COMMUNITY
BIBLE STUDY
SPOKEN

Spoken CBS Leaders Guide

PSALMS, Part 1
Gateway to the Psalms



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This Leaders Guide is dedicated to the precious souls
who will not and cannot read these written words.

May they yet hear, engage with, embrace, and ultimately possess
God's Word
in their minds, hearts, and souls,
first for their own benefit in personal spiritual growth
and then as a fragrant offering to the others with whom
they will share the transforming stories from
the Bible.

Welcome to the Spoken Community Bible Study (SCBS). Before launching into this course, it is important for you to be aware of significant components of SCBS lessons. While this Spoken CBS Leaders Guide and Lessons are written, the lessons will not be shared with participants as written documents.

The purpose of this manual is to familiarize SCBS trainers and class leaders with the content before they share it orally. This means that both trainers and class leaders will need to prepare themselves to become oral learners and oral instructors.

We will not use this Leaders Guide in front of those who are participating in SCBS. Therefore, SCBS leaders must memorize the content for each lesson before gathering. This may be a significant challenge. However, the efforts put into learning this model will provide great benefit not only during SCBS gatherings, but also for SCBS participants to be able to share what they have learned with others.

Therefore, we encourage you to do the challenging work of memorizing and learning new systems to empower generations of oral learners.

Memory tools have been created in this Leaders Guide to help capture the overall program as well as individual lessons. It will be important to continually use and review these memory tools to lock in the lessons, not only for you as the SCBS trainer or group leader, but also for those who are participating. Repetition and review are key elements for those who cannot rely on written text.

Preparation for leading SCBS involves memorizing the scripture passage. This should be done in such a way that you can easily retell the passage in a natural, smooth, and conversational manner. Consideration should be given for careful editing of passages where there are difficult words, strange names or challenging concepts. For those who do not read, the stories we tell become their Oral Bible, so we want them to be as accurate as possible.

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Spoken CBS Elements:
Each SCBS Scripture Story lesson includes:

- Central idea
- Memory motion
- Image
- Discussion questions
- Summary
- Challenge question

Central Idea:
The central idea answers the question, "What does God want us to learn from this Scripture Story?" It is a specific truth that God wants to implant in the hearts of the participants — a life-changing spiritual principle for all believers to live by.

Memory Motions:
Memory Motions are another valuable mnemonic tool. They should be presented during each lesson and periodically reviewed for each series of lessons. Every lesson has a memory motion which supports the Central Idea.

Images:
Images are provided for each lesson. These images should be presented as the Scripture Story is told. Viewing an image while hearing the Scripture Story at the same time is a powerful way to enhance memory. In doing so, the next time that particular image is seen, it will bring back that specific Scripture Story. In essence, the images become the Table of Contents for the entire course.

To Facilitate Review: A fun and effective way help participants remember the sequence of the lessons is to print full-page images for the lessons and put them on the floor in incorrect order, then ask the participants to put them in correct order.

Discussion Questions:
SCBS uses standardized discussion questions with occasional adaptations. In the set of discussion questions, question number three should also be asked according to which of the members of the Trinity is mentioned in that Scripture Story. The discussion questions lead the participant to observe the Scripture, interpret the Scripture and apply what they learned from the Scripture to their individual lives.

Summary
Follow that discussion with the Summary to focus on reviewing the responses to, "What does God want us to know, to learn, and to do?" that came out during discussion time. It is important to use the participants' own words as much as possible. When you as a Facilitator remember and repeat specific comments made by the participants it greatly encourages them individually! They will feel acknowledged and be eager to continue to share in future studies together.

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Summary notes are included in each lesson, mainly to help prepare you, as a Facilitator, as you guide the live discussion. Think of these as hints of the treasures contained in each Scripture Story. You will then be prepared to encourage others when you hear any of these ideas being expressed during the discussion.

Note: Please do not read these as if they are the "correct answers." Doing that undermines the effectiveness of interactive discovery you just held as a group. Participants would quickly learn that their input is not important if you choose to read these as the responses they should have given. Thank you for attending to this while prioritizing the participants' learning.

To Facilitate Discovery: Oral-reliant societies typically are communal and collaborative by nature. This is important to keep in mind while facilitating SCBS. Your role is to facilitate discovery by asking questions and allowing the participants to find the truths and treasures in each Scripture Story. This enhances their learning experience and their ability to share with others.

Challenge Question:
The final part is the Challenge Question: "What will you choose to do now that you know this?" It is not enough for the participants to learn the story; they need think about how to apply the story to their own lives. Encourage the participants to be specific.

Review:
As previously mentioned, review is a powerful tool for storing the Scripture stories into both short and long-term memory. Therefore, each lesson begins with a review of the previous lesson before moving into the new Scripture Story. This not only enhances memory, but also builds stronger discipleship through mutual accountability. It allows the participants to talk about what they did about the Challenge Question from the previous lesson. It has been noted that groups who intentionally make time for this review experience stronger relationships and deeper spiritual growth. This is a powerful expression of Love and Care.

CBS Vision Statement
Transformed lives through the Word of God

CBS Mission Statement
The mission of Community Bible Study is to make disciples of the Lord Jesus Christ in our communities through caring, in-depth Bible study, available to all.

