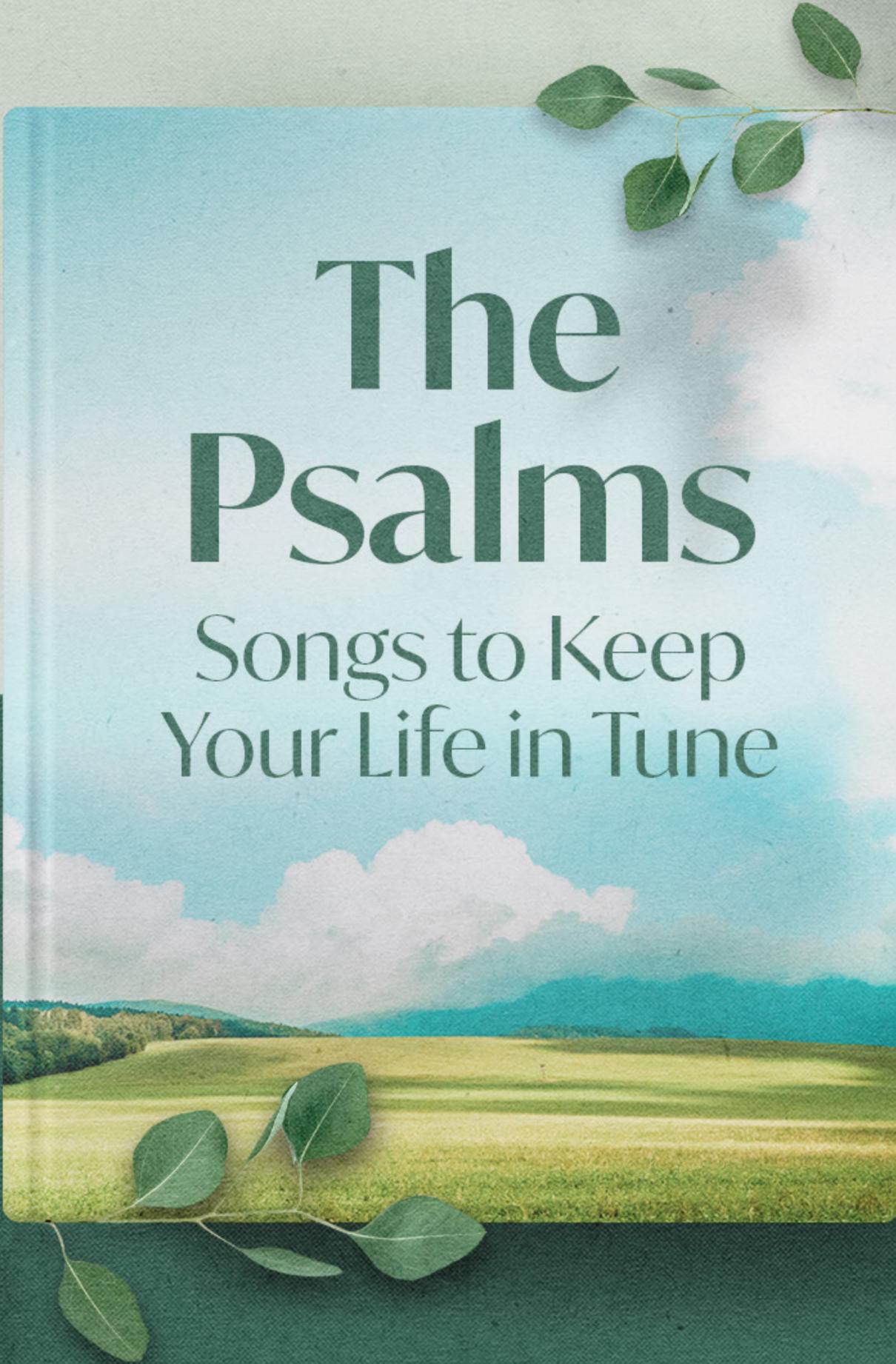


A Series Summary



Message Guide | February 28, 2021

TODAY'S MESSAGE | FEBRUARY 28, 2021

# The Psalms: Songs That Keep Your Life in Tune

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Why do we need the Book of Psalms? The Psalms paint a picture of a believer's life and feelings. That's why for every need and phase of our life, there is a corresponding and appropriate Psalm, and consequently our series was about "Songs That Keep Your Life in Tune". As you walk with God, the Psalms are meant to help you praise, sing, mourn, hold fast, believe, grow, and above all, worship.

The Book of Psalms is divided into five sets of books (1–41, 42–72, 73–89, 90–106, 107–150). The first four Psalms we review opens each set of books, but Psalm 150 closes not only the 5TH division but the entire Book of Psalms itself. So, what are some of the many beautiful lessons for life and eternity that God has given us in the Book of Psalms?

## **Psalm 1: WE NEED HIS GUIDANCE**

- This wisdom Psalm (or teaching psalm) instructs us how important it is for us to build our life on God's Word. The entire Psalm 119 simply echoes and explains every insight you can find here. We really need the Bible. Please build your life upon it (Joshua 1:8).

## **Psalm 42: WE NEED TO MOURN IN GOD**

- This psalm of lament tells us about life as it really is: it is sometimes sad, even outright depressing. And the solution is not denial or toxic positivity, but positive acceptance, and a firm resolve to trust God even when everything is dark, to "mourn in God". That kind of faith helps you eventually experience the truth of Jesus' words: "*I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life*" (John 8:12).

## Psalm 73: WE NEED TO TRUST IN GOD

- This psalm of wisdom (and lament) speaks of two things that broke the heart of the writer (and maybe yours): oppression by enemies (v. 8) and God’s loving discipline (v. 14). But when he worshiped with God’s people, God opened his eyes (v. 17). If you were broken or are being broken by others, may this help you heal: *“Whom have I in heaven but you? And there is nothing on earth that I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever”* (Psalms 73:25-26).

