The Essentials: Hope

Session 7: Psalm 39 and Colossians 3:15-17

Opening Collect

> *Together:* Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Read: Psalm 39 and Colossians 3:15-17

Opening Thought: How do we get hope? Singing the promises of God.

Discussion:

1. Name a song or hymn that you have recently enjoyed (look on your phone if you need!). What about the song moves you?
2. Looking again at the words of Psalm 39, how would you describe the Psalmist's attitude toward God?
3. Keep in mind that the psalm is a poem/song. Can the song still be sung with hope even if it's dark?
4. Why do you think it's important to express our emotions and commitments by singing?
5. The passage from Colossians is about life in Christ and putting on the new self; it's about taking on new qualities of godliness. Now, read Paul's recommendations in v. 16. Why do you think singing is listed?
6. How might you use singing to drive the hope of the Gospel deeper into your heart? Be specific.

Check in and Closing Prayer

Psalm 39

I said, "I will guard my ways, that I may not sin with my tongue;
I will guard my mouth with a muzzle, so long as the wicked are in my presence."
2 I was mute and silent;
I held my peace to no avail, and my distress grew worse.
3 My heart became hot within me. As I mused, the fire burned; then I spoke with my tongue:

4 "O Lord, make me know my end and what is the measure of my days;
let me know how fleeting I am!
5 Behold, you have made my days a few handbreadths,
and my lifetime is as nothing before you. Surely all mankind stands as a mere breath! *Selah*
6 Surely a man goes about as a shadow! Surely for nothing they are in turmoil;
man heaps up wealth and does not know who will gather!

7 "And now, O Lord, for what do I wait? My hope is in you.
8 Deliver me from all my transgressions. Do not make me the scorn of the fool!
9 I am mute; I do not open my mouth, for it is you who have done it.
10 Remove your stroke from me; I am spent by the hostility of your hand.
11 When you discipline a man
with rebukes for sin, you consume like a moth what is dear to him;
surely all mankind is a mere breath! *Selah*

12 "Hear my prayer, O Lord, and give ear to my cry; hold not your peace at my tears!
For I am a sojourner with you, a guest, like all my fathers.
13 Look away from me, that I may smile again, before I depart and am no more!"

Colossians 3:15-17

15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body.
And be thankful. 16 Let the word of Christ dwell in you richly; teach and admonish one another in
all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to
God. 17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving
thanks to God the Father through him.