Traditional and Oral Methodologies
Community Bible Study's Vision and Mission are accomplished through both written and oral materials and methodologies. "Traditional CBS" refers to the written courses and methodology. "Spoken CBS" refers to the oral format and methodology. Each format provides a specific methodology to help people engage with the Truth of God's Word. While there may be a temptation to "mix and match" the two methodologies, this must not happen in a CBS group. That will undermine the strengths of each format.

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Spoken CBS 5 Essentials

1. **Review and Application**: Class begins with review of the previous lesson and discussion of how participants applied it.
2. **Introduction**: Includes the central idea, memory motion, lesson title, Scripture reference and prayer.
3. **Scripture Story and In-Depth Discussion**: Scripture story shared five times and in-depth discussion using the lesson questions.
4. **Summary**: What does God want us to know, to learn, and to do?
5. **Love and Care**: Caring leaders pray for and encourage participants to grow spiritually and to connect with one another in a caring community.

CENTRAL IDEA	MEMORY MOTION
Psalms Help Us Communicate with God	Open hands above our heads, with worried look upwards, then coming down into praying hands, while smiling up to heaven.

(Cultural note: If a suggested action carries a different meaning or is not clearly communicated within the normal use of your culture, then find an acceptable alternative to use instead. The Trainer should make sure that each motion communicates well in the culture being taught and that the participants find the motions and intended meanings to communicate the same thoughts. Then, the trainer should make note of any changes so that other trainers can benefit from what has been learned and everyone in that area will use the same motions.)

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How To Lead a Lesson

BEFORE CLASS

- PRAY
- Learn/memorize the Scripture Story.
- Memorize the standardized questions.
- Think through some likely observations from the Scripture Story.
- Familiarize yourself with the summary points.

DURING CLASS

- Review the previous lesson and ask the participants how they applied it.
- Introduce Scripture Story by Title and Focus.
- Introduce Central Idea and show the Memory Motion.
- Remind participants to listen carefully because they will be asked to repeat the Scripture story to their neighbor.
  <u>Sample Introduction</u>: "*I want to invite you to explore a Scripture Story from the Bible with me.*
  The Bible is God's Word - and this Scripture Story from the Bible is true.
  *Our Central Idea is "**Psalms Help Us Communicate with God**."*
    - *Our Memory Motion for "Psalms Help Us Communicate with God" is: **Open hands above our heads, with worried look upwards, then coming down into praying hands, while smiling up to heaven.***
    - *Let's do the Memory Motion for "Psalms Help Us Communicate with God" together.*

  Be sure to listen carefully as I tell you this Scripture Story, because when I finish, you are going to tell the story to your neighbor."
- Pray
- Tell the Scripture Story.
- Tell the Scripture Story again while showing the picture.
- Have participants split into pairs and tell the story to each other.
- Come back together as a whole group and tell the Scripture Story one more time with intentional mistakes. Ask the class to help you correct any mistakes that you make. Make your intentional mistakes at places in the Scripture story where you want them to remember important points. Use humor in making your mistakes.
- Lead a discussion by asking the ~~5~~ standardized questions.
- Summarize the discoveries that you have made as a group. What does God want us to know, to learn, and to do?
- Give the Challenge Question for the week. What will YOU choose to do now that you know this?
- *Let's do the Memory Motion for "Psalms Help Us Communicate with God" together as we close in prayer.*

