

Run **to** **Him**

Exploring the Psalms

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Maximize Your Mornings
Study Guide
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InspiredToAction.com

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I grew up as a preacher's kid. And for some reason I thought that meant I always needed a smile on my face even if I was dying inside. But that led to a miserable soul-existence. One in which I masked my real struggles and hid my honest fears, rarely talking to God about it all.

But He sent His Son to die for us in order that we could walk these fleeting days intimately with Him. And to be intimate we have to be authentic. That's why I love the Psalms.

In almost every Psalm we see the same pattern. A man verbally expresses his struggle before God with all of his raw emotion. Then he speaks truths about his God, reminding his heart of His faithful character. God then graciously lifts his spirit and gives him an eternal perspective.

Our own soul transformation may not happen in an instant. Our emotions are slippery and deceptive. But as we diligently run after our God, He faithfully satisfies our thirsty soul. He promises.

-Lara

ToOverflowing.com

Frustrated. Angry. Lost. Scared. Alone. Depressed.

Often I feel my emotions are something I need to keep to myself. At times it may be fine to put on a happy face. It is not always OK to wear my feelings on my sleeve.

But what about with God? How do I express my emotions to Him?

Should I hold back my feelings from Him? Is it disrespectful to not like the season of life I am in? When circumstances stink, what should my prayer life look like? How do I walk through pain, loss and depression—and still commune with God?

The Psalms are a source of great hope for me. There is pain, depression and great emotion expressed in the words of the psalmist. But, there are also words true hope, deliverance, healing, and a beautiful portrait of a God who knows, cares, and rescues.

-Katie

LivingDevotionally.com

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Five Day Study Guide

We have chosen **thirteen different Psalms** for us to glean from over the next few months. We pray that the Lord uses it to challenge us to diligently run to Him in spite of our ever-changing emotions.

This guide will lead us to a new Psalm each week, which we will study over the course of five days. Using different study questions, we will look for **three different aspects** from the text: Truths, Promises, and Commands -- each day digging deeper into a new layer of Scripture.

Bonus Materials

[Do Not Depart](#) will provide **supplemental blog posts** each Friday afternoon, expounding on the prior week's study. Make sure to come by each week and share your own insights. You can also join the conversation on **Twitter at #Run2Him**.

We've designed the study to be completed in just **10 minutes per day**. And we assume that interruptions will arise, so we've planned for five days instead of seven.

For those of you who are able to do a full week of study, or who have more than 10 minutes per day, we've included **two extra, optional Psalms for each week**. If you choose to spend time in the optional Psalms, you can use the same study questions in search of Truths, Promises, and Commands at your own pace.

We also "double-dog-dare" you to join us in memorizing one verse each week from the passage. We have listed the **suggested memory verse** with each week's assignment.

the Schedule

13 Weeks

Week	Date	Passage	Optional Passages	Optional Memory Verse
Week 1 :: I Delight in His Word Because He Speaks Truth	January 16	Psalms 1	Psalms 112, 119:89-104	Psalms 1:1-2
Week 2 :: I Cry Out Because He Hears	January 23	Psalms 4	Psalms 143, 28	Psalms 4:3
Week 3 :: I Stand Firm Because He Shelters	January 30	Psalms 27	Psalms 31, 16	Psalms 27:1
Week 4 :: I Exalt Him Because He Redeems	February 6	Psalms 34	Psalms 100, 25	Psalms 34:8
Week 5 :: I Trust Because He Delivers	February 13	Psalms 40	Psalms 22, 37	Psalms 40:11
Week 6 :: I Repent Because He Restores	February 20	Psalms 51	Psalms 6, 103	Psalms 51:12
Week 7 :: I Cling to Him Because He Satisfies	February 27	Psalms 63	Psalms 35, 145	Psalms 63:1
Week 8 :: I Remember Because He Works Wonders	March 5	Psalms 77	Psalms 72, 105	Psalms 77:14
Week 9 :: I Abide Because He Strengthens	March 12	Psalms 84	Psalms 91, 71	Psalms 84:4
Week 10 :: I Bless Him Because He Lavishes Love	March 19	Psalms 103	Psalms 136, 86	Psalms 103:2,5
Week 11 :: I Obey Because He Instructs Righteousness	March 26	Psalms 119:129-144	Psalms 119:33-48, 119:57-72	Psalms 119:133
Week 12 :: I Rest Because He Perfectly Knows	April 2	Psalms 139	Psalms 23, 56	Psalms 139:17-18
Week 13 :: I Praise Because He Is Worthy	April 9	Psalms 148	Psalms 8, 96	Psalms 148:13

the Method

Truths Promises Commands

Begin each day with a short prayer, asking God to open your heart to His Word. Then answer each day's questions. Keep your journal open, ready to note your discoveries.

The first intentional step to studying a passage is observation. As we read a text we simply note *what* we see. We observe the scene. We observe the people. We observe the context. We begin by noting the "what" of a text before we can glean the "why" from a text. - [Savoring Living Water: How to have an effective quiet time.](#)

Day 1: Initial Read/Context

With an expectant heart, read this week's passage. Keep a pen and your journal handy. On this initial read, simply write down anything that jumps off the page and ministers to your own heart.

If you are unfamiliar with the passage, look into the context of the verses. Why were these words written? By whom, to whom?

Read the passage again. This time write down any questions you may have about the passage.

The purpose of the initial read is to get familiar with the text, not to answer all the questions you have about the passage.

