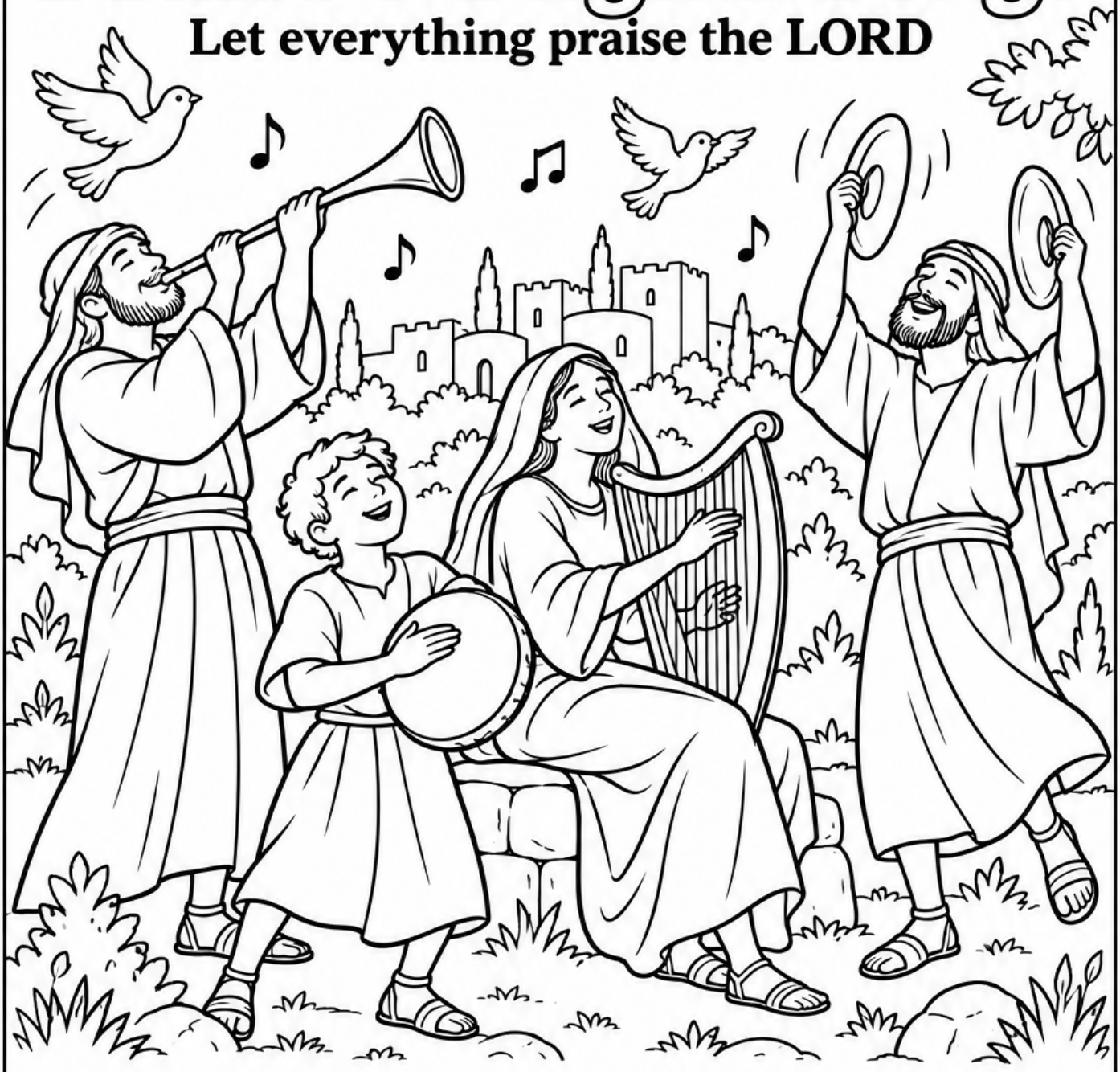
WAYMARK 47

# Praise & Pilgrim Songs

## Let everything praise the LORD



**Psalm 150 ends with a call for everything with breath to praise the LORD.**

Psalm 150:1–6

THINK ABOUT THE STORY

**What final call ends Psalm 150?**

_____

_____

# Praise & Pilgrim Songs

Psalms 90-150
Name _____ Date _____

## Read & think

### READ IN ORDER

1. Psalms 90-99
2. Psalms 100-109
3. Psalms 110-119
4. Psalms 120-129
5. Psalms 130-139
6. Psalms 140-150

### MAIN POINTS

- Ask God to help you use your days wisely and do good work (Psalm 90:12-17)
- The LORD rules and cares for people and creatures who need help (Psalms 93:1-5; 145:14-16; 146:5-10)
- God's word can guide your next steps and help you choose truth (Psalm 119:9-16, 101-105)
- You can pray in trouble and praise God with others and with all creation (Psalms 107:1-9; 133:1-3; 148:1-14)

### THINGS TO THINK ABOUT

1. What do the psalms about the LORD reigning teach?
Psalms 93:1-5

2. What is Psalm 119 mostly about?
Psalm 119:1-176

3. Do you most need to ask God for wisdom help forgiveness guidance or a reason to praise today?
Psalms 90-150

### MEMORY VERSE / Psalm 150:6

Psalm 150 first names places acts greatness and instruments for praise then closes by extending the summons to every creature with breath (Psalm 150:1-6).

**WEB**

Let everything that has breath praise Yah! Praise Yah!

**KJV**

Let every thing that hath breath praise the LORD. Praise ye the LORD.

# Praise & Pilgrim Songs

Psalms 90-150
Name _____ Date _____

## Notes

**Waymark 47 / Younger children**

Main verse _____ Bonus verse(s) _____