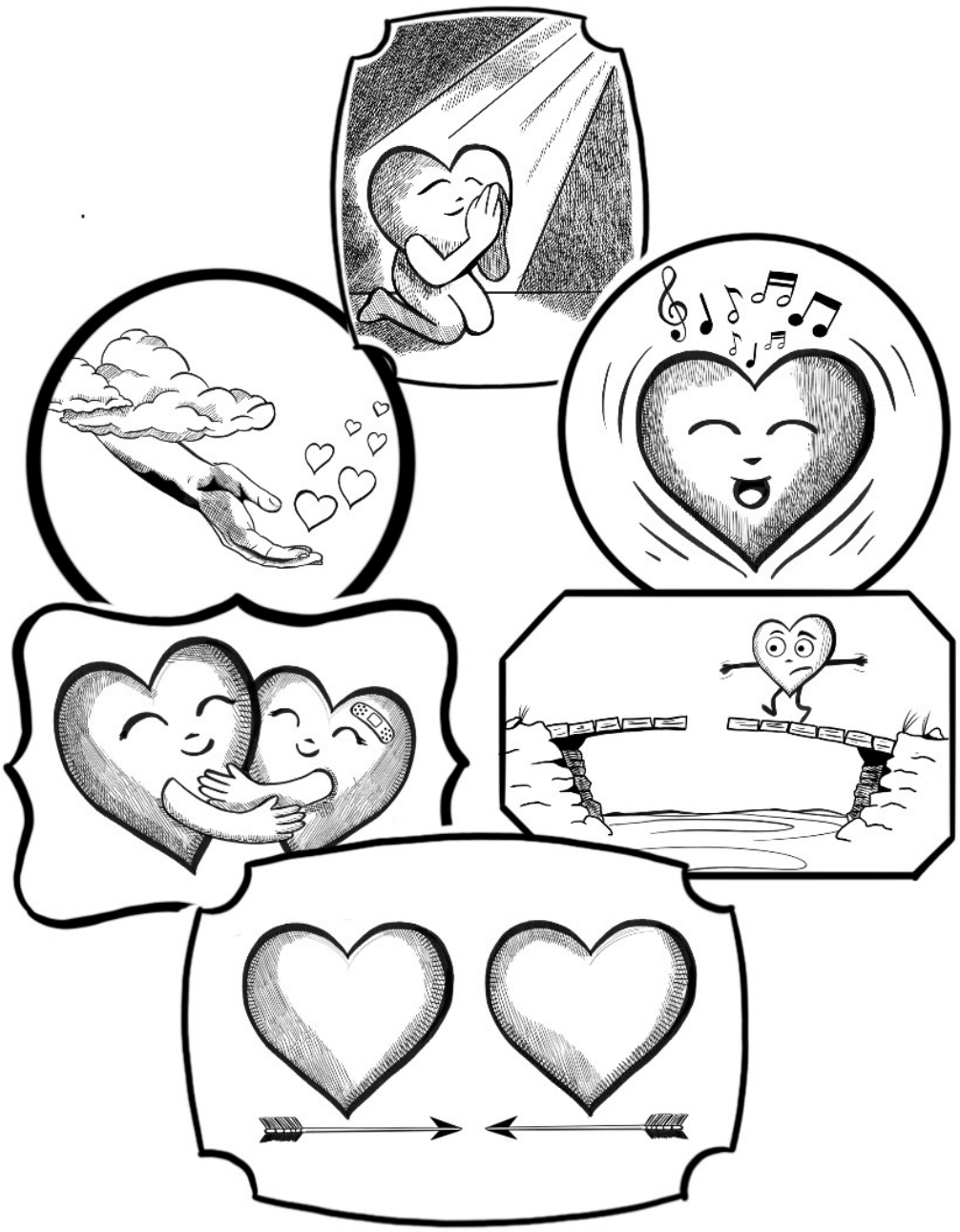
AFTER CLASS

- Ask yourself: How did I demonstrate love and care for the participants during the class?
- Are there additional ways I can show love and care to each member?

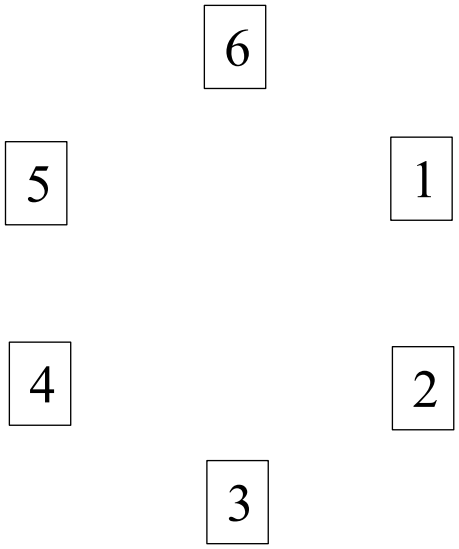
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VISUAL **TABLE OF CONTENTS – Psalms - Part 1**

A Visual Table of Contents is another memory tool designed to help easily remember all of the lessons in this story set. Each individual image will be shown during the lesson. Combined they form a collage unique to this study.
(This can also be a fun quiz to put together.)



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1. The Psalms give voice to our hearts	Psalm 1:1-6
2. We can trust God in troubling times	Psalm 91:1-6, 14-16
3. The Psalms express our longing for God	Psalm 23:1-6
4. God forgives sin when we confess it to Him	Psalm 32:1-11
5. God is an awesome creator	Psalm 33:8-20
6. Crying out to God transforms our perspective	Psalm 142:1-7

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ADULT ORAL LESSON – PSALMS, PART 1 – GATEWAY TO THE PSALMS

FOCUS: LEARN TO PRAY THE PSALMS

CENTRAL IDEA: PSALMS HELP US COMMUNICATE WITH GOD

LESSON 1: THE PSALMS GIVE VOICE TO OUR HEARTS

SCRIPTURE: PSALM 1:1-6

QUESTIONS:
1. What do you find interesting in this Scripture passage?
2. What is challenging or difficult in this Scripture passage?
3. What can we learn about God/Jesus/Holy Spirit in this Scripture passage?
4. What can we learn which will help us better communicate with God?

SUMMARY:

1. What does God want us to know?
   - There are only two possible paths — God's way of obedience that leads to life or the way of rebellion that leads to destruction.
   - The truly happy person guides his life by God's instruction rather than by the advice of those who reject Him.
   - Don't listen to people who don't follow God, don't do what they do, and don't adopt their God-opposing attitudes.
2. What does God want us to learn about how we can pray the Psalms?
   - Pray for guidance to intentionally separate ourselves from those who do not choose God's ways.
   - Trust that time spent in God's Word will guide our discernment of righteousness and wickedness.
   - We can use the words of this Psalm to guide our prayers for wise living.
3. What does God want us to do to demonstrate what we are learning about praying the Psalms?
   - Learn to delight ourselves in God's Word through meditation and prayer.
   - Make smart choices about the people with whom we choose to spend our time.
   - Meditating on God's Word enables us to have a stable and fruitful life.

