

## Session I: An Introduction to the Book of Psalms

1. Psalm 1:1 — The King James version opens with the phrase “Blessed is the man....” The New Revised translates that same phrase as “Happy are those....” How do these two different wordings influence your understanding of a Godly life?
2. Each of the 5 books (or collections) of Psalms ends with a doxology, i.e. “Blessed be the Lord, from everlasting to everlasting. Amen. Amen.” Book 5 ends with the Great Doxology, Psalm 150. Its 15 verses include 13 exhortations to “Praise”: Who? Where? Why? How? By Whom?
3. Like the Bible as a whole, the Book of Psalms developed over a period of time. The people of Israel and the early Christians come to understand God through constant revelation. What is God revealing to you in this present time?