

CONTENTS

Foreword by Philip Graham Ryken vii
A Personal Word from Kathleen ix
Introduction xi

LESSON 1
The Way of the Psalms i

LESSON 2 (PSALM 16)
The Way of the Lord 13

LESSON 3 (PSALM 32)
The Way of Forgiveness 21

LESSON 4 (PSALM 33)
The Way of Worship 31

LESSON 5 (PSALM 37)
This Way Versus the Other 39

LESSON 6 (PSALMS 42–43)
The Way of Tears 47

LESSON 7 (PSALM 72)
The Way of the King 53

v

CONTENTS

LESSON 8 (PSALM 77)
The Way of Remembering 63

LESSON 9 (PSALM 98)
The Way of Praise 71

LESSON 10 (PSALM 103)
The Way of Blessing 79

LESSON 11 (PSALM 119)
The Way of the Word 87

LESSON 12 (PSALMS 121, 123, 126, 131, 150)
The Way Up: Four Psalms of Ascent, and One of Arrival! 93

Notes for Leaders 99

Notes on Translations and Study Helps 105