CHALLENGE QUESTION: What will you choose to do now that you know this?

IMAGE: Always show the image for each Scripture story, as it is key in developing Visual Memory Markers for oral learners.

MEMORY MOTIONS: Open hands above our heads, with worried look upwards, then coming down into praying hands, while smiling up to heaven.

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FOCUS: LEARN TO PRAY THE PSALMS

CENTRAL IDEA: PSALMS HELP US COMMUNICATE WITH GOD

LESSON 2: WE CAN TRUST GOD IN TROUBLING TIMES.

SCRIPTURE: PSALM 91:1-6, 14-16

QUESTIONS:
1. What do you find interesting in this Scripture passage?
2. What is challenging or difficult in this Scripture passage?
3. What can we learn about God/Jesus/Holy Spirit in this Scripture passage?
4. What can we learn which will help us better communicate with God?

SUMMARY:

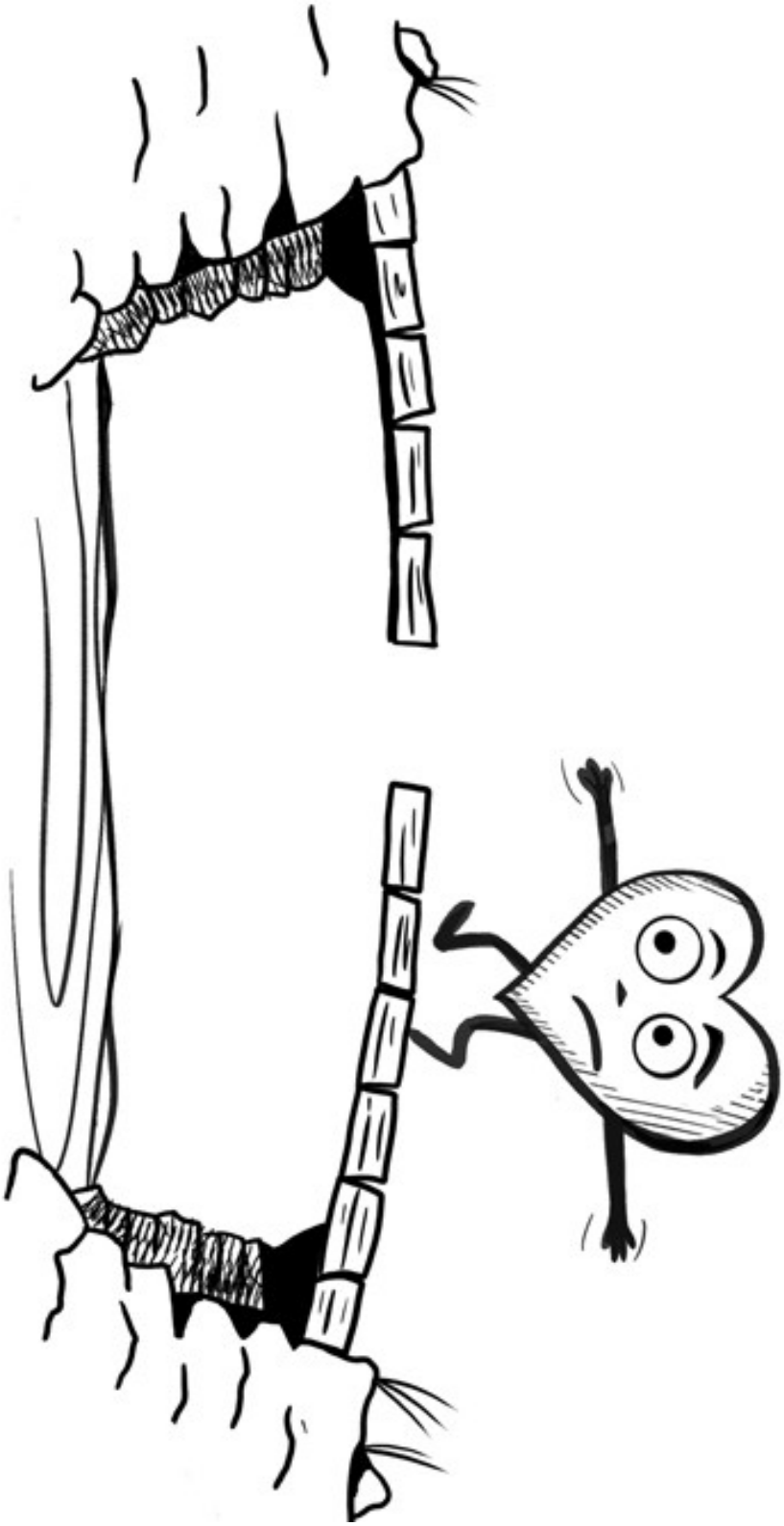
1. What does God want us to know?
   - God's faithful promises are our armor and protection.
   - God alone is our refuge and place of safety.
   - God is worthy of our trust.
2. What does God want us to learn about how we can pray the Psalms?
   - He hears us when we call to Him and wants to answer.
   - God will answer us when we call to Him and will be with us in times of trouble.
   - We can ask God to be our refuge and fortress.
   - When life feels out of control, we can run towards God instead of away from Him.
3. What does God want us to do to demonstrate what we are learning about praying the Psalms?
   - Learn to call out to God when you're in trouble.
   - Tell God continually that you trust Him.

