

# Pour Out Your Heart Before Him

## A Study for Youth on Prayer and Praise in the Psalms

### Curriculum Scope and Sequence

Though God is the Supreme Ruler of the universe, He also dwells with His people in close, intimate fellowship and understands every emotion of our human experience. In this curriculum, students are taught the three-fold pattern in the Psalms of pouring out our hearts before God, lifting our eyes to *Yahweh* and remembering who He is, and opening our mouths in praise to Him as He turns our fearful and despairing emotions into faith-filled, hopeful determination to trust Him.



Students learn to use simple Bible study tools, and intentional observation, interpretation, and application as they prepare to understand the inductive Bible study method. Each lesson provides the opportunity to use these tools as they work through various passages in the Psalms, marking the verses in the Student Notebook.

#### Lesson 1: God in the Psalms: The Supreme Ruler of the Universe

*Various Psalm Passages*

God, the Creator and Supreme Ruler of the universe, is worthy of praise and trust.

#### Lesson 2: God in the Psalms: *Yahweh*, the Covenant-Keeping God of Israel

*Various Passages*

Though God reveals Himself to all people, He made a special covenant with Israel.

#### Lesson 3: Israel's Rebellion and Ours

*Psalm 81:8-16; 14:2-3*

Like Israel, which rebelled against God, we have rebellious hearts and need rescue.

#### Lesson 4: The Messiah: Israel's Hope and Ours

*Various Passages*

Israel's hope and ours is that God extends mercy to those who repent of their rebellion and submit to and worship the Son.

#### Lesson 5: You Are My God

*Psalm 139:1-24; 31:14*

God has intimate knowledge of each person and desires covenant relationship with individuals.

#### Lesson 6: A Story on Three Levels

*Various Passages*

Psalms was not only Israel's worship and prayer book, but it was also written for us today who need a relationship with *Yahweh* through the Messiah.

#### Lesson 7: Pour Out Your Heart: Honesty

*Various Passages*

God's children can express their feelings and thoughts to Him with complete honesty.

#### Lesson 8: Pour Out Your Heart: Praying the Psalms

*Various Psalm Passages*

The psalms give words of praise and prayer to God and demonstrate how we should approach Him.

#### Lesson 9: Lift Up Your Eyes: See God

*Various Psalm Passages*

After pouring out their hearts to God, God's children need to lift up their eyes to see who God is and what He has promised His children.

#### Lesson 10: Open Your Mouth: Praise God

*Various Passages*

God gives grace to His children, which enables them to praise Him even in difficulties.

#### Lesson 11: From Longing to Satisfaction

*Various Passages*

Only the living God can bring true, lasting, life-giving satisfaction.

#### Lesson 12: From Worry to Peace

*Various Psalm Passages*

Peace and relief from worry come through trusting God and enjoying His comforting presence.

**Lesson 13: From Fear to Trust***Various Passages*

Fear is defeated by trusting in the triune God, realizing that He is “for me.”

**Lesson 14: From Depression to Comfort***Psalms 77:1-20; 135:15-18*

Remembering the character and work of God can lift the gloom of self-focus and relieve the emotional and spiritual tunnel vision that can lead to depression.

**Lesson 15: From Despair to Hope***Psalms 130; Romans 8:32*

Confidence in God’s continued mercy and promise of deliverance turns despair to hope.

**Lesson 16: From Distress to Deliverance***Various Passages*

God will never forsake His children but will deliver them with power.

**Lesson 17: From Weariness to Praise***Various Passages from Psalm 71; Psalm 92:1-5; Job 1:21*

Perseverance in praising God comes through confidence in God’s faithfulness in the future, which is based on His faithfulness in the past.

**Lesson 18: From Brokenness to Forgiveness***Psalms 32:1-11; 38:2-10*

God is eager to extend the blessing of forgiveness, which comes through true confession; yet He will not be patient forever.

**Lesson 19: From Envy to Contentment***Psalms 73:1-28; Romans 12:2*

Envy of the wicked is wrong thinking, but right thinking takes the long-term view, seeing the end of a matter and eternity.

**Lesson 20: From Anger to Justice***Various Passages*

God is a righteous judge, judging injustice and evil.

**Lesson 21: God Himself Is Judge***Psalms 50:1-23*

God judges hypocrisy but saves those who honor and trust Him.

**Lesson 22: Do Not Harden Your Heart***Various Passages*

God invites us to worship and submit to Him and warns us that those who harden their hearts will experience painful consequences.

**Lesson 23: The Righteous Will Never Be Moved***Various Passages*

God is abundantly generous and promises to bless those who fear Him and delight in His commandments.

**Lesson 24: Praise from One Generation to the Next***Psalms 78:1-11*

God commands one generation to teach His faithful works to the next generation, that there might be a people of genuine faith in each generation.

**Lesson 25: Bless the LORD—Part 1***Psalms 103:1-12*

We bless God by showing Him our appreciation for His kindness, the greatest of which is sending Jesus to rescue sinners.

**Lesson 26: Bless the LORD—Part 2***Psalms 103:10-22*

All creation should bless God as King, especially His children to whom He shows great compassion and to whom He extends His favor.

**Lesson 27: Your Testimonies Are My Delight***Psalms 119:24*

God’s Word is precious to those whose blind eyes have been opened and hard hearts softened.

**Lesson 28: The LORD Is My Shepherd***Psalms 23; 95; John 10:11, 14, 16*

We can have a personal and trusting relationship with God through Jesus, the Good Shepherd.

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