

Christian student ministry workers in Sweden developed a series of questions to ask when reading a Bible passage. Called the “Swedish Method” because of its origins, these questions can be used when reading the Bible by yourself or with others.

The daily readings in this family worship guide have a few questions. However, we encourage you, as appropriate for your family, to ask the following general questions of the text each day.



Is there something that ‘shines’ from the passage—whatever impacts most, or draws attention?



Is there something you don’t understand, or a question the passage raises in your mind?



Is there a personal application to your life?



Is there something you plan to share with someone else – and who will you share it with?



How do ideas in the passage interrelate? Or with other passages in this book – or in the whole Bible?

Worshipping Together is part of the vision and is a ministry of the Reformed Presbyterian Church of Frankston, Victoria, Australia. frankston.rpca.org.au bit.ly/WTTrpcf

The concept and layout draws heavily from *Let’s Worship God*, a ministry of the Reformed Presbyterian Church in Airdrie, Scotland. airdrierpcs.org

The readings are from Tim Chester’s 3-year weekly reading plan. bit.ly/WkBbl or bit.ly/3yrBbl

The quote on the cover is from the article *What Shampoo and Family Worship Have in Common*, Written by Randy Greenwald, (Quoted from *Tabletalk* magazine, Nov 1997.)

Notes this week are drawn in part from commentaries on the Psalms by John Calvin, Charles Spurgeon, and James Boice

Worshipping Together



We love God because He first loved us.

And we love to tell God that we love Him.

Joyful and faithful worship together twice each Lord’s Day is the highlight of our week. We are glad that they said, “Let us go to the House of the Lord.” Corporate worship prepares us for the week and prepares us for Heaven.

In addition, we regularly worship God as families and as individuals.

One father put it this way:

The back of my shampoo bottle says, “Lather, rinse, repeat.” Simple enough that even I can do it. Though family worship may be a bit more complicated than shampooing hair, it ought not be rated with “home dentistry” in the scale of difficulty.



If you could buy family worship in the store, it would come in the form of a Bible, and the directions would simply say, “Read, pray, repeat.” Men should gather their families at least once daily. They should read a portion of the Scriptures to them. And they should pray with them. There need be no fireworks or pizzazz to keep the kids interested. There needs to be only a father* with a heart-love for God – who desires to see that love appropriated by his children.*

Read, pray, repeat.

* Fathers leading their family in worship is always the goal. When, in the Lord’s providence, the father is absent or uninterested a godly mother will lead her children

Reading Psalm 37:1-9 Don't fret

Notes Do not fret. Don't get yourself all worked up. That is God's command –and one of the themes of this acrostic Psalm. About every other verse starts with the next letter of the Hebrew alphabet. This Psalm reads like Proverbs – short nuggets of Godly wisdom.

One of those important nuggets of Godly wisdom is, "fret not." We live in a day when it seems fretting affects nearly all of us. We sometimes seem to take as good advice the tongue-in-cheek church sign, "Why pray when you can worry." But what is the solution we are given in this Psalm? The Lord. God, the creator of the world – and our master.

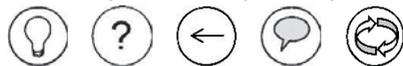
Trust the Lord. So easy to say. So hard to constantly do. But if He made the world do we really think He can't help us?

Delight in the Lord. Often we fret because we have "other gods." Yet nothing can satisfy more than the Lord our God.

Commit your way to the Lord. It is so easy to lean on our own understanding. And when we do that, we know that we are weak and can fail. So, we fret. Let God guide your way instead.

Rest in the Lord. Work hard with His energy, then rest in Him.

- Questions**
1. What are ways you are tempted to fret?
 2. In what ways do you find yourself delighting in the Lord?
 3. How can you commit your ways to the Lord?



4.

Praise Psalm 40a²

- Pray**
1. Commit you and your family to not fret, by God's help
 2. Pray for a member of your church
 3. Pray for your family
 4. Pray for a non-Christian friend/family member

¹ You will notice we only have a printed guide for 6 days. We recommend each Lord's Day you review the previous week's readings and/or the previous or current week's sermons and pray together

² Psalm selections are taken from the *Book of Psalms for Worship*. We encourage our congregation to sing the same selection each day for a week to gain familiarity with the selection

Reading Psalm 37:34-40 Wait on the Lord

Notes The Psalm ends much the same as it begins. Wait on the Lord. Trust the Lord. The implication here is what is stated at the beginning. Don't fret because of the wicked. God will deal with them. *In the long run the righteous will be exalted and protected, and the wicked will be brought down.* (Boice)

Psalm 1 reminded us that God cares for the righteous one and blesses them. One of His blessings is they are planted by the water and bear fruit and green leaves. But, sometimes it seems like the wicked are the fruitful trees. The Psalmist says, "Yes, that happens at times. But God will bring judgment. Sometimes so severely and quickly that the formerly fruitful wicked ones are just gone – nowhere to be found."

Our confidence in the way the world is and the way the world will be must be directed by God and His Word – not by our perceptions.

The sum of the whole is, that whatever may happen, the righteous shall be saved, because they are in the hand of God, and can never be forgotten by him. This ought to be particularly noticed, that those who are greatly afflicted may be sustained by the assurance that the salvation which they expect from God is infallibly certain, because God is eternal, and governs the world by his power; as Christ said, "My Father, who gave them me, is greater than all," (John 10:29.) Calvin

- Questions**
1. What will happen to the wicked?
 2. What will happen to the righteous?
 3. How can we be sure?



4.