CHALLENGE QUESTION: What will you choose to do now that you know this?

IMAGE: Always show the image for each Scripture story, as it is key in developing Visual Memory Markers for oral learners.

MEMORY MOTIONS: Open hands above our heads, with worried look upwards, then coming down into praying hands, while smiling up to heaven.

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LESSON 3: THE PSALMS EXPRESS OUR LONGING FOR GOD

SCRIPTURE: PSALM 23:1-6

QUESTIONS:
1. What do you find interesting in this Scripture passage?
2. What is challenging or difficult in this Scripture passage?
3. What can we learn about God/Jesus/Holy Spirit in this Scripture passage?
4. What can we learn which will help us better communicate with God?

SUMMARY:

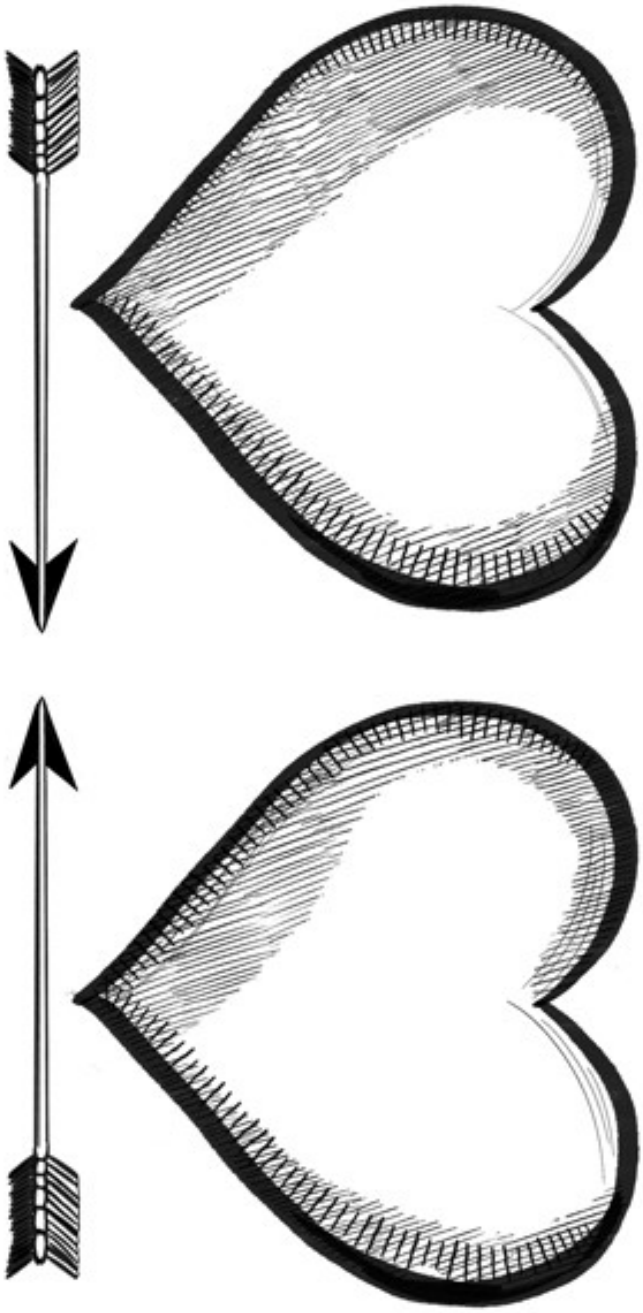
1. What does God want us to know?
   - When the Lord is our Shepherd, we have all that we need.
   - The Good Shepherd can be trusted to guide, provide, and protect us.
2. What does God want us to learn about how we can pray the Psalms?
   - We can praise God for being a shepherd who provides and protects His sheep.
   - Ask God to give us eyes to see the ways His goodness and unfailing love follow us.
   - Thank the Lord for being a shepherd who stays close beside us when we walk through dark valleys.
3. What does God want us to do to demonstrate what we are learning about praying the Psalms?
   - Follow and trust the Good Shepherd, resting in His provision.
   - Live with the confidence that our Shepherd knows the way that is best for us.

CHALLENGE QUESTION: What will you choose to do now that you know this?

IMAGE: Always show the image for each Scripture story, as it is key in developing Visual Memory Markers for oral learners.

MEMORY MOTIONS: Open hands above our heads, with worried look upwards, then coming down into praying hands, while smiling up to heaven.

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CENTRAL IDEA: PSALMS HELP US COMMUNICATE WITH GOD

LESSON 4: GOD FORGIVES SIN WHEN WE CONFESS IT TO HIM

SCRIPTURE: PSALM 32:1-11

QUESTIONS:
1. What do you find interesting in this Scripture passage?
2. What is challenging or difficult in this Scripture passage?
3. What can we learn about God/Jesus/Holy Spirit in this Scripture passage?
4. What can we learn which will help us better communicate with God?

