

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. frankstonrp.org.au bit.ly/WTrpcaf

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 Psalms by John Calvin, Derek Kidner, James Boice, and notes from the HCSB Study Bible, and the Reformation Study Bible

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 to 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 92:1 A Psalm. A Song for the Sabbath Day

Notes
(See back page for authors)

Kidner notes that *this Song for the Sabbath is proof enough, if such were needed, that the Old Testament Sabbath was a day not only for rest but for corporate worship ('a holy convocation', Lev 23:3), and intended to be a delight rather than a burden.*

Boice asks as we start: *How do you approach Sunday? Do you think of it as a day in which you have to go to church, but the duties of which you try to get over as soon as possible so you can spend the rest of the time with your family or get on to other more enjoyable things? Or do you think of it as a precious given to you by God in which you can learn about him and so praise him? Is Sunday a trial or a treat? Is it a delight or a deadly duty?*

This first verse makes clear that especially on the Sabbath day, as generally on each day, it is good to praise Yahweh – our covenant God. Calvin notes that *as our minds are inconstant, we are apt, when exposed to various distractions, to wander from God. We need to be disentangled from all cares if we would seriously apply ourselves to the praises of God.* The Lord's Day gives us a day to disentangle from the ordinary cares of the world and focus on our God.

Questions
(see back page for explanation of symbols)

1. What is the Lord's Day for?
2. How should we approach Sunday?
3. How can we disentangle from all cares on the Lord's Day?

4.     

Praise Pray

- Psalm 131a²
1. Commit you and your family to praise the Lord esp on His day
 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 92:12-15 Thriving with God even when old

Notes
(See back page for authors)

In contrast with the wicked, the righteous will thrive because God is good to them. They are compared to the palm tree and to the cedar. Kidner notes that *the palm tree is the embodiment of graceful erectness; the cedar, of strength and majesty. Their natural dignity and stability are enhanced here by the honoured place they are pictured as occupying and the protection they accordingly enjoy.*

So, the righteous thrive in God's house. Worship then, is a means to liveliness as well as a good thing to do. Such liveliness continues even to old age. Though hindered by the weakness of age, the Christian is strengthened by his personal and corporate relationship with the living and life-giving God. Is that your expectation and experience?

Boice asks, *if you cannot praise God on the Lord's Day, if you find it tedious and troublesome, how are you going to keep doing it into old age?...Can you say what the righteous of the Lord do at the end of Psalm 92? The Lord is upright: He is my Rock, and there is no wickedness in Him...[That] is a strong and much needed testimony. Unfortunately it is far from the kind of carping words I hear from many Christians today. Maybe they do not know God very well. Maybe they do not know how to praise Him. Probably they need practice.*

Questions
(see back page for explanation of symbols)

1. What are the righteous like according to these verses?
2. How do the righteous thrive?
3. How can we practice praising God?

4.     

Praise Pray

- Psalm 131a
1. Pray that you and your family will praise God into old age
 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 92:8-11 You, Lord, are exalted forever

Notes
(See back page for authors)

Here the Psalmist contrasts the eternal God with His soon to be destroyed enemies. And contrasts those God has raised up with God's enemies as well.

God is eternal. But His enemies will face their end soon. (An end, which we know from the rest of the Bible, is an eternal, deserved, punishment.) As Calvin notes, *the Psalmist concludes it to be impossible that God should not overthrow his enemies... he declares the destruction of God's enemies to be as certain as if it had already taken place, and he had witnessed it with his own eyes; then he repeats his assertion: ...When staggered in our own faith at any time by the prosperity of the wicked, we should learn by his example to rise in our contemplations to a God in heaven, and the conviction will immediately follow in our minds that his enemies cannot long continue to triumph.*

Yet God's people have been lifted up and strengthened and have been anointed with God's blessings. When we see the wicked flourishing, we do well to consider the works of God and the faithfulness of God. When we remember God's faithfulness and goodness – in history and to us – we are lifted up and strengthened as the Psalmist was even as he writes this Psalm for the Sabbath Day.

