

MESSAGE NOTES | JANUARY 13 2019



**Get Real
Psalms Part 1**
Roger Ellis, Lead Pastor
Psalm 1-61
CBE: p. 3-70
NIV: p. 374-399

A few guidelines for reading the Psalms:

1. Don't forget you are reading poetry (30% of Bible).
2. Do you want to know how to ***praise God***?
3. Do you want to learn how to ***pray***?
4. Do you want your faith to ***be genuine***?
5. Do you want to ***experience passionate*** faith?
6. Replace meter and rhyme with free verse couplets.
7. Look for repetition of words, phrases, themes.
8. The order and sequence of the Psalms is ***not random***.

Psalm 1 & 2 set the tone for the whole book of Psalms:

1. The blessing of God has to do with my ***delight*** in the Word of God (Psalm 1:2).
2. The blessing of God has to do with my ***taking refuge*** in God (Psalm 2:12).

THE ONE THING: ***Claim the "I."***

Miss something? Completed sermon notes are available online. Binders to organize your sermon notes are available at the upstairs Welcome Desk.

NEXT STEPS

- Memorize Psalm 1.
- Watch *The Bible Project* video on Psalms.
- Get connected in a CBE small group/book club.
- Begin reading Psalms!



This week, we begin our grand journey together through the books called "The Writings" in the Old Testament, experiencing various types of literature and a wide time period.

A summary of all that we read in our CBE experience this year is this:

- Israel's ancient songs of **Praise, Lament and Wonder**;
- wise words to craft **A Good Life**
- and ponder **Life's Deepest Challenges**;
- stories of **Israel's Temple and Worship**,
- the birth of a **Festival**,
- and visions of **God's Coming Rule Over All the World**.

Plan on reading five days a week, Monday–Friday. Each reading takes around 20-30 minutes to complete.

As we begin the book of Psalms this week, we'll be reading different psalms (song lyrics) that describe the broad range of experiences the people of Israel had in their covenant journey with God.

Source: "*Invitation to Psalms*," p. 1.

JOIN THE CONVERSATION

Think of your weekly discussion group as more of a book club than a Bible study. All you have to do is share your responses to five simple questions:

1. What's something you noticed **for the first time**?
2. What **questions** did you have?
3. Was there anything that **bothered** you?
4. What did you learn about **loving God**?
5. What did you learn about **loving others**?

WORSHIP LYRICS

If you'd like to spend more time with the lyrics from any of the songs this morning, please click on the song title below to continue worshipping.

[10,000 Reasons \(Bless the Lord\)](#)

[Is He Worthy](#)

[His Eye is on the Sparrow](#)

[25](#)

[How Great is Our God](#)

[O Praise the Name \(Anastasis\)](#)

You Love/I Surrender/How Great Medley (no link available)