

*Not-So-Quiet Time  
Morning Plan*

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# The Book *of* Psalms

**VOLUME 1**



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## INTRODUCTION

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Welcome to your Not-So-Quiet Time guide to the book of Psalms, Volume One!

In my years writing Bible studies for women, I've noticed a theme: we're busy! Whether you're balancing being a working woman, chasing littles, shuttling teens to sports, or an empty nester caring for an aging parent, commitments constantly call your name. But even in our busiest seasons (I would argue especially in our busiest seasons), we need the Word of God. We need to immerse ourselves in the truth of Scripture and anchor our souls in His unchanging love.

Our in-depth, verse-by-verse studies can direct a rich Bible experience, but sometimes we need a resource that facilitates time in Scripture without overburdening an already busy schedule. I also wanted a resource for people whose "quiet time" is not so quiet! Whether you do your Bible study on a lunch break in the office or crack open these pages with a toddler crawling on your back, this book is accessible for your season of life.

The book of Psalms contains 150 songs of praise to the Lord. These psalms vary in their content from rejoicing to thanksgiving, to lament and grief. This particular volume contains one-fourth of the psalms (Psalms 1–38). The psalms invite us to worship alongside their author with adoration of God for His salvation, love, provision, and justice. The poetic imagery of the psalms moves us to worship in a multisensory way—which is the intention of our Not-So-Quiet Time guides.

I designed this line of studies to pull in all the senses: a visual element using classical art; an auditory element with the integrated worship playlist; and a read/write element through reading Scripture, memorizing verses, and answering questions. This broadens your experience of the narrative and helps you appreciate the text even more. This study is meant to be flexible. You can take it as deep as you like or simply read, observe, and meditate.

While I designed this resource for personal study, it makes a great addition to your homeschool "morning basket" routine or a devotional shared with kids around the table. In homeschool contexts, you could integrate this into Bible time or your group read-aloud time. Recite the memory verse, read the psalm aloud, discuss the questions, and listen to the song. You can listen to the worship song as a playlist or as an individual song.

However you use this study in this busy season, I pray it gives you a new appreciation for the book of Psalms.

*-PM*

Psalms Volume One  
Playlist



## DAY ONE

Reading: Psalm 1

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**Memory Verse:** “How happy is the one who does not walk in the advice of the wicked” (Psalm 1:1a).

### Psalm 1 | The Two Ways

<sup>1</sup> How happy is the one who does not walk in the advice of the wicked or stand in the pathway with sinners or sit in the company of mockers!

<sup>2</sup> Instead, his delight is in the Lord’s instruction, and he meditates on it day and night.

<sup>3</sup> He is like a tree planted beside flowing streams that bears its fruit in its season, and its leaf does not wither.

Whatever he does prospers.

<sup>4</sup> The wicked are not like this; instead, they are like chaff that the wind blows away.

<sup>5</sup> Therefore the wicked will not stand up in the judgment, nor sinners in the assembly of the righteous.

<sup>6</sup> For the Lord watches over the way of the righteous, but the way of the wicked leads to ruin.

### Daily Questions:

- What does the psalmist say a “happy man” chooses to avoid? (v. 1)
- How might delighting in the Law of the Lord and meditating on it morning and night shape a person’s daily choices? (v. 2)
- How does the imagery of a “tree planted by streams of water” illustrate the life of a righteous person? (v. 3)
- What does it mean that the wicked are like “chaff that the wind blows away”? (v. 4)
- What is the result of living in the way of the wicked? (vv. 5–6)

### Memory Verse first-letter technique:

“H H I T O W D N W I T A O T W.”

Worship Song: “Psalm 1” by Calvary Music

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to listen





*River Landscape*  
by Annibale Carracci



*Christ Enthroned,  
with Two Angels*

by Martin Schongauer

## DAY TWO

### Psalm 2

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**Memory Verse:** “Serve the Lord with reverential awe and rejoice with trembling” (Psalm 2:11).

#### Psalm 2 | Coronation of the Son

<sup>1</sup> Why do the nations rage  
and the peoples plot in vain?  
<sup>2</sup> The kings of the earth take their stand,  
and the rulers conspire together  
against the Lord and his Anointed One:  
<sup>3</sup> “Let’s tear off their chains  
and throw their ropes off of us.”  
<sup>4</sup> The one enthroned in heaven laughs;  
the Lord ridicules them.  
<sup>5</sup> Then he speaks to them in his anger  
and terrifies them in his wrath:  
<sup>6</sup> “I have installed my king  
on Zion, my holy mountain.”  
<sup>7</sup> I will declare the Lord’s decree.  
He said to me, “You are my Son;  
today I have become your Father.  
<sup>8</sup> Ask of me,  
and I will make the nations your inheritance  
and the ends of the earth your possession.  
<sup>9</sup> You will break them with an iron scepter;  
you will shatter them like pottery.”  
<sup>10</sup> So now, kings, be wise;  
receive instruction, you judges of the earth.  
<sup>11</sup> Serve the Lord with reverential awe  
and rejoice with trembling.  
<sup>12</sup> Pay homage to the Son or he will be angry  
and you will perish in your rebellion,  
for his anger may ignite at any moment.  
All who take refuge in him are happy.

#### Daily Questions:

- How is God’s sovereignty over earthly powers portrayed in this psalm? (vv. 4–6)
- What does the decree declare in verses 7–8? And who declares it?
- What is the warning and consequence for those who oppose God’s Anointed? (v. 9)
- What is the promise for those who serve the Lord with awe, rejoice, and take refuge in him? (vv. 10–12)
- What is the result of “all those who take refuge in him”? (v. 12)

#### Memory Verse first-letter technique:

“S T L W R A A R W T.”

**Worship Song:** “King of Kings” by Hillsong Worship, Brooke Ligertwood

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