SUMMARY:

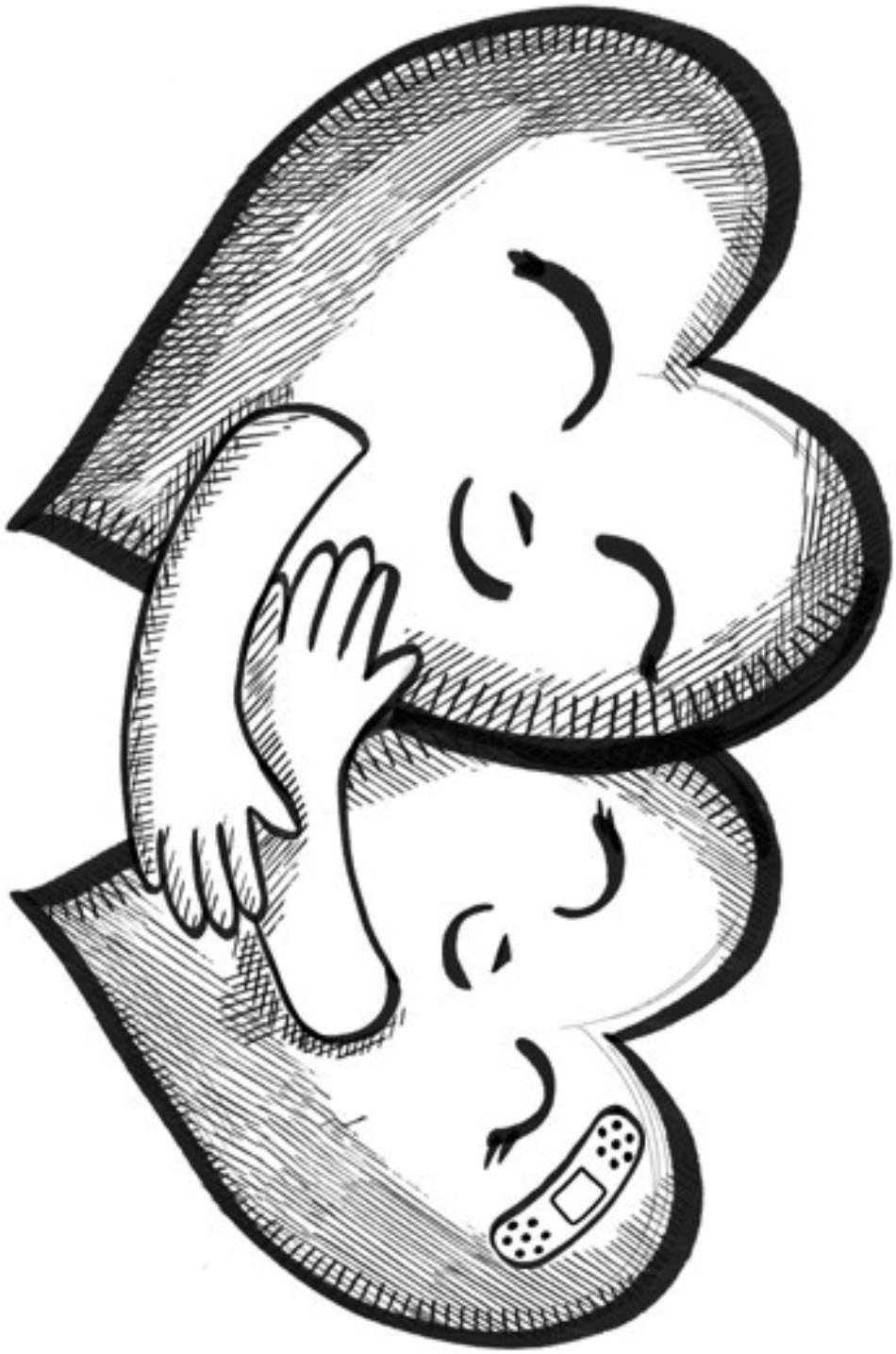
1. What does God want us to know?
   - God blesses the one whose sin is forgiven.
   - God can count you as forgiven and hold nothing against you.
   - God forgives sin when we confess it to Him.
   - Unconfessed sin affects our relationship with God and negatively affects our entire being.
2. What does God want us to learn about how we can pray the Psalms?
   - That trying to hide your sin or refusing to acknowledge it only brings grief.
   - The basis for God's forgiveness lies in His character and promises.
3. What does God want us to do to demonstrate what we are learning about praying the Psalms?
   - Do not be stubborn and without understanding.
   - "Let everyone who is godly offer prayer to God when in need."
   - Knowing that God has forgiven our sin should change the way we live.

CHALLENGE QUESTION: What will you choose to do now that you know this?

IMAGE: Always show the image for each Scripture story, as it is key in developing Visual Memory Markers for oral learners.

MEMORY MOTIONS: Open hands above our heads, with worried look upwards, then coming down into praying hands, while smiling up to heaven.

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LESSON 5: GOD IS AN AWESOME CREATOR

SCRIPTURE: PSALM 33:8-20

QUESTIONS:
1. What do you find interesting in this Scripture passage?
2. What is challenging or difficult in this Scripture passage?
3. What can we learn about God/Jesus/Holy Spirit in this Scripture passage?
4. What can we learn which will help us better communicate with God?

