

## **Inside Out with the Psalms**

### **Participant Workbook**

A 12-Week Journey through Psalms 1–60 and the Emotions of Faith

#### **How to Use This Workbook**

This workbook is a companion for prayer, reflection, and community conversation. There are no right answers. The Psalms give us words when we do not have our own.

Each week includes:

- Selected Psalm excerpts (varied translations)
- An emotional focus
- Reflection questions
- A short prayer practice

Bring honesty. Bring curiosity. Bring what you have.

## WEEK 1 — Psalms 1–5

Emotion Focus:

### Joy & Belonging

#### Opening Prayer

God of beginnings and belonging,  
you plant us beside living water  
and call us blessed.

Root us in your love.  
Shape us into people who delight in your ways.  
Let joy grow deep in us—  
not shallow happiness,  
but steady joy that holds us together.

We come as your people.  
Form us in faith and friendship.  
Amen.

#### Psalm Excerpts

Psalm 1:3 (NRSV)

“They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper.”

Psalm 2:12 (NIV)

“Blessed are all who take refuge in him.”

Psalm 4:7 (ESV)

“You have put more joy in my heart than they have when their grain and wine abound.”

### WEEKLY REFLECTION PAGE (Use for Every Week)

**Psalms:** \_\_\_\_\_

**Emotion Focus:** \_\_\_\_\_

#### Scripture Notes

(Underline, circle, or write words and phrases that stand out)

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**Reflection**

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*What does this speak to you personally?*

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*How do these words or assurances from Psalms reflect our world today?*

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*What is our response?*

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**Prayer Practice**

(Write or sit with a prayer shaped by today's Psalm)

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## WEEK 2 — Psalms 6–10

Emotion Focus:

### Sadness & Vulnerability

#### Opening Prayer

Compassionate God,  
you hear the sound of our weeping  
and do not turn away.

We bring what feels heavy.  
We bring what feels unfinished.  
We bring what hurts.

Meet us in our honesty.  
Hold our vulnerability with tenderness.  
Be our refuge when words run out.

Sit with us in truth and mercy.  
Amen.

#### Psalm Excerpts

Psalm 6:6 (NRSV)

“I am weary with my moaning; every night I flood my bed with tears.”

Psalm 9:9 (NIV)

“The Lord is a refuge for the oppressed, a stronghold in times of trouble.”

Psalm 10:17 (CSB)

“Lord, you have heard the desire of the humble; you will strengthen their hearts.”

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### WEEK 3 — Psalms 11–15

Emotion Focus:

#### **Fear & Trust**

#### **Opening Prayer**

God our refuge,  
when the ground feels uncertain  
and fear whispers loudly,

teach our hearts to trust you.

Steady us when we want to flee.  
Give us courage to live with integrity.  
Make us people who reflect your faithfulness.

In you we take refuge.  
Strengthen our trust today.  
Amen.

#### **Psalm Excerpts**

Psalm 11:1 (ESV)

“In the Lord I take refuge; how can you say to my soul, ‘Flee like a bird to your mountain?’”

Psalm 13:5 (NIV)

“But I trust in your unfailing love; my heart rejoices in your salvation.”

Psalm 15:1–2 (NRSV)

“O Lord, who may abide in your tent? Who may dwell on your holy hill? Those who walk blamelessly, and do what is right.”

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## WEEK 4 — Psalms 16–20

Emotion Focus:

### Joy with Depth

#### Opening Prayer

Faithful God,  
in your presence there is fullness of joy.

Yet we come carrying both gratitude and grief.  
Hold them together in us.

Be our rock and our gladness.  
Let our joy be rooted in your steadiness,  
not in circumstance alone.

Deepen our worship.  
Anchor our hearts in you.  
Amen.

#### Psalm Excerpts

Psalm 16:11 (NRSV)

“In your presence there is fullness of joy; in your right hand are pleasures forevermore.”

Psalm 18:2 (NIV)

“The Lord is my rock, my fortress and my deliverer.”

Psalm 20:7 (ESV)

“Some trust in chariots and some in horses, but we trust in the name of the Lord our God.”

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**Prayer Practice**

(Write or sit with a prayer shaped by today's Psalm)

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**WEEK 5 — Psalms 21–25**

Emotion Focus:

**Anger & Justice**

**Opening Prayer**

God of justice and mercy,  
you hear our cries of protest.

We bring our anger,  
our longing for fairness,  
our questions about suffering.

Refine our outrage into righteous action.  
Teach us your paths.  
Guide us in truth.

Make us instruments of your justice  
without losing your compassion.  
Amen.

### Psalm Excerpts

Psalm 22:1 (NRSV)

“My God, my God, why have you forsaken me?”

Psalm 23:3 (NIV)

“He guides me along the right paths for his name’s sake.”

Psalm 25:4–5 (CSB)

“Make your ways known to me, Lord; teach me your paths. Guide me in your truth and teach me.”