Questions
(see back page for explanation of symbols)

1. What does it mean that God is eternal?
2. What will happen to the wicked?
3. What will happen to God's people?
4.     

Praise Pray

- Psalm 131a
1. Confess, with your family, God's goodness to you
 2. Pray for a member of your church
 3. Pray for your family
 4. Pray for a non-Christian friend/family member

Reading Psalm 92:1-3 It is good to praise the Lord

Notes
(See back page for authors)

Boice notes that *"good" is too weak in this context, for worshipping God is more beneficial than what we usually imply when we use the word good. Some writers call the praise of God "salutary" or "delightful." Luther called it "precious." He said, probably on more than one occasion, "Come, let us sing a psalm and drive away the devil." Worshipping God is a glorious, splendid, delightful, and most reasonable thing to do.*

The Psalmist expands on the goodness of praising the Lord – calling on us to declare God's mercy (faithful love, lovingkindness) in the morning and his faithfulness at night. Calvin comments that *the Psalmist means that beginning to praise the Lord from the earliest dawn, we should continue his praises to the latest hour of the night, this being no more than his goodness and faithfulness deserve. If we begin by celebrating his goodness, we must next take up the subject of his faithfulness. Both will occupy our continued praises, for they stand mutually and inseparably connected.*

Finally, in these verses, the Psalmist notes that the praise of God would be accompanied with the instruments commanded in the Old Testament – specifically the harp and lyre. However, in the New Testament we are given only the instruments of our heart (Eph 5:19) and our lips (Heb 13:15).

Questions
(see back page for explanation of symbols)

1. Why is it good to praise the Lord?
2. What should we proclaim about God morning and night?
3. What instruments do we use to praise God?
4.     

Praise Pray

- Psalm 131a
1. Commit yourself and your family in prayer to praising God morning til night, 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 92:4-5 How great are God’s works

Notes
(See back page for authors)

Here the Psalmist continues giving us reason to praise our Lord God. His works. God’s works make us glad in their greatness. How often in the Psalms and the rest of the Bible we are commanded to remember God’s works. When we forget what God has done we tend to forget God. Kidner states that *we are made glad by the works of God (v4) and by His ways (v2) in proportion as we give our minds and voices (v4b) to expressing the wonder of them.*

Calvin comments that *what produces joy in our hearts is the exhibition which God gives of himself as a Father, and of his deep and watchful anxiety for our welfare; as, on the other hand, the cause of our brutish indifference is our inability to savour or relish the end designed in the works of God. As the universe proclaims throughout that God is faithful and good, it becomes us to be diligently observant of these tokens, and to be excited by a holy joy to the celebration of his praise.*

Does this match your experience as a child of God? Do you find your soul rejoicing as you consider particularly the works which God has done – in history generally and in your life particularly? We will never fully understand the depth of God’s works and thoughts, but our lives should be given to seek to as best we can.

Questions
(see back page for explanation of symbols)

1. How might we specifically remember God’s works?
2. Why should remembering them make us glad?
3. If we can’t fully know God’s works and thoughts why even try?

4.     

Praise Pray

- Psalm 131a
1. Commit yourself and your family in prayer to probing the depths of God’s deeds and thoughts, 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 92:6-7 stupid fools

Notes
(See back page for authors)

Our churches sing the Psalms of the Bible exclusively in worship – without instrumental accompaniment. We understand this is not the norm today and seek to bring people along gently in understanding how we believe this is what Jesus commands us to do in the worship of God. Several years ago, my wife and I noted while our congregation was singing Psalm 92 that a young couple who were new to the church were physically shaking as we sang. We wondered if they were missing hymns they had been used to and were crying as they sang. We found out after worship that they were actually laughing as they sang “the stupid can’t accept this truth, to Him unknown.” Being raised to be polite, they had always been told not to call anyone stupid, and here they were singing that God calls people stupid.

God does indeed. Those who reject His praise and His works are stupid fools. Kidner notes that *to be blind to all this (the scale of God’s design) is to become ‘like the beasts that perish’ (Ps 49:10,12,20), which is the literal force of the word the dull man (v6). It has nothing to do with mental capacity: only with the use of it.*

Boice points out that *those who do not know or praise God... are [also] wicked in their beastlike behaviour...this means that the failure of the ‘senseless’ to worship God is not merely a case of their being blind to spiritual realities, though they are. Theirs is a willing blindness; they are blind because they choose not to see.*

Questions
(see back page for explanation of symbols)

1. Why does god call some stupid (senseless) fools?
2. Why do some choose not to see God’s great works?
3. What is the end of those who reject praising God?

4.     

Praise Pray

- Psalm 131a
1. Rejoice with your family that God has opened your eyes
 2. Pray for a member of your church
 3. Pray for your family
 4. Pray for a non-Christian friend/family member