



Hill Cliffe Study Guide
Sunday 30 July 2023
Week 1: Adoration

The Study Guide is a bit different this week as we are coming into August!

Read **Psalms 89:1-18**, then skim through **Psalms 145-150** and choose one more to read through.

Find a pencil or pen and some paper.

- Write down, just in a list, whatever words you can think of that are characteristics of God or actions of God or things you might think of when you want to praise him.
- Write down a list of the elements of creation that you do think might lead you to praise God.
- Write down a list of words that describe anything you might be thankful for this week.

If you are in a group, make the list as a group but otherwise make it on your own.

Remember that the psalms are not primarily there to teach us things, although they most certainly do do that. Their primary task is to give us words and ways to use for ourselves as examples of how we might talk to and about God!

Either together or individually you have just written a psalm!

Read it out and pray it as a psalm. It is OK to read it exactly as you have written it out. However if you are a bit of a creative type (or even if not!) you can try adding a few words, even just like “we praise you because ...” or “I thank you for” or more creatively playing around with it. If you feel you can, try sharing your psalm with somebody else. If you like, you can add on at the ends a few sentences expressing to God the things that this week make it actually quite difficult for you to praise him.

It might be good to use this home-written psalm as part of your prayers each day this week.

Enjoy!