## Psalm 90: WE NEED TO SEE GOD’S PERSPECTIVE

- Like Moses we should pray “Teach us to number our days that we may get a heart of wisdom”. We are allotted by God only so much time. The uncertainty of life should drive us to live for the unchanging God. Realizing life’s brevity and uncertainty should move us to seek God over glory, wisdom over wealth, and heaven over hell. We need to see God’s eternal perspective, and live strategically in view of eternity.
- With feet of clay like ours, Moses failed. He possibly wrote this after God confirmed he would not enter the Promised Land (Deuteronomy 3:23-27). You can almost feel his heartache in Psalm 90:15. But in Matthew 17:1-8, God answered Moses’ prayer “far more abundantly than all we can ever ask or think” (Ephesians 3:20). We need to trust God’s eternal perspective.

## Psalm 150: WE NEED TO WORSHIP GOD

- **(v. 2) There’s every reason why God should be worshiped:**  
We rightly worship God for what He has done. But we owe God worship simply for Who He is.
- **(v. 6) There’s no one who doesn’t owe God worship:**  
All intelligent life – willingly or reluctantly – will bow down and worship at Jesus’s feet (Philippians 2:10-11).
- Loudly or silently, worship is always intense. We can do no less for a God who loved us so intensely, that He gave us His Son to make salvation free for us (Romans 8:32).

## FINAL THOUGHTS

This series doesn't have to end. The "Top 40" Psalms we studied cannot do justice to all 150 of them. So you must continue this series on your own, all throughout your life. For every need that will arise, every emotion or feeling you will ever have, God has a psalm for you to worship with, cry with, or grow with. Let the psalms be a favorite read for you. It is for me.

## DISCUSSION QUESTIONS

1. What Psalm have you learned to like most in the course of our series? Please share with the rest of the group the reason for your answer.
2. What Psalm is not clear to you, or what portion of any psalm we have taken up is not clear to you? Perhaps someone in the group can help explain it better.
3. Pray together, with each person thanking God for the psalm that has somehow stuck in his/her head for a positive reason. Also ask God for strength to practice any helpful principles and insights you have learned in the series.

# WORSHIP THROUGH GIVING



Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.

## **2 Corinthians 9:7**

If you are led to give, you may do so through the following means:

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### **COVID-19 EMERGENCY RESPONSE EFFORTS**

You may also give to support the church family's COVID relief efforts. Just indicate "**For COVID-19 Fund**" when you email your transaction document.

### **GCF RELIEF OPERATIONS FOR #UlyssesPH VICTIMS**

We are accepting CASH donations for the typhoon victims. Email a copy of your transaction slip to **[finance@gcf.org.ph](mailto:finance@gcf.org.ph)** with the subject "Typhoon Ulysses"



# CHURCH UPDATES



## **PRE-REGISTER FOR THE IN-PERSON WORSHIP SERVICE**

To know more about the safety guidelines and restrictions, and to reserve a seat, visit [tinyurl.com/GCFreservation](https://tinyurl.com/GCFreservation).

## **REMINDERS OF GOD'S CARE AND FAITHFULNESS DEVOTIONALS**

Mondays and Fridays | 8:00 p.m. | Livestream on GCF Facebook and YouTube

## **MIDWEEK DEVOTIONALS**

Every Wednesday starting January 20 | 8:00 p.m.  
Livestream on GCF Young Adults Facebook and GCF Main YouTube

## **LIVEstream (Youth LIVE Worship)**

Saturdays | 5:00 p.m. | on [youtube.com/user/gcfyouthlive](https://youtube.com/user/gcfyouthlive)

## **KIDS' L.I.F.E. ONLINE SUNDAY SCHOOL**

Sundays | 1:00 p.m. | on Facebook at @GCFKidsLIFE

## **THE GCF FAMILY'S HOUR OF PRAYER**

Thursdays | 8:00 p.m. | 9 p.m. | via Zoom

## **YA TALKS**

Wednesdays | 8:00 p.m. | LIVE on GCF Facebook and YouTube page with Pastor JP Kabuhat

## **MERCY MINISTRY: HELPING WITHOUT HURTING IN CHURCH BENEVOLENCE**

March 9 | 6:00 p.m. to 7:30 p.m. | via Zoom | with Pastor Noel Pabiona  
To register, kindly contact Grace Mosquera: 0917-532-7662

## **DISCOVERING WHAT THE FUTURE HOLDS (6-WEEK ONLINE BIBLE STUDY)**

Sundays | 8:15 a.m. to 9:30 a.m. | via Zoom  
Pre-registration required: (Precept) Ms Goldie/Jen: 0917-7732378  
(GCF) Marj: 0917-7791549

## **BURNING HEARTS CHRONICLES GROWTH GROUP (COUPLES (AGE 30 TO 50))**

Sundays | 8:00 a.m. | via Zoom | with Jon and Kleng Biscocho

## **SOWERS 1B GROWTH GROUP (COUPLES (AGE 55 TO 65))**

Sundays | 4:00 p.m. | via Zoom | with Jerry Rivas

## **JOIN OUR ONLINE COMMUNITY**

FB: Greenhills Christian Fellowship | IG: [gcf.ortigas](https://www.instagram.com/gcf.ortigas) | YT: GCF Main

## **ONLINE VISITOR'S CENTER**

Are you joining us for the first time? We would love to get to know you more! Visit [bit.ly/GCFwelcome](https://bit.ly/GCFwelcome)



**Greenhills Christian Fellowship**

**Know Christ and Make Him Known**

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Monday to Friday, 9:00 a.m. to 6:00 p.m.

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