



LMCC WOMEN SUMMER BIBLE STUDY

# Chill

## *Lesson Three - I Am*

The Lord is near to all who call on him  
to all who call on him in truth.

Psalm 145:18



# Chill: Rethinking Rest & Stress

## Studies in the Psalms

A Dwelling Richly Bible Study



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# ...Lesson Three Welcome...

## Let's get to know one another...



Read Psalm 27 aloud together. See page 51



What's your name and one of the following...

"Hi, my name is, \_\_\_\_\_ and...

My favorite game (board game, childhood game, any game) is ...



Share a time a skill or ability you have that you feel confident in?



When was a time you wanted something so bad that it seemed to consume your thoughts?



Describe a time when you felt overwhelmed by things going on in your life. What helped you move through that time in a healthy way?



Have you seen a difference in the way your non-Christian friends handle stress and the way your Christian friends handle it? Do you think it's automatic that Christians handle stress, anxiety, worry, etc. better than non-Christians do?



What verse from Psalm 27 really hit close to home in the past couple of weeks? Why?



## Hey, we're glad you're here!

Take a minute to check in on Instagram or Facebook, share a photo of your group, tag a friend, and let others know you're at La Mirada Church with LMCC Women

Join the weekday online study with Jennifer on Facebook, YouTube, or the Dwelling Richly podcast



... Notes ...

Psalm 27 - Hide in Him

Psalm 27 is printed on page 51 - Listen to the recording of each talk on the Dwelling Richly podcast.





# Lesson Three ... Day Two

Write & Memorize the Word

Psalm 145:18

## ...Dwell in the Word...

Read [Psalm 145](#) from the New International Version.  
Use your own Bible or a Bible app to find this version.

1. **LEARN:** What can you learn about this Psalm from the footnotes in your Bible?

*No footnotes in your Bible? Go to [Biblegateway.com](http://Biblegateway.com) on a computer, click the settings to show footnotes.*

2. **Read [Deuteronomy 6:1-8](#)**. Summarize God's word to the people in this passage.

3. **THINK:** How might the style of Psalm 145 have been used to fulfill Deuteronomy 6:1-8?

4. **READ [Colossians 3:16](#)** – the theme for the Dwelling Richly Bible studies like this one. How can you, as a follower of Christ live out Deuteronomy 6 and Colossians 3 today? **Consider** a practical step you can take today to do this.

# Lesson Three ... Day Three

Write & Memorize the Word

Psalm 145:18

## ...Dwell in the Word...

Read Psalm 145 from a version you've never read from before.

1. **THINK:** Which version did you read from?

\_\_\_\_\_  
Note any interesting wording differences that were helpful to you:

2. **REFLECT:** What is your first memory of having an understanding of who God is?

3. **DESCRIBE:** Our focus in the Chill study is to rethink how we deal with stress and find true rest. Coming to God is one thing, hiding in Him is another, however knowing to Whom we are coming makes a big difference. What is true about Him? This lesson we'll consider who God really is. Consider ways David, the author of Psalm 145, describes God and write several observations here:

4. **EXPLAIN:** How would you explain God to a three-year-old?

# Lesson Three ... Day Four

Write & Memorize the Word

Psalm 145:18

## ...Dwell in the Word...

Read [Psalm 145](#) from the Amplified version.

1. **THINK:** Do you have a nickname? Pet name? What does it mean or how did you get that name?

2. **Read** [Exodus 3:13-15](#). What does God tell Moses? Why?

*This is a defining moment for the people of God in that from this point forward they would know the personal name of the Almighty God. The Hebrew spelling of God's name is יהוה - pronounced: "yod-hei-vav-hei." God is referred by this name 5,470 times in the Old Testament. Because the Hebrew alphabet has no vowel letters it is unclear what the original pronunciation of the word was. Some people pronounce the name "Yahweh" and others (mostly Christians) as Jehovah. Jewish law forbids the speaking of God's name aloud, and so pseudonyms are used, such as Adonai (Lord), Yah (God), Elohim (God) and HaShem (The Name). Many scholars agree that "Yahweh" is a close pronunciation. This four-letter name is referred to as the "tetragrammaton" from "four + letters." The root of the word means "to be," and some have understood the original meaning to be "He-Who-Is," or "He who brings being into being." Bible translators will spell the tetragrammaton in all capital letters to indicate this name of God. So, when you see "LORD" in your Bible you can know it is referring to יהוה "Yahweh" or simply "Yah."*

3. **Review** Psalm 145 and note every instance of "LORD." Write "יהוה" in the margin of your Bible along with any reminders of the significance of this name. How many times does David refer to God as LORD in this Psalm?
4. **Consider** this: God didn't have to reveal himself to Moses in this personal way. What does this say to you about our God that He did reveal Himself in this way?