Day 2: Truths

Lies fill our world and seep into our homes. If we don't know His truths then lies will take us captive. *Lies have taken me captive.* If lies bind us, we doubt God's love and question His faithfulness when difficulties arise. If lies fill our minds, we define God's character based upon our circumstance rather than based upon His revelation. We must maintain an arsenal of truths in our hearts and souls in order to combat lies. - [Savoring Living Water: How to have an effective quiet time.](#)

With your journal and pen ready, look for specific **TRUTHS** in this week's text. Read the passage three times, each time answering one of the following questions:

- What does this passage teach about God?
- What does this passage teach about the psalmist?
- What can I learn about who I am in Christ?

As you find truths, list them in your journal. Consider making a master list of all you learn through your studies about the emotions expressed by the psalmist, and another about the character of God.

Day 3: Promises

At times He speaks conditional promises, meaning they will *only* be experienced when a condition is met. For example, He promises to guard our hearts and minds with peace as we lay all of our anxious thoughts before Him with prayer and thanksgiving. (Phil. 4:6-7) Peace comes *after* we come to Him.

Other times He gives unconditional promises, meaning that they will happen *regardless*. For example He promises to never leave or forsake His children. Never. Once His, He will not leave us. We may try to walk away from Him, but He remains our Father. He promises. - [Savoring Living Water: How to have an effective quiet time.](#)

Today read your passage while looking for **PROMISES**. Remember to note whether a promise is conditional or unconditional.

- What is promised to me in this passage?
- Are these promises conditional or unconditional?
- If conditional, what does He require for the promise to be fulfilled?

Day 4: Commands

He's our Father. He loves us. He designed us. He knows us perfectly. He gives us commands for our good and His glory. When we choose to obey, we choose His blessing. - [Savoring Living Water: How to have an effective quiet time.](#)

Read this week's passage noting **COMMANDS** in your journal. Read the passage again, this time looking for any *implied* commands. We can learn much from the experiences and failures of people in the Bible. As the Word commends or disapproves of certain characteristics, we can use this as a model towards Christ-likeness.

- Note the things He tells us to do or not do;
- Look for the characteristics that are upheld or rebuked.
- Observe the things He tells us to lay aside or pursue.
- Look for Christ-like examples after which we can follow.
- Notice any mistakes of those who have gone before us.

Day 5: Apply

Today we make the passage personal through application. Journal through these questions:

- How does my view of God line up with this passage's teaching about God?
- What is the Lord leading me to DO as a result of this passage?

Pray and ask the Holy Spirit to do the work in your heart so that you may walk in obedience to this passage. Resolve to follow His leading.

You may not find “answers” to every question each week. But we hope this study method helps train each of us to dig deeper into His Word. Learning to pay attention to the context of a passage while searching for truths, promises, commands, provides a good foundation for a lifetime of studying God's Word.

If you have any questions about the study guide, feel free to contact [Katie](#) or [Lara](#).

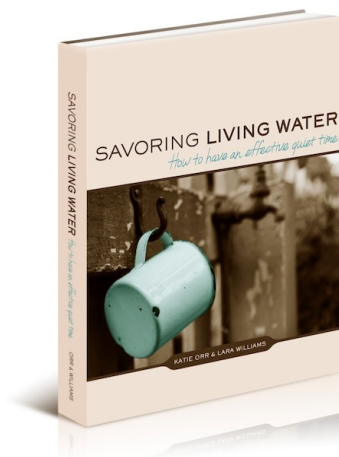
Our God designed us to be intimate with Him. True, He already knows every motive behind every move we make in word or deed. But we have a choice.

When life gets crazy and emotions tempt us to be drawn away, we can choose to run to Him. We can choose to believe true things. We can choose to stand on His promises. We can choose to obey for the sake of His glory.

As we lay all of our fears and dreams and disappointments at His feet, He faithfully ministers to our needy soul. Through His Word and by His Spirit He soothes the anxious places. He mends the brokenhearted.

He beckons, "Run to Me."

*For more tips and encouragement on how to connect with God through Scripture memory, journaling, and personal Bible study, **Savoring Living Water** is available for immediate download to your [computer](#), [Kindle](#), and [Nook](#). Paperback copies are also available. \$2 of every copy of Savoring Living Water sold goes directly to [OneVerse](#) to **help end Bible Poverty**.*



Cheat Sheet

Print, cut, and fold down the middle for a bookmark to keep the schedule and method handy!

Week	Passage	Initial Read / Context
Week 1 :: I Delight in His Word Because He Speaks Truth	Psalms 1	Who is writing? Why? Jot down initial thoughts and questions.
Week 2 :: I Cry Out Because He Hears	Psalms 4	Truths
Week 3 :: I Stand Firm Because He Shelters	Psalms 27	
Week 4 :: I Exalt Him Because He Redeems	Psalms 34	
Week 5 :: I Trust Because He Delivers	Psalms 40	Promises
Week 6 :: I Repent Because He Restores	Psalms 51	
Week 7 :: I Cling to Him Because He Satisfies	Psalms 63	
Week 8 :: I Remember Because He Works Wonders	Psalms 77	Commands
Week 9 :: I Abide Because He Strengthens	Psalms 84	
Week 10 :: I Bless Him Because He Lavishes Love	Psalms 103	
Week 11 :: I Obey Because He Instructs Righteousness	Psalms 119:129-144	Apply
Week 12 :: I Rest Because He Perfectly Knows	Psalms 139	
Week 13 :: I Praise Because He Is Worthy	Psalms 148	
Read-Truths-Promises-Commands-Apply		<p>What is the Lord leading me to DO as a result of this passage?</p> <p>Join us Friday afternoons for a supplemental study on each passage. www.DoNotDepart.com</p> 

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