

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

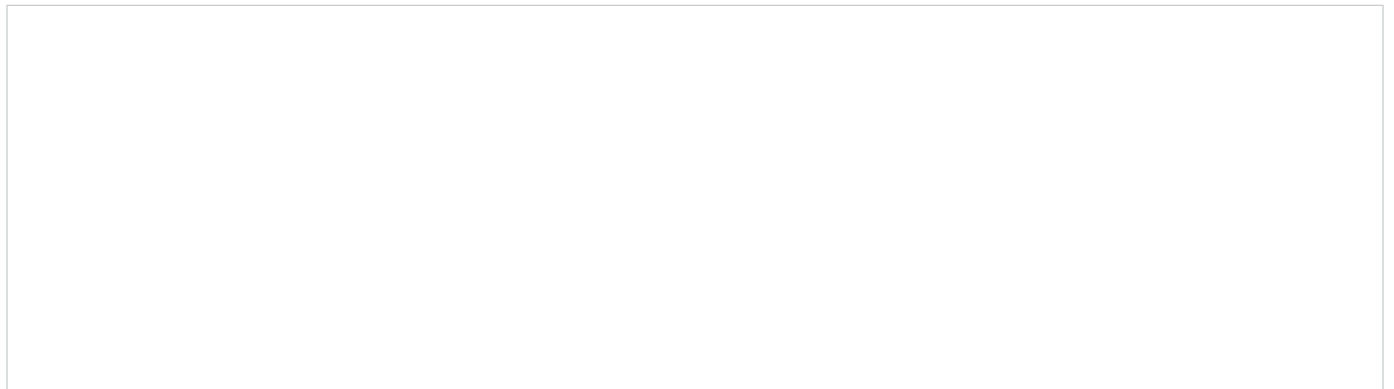
Waymark 47 / Younger children

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 |
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| 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

- | | |
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| 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