Passage or verse _____

### WHAT I NOTICED

### DRAW SOMETHING YOU WANT TO REMEMBER

### ONE THING I WANT TO TRY

# Praise & Pilgrim Songs

Psalms 90-150
Name _____ Date _____

## Read & think

### READ IN ORDER

1. Psalms 90-99
2. Psalms 100-109
3. Psalms 110-119
4. Psalms 120-129
5. Psalms 130-139
6. Psalms 140-150

### MAIN POINTS

- Human time is limited so Psalm 90 joins wisdom with prayer for meaningful work (Psalm 90:1-17)
- The LORD's reign includes righteous judgment mercy forgiveness and care for vulnerable people and creatures (Psalms 96:10-13; 103:1-22; 145:14-16; 146:5-10)
- Psalm 119 presents God's word as guidance truth comfort and a lifelong pattern of obedience under pressure (Psalm 119:1-176)
- These psalms bring distress exile restoration community and creation wide praise into worship (Psalms 107:1-43; 126:1-6; 137:1-9; 148:1-14)

### THINGS TO THINK ABOUT

1. What shared emphasis appears in Psalms 93 96 97 and 99?
Psalms 93:1-5

2. What does Psalm 119 sustain across 176 verses?
Psalm 119:1-176

3. Psalms 90-150 bring limited time trouble forgiveness guidance exile self examination and praise to God. Which one names your present need?
Psalms 90-150

### MEMORY VERSE / Psalm 121:1-2

After looking toward the hills the speaker identifies the maker of heaven and earth as the source of help and repeatedly trusts the LORD as keeper (Psalm 121:1-8).

**WEB**

A Song of Ascents. I will lift up my eyes to the hills. Where does my help come from? My help comes from Yahweh, who made heaven and earth.

**KJV**

I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD, which made heaven and earth.

# Praise & Pilgrim Songs

Psalms 90-150
Name _____ Date _____

## Notes

**Waymark 47 / Preteen**

Main verse _____ Bonus verse(s) _____

Passage or verse _____

**NOTES**

**ONE THING TO PUT INTO PRACTICE**

**PRAYER**

# Praise & Pilgrim Songs

Psalms 90-150
Name _____ Date _____

## Read & think

### READ IN ORDER

1. Psalms 90-99
2. Psalms 100-109
3. Psalms 110-119
4. Psalms 120-129
5. Psalms 130-139
6. Psalms 140-150

### MAIN POINTS

- Psalm 90 connects awareness of mortality with wisdom joy and work that depends on God (Psalm 90:1-17)
- The LORD's kingship is expressed through justice mercy forgiveness provision and care for vulnerable people (Psalms 96:10-13; 103:1-22; 145:14-16; 146:5-10)
- Psalm 119 treats devotion to God's word as resilient trust practiced through affliction opposition and delay (Psalm 119:1-176)
- The collection holds distress exile anger restoration community and universal praise within prayer to God (Psalms 107:1-43; 137:1-9; 145:1-21; 148:1-14)

### THINGS TO THINK ABOUT

1. Psalms 90 and 127 both address human work. What do they say about work that depends on God?
Psalms 90:12-17

2. Psalm 107 repeats several movements from trouble to thanksgiving. What habits does that pattern teach?
Psalm 107:1-43

3. Psalms 90-150 hold mortality danger forgiveness Scripture shaped choices exile honest self examination and praise together. Which voice best fits your prayer today?
Psalms 90-150

### MEMORY VERSE / Psalm 139:23-24

After confessing that God knows every path word place and hidden part of life the speaker invites His examination and guidance (Psalm 139:1-24).

**WEB**

Search me, God, and know my heart. Try me, and know my thoughts. See if there is any wicked way in me, and lead me in the everlasting way.

**KJV**

Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.

# Praise & Pilgrim Songs

Psalms 90-150
Name _____ Date _____

## Notes

**Waymark 47 / Teen**

Main verse _____ Bonus verse(s) _____

Passage or verse _____

**NOTES**

**ONE THING TO PUT INTO PRACTICE**

**PRAYER**

# Praise & Pilgrim Songs

Psalms 90-150
Name _____ Date _____

## Read & think

### READ IN ORDER

1. Psalms 90-99
2. Psalms 100-109
3. Psalms 110-119
4. Psalms 120-129
5. Psalms 130-139
6. Psalms 140-150

### MAIN POINTS

- Psalm 90 connects mortality awareness with wisdom divine mercy renewed joy and work established by God (Psalm 90:1-17)
- The LORD's reign joins righteous judgment with mercy forgiveness providence and advocacy for vulnerable people (Psalms 96:10-13; 103:1-22; 104:1-35; 146:5-10)
- Psalm 119 depicts Scripture formed fidelity under affliction persecution temptation and deferred rescue (Psalm 119:1-176)
- The collection holds distress exile rage restoration communal worship and creation wide praise within sustained address to God (Psalms 107:1-43; 137:1-9; 145:1-21; 148:1-14)

### THINGS TO THINK ABOUT

1. Psalms 90 and 127 both address human work. What do they say about work that depends on God?
Psalms 90:12-17

2. Psalm 107 repeats several movements from trouble to thanksgiving. What habits does that pattern teach?
Psalm 107:1-43

3. Psalms 90-150 place mortality danger forgiveness Scripture formed obedience exile self examination and creation wide praise before God. Which emphasis most truthfully names your present prayer?
Psalms 90-150

### MEMORY VERSE / Psalm 90:12

Human brevity in the preceding lines grounds this request for wisdom followed by appeals for mercy joy and work established by God (Psalm 90:3-17).

**WEB**

So teach us to count our days, that we may gain a heart of wisdom.

**KJV**

So teach us to number our days, that we may apply our hearts unto wisdom.

# Praise & Pilgrim Songs

Psalms 90-150
Name _____ Date _____

## Notes

**Waymark 47 / Adult**

Main verse _____ Bonus verse(s) _____

Passage or verse _____

**NOTES**

**ONE THING TO PUT INTO PRACTICE**

**PRAYER**