

In-Home Discipleship Guide

Below is a guide to help prepare you (and your small group or family) for Sunday worship. We encourage you to take advantage of this as you are able, and let us know if there are other ways we can serve you at this time.

THEME: Deliverance!

MEMORY VERSE: Psalm 34:8

Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!

BIG IDEA: True deliverance is accomplished in the Gospel

SONGS: Click [here](#) for Sunday's worship set. *Be sure to subscribe to our channel!*

TEACHING PASSAGE: Psalm 34:19-22

*See the **next page** for any additional resources, including any activities that can be done with young children.*

Discussion Questions:

1. How does the first part of verse 19 "Many are the afflictions of the righteous" make you feel? Is it right for the righteous to be afflicted?
2. Why do the righteous suffer? Can you name some who were righteous and afflicted throughout the Bible, and what was their affliction?
3. David is reflecting on all he has been through and how God has kept him from broken bones, verse 20 also reminds us how God required a Passover lamb to be perfect without any bones broken (Exodus 12:46). With all the violence of the world this verse also refers to an event that David was waiting for. Do you know what it is? (John 19:32-36)
4. Affliction will affect the righteous and the wicked. What is the result or consequence for the righteous and the wicked?
5. David sums up Psalm 34 and ties everything together in verse 22 when he pronounces that "The Lord redeems the life of his servants; none of those who take refuge in him will be condemned." Re-read Psalm 34 in its entirety. Your life is redeemed through the sacrifice of the perfect lamb, how do you take refuge (shelter) in Him?

Additional Resources

Teaching Passage: Psalm 34:19-22

- ¹⁹ Many are the afflictions of the righteous,
but the Lord delivers him out of them all.
- ²⁰ He keeps all his bones;
not one of them is broken.
- ²¹ Affliction will slay the wicked,
and those who hate the righteous will be condemned.
- ²² The Lord redeems the life of his servants;
none of those who take refuge in him will be condemned.

Activity:

The Psalms are part of the Old Testament of the Bible. The Old Testament should be important to us. It reveals Jesus before he came to live among us; so that Jesus could be recognized as the promised Messiah, Genesis 3. Jesus crucifixion is revealed here in verse 20.

Read John 19:31-37

³¹ Since it was the day of Preparation, and so that the bodies would not remain on the cross on the Sabbath (for that Sabbath was a high day), the Jews asked Pilate that their legs might be broken and that they might be taken away. ³² So the soldiers came and broke the legs of the first, and of the other who had been crucified with him. ³³ But when they came to Jesus and saw that he was already dead, they did not break his legs. ³⁴ But one of the soldiers pierced his side with a spear, and at once there came out blood and water. ³⁵ He who saw it has borne witness—his testimony is true, and he knows that he is telling the truth—that you also may believe. ³⁶ For these things took place that the Scripture might be fulfilled: “Not one of his bones will be broken.” ³⁷ And again another Scripture says, “They will look on him whom they have pierced.”

Say: It can be fun to discover the connection of Jesus in the Old Testament with the New Testament.

Do this: Using a red pen or marker, circle verse 20 in the Psalm and circle verses 31-37 in John. Now draw a line connecting the verses you just circled.

Say: There are hundreds and hundreds of connections like this in the Bible.

Say: Last week we learned that God hears us, God is near us, and God rescues us.

Ask: In this week’s verses what does it say the righteous and the wicked have in common? (They both suffer afflictions.)

Ask: What is the outcome for the righteous? (delivered, redeemed, not condemned)

Ask: What is the outcome for the wicked? (slayed, condemned)

Do: Look up these words affliction, condemned, and redeemed.

For deeper understanding, read this excerpt from an article from Gotquestion.org, How Can I Find Joy in the Midst of Trials?

“Peter also tackles this subject of joy through trials. “In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls” (1 Peter 1:6-9).”

Draw a picture of a time you were hurt/afflicted and discuss how you can be certain God is near. Or draw a picture of Christ’s resurrection and the promise He gives us for eternal life.