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## WEEK 6 — Psalms 26–30

Emotion Focus:

### Healing & Restoration

#### Opening Prayer

Healing God,  
you lift us from the pit  
and turn mourning into dancing.

We bring what is broken—  
in body, in spirit, in community.

Restore what has been wounded.  
Shine light into shadowed places.  
Walk with us toward wholeness.

Let morning come.  
Amen.

#### Psalm Excerpts

Psalm 27:1 (NIV)

“The Lord is my light and my salvation—whom shall I fear?”

Psalm 30:2 (NRSV)

“O Lord my God, I cried to you for help, and you have healed me.”

Psalm 30:5 (ESV)

“Weeping may tarry for the night, but joy comes with the morning.”

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(Write or sit with a prayer shaped by today's Psalm)

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## WEEK 7 — Psalms 31–35

Emotion Focus

### Fear Under Pressure

#### Opening Prayer

Steadfast God,  
you are our rock and our hiding place.

When pressure builds  
and fear lingers beneath the surface,  
hold us steady.

Strengthen our hearts.  
Help us encourage one another.  
Guard us from despair.

We place our lives in your hands.  
Amen.

#### Psalm Excerpts

Psalm 31:24 (NIV)

“Be strong and take heart, all you who hope in the Lord.”

Psalm 32:7 (NRSV)

“You are a hiding place for me; you preserve me from trouble.”

Psalm 34:4 (NLT)

“I prayed to the Lord, and he answered me. He freed me from all my fears.”

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## WEEK 8 — Psalms 36–40

Emotion Focus:

### Gratitude & Commitment

#### Opening Prayer

Generous God,  
your steadfast love reaches to the heavens.

We remember your faithfulness.  
We recall the ways you have lifted us up.

Shape our gratitude into commitment.  
Turn thanksgiving into service.  
Form in us a willing spirit.

May our lives become songs of trust.  
Amen.

#### Psalm Excerpts

Psalm 36:7 (NIV)

“How priceless is your unfailing love, O God! People take refuge in the shadow of your wings.”

Psalm 37:4 (ESV)

“Delight yourself in the Lord, and he will give you the desires of your heart.”

Psalm 40:1–2 (NRSV)

“I waited patiently for the Lord; he inclined to me and heard my cry. He drew me up from the desolate pit.”

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## WEEK 9 — Psalms 41–45

Emotion Focus:

### Belonging & Leadership

#### Opening Prayer

God of community,  
you gather us into one body.

Teach us to care for the weak  
and to lead with humility.

Bind us together in compassion.  
Form leaders who serve rather than dominate.  
Let belonging shape our power.

Make us faithful to one another.  
Amen.

#### Psalm Excerpts

Psalm 41:1 (NIV)

“Blessed are those who have regard for the weak; the Lord delivers them in times of trouble.”

Psalm 42:1 (NRSV)

“As a deer longs for flowing streams, so my soul longs for you, O God.”

Psalm 45:6 (ESV)

“Your throne, O God, is forever and ever. The scepter of your kingdom is a scepter of uprightness.”

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## WEEK 10 — Psalms 46–50

Emotion Focus:

### Stability & Awe

#### Opening Prayer

God our refuge and strength,  
you are our help in every trouble.

Still our striving.  
Quiet our restless hearts.

Reorder our lives through worship.  
Teach us to stand in awe of your holiness.

May reverence steady us  
and trust anchor us.

We come to know that you are God.  
Amen.

#### Psalm Excerpts

Psalm 46:1 (NRSV)

“God is our refuge and strength, a very present help in trouble.”

Psalm 46:10 (NIV)

“Be still, and know that I am God.”

Psalm 50:14 (CSB)

“Sacrifice a thank offering to God, and pay your vows to the Most High.”

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## WEEK 11 — Psalms 51–55

Emotion Focus:

### Shame, Repentance & Repair

#### Opening Prayer

Merciful God,  
you create clean hearts  
and renew right spirits.

We come aware of our failures.  
We come longing for repair.

Wash what is stained.  
Restore what is broken.  
Renew the joy we have lost.

Teach us repentance that leads to life.  
Amen.

#### Psalm Excerpts

Psalm 51:10 (NRSV)

“Create in me a clean heart, O God, and put a new and right spirit within me.”

Psalm 51:12 (ESV)

“Restore to me the joy of your salvation.”

Psalm 55:22 (NIV)

“Cast your cares on the Lord and he will sustain you.”

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**WEEK 12 — Psalms 56–60**

Emotion Focus:

**Courage & Hope****Opening Prayer**

God of hope,  
when we are afraid,  
we put our trust in you.

Strengthen us for what lies ahead.  
Lift our eyes beyond fear.  
Fill us with courageous faith.

Send us out shaped by prayer  
and sustained by love.

With you, we move forward in hope.  
Amen.

**Psalm Excerpts**

Psalm 56:3 (NRSV)

“When I am afraid, I put my trust in you.”

Psalm 57:10 (NIV)

“For great is your love, reaching to the heavens.”

Psalm 60:12 (ESV)

“With God we shall do valiantly.”

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