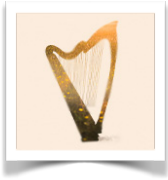


Study Guide for *Dangerous Songs: The Psalms and a Gloriously Disrupted Life*



Deep Change

Chapter 9

Pages 165-183

Born Again

- How does the metaphor of natural change as being born and born again sit with you? Listen to **Quicken Me** (Psalm 119:153-160). What do you notice?

In the Eye of the Hurricane

- Try putting language to a recent time you noticed yourself changing. How did it begin? What pushed and pulled you? Was there resolution or is it ongoing?

For the Facing of This Hour

- The author writes that humans tend to both long for change and fear it. What changes are afoot in the world that feel that way to you?

Changing on a Dime with 27

- The three musical movements within Psalm 27 go from swagger to terror to groundedness. Here's a fun, creative invitation: write your own psalm with the same movements. Write seven lines— two lines for each of the three movements and a final one to wrap it up. It can be a story true to life, a plot from a movie, or something you invent. Be sure to use Very Dramatic Language to make it passionate! Share around the circle and affirm one another.
- If you desire, listen to one of Richard's **Psalm 27 songs**.

Search Me

- Going around the circle, take turns reading the parts of Psalm 139. Which section hits home for you today?
- Listen to one of Richard's **Psalm 139 songs**. Chat about whether or not the musicality fits the psalm text for you.

Ready or Not

- Sarah Bessey writes that if we were taught that spiritual life is simple and certain, we'll be disappointed and disturbed when we run into normal challenges we might have otherwise thought God should spare us from. Give examples from real life.
- Listen to **What** (Psalm 78), which sings of manna, questions, and wonder. Reflect.

Transformation

- Who are elders you admire? What gifts do they offer you and your community?
- Listen to **Our Breath is Incense** (Psalm 141). Describe the tone of this psalmsong.

Tell Me a Story

- Psalm 107 is a smattering of tiny stories about people surviving, attributing their rescue to God. A success story can help us know what's possible in our own lives. Listen to **Ever-Present Love** (Psalm 107).

Upheaval and Hope

- Read Psalm 130, noticing the arc of development for the singer.
- At the bottom of page 178, the author critiques the image we are sometimes given of the perfect Christian— sweet, kind, patient, selfless, successful. Describe the Christians you know and appreciate.
- *Israel* means having wrestled successfully with God. What name would you claim for yourself today? There are suggestions in the middle of page 179.
- Listen to either the contemplative **We Wait Full of Hope** (Psalm 130) or the upbeat **We Wait in Hope for Your Word** (Psalm 130).

Living with Contradictions

- This section follows Psalm 23. Move through it carefully and notice your responses as you go. The author says it's about identity, rest, trust, justice, community, generosity, and belonging.
- Visit **Psalm23Immersion.com** to hear songs for different aspects of Psalm 23, as well as an in-depth study.

©2026 Richard Bruxvoort Colligan
DangerousSongs.com
PsalmImmersion.com