



CITIZENS *for* PUBLIC JUSTICE

Living Justice and the Psalms: a Lenten Bible Study

Instructions for individuals:

If using *Poverty & the Psalms* as an individual, don't rush through the material. We recommend that you read slowly and give yourself at least a week to do the exercises before moving to the next study. You may find it helpful to use a journal to reflect on the questions and record your thoughts. Many of the suggested activities can be adapted for individuals or you may encourage some friends to join you in them.

Instructions for groups:

For the sake of discussion and engagement, the ideal group size for this study is two to seven people who can meet together on a regular basis. In advance of your first meeting, you'll need to decide on a schedule. It's ideal if you can meet weekly: whether it's a weekday evening or perhaps before or after church on Sunday. Plan for at least six meetings, although you may want additional meetings to allow for further discussion and follow-up.

If desired, you can designate someone to lead the group, especially to help coordinate initial logistics and communication, but these studies have been designed to work in a leaderless format. No advance preparation is necessary. Members of the group can take turns serving as a facilitator to keep the discussion moving. Lay leadership may allow these discussions to be shaped by the people participating in your study group in ways that can be quite unexpected; remember that the focus is on what it means to use scripture to guide daily life and our interactions with others in the world.

You can adapt the activities and questions to your group's particular interests. The suggested prayers can be substituted for your own and you can choose to read, sing, or sign the psalms responsively if desired.

Materials needed:

Each week's study is available for download on our website. In addition, each participant should have a copy of *Living Justice: A Gospel Response to Poverty* (available for order on our website www.cpj.ca - individual and bulk pricing available).