



WEEKLY STUDY

Summer in the Psalms - Week 12

As you reflect on Sunday's message from Eve Southworth, consider how you see God showing up when "everything is terrible". The Psalms have invited us to be honest and real before God. So bring it all before God this week.

Please note our prayer focus for the week in the box below. Join us in seeing what God will do as we unite in prayer.

Peace of Christ,
Pastor Mark Youngman

If you are studying with your Providence Small Group or Discipleship Group, you can share from your own daily reflections and consider the Group Discussion questions below. If you would like to get connected visit prov.church/smallgroups.

Prayer Focus:

- Pray for those who feel abandoned by God.

DAILY STUDY

MONDAY: PSALM 137 (NIV)

*By the rivers of Babylon we sat and wept
when we remembered Zion.*

² *There on the poplars
we hung our harps,*

³ *for there our captors asked us for songs,*

*our tormentors demanded songs of joy;
they said, "Sing us one of the songs of Zion!"*

⁴ *How can we sing the songs of the LORD
while in a foreign land?*

⁵ *If I forget you, Jerusalem,
may my right hand forget its skill.*

⁶ *May my tongue cling to the roof of my mouth
if I do not remember you,
if I do not consider Jerusalem
my highest joy.*

⁷ *Remember, LORD, what the Edomites did
on the day Jerusalem fell.*

*"Tear it down," they cried,
"tear it down to its foundations!"*

⁸ *Daughter Babylon, doomed to destruction,
happy is the one who repays you
according to what you have done to us.*

⁹ *Happy is the one who seizes your infants
and dashes them against the rocks.*

- We read in Psalm 137, a deep mourning for Zion. The Psalmist loved Zion. That emotion was only rivaled by an utter disdain for those who would destroy the city. God's people sat by the river Euphrates (and the canals that were built off of it) and wept. Do you have a place of weeping? A place where you were forced to sit and cry because there seemed to be nothing else to do?
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- **Prayer Prompt: How deserted lies the city,
once so full of people!
How like a widow is she,
who once was great among the nations! (Lamentations 1.1)**
- *God, I sit before you today. There are things that stir up anger in me, I admit it. May the wilderness of exile serve as a place to long for your restoration. Amen.*

TUESDAY: PSALM 137 (NIV)

- In Verses 2-4, God's people put up their instruments of praise. They hung harps up on trees. What else would they do in the face of ridicule and abuse by their captors? There are times for silence. There are seasons of lament just as there are seasons of great joy. How do you hold those together? Are there instruments of praise in your life that are ready to be picked back up?

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- **Prayer Prompt: There is a time for everything, and a season for every activity under the heavens (Ecclesiastes 3.1)**
 - *God, I long to hear the praise of your people even when I don't feel like singing. Thank you for the church that will pray when I don't have words, and celebrate for me even when I don't have the energy. Amen.*

WEDNESDAY: PSALM 137 (NIV)

- Above anything else, the Psalmist wanted to make sure he or she remembered Jerusalem. It would be a tragedy worse than death if the Holy city, and the land given by God were to be forgotten. "May my tongue cling to the roof of my mouth" if I forget the holy city! Sometimes a tragedy causes us to want to move away or even hide from blessings of the past. They don't seem attainable anymore. But Psalm 137 is a cry to remember! Are there blessings from your past that you have left behind because of hardship?
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- **Prayer Prompt: "I will repay you for the years the locusts have eaten" (Joel 2.25)**
- *Lord God, Come and redeem every bit of sadness in my life and in the world around me. I will remember (and look forward to) the beautiful city you have built for us. Amen.*

THURSDAY: PSALM 137 (NIV)

- Verses 7-9 have to be read through the lens of someone who is deeply mourning. Grief is obviously not an excuse for violence, but our thought-life tends to veer into much darker territory when we feel as though our life has been taken away. How were you raised to respond to grief and loss?
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- **Prayer Prompt: Blessed are those who mourn, for they will be comforted. (Matthew 5.4)**
 - *God, there are no thoughts that are unknown to you. You meet me in the darkness and you know my heart when I cry out. Amen.*

FRIDAY: PSALM 137 (NIV)

- The curse shared by the Psalmist was spoken directly to the Babylonians. The audience was clear. It would cause them to imagine the unimaginable...except for the fact that they had done similar deeds against God's people. It's a sobering thought that what you have done to others could just as easily be done to you. Is there some sin from your past that seems to be hanging around, if only in your heart and mind? How can you set free those whom you have wronged? How can you be set free from guilt?
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- **Prayer Prompt: Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. (Romans 8.1-2)**
- *O God, I welcome the freedom you offer me through Jesus Christ. Heal me of guilt and free me to forgive those who have wronged me in the past. Amen.*

SATURDAY: PSALM 137 (NIV)

- Eve said that "disorientation is part of discipleship". While we don't have to welcome times of lament, we can live in seasons of pain honestly and openly before God and others. It really is ok to address the discomfort of things that have happened to us without putting on a happy face. We can face them all the while knowing that there is a promised return to our home with Jesus. If you are in a time of disorientation, boldly lay out your pain before God. God can be trusted with it.
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- **Prayer Prompt: “My grace is sufficient for you, for my power is made perfect in weakness.” (2 Corinthians 12.9)**
- *God, Thank you for being so faithful with my lament. You have never left me abandoned and you won't. Come and fill me with the perfect power of Jesus Christ. Amen.,*

GROUP DISCUSSION

As a group, commit to reading a Psalm each day throughout the next several months (until October). You may have received a handout at Providence that will help you to keep track. When you come together as a small group, share with one another the ways in which God is speaking to you through each Psalm.

This week: Psalms 78-84

Does this Psalm reflect your words to God?

What is God saying to you through this Psalm?

Is there something you are invited to do in response to this Psalm?

What challenges you about this Psalm?