# Lesson Three... Day Six

Write & Memorize the Word

Psalm 145:18

## ...Dwell in the Word...

Read Psalm 145 from a version you've never read from before.

1. **List** the character traits of God David extols in this Psalm. (Hint: look for "is" statements)
2. **OBSERVE:** What shift do you notice in verses 15-16?
3. **OBSERVE:** What does David teach us about God and our desires? Consider 145:16-19.
4. **OBSERVE:** What three important qualifiers does David sing about people who call on God in 145:18-20?
5. **Read [John 4:23-24](#).** Consider Jesus' words in this passage along with David's in Psalm 145. Does God draw near to any and all people who call on Him? Why or why not?

# Lesson Three... Day Seven

Write & Memorize the Word

Psalm 145:18

## ...Create and Share the Word...

Psalm 145 was written as an acrostic - each verse begins with the successive letters of the Hebrew alphabet. Read through Psalm 145 again and create an acrostic based on the key themes in this Psalm. Think about your personal relationship with God, the character of God, our corporate response to God, and truths about how God engages with us and include those ideas in your acrostic.

Share your acrostic and encourage someone else today.

Use these hashtags when you share on Facebook or Instagram:

#LMCWomen #DwellingRichly #ChillBibleStudy

|   |   |
|---|---|
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| B | O |
| C | P |
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| F | S |
| G | T |
| H | U |
| I | V |
| J | W |
| K | X |
| L | Y |
| m | Z |



# Psalm 27

New International Version

The Lord is my light and my salvation—  
whom shall I fear?  
The Lord is the stronghold of my life—  
of whom shall I be afraid?  
<sup>2</sup> When the wicked advance against me  
to devour<sup>[a]</sup> me,  
it is my enemies and my foes  
who will stumble and fall.  
<sup>3</sup> Though an army besiege me,  
my heart will not fear;  
though war break out against me,  
even then I will be confident.  
<sup>4</sup> One thing I ask from the Lord,  
this only do I seek:  
that I may dwell in the house of the Lord  
all the days of my life,  
to gaze on the beauty of the Lord  
and to seek him in his temple.  
<sup>5</sup> For in the day of trouble  
he will keep me safe in his dwelling;  
he will hide me in the shelter of his sacred tent  
and set me high upon a rock.  
<sup>6</sup> Then my head will be exalted  
above the enemies who surround me;  
at his sacred tent I will sacrifice with shouts of joy;  
I will sing and make music to the Lord.  
<sup>7</sup> Hear my voice when I call, Lord;  
be merciful to me and answer me.  
<sup>8</sup> My heart says of you, “Seek his face!”  
Your face, Lord, I will seek.  
<sup>9</sup> Do not hide your face from me,  
do not turn your servant away in anger;  
you have been my helper.  
Do not reject me or forsake me,  
God my Savior.  
<sup>10</sup> Though my father and mother forsake me,  
the Lord will receive me.  
<sup>11</sup> Teach me your way, Lord;  
lead me in a straight path  
because of my oppressors.  
<sup>12</sup> Do not turn me over to the desire of my foes,  
for false witnesses rise up against me,  
spouting malicious accusations.  
<sup>13</sup> I remain confident of this:  
I will see the goodness of the Lord  
in the land of the living.  
<sup>14</sup> Wait for the Lord;  
be strong and take heart  
and wait for the Lord.

