

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/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 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

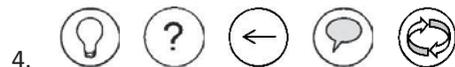
Reading Psalms 1-2 Who is Blessed?

Notes Psalms 1 and 2 are sometimes called the “twin pillars” of the Psalms. In many ways they introduce the material of the Psalter. And, reading them together, they begin and end with a description of blessed people. To be blessed is to be in a position to be happy due to the kindnesses of God. The Hebrew word is plural which denotes either a multiplicity of blessings or an intensification of them. (Boice)

And in both of these Psalms the blessed ones are set in contrast with others who are in a different position. In Psalm one the contrast is between the righteous and the wicked. The blessed one is the one who, rather than loving the ways of the wicked loves the law of God. In Psalm 2 the contrast is between the ones who seek to escape the rule of God and His Christ and the ones who place their trust in the Lord’s Ruling Son.

Putting them together, then, we see that the one who loves Christ also loves God’s law. In contrast, the wicked one rejects God’s law and God’s Son. Which one are you? One will receive God’s abundance of blessedness. The other will be destroyed in God’s righteous judgment.

- Questions**
1. Who, in Ps 1, is blessed and who are they contrasted with?
 2. Who, in Ps 2, is blessed and who are they contrasted with?
 3. What is the relation between God’s Law and God’s Son?



- Praise Pray** Psalm 38c²
1. Commit you and your family to seek God’s way of blessing
 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 Psalms 1-2 Who is this Blessed Man?

Notes Who is the blessed man in Psalm 1? Boice tells the story told by the Bible teacher Harry Ironside about a man named Joseph Flacks who visited Palestine many years ago.

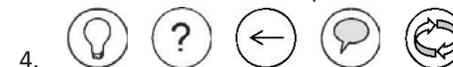
Flacks *had the opportunity to address a gathering of Jews and Arabs and took for the subject of his address the first Psalm. He read it and asked this question, “Who is this blessed man of whom the psalmist speaks? This man never walked in the counsel of the wicked or stood in the way of sinners or sat in the seat of mockers. He was an absolutely sinless man.”*

Flacks then asked the men, “Was he our great father, Abraham? Or the lawgiver, Moses? Or David?” As he asked about these men one by one, his listeners determined it could not be any one of them.

Then an elderly Jew arose and said, “My brothers, I have a little book here; It is called the New Testament. I have been reading it; and if I could believe this book, if I could be sure it is true, I would say that the man of the first Psalm was Jesus of Nazareth.”

And so it is. Jesus is the one in whom we can trust and be blessed (2:12) because He is the one who perfectly delighted to do the will of God. May His righteousness, by faith and then by practice, and His blessedness, be ours.

- Questions**
1. Who is the Blessed Man of Psalm 1?
 2. Who is the source of Blessing in Psalm 2?
 3. What is the relationship between these 2 Psalms?



- Praise Pray** Psalm 38c
1. Pray that you and your family will trust, then imitate Jesus, with God’s 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 2:7-12 God's only begotten Son

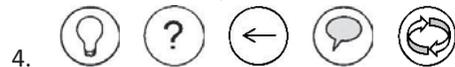
Notes Psalm 2 reads like a brief drama. The wicked spoke against God, then God scornfully laughed at the wicked. Now, God's anointed King speaks. And, He speaks as the conquering King. Who is this great King of Glory?

He is the beloved, begotten, Son of God. The New Testament makes clear that this Psalm is about Jesus. Jesus, the eternal Son of God, came to this earth as a man. He lived among men and women and revealed God and His ways to them. And, many hated Him, rebelled against Him, and finally put Him to a horrible death on the cross. Yet, He was declared to be the Son of God with power by His resurrection from the dead. (Rom 1.4) And God promised to put all the nations under Him

But we don't yet see all the nations under Him. We see many still in rebellion, casting off God's restraints. Even so, we can be confident that God's word and promises are true. Christ is reigning now. Christ is even now subduing God's enemies. And so we can join the narrator, in vs10-12, in calling on those who are in rebellion against God and His Christ to instead lovingly submit to King Jesus. And we can do so with the confidence that God has given the nations to His beloved Son.

Of course, we can only call others to submit to Christ when we have put our trust in Him ourselves. When we do that, we are blessed.

- Questions**
1. What has God the Father said to God the Son?
 2. What two responses and results are there from men to Jesus?
 3. What is our hope for blessedness?