SUMMARY:

1. What does God want us to know?
   - God's plan stands firm forever.
   - From His throne, God sees everyone on the earth — each and every one.
2. What does God want us to learn about how we can pray the Psalms?
   - Understand that God is looking for those who fear Him and put their hope in Him.
   - Understand that God can deliver you here on earth and for eternity.
   - When we trust in God's holy name, our hearts can rejoice.
3. What does God want us to do to demonstrate what we are learning about praying the Psalms?
   - Allow God to shape your heart.
   - Wait in hope for the Lord, because He is our help and our shield.

CHALLENGE QUESTION: What will you choose to do now that you know this?

IMAGE: Always show the image for each Scripture story, as it is key in developing Visual Memory Markers for oral learners.

MEMORY MOTIONS: Open hands above our heads, with worried look upwards, then coming down into praying hands, while smiling up to heaven.

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FOCUS: LEARN TO PRAY THE PSALMS

CENTRAL IDEA: PSALMS HELP US COMMUNICATE WITH GOD

LESSON 6: CRYING OUT TO GOD TRANSFORMS OUR PERSPECTIVE

SCRIPTURE: PSALM 142:1-7

QUESTIONS:
1. What do you find interesting in this Scripture passage?
2. What is challenging or difficult in this Scripture passage?
3. What can we learn about God/Jesus/Holy Spirit in this Scripture passage?
4. What can we learn which will help us better communicate with God?

SUMMARY:

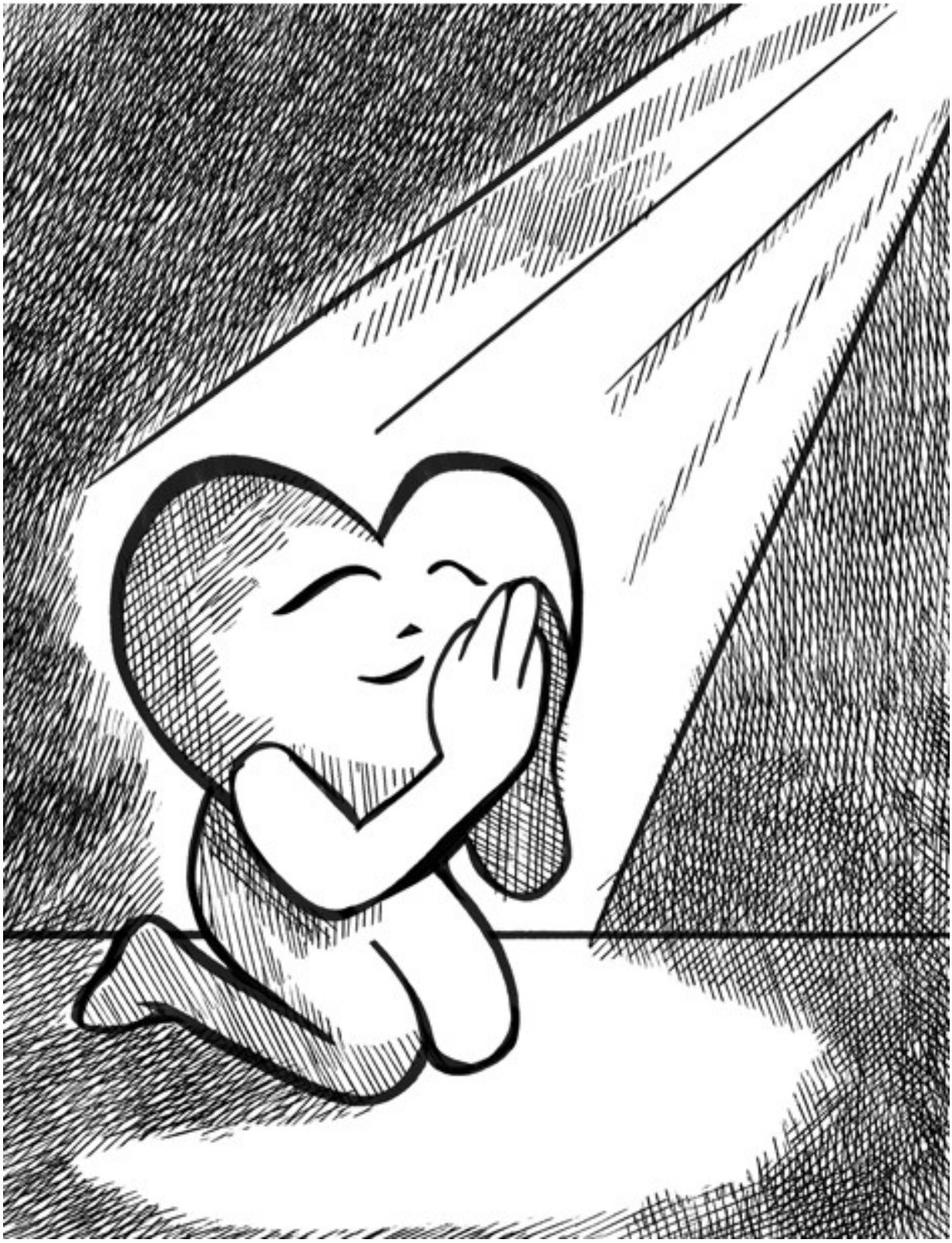
1. What does God want us to know?
   - That God knows all the circumstances of your life.
   - That when you think you're alone, you're wrong; God sees everything.
2. What does God want us to learn about how we can pray the Psalms?
   - That the despair of your soul is NOT the truth.
   - That there is no prison or dark place too far removed for God to deliver you.
   - We can cry out to the Lord because He is our refuge.
   - We can tell God all our troubles.
3. What does God want us to do to demonstrate what we are learning about praying the Psalms?
   - "Pour out your complaint before God;" He can handle it.
   - Give thanks to His Name each time God delivers you from trouble.
   - When you are overwhelmed, trust God who always knows the way to turn.