# Psalm 145

New International Version

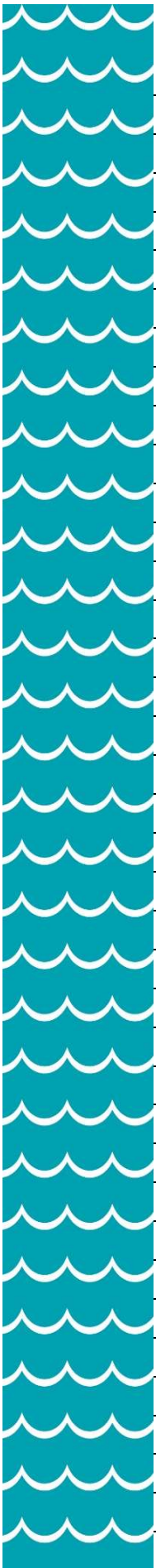
1 I will exalt you, my God the King;  
I will praise your name for ever and ever.  
2 Every day I will praise you  
and extol your name for ever and ever.  
3 Great is the Lord and most worthy of praise;  
his greatness no one can fathom.  
4 One generation commends your works to  
another;  
they tell of your mighty acts.  
5 They speak of the glorious splendor of your  
majesty—  
and I will meditate on your wonderful works.<sup>[b]</sup>  
6 They tell of the power of your awesome works—  
and I will proclaim your great deeds.  
7 They celebrate your abundant goodness  
and joyfully sing of your righteousness.  
8 The Lord is gracious and compassionate,  
slow to anger and rich in love.  
9 The Lord is good to all;  
he has compassion on all he has made.  
10 All your works praise you, Lord;  
your faithful people extol you.  
11 They tell of the glory of your kingdom  
and speak of your might,  
12 so that all people may know of your mighty acts  
and the glorious splendor of your kingdom.  
13 Your kingdom is an everlasting kingdom,  
and your dominion endures through all  
generations.  
The Lord is trustworthy in all he promises  
and faithful in all he does.<sup>[c]</sup>  
14 The Lord upholds all who fall  
and lifts up all who are bowed down.  
15 The eyes of all look to you,  
and you give them their food at the proper time.  
16 You open your hand  
and satisfy the desires of every living thing.  
17 The Lord is righteous in all his ways  
and faithful in all he does.  
18 The Lord is near to all who call on him,  
to all who call on him in truth.  
19 He fulfills the desires of those who fear him;  
he hears their cry and saves them.  
20 The Lord watches over all who love him,  
but all the wicked he will destroy.  
21 My mouth will speak in praise of the Lord.  
Let every creature praise his holy name  
for ever and ever.

# Psalm 145

Names of God Version

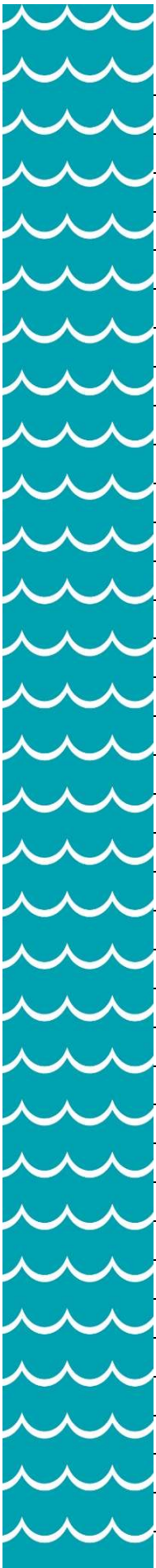
- <sup>1</sup> I will highly praise you, my *Elohim*, the *Melek*.  
I will bless your name forever and ever.
- <sup>2</sup> I will bless you every day.  
I will praise your name forever and ever.
- <sup>3</sup> *Yahweh* is great, and he should be highly praised.  
His greatness is unsearchable.
- <sup>4</sup> One generation will praise your deeds to the next.  
Each generation will talk about your mighty acts.
- <sup>5</sup> I will think about the glorious honor of your  
majesty and the miraculous things you have done.
- <sup>6</sup> People will talk about the power of your terrifying  
deeds, and I will tell about your greatness.
- <sup>7</sup> They will announce what they remember of your  
great goodness, and they will joyfully sing about  
your righteousness.
- <sup>8</sup> *Yahweh* is merciful, compassionate, patient,  
and always ready to forgive.
- <sup>9</sup> *Yahweh* is good to everyone and has compassion  
for everything that he has made.
- <sup>10</sup> Everything that you have made will give thanks to  
you, O *Yahweh*,  
and your faithful ones will praise you.
- <sup>11</sup> Everyone will talk about the glory of your  
kingdom and will tell the descendants of Adam  
about your might
- <sup>12</sup> in order to make known your mighty deeds  
and the glorious honor of your kingdom.
- <sup>13</sup> Your kingdom is an everlasting kingdom.  
Your empire endures throughout every  
generation.
- <sup>14</sup> *Yahweh* supports everyone who falls.  
He straightens the backs of those who are bent  
over.
- <sup>15</sup> The eyes of all creatures look to you,  
and you give them their food at the proper time.
- <sup>16</sup> You open your hand,  
and you satisfy the desire of every living thing.
- <sup>17</sup> *Yahweh* is fair in all his ways  
and faithful in everything he does.
- <sup>18</sup> *Yahweh* is near to everyone who prays to him,  
to every faithful person who prays to him.
- <sup>19</sup> He fills the needs of those who fear him.  
He hears their cries for help and saves them.
- <sup>20</sup> *Yahweh* protects everyone who loves him,  
but he will destroy all wicked people.
- <sup>21</sup> My mouth will speak the praise of *Yahweh*,  
and all living creatures will praise his holy name  
forever and ever.

# Psalm 145



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# Psalm 145



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*The Lord is near to all who call on him to all who  
call on him in truth.*

*Psalm 145:18*