- Praise Pray** Psalm 38c
1. Confess, with your family, your trust in the Son of God
 2. Pray for a member of your church
 3. Pray for your family
 4. Pray for a non-Christian friend/family member

Reading Psalm 1:1-3 The way that bears fruit

Notes Psalm 1 describes one who has God's blessings in contrast with the one who faces God's judgment. And this blessed one is said to love the Law of God rather than the ways of the wicked.

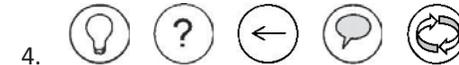
But for some Christians that seems problematic. How can we love God's law? Isn't the person who does that a legalist – one who thinks that by law-keeping they will receive God's reward? We would do well to recognise that the one who loves God's law is one who has been, in New Testament terms, born again. Apart from salvation we hate God and His law.

This blessed man is not a legalist, but rather one who *loves God and seeks Him in the Scripture, where He may be found.* (Boice) He is one who knows that *the Law of the Lord is the daily bread of the true believer.* (Spurgeon)

This one who loves God does not mingle with the ways of the wicked. He stays on guard against the devil who would have him move closer and closer to their ways. He knows that the way of the sinner, although at times temptingly inviting goes from bad to worse. So instead of thinking about, and drawing closer to their ways, this blessed one thinks about God's law and draws closer to Him.

And God will bless Him by planting him as a tree by the water that bears fruit to his good and to God's glory.

- Questions**
1. How can a person delight in God's law?
 2. How are we tempted to increasingly follow the wicked?
 3. How does God bless the one who loves Him and His word?



- Praise Pray** Psalm 38c
1. Commit yourself and your family in prayer to delight in God's law, 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 1:4-6 The way that perishes

Notes The one who loves God through His word is brought in sharp contrast with the one who is anti-God. This one is not one who bears fruit, not one who is planted by God in a well-watered place, not one who knows the many blessings of God. The Greek translation of the Psalm reads in v4, "Not so the ungodly, not so."

We know at times that it seems like the ungodly have it all. They seem to have happy, fruitful lives. Yet as we see them the way God sees them we should be both less tempted by and less troubled by their way. The contrast couldn't be greater. They are not just a tree that will wither, not even just a stalk of wheat. Rather as the wheat is brought for harvest, crushed, then thrown up in the air, the grains fall back to the ground. But the chaff (light bits of useless by-product) is blown away by the wind. Though the ungodly may seem to have an attractive life, *when the Lord has brought them low, he shall drive them hither and thither with the blast of his wrath.* (Calvin)

These will not be able to stand up when they face God in the final judgment. Though they may stand arrogantly against God now, they will be driven to their knees. We know that every knee will bow to Christ but for those who only bow when forced to in the judgment it will be too late. They will eternally perish.

- Questions**
1. What plant illustration is used of the wicked?
 2. Why doesn't apparent success of the wicked contradict what God says about them here?
 3. What will happen to the ungodly in the judgment?



- Praise** Psalm 38c
- Pray**
1. Pray God might bring ungodly ones whom you know to bow now to Jesus.
 2. Pray for a member of your church
 3. Pray for your family
 4. Pray for a non-Christian friend/family member

Reading Psalm 2:1-6

Notes Psalm 2 begins the same way Psalm 1 ends – with a description of the wicked. These verses don't describe their end condition (that will come in v12) but their rebellion against God. *We have in these first three verses, a description of the hatred of human nature against the Christ of God.* (Spurgeon)

Don't we see that? The world joins up and rejects God and His ways. Rather than loving God's law they hate it and do all they can to live lives unrestrained by God's ways. Here in Australia the claim is that we are a proudly secular country. We don't need "religious rules" to live by. If we bring the Bible to bear in an argument we're told, "We'll not legislate your morality." And while we can get discouraged and frustrated by such thoughts, we do well to consider God's response to them.

He laughs. Three different times in the Psalms God laughs at the wicked (2:4, 37:13, 59:8) When we see them apparently prospering we need not fear that they will succeed. Even if it is not yet the time of God's judgment on them, it is the time of God's laughter and scorn for their rebellion.

But not only will God laugh at them, He will speak to them in His wrath. And His message is, "My King reigns!" Who is this great King of Glory? We'll have to keep reading to find out.

- Questions**
1. How does the world view God and His laws?
 2. How does God view the world that is rebelling against Him?
 3. Is this reigning King David? Solomon? who?



- Praise** Psalm 38c
- Pray**
1. Rejoice with your family in prayer that God's King reigns even over the nations
 2. Pray for a member of your church
 3. Pray for your family
 4. Pray for a non-Christian friend/family member