

The psalm says the rich die like everyone else and leave nothing.

It says wisdom is true, but wealth is fleeting.

It warns that money cannot save or give lasting satisfaction.

The audience is anyone who might trust in wealth.

We should value life and faith over worldly riches.

God sees life as precious and wants us to honour it.

ANSWERS | PSALMS 50, 52 AND 54

Psalm 50 calls for sincere sacrifices, not empty rituals.

Psalm 52 shows a man who lies and pretends devotion.

Psalm 54 describes betrayal by a friend or someone close.

True worship is a heart that follows God sincerely.

God's judgment is shown as fair and righteous in the psalms.

Believers should trust God and pray for justice when betrayed.

ANSWERS | PSALM 55

King David is the speaker.

He has been betrayed by a trusted friend.

He wishes to run away and hide in the wilderness.

He keeps praying because he believes God hears him.

The teacher says trusting God keeps you safe and hopeful.

The psalm shows God listens and helps when we pray.

ANSWERS | PSALMS 56, 57, 58, AND 59

David wrote them when people who didn't want him to be king (Saul's men, other enemies) attacked him.

It says enemies step on him, they keep attacking, and he feels that they want his life.

He says, "I will sing and praise God even in trouble."

David talks about lions, snakes, dogs, and how the enemies are like those dangerous animals.

It says God will protect him from those who want to hurt him.

We can keep praying, praising, and trusting God even when things are scary or bad.

ANSWERS | PSALMS 60-62

It describes a battle with the Arameans and the people of Zobah in the north of Israel.

They were losing battles and felt God had abandoned them.

King David was afraid of his son Absalom's rebellion.

It says God is a strong rock that keeps us safe.

It says only God can save us, and nothing else can shake us.

We can pray when we are scared, ask for help, and trust that God will listen.

ANSWERS | PSALMS 63-65

David says he thirsts for God's love, like a dry desert wants water.

It says people are planning to harm him secretly.

God will give a good harvest and fill the earth with blessings.

He asks God to keep him safe and give him strength.

It says God will send good rain to water the land.

He listens to prayers and gives good food and safety.

ANSWERS | PSALMS 66-68

It says God made the sea dry and let people walk over it.

All nations and all people on earth.

God cares for widows, the orphaned, and the prisoners.

He is thankful for God's past help and wonders how He will help again.

It says enemies will be scattered and defeated by God.

God loves everyone, even those who are weak, and we should help them.

ANSWERS | PSALMS 70-71

It asks God to help him, stop the enemies, and make them ashamed.

He is afraid enemies want to kill him.

The hope is that God will keep him safe and not leave him alone.

It is an older king or a wise man who has lived a long life.
God will revive him and keep him from dying alone.

We can always ask God for help and trust that He will listen.

ANSWERS | PSALMS 72 AND 75

The king is the “royal son,” likely Solomon.

Justice for the poor, fairness for the oppressed.

The kings of Tarshish, Sheba, and other distant lands.

Leaders must seek God's help and not rely only on their own strength.

God keeps the earth steady, judges wickedness, and lifts the righteous.

God lifts the humble and brings down the arrogant.



Mission 66

This study is coming to a close but it doesn't have to be the end! Scan the QR code to get your next study guide.

