

INTERVARSITY BIBLE STUDY GUIDE

Psalm 105:1-45, A Salvation History Psalm (60 minutes)

WELCOME (7 minutes)

Icebreaker: What have you found most interesting so far in our studies of the psalms?

We are studying the Bible together because we want to grow in our love for Jesus through Scripture and because we want to grow in our witness to Jesus through Scripture.

Let's pray and ask God to help us as we study today's passage together...

GROUP NORMS (3 minutes)

Let's remember our group norms as we study together today:

1. Use "I" statements (speak for yourself, not for everyone)
2. Avoid judgmental statements (no shame or blame)
3. Allow space for everyone to share if they choose
4. Practice active listening and give advice only if invited to do so
5. What we share here stays here (confidentiality)

INTRODUCE the Scripture Text (3 minutes)

For the ancient Hebrew people, the Psalms were songs of worship that captured their reality and guided them to turn their will and their longings toward God.

There are many types of psalms (this list is not exhaustive):

- Praise psalms celebrate and adore God's character
- Thanksgiving psalms express gratitude for God's blessings
- Wisdom psalms give practical moral teachings on how to live a righteous life
- Salvation history psalms remember God's work and affirm the covenant with God
- Lament psalms cry out to God in sorrow, grief, or distress
- Imprecatory psalms invoke God's action to intervene and bring justice
- Penitential psalms confess sin, express remorse, and acknowledge human frailty
- Trust psalms commit to God, no matter the circumstances

Today we will study a salvation history psalm.

You may want to reference the following passages for more understanding (that the original readers of this text would already have had).

- Genesis 15:12-16 – covenant with Abraham
- Genesis 37-50 (45:4-8) – Joseph
- Exodus 7-9 – the exodus from slavery in Egypt
- Exodus 12-17 – wandering in the desert wilderness
- 1 Chronicles 16 – parts of this psalm were recited as the Ark returned to Jerusalem

SEE the Scripture Text (10 minutes)

Let's read the passage and talk about what we see.

- Who are the characters? How are they connected?
- What is happening? When? Where?
- Which words are being repeated?
- Is the author comparing or contrasting anything?
- Would you like to point out anything else you notice?

Psalm 105:1-45 NIV –

- 1 Give praise to the Lord, proclaim his name;
make known among the nations what he has done.
- 2 Sing to him, sing praise to him;
tell of all his wonderful acts.
- 3 Glory in his holy name;
let the hearts of those who seek the Lord rejoice.
- 4 Look to the Lord and his strength;
seek his face always.
- 5 Remember the wonders he has done,
his miracles, and the judgments he pronounced,
- 6 you his servants, the descendants of Abraham,
his chosen ones, the children of Jacob.
- 7 He is the Lord our God;
his judgments are in all the earth.
- 8 He remembers his covenant forever,
the promise he made, for a thousand generations,
- 9 the covenant he made with Abraham,
the oath he swore to Isaac.
- 10 He confirmed it to Jacob as a decree,
to Israel as an everlasting covenant:
- 11 "To you I will give the land of Canaan
as the portion you will inherit."
- 12 When they were but few in number,
few indeed, and strangers in it,
- 13 they wandered from nation to nation,
from one kingdom to another.
- 14 He allowed no one to oppress them;
for their sake he rebuked kings:
- 15 "Do not touch my anointed ones;
do my prophets no harm."
- 16 He called down famine on the land
and destroyed all their supplies of food;
- 17 and he sent a man before them—

Joseph, sold as a slave.
18 They bruised his feet with shackles,
his neck was put in irons,
19 till what he foretold came to pass,
till the word of the Lord proved him true.
20 The king sent and released him,
the ruler of peoples set him free.
21 He made him master of his household,
ruler over all he possessed,
22 to instruct his princes as he pleased
and teach his elders wisdom.
23 Then Israel entered Egypt;
Jacob resided as a foreigner in the land of Ham.
24 The Lord made his people very fruitful;
he made them too numerous for their foes,
25 whose hearts he turned to hate his people,
to conspire against his servants.
26 He sent Moses his servant,
and Aaron, whom he had chosen.
27 They performed his signs among them,
his wonders in the land of Ham.
28 He sent darkness and made the land dark—
for had they not rebelled against his words?
29 He turned their waters into blood,
causing their fish to die.
30 Their land teemed with frogs,
which went up into the bedrooms of their rulers.
31 He spoke, and there came swarms of flies,
and gnats throughout their country.
32 He turned their rain into hail,
with lightning throughout their land;
33 he struck down their vines and fig trees
and shattered the trees of their country.
34 He spoke, and the locusts came,
grasshoppers without number;
35 they ate up every green thing in their land,
ate up the produce of their soil.
36 Then he struck down all the firstborn in their land,
the firstfruits of all their manhood.
37 He brought out Israel, laden with silver and gold,
and from among their tribes no one faltered.
38 Egypt was glad when they left,
because dread of Israel had fallen on them.

39 He spread out a cloud as a covering,
and a fire to give light at night.
40 They asked, and he brought them quail;
he fed them well with the bread of heaven.
41 He opened the rock, and water gushed out;
it flowed like a river in the desert.
42 For he remembered his holy promise
given to his servant Abraham.
43 He brought out his people with rejoicing,
his chosen ones with shouts of joy;
44 he gave them the lands of the nations,
and they fell heir to what others had toiled for—
45 that they might keep his precepts
and observe his laws.
Praise the Lord.

DISCOVER the Scripture Text (25 minutes)

Let's discuss a few questions that will help us discover and understand the text.

1. This psalm is long, but it tells a story. If you have not already read it out loud, do that now. What do you experience in the tone and storytelling of this psalm?
2. For such a long passage, dividing it into sections can help make sense of the text. What section breaks would you make? Give each section a title.
3. What can we learn about the relationship between God and ancient Israel through the messages of this psalm?
4. How might this psalm have impacted the ancient Hebrews as they prayed and sang it in worship together?
5. If we could communicate the core message of this text in just one sentence, what would it be? What do we sense God is communicating through this passage?

RESPOND to the Scripture Text (10 minutes)

This psalm praises God by remembering and celebrating God's actions on behalf of Israel. The psalmist emphasizes that God has fulfilled his covenant promise to Abraham and his descendants, and he remembers the way God guided the ancient Hebrew people into Egypt through Joseph and back out of Egypt through Moses.

Make it a practice to remember that God rescues his people.

Let's discern together how we can respond to what God is saying. We will answer one option from below, whichever seems most relevant to our group's discussion of the text.

- A. Through faith, all followers of Jesus are "children of Abraham" (Galatians 3:6-14) who have been "grafted in" as branches of Israel (Romans 11:11-24). We must remember

and receive our part in God's people with great humility. What thoughts and feelings come to mind when you consider being part of God's salvation throughout history?

- B. In what areas of your life or the life of your community do you long for God's rescue? Share and pray together.
- C. How have you seen God rescue you or people you care about? Praise God for the salvation work he has done.

CLOSE (2 minutes)

Let's pray and thank God for our time in Scripture together...

Tips for leading the group discussion (and more tips are available at howto.bible):

- *Participate but keep your comments short to make space for others.*
- *Silence is okay. Encourage further discussion by saying "What else?" instead of commenting on every response.*



this material and more can be found at tiny.cc/biblestudyguides

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