CHALLENGE QUESTION: What will you choose to do now that you know this?

IMAGE: Always show the image for each Scripture story, as it is key in developing Visual Memory Markers for oral learners.

MEMORY MOTIONS: Open hands above our heads, with worried look upwards, then coming down into praying hands, while smiling up to heaven.

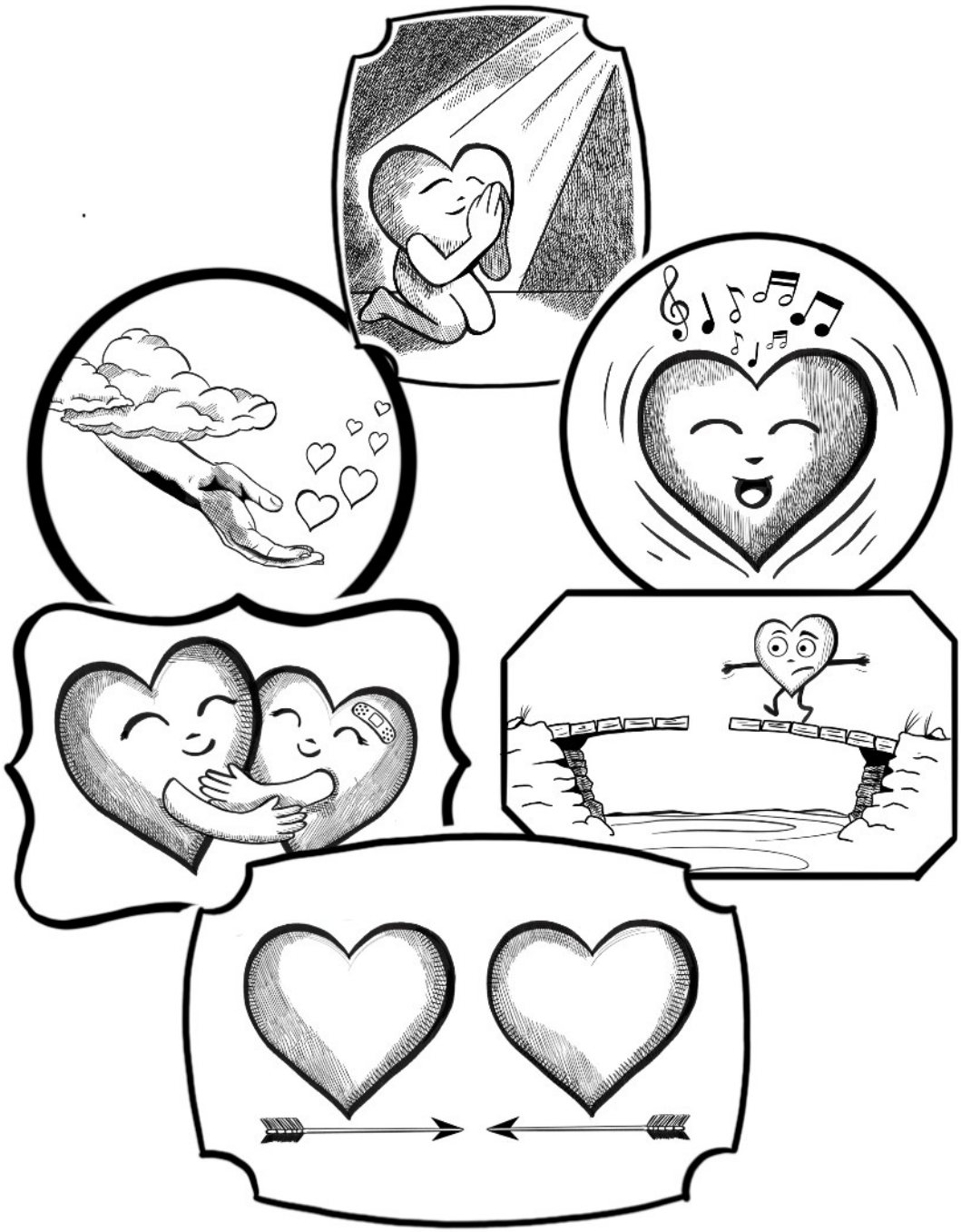
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REVIEW THE STORIES!

Practice recalling as much as you can of each story pictured here.
You should easily know each story's name and the order they were presented.
Hopefully, you can also recall the reference and the full story itself.
Then see if you can recall some of the lessons learned from each story.



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