Praise Psalm 40a

- Pray**
1. Pray that you and your family will trust the Lord, with His help
 2. Pray for your family
 3. Pray for a non-Christian friend/family member
 4. Pray for the reading and preaching of God's word tomorrow

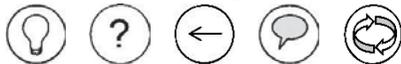
Reading Psalm 37:27-33 Do good, not evil

Notes It's never enough to simply not do evil. From beginning to end the Bible teaches what some have called the "replacement way." That is, stop doing evil, start doing good. Put off sin, put on righteousness. *Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.* 2 Timothy 2:22

This is not the means to salvation – rather it is the fruit. Why does the righteous do good and speak good? Because the law of God is in His heart. Spurgeon says, *The best thing in the best place, producing the best results.* If you are giving in to doing evil more than you should, are you neglecting to put God's law in your heart – reading it, hearing it, studying it, thinking about and talking about it?

Even if it doesn't seem to be worth it, remember that God will preserve the righteous forever, but will cut off the wicked in judgment. Things at times might be bleak, but God controls them all. *David takes for granted—what ought to be deeply fixed in the hearts of all the faithful—that the world is directed by the providence of God.* (Calvin)

- Questions**
1. What are we to do instead of evil?
 2. What is our guide to doing good?
 3. Who controls all things? How can we be sure?



- Praise Pray** Psalm 40a
1. Confess, with your family, the evil you are guilty of and turn from it to doing good, by faith
 2. Pray for a member of your church
 3. Pray for your family
 4. Pray for a non-Christian friend/family member

Reading Psalm 37:9-15 Understand the wicked's end

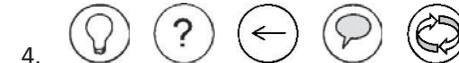
Notes One of the temptations to fret is how well things are going for those who don't love God. They have it easy, it often seems. This section helps us understand God's view of the wicked. It seems like they might get it all – gaining the whole world. But the contrast couldn't be greater with those who wait on the Lord in meekness (trusting His strength, not your own).

We have to see the wicked as God sees them. And take comfort that God will bring about justice in the end. It may seem like the wicked have it all, but what they actually have coming is God's judgment. God will cut them off and they'll be gone. *It's hard for most of us to take the long view, because we are consumed by the present. But we need to do it if we are to grow in grace and begin to understand something of what God is doing in this world.* (Boice)

Even now (as in Psalm 2) we are reminded that God laughs at their puny efforts to resist Him. They may well be strong enough to resist us, but to think they can resist God is laughable.

One reason we might fret about the wicked is that they often hurt anyone who gets in their way. The poor and needy seem to have no defence. Yet God reminds us that He will turn their weapons against them

- Questions**
1. What does it seem like the wicked get?
 2. Yet, what do we know they will eventually get from God?
 3. How will God protect the poor and needy from the wicked?



- Praise Pray** Psalm 40a
1. Commit yourself and your family in prayer to trust His righteous response to the wicked, with God's help.
 2. Pray for a member of your church
 3. Pray for your family
 4. Pray for a non-Christian friend/family member

Reading Psalm 37:16-22 We have enough in God

Notes How much do you have? How much do you want? It is reported that when John D. Rockefeller (1839-1937), one of the richest men in the world, was asked “how much would be enough?” he answered “just a little bit more.” We might not have his riches, but we might be inclined to think his reported answer is right. If I could just get a little more money, a few more things, a newer car, a bigger house – just a little bit more...

Those “little bits more” might not actually be wrong, but are we content in God? This section calls us to be. It reminds us that if we have only a little, yet have God, we have more than the riches of many wicked. Are we willing to believe God on this? *Oh... never let a Christian murmur because he has but little, but rather let him be still a blessing of that God that has blessed his little and does bless his little and that will bless his little to him.* (Thomas Brooks quoted in Spurgeon)

Again this is backed up with a reminder that God will judge the wicked. Their arms will be broken, their days will end. But God will sustain His people.

One of the indications that the righteous is believing God that a little with His blessing is enough, is when He willingly gives to others who need help.

- Questions**
1. How much money, things, etc, will be enough?
 2. How does God help His people be content?
 3. What is one way to show you believe what you have is enough?



- Praise Pray** Psalm 40a
1. Commit yourself and your family in prayer to be content with what you have, with God’s help.
 2. Pray for a member of your church
 3. Pray for your family
 4. Pray for a non-Christian friend/family member

Reading Psalm 37:23-26 God directed steps

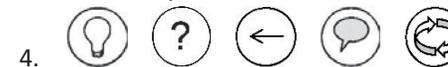
Notes Who directs your steps? It is easy to go our own way, lean on our own understanding. Yet the reminder here is that God directs the steps, the life, of the one who pleases Him. And, because God delights in this one, he is secure. So, *the godly have no other object in view but to frame their lives agreeably to the will of God, and to obey what he commands.* (Calvin)

What a great confidence to have in the Lord that though you might stumble you will not finally fall. Some reckon this refers to the spiritual state of the believer – we know that Jesus and His Father hold in Their hand His sheep so that they will never perish.

Others suggest ordinary life is in view – like Paul’s testimony in 2 Corinthians 4:8–9 *We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed.* Either view ought to prove to be a great encouragement to the believer.

Do the righteous ever have real, unmet, need? Is v25 an absolute promise, or a generally true statement? It was David’s observation – is it yours? If you do see the righteous in real need, do you help meet that need as another in Christ? That was the practice of the early church (Acts 4:32-37) and should be of us today. It may well be that in the righteous sharing what they have as different ones have need those needs are to be always met.

- Questions**
1. How has God directed your steps recently?
 2. What are things that make the righteous stumble?
 3. How can you share with others’ needs – especially Christians?



- Praise Pray** Psalm 40a
1. Rejoice with your family in prayer that God directs your steps
 2. Pray for a member of your church
 3. Pray for your family
 4. Pray for a non-Christian friend/family member