

Salt & Light

September 2009



Week 4 - Walking in The Light
The Psalmist Prayer

WEEK 4 - WALKING IN THE LIGHT

INTRODUCTION:

The book of Psalms is a beautiful tapestry of prayers and praise interwoven with many voices and from many eras, encompassing the whole range of human feeling and experiences, but always focusing on the great king, Yahweh who hears all the pleas of his people.

The light spoken of in the Psalms comes directly from the face of God Almighty. In Psalm 80:7 we read:

“Restore us O God Almighty
Make your face shine upon us
That we may be saved”

ICE BREAKER:

How good are you at following instructions?

Do you carefully read the instructions before opening that new purchase or just hope you will figure it out?

What about other members of your family?

QUESTIONS

1. The Psalmists realized they needed divine guidance to lead them through their life journey.

Psalm 119:105 says:

“Your word is a lamp to my feet
And a light for my path”

a) What images come to your mind when you read the word “lamp”?

b) Can you think of a job where lamps are a necessity?

c) What is the “oil” that keeps the psalmist’s lamp burning? Why?

QUESTIONS Cont'd

2. Psalm 25:4 says:

“Show me your ways, O Lord
Teach me your paths
Guide me in your truth and teach me
For you are God my saviour
And my hope is in you all day long.”

a) What are the key words in this passage?

b) How good are you at asking questions when you are lost?
What is the psalmist asking God to help him do?

QUESTIONS Cont'd

c) Are you ready to accept advice when a problem arises or would you rather go it alone?

d) Do you believe God will and does help in a crisis? Do you have an example?

3. Psalm 25:9 says:

“He guides the humble in what is right
And teaches them his way.”

a) What quality do we need to have to be taught?

QUESTIONS Cont'd

b) What do you think it means to be humble for a Christian?

c) What is the danger in thinking we “know it all”?

4. The first letter John wrote to his disciples emphasized the sharp contrast of walking in the light and walking in darkness. (1 John 1:5-10)

Now we have had an in depth look at “salt and light”, how can we as true believers make a difference by being different from the world?

a) Think of some situations where we could make a Christian decision that would make us stand out as walking in the light. (e.g not indulging in gossip at school/work place/church)

b) Why do you think people shun Christianity?

c) What positive steps do you think we could take to be known as the “salt of the earth” church?