

Our Savior's Lutheran

Songs for the Soul Bible Study



Week Four ~ Psalms & Songs of Trust

Bible Study Participant Guide

Welcome and Framing

How do you learn to trust when life becomes uncertain?

Notes:

Large Group Teaching

Trust often becomes visible when stability disappears.

Key Ideas:

- Systems of trust in my world include: _____
- Most of us do not think about trust until _____.

- Psalms of trust are like the statement _____
- Trust Psalms express confidence in God's _____ and faithfulness in the midst of _____.
- Trust Psalms often stand very close to lament Psalms because they know _____.
- Trust Psalms often include a description of _____, an affirmation of God's _____, images of _____ or _____, and a declaration of _____.
- Trust Psalms remind Israel (and us) that governments fail, kings fail, human strength fails, but God remains.

Lament Psalms	Trust Psalms
Speak pain honestly	Speak confidence honestly
Focus on distress	Focus on God's presence amid distress
Ask "Where are you God?"	Declare "God is here."
Contain complaint	Contain confidence
Often ask for intervention	Often express assurance
Move toward trust (sometimes)	Begin or settle into trust
Language of protest	Language of confidence

Notes:

Reading: Psalm 121

What did you notice?

Notes:

Table Conversation 1

Discuss one or two of the following questions:

1. What images stand out in this Psalm?
2. What is the difference between trust and certainty?
3. How are trust and faith connected in this Psalm?

Notes:

Song Listening 1: “Bridge Over Troubled Waters” by Simon & Garfunkel

What did you notice?

Notes:

Lyrics

When you're weary, feeling small,
When tears are in your eyes, I will dry them all;
I'm on your side. When times get rough
And friends just can't be found,
Like a bridge over troubled water
I will lay me down.
Like a bridge over troubled water
I will lay me down.

When you're down and out,
When you're on the street,
When evening falls so hard
I will comfort you.
I'll take your part.
When darkness comes
And pain is all around,
Like a bridge over troubled water
I will lay me down.

Like a bridge over troubled water
I will lay me down.

Sail on silver girl,
Sail on by.
Your time has come to shine.
All your dreams are on their way.
See how they shine.
If you need a friend
I'm sailing right behind.
Like a bridge over troubled water
I will ease your mind.
Like a bridge over troubled water
I will ease your mind.

Table Conversation 2

Discuss one or two of the following questions:

1. Where do you hear trust, comfort, or reassurance expressed in this song?
2. What images of refuge appear in the song?
3. How do relationships help people endure times of uncertainty?
4. How does this song connect with the scripture and Psalms of trust?
5. What topics and emotions are named in this Psalm and song? How are these topics and emotions expressed in church life - or your life outside of the church?

Notes:

Song Listening 2: “Lean On Me” by Bill Withers (Video by Playing For Change)

What did you notice?

Notes:

Lyrics

Sometimes in our lives we all have pain
We all have sorrow
But if we are wise
We know that there's always tomorrow

Lean on me, when you're not strong
And I'll be your friend
I'll help you carry on
For it won't be long
'Til I'm gonna need
Somebody to lean on

Please swallow your pride
If I have things you need to borrow
For no one can fill those of your needs
That you won't let show

You just call on me, brother, when you need a hand

We all need somebody to lean on
I just might have a problem that you'll understand
We all need somebody to lean on

Lean on me, when you're not strong
And I'll be your friend
I'll help you carry on
For it won't be long
'Til I'm gonna need
Somebody to lean on

You just call on me, brother, when you need a hand
We all need somebody to lean on
I just might have a problem that you'll understand
We all need somebody to lean on

If there is a load you have to bear
That you can't carry
I'm right up the road
I'll share your load
If you just call me (call me)
If you need a friend (call me) call me uh huh (call me) if you need a friend (call me)
If you ever need a friend (call me)
Call me (call me) call me (call me) call me
(Call me) call me (call me) if you need a friend
(Call me) call me (call me) call me (call me) call me (call me) call me (call me)

Table Conversation 3

Discuss one or two of the following questions:

1. Where do you hear or see trust expressed in this song and video?
2. How does community shape trust during times of uncertainty?
3. Why is asking for help difficult?
4. How does this song/video connect with the scripture and Psalms of trust?

5. How does this song/video connect with the communal nature of the Psalms?
6. What topics and emotions are named in this Psalm and song? How are these topics and emotions expressed in church life - or your life outside of the church?
7. What other songs could we have chosen to connect with Psalms of trust?

Notes:

Wrap Up

Trust is often less about having answers and more about discovering we do not endure alone.

When life becomes uncertain, where do you instinctively place your trust?

As we listen to brief reflections, note what stays with you.

Notes:
