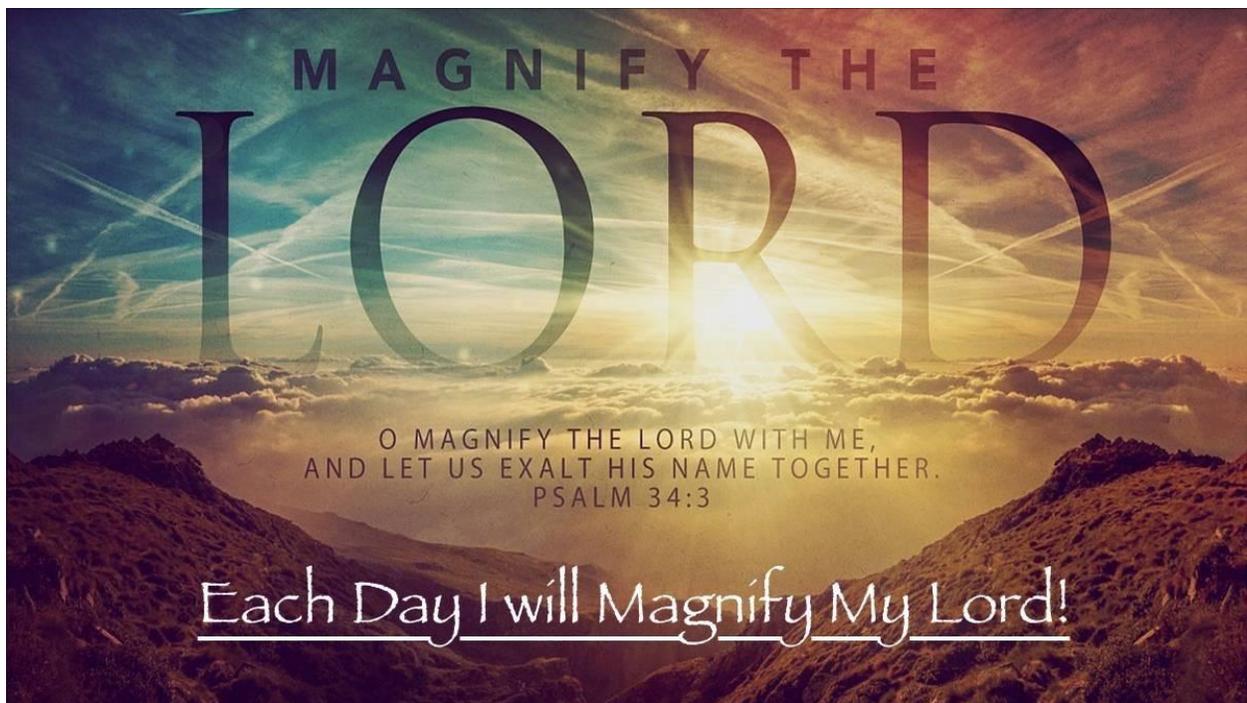

PRAISE AND WORSHIP FROM ISRAEL'S HYMNAL

The Psalms



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www.wearesimplychristians.com

INTRODUCTION

“Each day I’ll magnify my God!” What book better encapsulates that expression than the Psalms. The Psalms are one of my favorite portions of scripture. There is so much going on. They reference historical episodes in the history of Israel and life of David. They look forward to the coming Messiah. They express deep sorrow and exalted praise. They give advice and they call for God to curse the wicked. One even speaks of dragons!

If we are going to learn to magnify our God, what better place to go than the hymn book of Israel? In this quarter we will take a deep dive into the Psalter. We will look at the various types of Psalms (i.e. lament, praise, thanksgiving) and we will spend some time tracing various themes through the Psalter. All of this will help us see how the people of Israel magnified God in praise, trust, thanksgiving, and, even lament and imprecation.

This is a big workbook. You will notice that, not only are we studying a lot of Psalms (63 out of 150), we have a lot of text on the pages of this workbook. This is because I want you to work with the text like we did in Proverbs. Mark it up. Find connections. Note the parallelism. Note the various characteristics of lament, praise, trust, and so on. The more you read and work the text, the better you will know. But let’s not stray far from our purpose. Let’s note how the people of Israel worshipped God!

For the most part, in the Sunday class, Jonathan will introduce the type of Psalm we are going to study and on Wednesday, Justin will discuss various Psalms in that genre. This will not ALWAYS be the case since we will spend some extra time on the Psalms of lament and praise (as they are the most common).

I love the Psalms. If you don’t already, I hope you will by the end of this quarter. And even if you don’t LOVE them, my prayer is that you will appreciate them and understand the important role they play in scripture and how they help us worship God!

Jonathan Caldwell

Praise and Worship from Israel's Hymnal: The Psalms

Schedule of Lessons

Date	Topic	Passages
Sunday, April 4	1. Introduction	
Wednesday, April 7	2. Psalms of Lament (1)	Psalms 3-7
Sunday, April 11	3. Psalms of Lament (2)	Psalms 13, 38, 41, 57
Wednesday, April 14	4. Psalms of Lament (3)	Psalms 79, 80, 88, 94
Sunday, April 18	5. Psalms of Praise (1)	Psalms 8 and 117
Wednesday, April 21	6. Psalms of Praise (2)	Psalms 29, 47, 65, 93
Sunday, April 25	7. Psalms of Praise (3)	Psalms 113, 146, 148-150
Wednesday, April 28	8. Torah Psalms	Psalms 1, 19, 119
Sunday, May 2	9. Wisdom Psalms (1)	Psalms 37 and 73
Wednesday, May 5	10. Wisdom Psalms (2)	Psalms 112, 127, 128, 133
Sunday, May 9	11. Royal Psalms (1)	Psalms 2 and 45
Wednesday, May 12	12. Royal Psalms (2)	Psalms 20, 21, 110, 132
Sunday, May 16	13. Psalms of Thanksgiving (1)	Psalms 66 and 92
Wednesday, May 19	14. Psalms of Thanksgiving (2)	Psalms 32, 40, 107, 116
Sunday, May 23	15. Psalms of Trust (1)	Psalms 16, 27, 90
Wednesday, May 26	16. Psalms of Trust (2)	Psalm 23
Sunday, May 30	17. Historical Psalms (1)	Psalms 105-106
Wednesday, June 2	18. Historical Psalms (2)	Psalms 78, 114, 135, 136
Sunday, June 6	19. Imprecatory Psalms (1)	Psalm 83
Wednesday, June 9	20. Imprecatory Psalms (2)	Psalms 54, 69, 137
Sunday, June 13	21. Covenant in the Psalms	
Wednesday, June 16	22. David's Life in the Psalms	
Sunday, June 20	23. The Temple in the Psalms	
Wednesday, June 23	24. The Psalms we Sing	
Sunday, June 27	25. Psalms in the New Testament	Psalms 2, 8, 16, 22, 69, 110
Wednesday, June 30	26. Review of the Psalms	

Because of COVID, the first two lessons will be online. Lesson 1 – Introduction – will air on the evening of Sunday, April 4. Lesson 2 – Psalms of Lament (1) – will air at normal Bible study time (7:00) on Wednesday, April 7. It is our prayer and plan to return to our regular in-building schedule for Sundays and Wednesdays April 11.

INTRODUCTION TO THE PSALMS

There is a lot going on in the Psalter. Poetry, history, crying, praising, and curses. This is what makes this book so compelling; not to mention its use in the New Testament. This lesson will acclimate us to the book and prepare us to dig into the different types of Psalms throughout the rest of the class.

- The Psalter is made up of five “books.” How many Psalms are in each book?
- Notice that most of the Psalms have headings. What type of information is contained within these headings?
- It is often assumed that the headings are very old but MIGHT not be original. Compare Psalm 18 and 2 Samuel 22. What do you notice?
- Who are the authors of the Psalms?
- Quickly skim the following Psalms and match them with the correct genre:

Psalm 23

Psalm 22

Psalm 150

Psalm 30

Psalm 45

Psalm 37

Psalm 119

Psalm 69

Torah Psalms

Imprecatory Psalms

Psalms of Lament

Psalms of Praise

Psalms of Trust

Psalms of Thanksgiving

Royal Psalms

Wisdom Psalms

PSALMS OF LAMENT (1)

Text: Psalms 3-7

When we come to the Psalms, we might naturally expect praise to dominate the collection. However, the most common genre of Psalm is lamentation. While we might not be comfortable pouring out our complaints to God, that is not a hesitancy the Psalmists had. Out of 150 Psalms, around 60 can be classified as Psalms of Lament. These Psalms express the individual's concern over their enemies, sickness, or the feelings of being abandoned by God. Sometimes the writer speaks on behalf of the whole nation and laments the turmoil in which they find themselves.

- The Psalms of Lament have a pattern or form which they MOSTLY follow:
 - They begin with an address and/or cry for help
 - The lament
 - A confession of sin or profession of innocence (not always)
 - A confession of trust
 - A petition
 - A vow of Praise
 - An assurance of being heard (not always)
- Let's use Psalm 3 as an example. Mark, underline, circle, or highlight the main aspects of a lament. Remember, not every Psalm of Lament has every point of the pattern.

Psalm 3 (ESV)

A PSALM OF DAVID, WHEN HE FLED FROM ABSALOM HIS SON.

1 O LORD, how many are my foes! Many are rising against me;

2 many are saying of my soul, "There is no salvation for him in God." Selah

3 But you, O LORD, are a shield about me, my glory, and the lifter of my head.

4 I cried aloud to the LORD, and he answered me from his holy hill. Selah

5 I lay down and slept; I woke again, for the LORD sustained me.

6 I will not be afraid of thousands of people who have set themselves against me all around.

7 Arise, O LORD! Save me, O my God! For you strike all my enemies on the cheek; you break the teeth of the wicked.

8 Salvation belongs to the LORD; your blessing be on your people! Selah

PSALMS OF LAMENT (2)

Text: Psalms 13, 38, 41, 57

For this class we will work through the text of four Psalms of lament. Use the space on the right to make notes. Mark up, highlight, and note the points which are common to laments.

Psalm 13 (ESV)

TO THE CHOIRMASTER. A PSALM OF DAVID.

- 1** How long, O LORD? Will you forget me forever? How long will you hide your face from me?
- 2** How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me?
- 3** Consider and answer me, O LORD my God; light up my eyes, lest I sleep the sleep of death,
- 4** lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.
- 5** But I have trusted in your steadfast love; my heart shall rejoice in your salvation.
- 6** I will sing to the LORD, because he has dealt bountifully with me.

Psalm 38 (ESV)

A PSALM OF DAVID, FOR THE MEMORIAL OFFERING.

- 1** O LORD, rebuke me not in your anger, nor discipline me in your wrath!
- 2** For your arrows have sunk into me, and your hand has come down on me.
- 3** There is no soundness in my flesh because of your indignation; there is no health in my bones because of my sin.
- 4** For my iniquities have gone over my head; like a heavy burden, they are too heavy for me.
- 5** My wounds stink and fester because of my foolishness,

6 I am utterly bowed down and prostrate; all the day I go about mourning.

7 For my sides are filled with burning, and there is no soundness in my flesh.

8 I am feeble and crushed; I groan because of the tumult of my heart.

9 O Lord, all my longing is before you; my sighing is not hidden from you.

10 My heart throbs; my strength fails me, and the light of my eyes—it also has gone from me.

11 My friends and companions stand aloof from my plague, and my nearest kin stand far off.

12 Those who seek my life lay their snares; those who seek my hurt speak of ruin and meditate treachery all day long.

13 But I am like a deaf man; I do not hear, like a mute man who does not open his mouth.

14 I have become like a man who does not hear, and in whose mouth are no rebukes.

15 But for you, O LORD, do I wait; it is you, O Lord my God, who will answer.

16 For I said, “Only let them not rejoice over me, who boast against me when my foot slips!”

17 For I am ready to fall, and my pain is ever before me.

18 I confess my iniquity; I am sorry for my sin.

19 But my foes are vigorous, they are mighty, and many are those who hate me wrongfully.

20 Those who render me evil for good accuse me because I follow after good.

21 Do not forsake me, O LORD! O my God, be not far from me!

22 Make haste to help me, O Lord, my salvation!

Psalm 41 (ESV)

TO THE CHOIRMASTER. A PSALM OF DAVID.

1 Blessed is the one who considers the poor! In the day of trouble the LORD delivers him;

2 the LORD protects him and keeps him alive; he is called blessed in the land; you do not give him up to the will of his enemies.

3 The LORD sustains him on his sickbed; in his illness you restore him to full health.

4 As for me, I said, "O LORD, be gracious to me; heal me, for I have sinned against you!"

5 My enemies say of me in malice, "When will he die, and his name perish?"

6 And when one comes to see me, he utters empty words, while his heart gathers iniquity; when he goes out, he tells it abroad.

7 All who hate me whisper together about me; they imagine the worst for me.

8 They say, "A deadly thing is poured out on him; he will not rise again from where he lies."

9 Even my close friend in whom I trusted, who ate my bread, has lifted his heel against me.

10 But you, O LORD, be gracious to me, and raise me up, that I may repay them!

11 By this I know that you delight in me: my enemy will not shout in triumph over me.

12 But you have upheld me because of my integrity, and set me in your presence forever.

13 Blessed be the LORD, the God of Israel, from everlasting to everlasting! Amen and Amen.

Psalm 57 (ESV)

TO THE CHOIRMASTER: ACCORDING TO DO NOT DESTROY. A

MIKTAM OF DAVID, WHEN HE FLED FROM SAUL, IN THE CAVE.

1 Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by.

2 I cry out to God Most High, to God who fulfills his purpose for me.

3 He will send from heaven and save me; he will put to shame him who tramples on me. Selah God will send out his steadfast love and his faithfulness!

4 My soul is in the midst of lions; I lie down amid fiery beasts— the children of man, whose teeth are spears and arrows, whose tongues are sharp swords.

5 Be exalted, O God, above the heavens! Let your glory be over all the earth!

6 They set a net for my steps; my soul was bowed down. They dug a pit in my way, but they have fallen into it themselves. Selah

7 My heart is steadfast, O God, my heart is steadfast! I will sing and make melody!

8 Awake, my glory! Awake, O harp and lyre! I will awake the dawn!

9 I will give thanks to you, O Lord, among the peoples; I will sing praises to you among the nations.

10 For your steadfast love is great to the heavens, your faithfulness to the clouds.

11 Be exalted, O God, above the heavens! Let your glory be over all the earth!

PSALMS OF LAMENT (3)

Text: Psalms 79, 80, 88, 94

For this class we will work through the text of four more Psalms of lament. Use the space on the right to make notes. Mark up, highlight, and note the points common to laments.

Psalm 79 (ESV)

A PSALM OF ASAPH.

1 O God, the nations have come into your inheritance; they have defiled your holy temple; they have laid Jerusalem in ruins.

2 They have given the bodies of your servants to the birds of the heavens for food, the flesh of your faithful to the beasts of the earth.

3 They have poured out their blood like water all around Jerusalem, and there was no one to bury them.

4 We have become a taunt to our neighbors, mocked and derided by those around us.

5 How long, O LORD? Will you be angry forever? Will your jealousy burn like fire?

6 Pour out your anger on the nations that do not know you, and on the kingdoms that do not call upon your name!

7 For they have devoured Jacob and laid waste his habitation.

8 Do not remember against us our former iniquities; let your compassion come speedily to meet us, for we are brought very low.

9 Help us, O God of our salvation, for the glory of your name; deliver us, and atone for our sins, for your name's sake!

10 Why should the nations say, "Where is their God?" Let the avenging of the outpoured blood of your servants be known among the nations before our eyes!

11 Let the groans of the prisoners come before you; according to your great power, preserve those doomed to die!

12 Return sevenfold into the lap of our neighbors the taunts with which they have taunted you, O Lord!

13 But we your people, the sheep of your pasture, will give thanks to you forever; from generation to generation we will recount your praise.

Psalm 80 (ESV)

TO THE CHOIRMASTER: ACCORDING TO LILIES. A TESTIMONY. OF ASAPH, A PSALM.

1 Give ear, O Shepherd of Israel, you who lead Joseph like a flock. You who are enthroned upon the cherubim, shine forth.

2 Before Ephraim and Benjamin and Manasseh, stir up your might and come to save us!

3 Restore us, O God; let your face shine, that we may be saved!

4 O LORD God of hosts, how long will you be angry with your people's prayers?

5 You have fed them with the bread of tears and given them tears to drink in full measure.

6 You make us an object of contention for our neighbors, and our enemies laugh among themselves.

7 Restore us, O God of hosts; let your face shine, that we may be saved!

8 You brought a vine out of Egypt; you drove out the nations and planted it.

9 You cleared the ground for it; it took deep root and filled the land.

10 The mountains were covered with its shade, the mighty cedars with its branches.

11 It sent out its branches to the sea and its shoots to the River.

12 Why then have you broken down its walls, so that all who pass along the way pluck its fruit?

13 The boar from the forest ravages it, and all that move in the field feed on it.

14 Turn again, O God of hosts! Look down from heaven, and see; have regard for this vine,

15 the stock that your right hand planted, and for the son whom you made strong for yourself.

16 They have burned it with fire; they have cut it down; may they perish at the rebuke of your face!

17 But let your hand be on the man of your right hand, the son of man whom you have made strong for yourself!

18 Then we shall not turn back from you; give us life, and we will call upon your name!

19 Restore us, O LORD God of hosts! Let your face shine, that we may be saved!

Psalm 88 (ESV)

A SONG. A PSALM OF THE SONS OF KORAH. TO THE CHOIRMASTER: ACCORDING TO MAHALATH LEANNOTH. A MASKIL OF HEMAN THE EZRAHITE.

1 O LORD, God of my salvation, I cry out day and night before you.

2 Let my prayer come before you; incline your ear to my cry!

3 For my soul is full of troubles, and my life draws near to Sheol.

4 I am counted among those who go down to the pit; I am a man who has no strength,

5 like one set loose among the dead, like the slain that lie in the grave, like those whom you remember no more, for they are cut off from your hand.

6 You have put me in the depths of the pit, in the regions dark and deep.

7 Your wrath lies heavy upon me, and you overwhelm me with all your waves. Selah

8 You have caused my companions to shun me; you have made me a horror to them. I am shut in so that I cannot escape;

9 my eye grows dim through sorrow. Every day I call upon you, O LORD; I spread out my hands to you.

10 Do you work wonders for the dead? Do the departed rise up to praise you? Selah

11 Is your steadfast love declared in the grave, or your faithfulness in Abaddon?

12 Are your wonders known in the darkness, or your righteousness in the land of forgetfulness?

13 But I, O LORD, cry to you; in the morning my prayer comes before you.

14 O LORD, why do you cast my soul away? Why do you hide your face from me?

15 Afflicted and close to death from my youth up, I suffer your terrors; I am helpless.

16 Your wrath has swept over me; your dreadful assaults destroy me.

17 They surround me like a flood all day long; they close in on me together.

18 You have caused my beloved and my friend to shun me; my companions have become darkness.

Psalm 94 (ESV)

1 O LORD, God of vengeance, O God of vengeance, shine forth!

2 Rise up, O judge of the earth; repay to the proud what they deserve!

3 O LORD, how long shall the wicked, how long shall the wicked exult?

4 They pour out their arrogant words; all the evildoers boast.

5 They crush your people, O LORD, and afflict your heritage.

6 They kill the widow and the sojourner, and murder the fatherless;

7 and they say, "The LORD does not see; the God of Jacob does not perceive."

8 Understand, O dullest of the people! Fools, when will you be wise?

9 He who planted the ear, does he not hear? He who formed the eye, does he not see?

10 He who disciplines the nations, does he not rebuke? He who teaches man knowledge—

11 the LORD—knows the thoughts of man, that they are but a breath.

12 Blessed is the man whom you discipline, O LORD, and whom you teach out of your law,
13 to give him rest from days of trouble, until a pit is dug for the wicked.
14 For the LORD will not forsake his people; he will not abandon his heritage;
15 for justice will return to the righteous, and all the upright in heart will follow it.
16 Who rises up for me against the wicked? Who stands up for me against evildoers?
17 If the LORD had not been my help, my soul would soon have lived in the land of silence.
18 When I thought, "My foot slips," your steadfast love, O LORD, held me up.
19 When the cares of my heart are many, your consolations cheer my soul.
20 Can wicked rulers be allied with you, those who frame injustice by statute?
21 They band together against the life of the righteous and condemn the innocent to death.
22 But the LORD has become my stronghold, and my God the rock of my refuge.
23 He will bring back on them their iniquity and wipe them out for their wickedness; the LORD our God will wipe them out.

PSALMS OF PRAISE (1)

Text: Psalms 8 and 117

The second most common type of Psalm is the Psalm of praise. We should not be surprised that the Hebrew title for the book of Psalms is *tehillim* which means “praises.” Most scholars divide the Psalms of praise into two types: declarative and descriptive. Declarative Psalms of praise do just that, they declare. “Praise the Lord!” It is the term “hallelujah.” These Psalms are typically more general in nature. Descriptive Psalms of praise involves more details and elaborates on what God has done (i.e. in creation, salvation, etc.). One can see how Psalms of praise and Psalms of thanksgiving might overlap.

- Psalms of praise do not have as many markers as Psalms of lament, but they are fairly easy to notice:
 - A call to praise
 - Description of previous situation (not always)
 - Previous prayer for deliverance (not always)
 - Reason for praise / God’s act of deliverance or salvation
 - Promise to pay vows / renewal of praise
- Psalm 117 provides an short and easy example of a Psalm of praise. There are three elements of a praise Psalm in this passage, mark them:

Psalm 117 (ESV)

1 Praise the LORD, all nations! Extol him, all peoples!

2 For great is his steadfast love toward us, and the faithfulness of the LORD endures forever. Praise the LORD!

- We will discuss Psalm 8 in class

PSALMS OF PRAISE (2)

Text: Psalms 29, 47, 65, 93

For this class we will work through the text of four Psalms of Praise. Use the space on the right to make notes. Mark up, highlight, and note the points which are common to praise.

Psalm 29 (ESV)

A PSALM OF DAVID.

- 1** Ascribe to the LORD, O heavenly beings, glory and strength.
- 2** Ascribe to the LORD the glory due his name; worship the LORD in the splendor of holiness.
- 3** The voice of the LORD is over the waters; the God of glory thunders, the LORD, over many waters.
- 4** The voice of the LORD is powerful; the voice of the LORD is full of majesty.
- 5** The voice of the LORD breaks the cedars; the LORD breaks the cedars of Lebanon.
- 6** He makes Lebanon to skip like a calf, and Sirion like a young wild ox.
- 7** The voice of the LORD flashes forth flames of fire.
- 8** The voice of the LORD shakes the wilderness; the LORD shakes the wilderness of Kadesh.
- 9** The voice of the LORD makes the deer give birth and strips the forests bare, and in his temple all cry, "Glory!"
- 10** The LORD sits enthroned over the flood; the LORD sits enthroned as king forever.
- 11** May the LORD give strength to his people! May the LORD bless his people with peace!

Psalm 47 (ESV)

TO THE CHOIRMASTER. A PSALM OF THE SONS OF KORAH.

- 1** Clap your hands, all peoples! Shout to God with loud songs of joy!
- 2** For the LORD, the Most High, is to be feared, a great king over all the earth.
- 3** He subdued peoples under us, and nations under our feet.
- 4** He chose our heritage for us, the pride of Jacob whom he loves. Selah
- 5** God has gone up with a shout, the LORD with the sound of a trumpet.
- 6** Sing praises to God, sing praises! Sing praises to our King, sing praises!
- 7** For God is the King of all the earth; sing praises with a psalm!
- 8** God reigns over the nations; God sits on his holy throne.
- 9** The princes of the peoples gather as the people of the God of Abraham. For the shields of the earth belong to God; he is highly exalted!

Psalm 65 (ESV)

TO THE CHOIRMASTER. A PSALM OF DAVID. A SONG.

- 1** Praise is due to you, O God, in Zion, and to you shall vows be performed.
- 2** O you who hear prayer, to you shall all flesh come.
- 3** When iniquities prevail against me, you atone for our transgressions.
- 4** Blessed is the one you choose and bring near, to dwell in your courts! We shall be satisfied with the goodness of your house, the holiness of your temple!
- 5** By awesome deeds you answer us with righteousness, O God of our salvation, the hope of all the ends of the earth and of the farthest seas;
- 6** the one who by his strength established the mountains, being girded with might;

7 who stills the roaring of the seas, the roaring of their waves, the tumult of the peoples,

8 so that those who dwell at the ends of the earth are in awe at your signs. You make the going out of the morning and the evening to shout for joy.

9 You visit the earth and water it; you greatly enrich it; the river of God is full of water; you provide their grain, for so you have prepared it.

10 You water its furrows abundantly, settling its ridges, softening it with showers, and blessing its growth.

11 You crown the year with your bounty; your wagon tracks overflow with abundance.

12 The pastures of the wilderness overflow, hills gird themselves with joy,

13 the meadows clothe themselves with flocks, the valleys deck themselves with grain, they shout and sing together for joy.

Psalm 93 (ESV)

1 The LORD reigns; he is robed in majesty; the LORD is robed; he has put on strength as his belt. Yes, the world is established; it shall never be moved.

2 Your throne is established from of old; you are from everlasting.

3 The floods have lifted up, O LORD, the floods have lifted up their voice; the floods lift up their roaring.

4 Mightier than the thunders of many waters, mightier than the waves of the sea, the LORD on high is mighty!

5 Your decrees are very trustworthy; holiness befits your house, O LORD, forevermore.

PSALMS OF PRAISE (3)

Text: Psalms 113, 146, 148-150

For this class we will work through the text of five Psalms of Praise. Use the space on the right to make notes. Mark up, highlight, and note the points which are common to praise.

Psalm 113 (ESV)

1 Praise the LORD! Praise, O servants of the LORD, praise the name of the LORD!

2 Blessed be the name of the LORD from this time forth and forevermore!

3 From the rising of the sun to its setting, the name of the LORD is to be praised!

4 The LORD is high above all nations, and his glory above the heavens!

5 Who is like the LORD our God, who is seated on high,

6 who looks far down on the heavens and the earth?

7 He raises the poor from the dust and lifts the needy from the ash heap,

8 to make them sit with princes, with the princes of his people.

9 He gives the barren woman a home, making her the joyous mother of children. Praise the LORD!

Psalm 146 (ESV)

1 Praise the LORD! Praise the LORD, O my soul!

2 I will praise the LORD as long as I live; I will sing praises to my God while I have my being.

3 Put not your trust in princes, in a son of man, in whom there is no salvation.

4 When his breath departs, he returns to the earth; on that very day his plans perish.

5 Blessed is he whose help is the God of Jacob, whose hope is in the LORD his God,

6 who made heaven and earth, the sea, and all that is in them, who keeps faith forever;

7 who executes justice for the oppressed, who gives food to the hungry. The LORD sets the prisoners free;

8 the LORD opens the eyes of the blind. The LORD lifts up those who are bowed down; the LORD loves the righteous.

9 The LORD watches over the sojourners; he upholds the widow and the fatherless, but the way of the wicked he brings to ruin.

10 The LORD will reign forever, your God, O Zion, to all generations. Praise the LORD!

Psalm 148 (ESV)

1 Praise the LORD! Praise the LORD from the heavens; praise him in the heights!

2 Praise him, all his angels; praise him, all his hosts!

3 Praise him, sun and moon, praise him, all you shining stars!

4 Praise him, you highest heavens, and you waters above the heavens!

5 Let them praise the name of the LORD! For he commanded and they were created.

6 And he established them forever and ever; he gave a decree, and it shall not pass away.

7 Praise the LORD from the earth, you great sea creatures and all deeps,

8 fire and hail, snow and mist, stormy wind fulfilling his word!

9 Mountains and all hills, fruit trees and all cedars!

10 Beasts and all livestock, creeping things and flying birds!

11 Kings of the earth and all peoples, princes and all rulers of the earth!

12 Young men and maidens together, old men and children!

13 Let them praise the name of the LORD, for his name alone is exalted; his majesty is above earth and heaven.

14 He has raised up a horn for his people, praise for all his saints, for the people of Israel who are near to him. Praise the LORD!

Psalm 149 (ESV)

1 Praise the LORD! Sing to the LORD a new song, his praise in the assembly of the godly!

2 Let Israel be glad in his Maker; let the children of Zion rejoice in their King!

3 Let them praise his name with dancing, making melody to him with tambourine and lyre!

4 For the LORD takes pleasure in his people; he adorns the humble with salvation.

5 Let the godly exult in glory; let them sing for joy on their beds.

6 Let the high praises of God be in their throats and two-edged swords in their hands,

7 to execute vengeance on the nations and punishments on the peoples,

8 to bind their kings with chains and their nobles with fetters of iron,

9 to execute on them the judgment written! This is honor for all his godly ones. Praise the LORD!

Psalm 150 (ESV)

1 Praise the LORD! Praise God in his sanctuary; praise him in his mighty heavens!

2 Praise him for his mighty deeds; praise him according to his excellent greatness!

3 Praise him with trumpet sound; praise him with lute and harp!

4 Praise him with tambourine and dance; praise him with strings and pipe!

5 Praise him with sounding cymbals; praise him with loud clashing cymbals!

6 Let everything that has breath praise the LORD! Praise the LORD!

TORAH PSALMS

Text: Psalms 1, 19, 119

Torah Psalms make for a small category, but it is easy to see why they stand on their own. The emphasis on the Torah, or the word, is obvious; especially in Psalm 119. The word *torah* is often translated law and that is a little unfortunate. If we can only use one word to translate the term, we should go with “instruction.” Since there are only three Torah Psalms, we will cover them in one class.

- Why is Psalm 1 classified as a Torah Psalm?

- What are the two types of revelation discussed in Psalm 19?

- What are the various synonyms for “God’s word” used in Psalm 119?

- Which verses in Psalm 119 DO NOT mention the word of God?

WISDOM PSALMS (1)

Text: Psalms 37 and 73

While most Psalms are prayers, some tend more towards reflection. Wisdom Psalms are not difficult to classify. They are simply Psalms which discuss the proper way to live and view life. Sometimes you will think the Psalmists borrowed from the book of Proverbs.

- While we may not always agree on a precise definition of a proverb, we know it when we see it. Consider Psalm 37:1-2.
- When studying Proverbs last year, we noted many “better...than” statements. Consider Psalm 37:16.
- Wisdom often takes lessons from nature. Consider Psalm 32:9.
- Wisdom (and poetry in general) loves metaphors and similes. Consider Psalm 128:3 and 37:2.
- Wisdom literature often uses beatitudes like we see in Matthew 5. Consider Psalm 1:1; 34:8; 127:5; 128:1.
- While Proverbs writer calls to his “sons” and “children” regularly, we only see it once in the Psalms—Psalm 34:11.
- We will discuss Psalms 37 and 73 in more detail in class.

WISDOM PSALMS (2)

Text: Psalms 112, 127, 128, 133

For this class we will work through the text of four Wisdom Psalms. Use the space on the right to make notes. Mark up, highlight, and note the points which are common to wisdom.

Psalm 112 (ESV)

1 Praise the LORD! Blessed is the man who fears the LORD, who greatly delights in his commandments!

2 His offspring will be mighty in the land; the generation of the upright will be blessed.

3 Wealth and riches are in his house, and his righteousness endures forever.

4 Light dawns in the darkness for the upright; he is gracious, merciful, and righteous.

5 It is well with the man who deals generously and lends; who conducts his affairs with justice.

6 For the righteous will never be moved; he will be remembered forever.

7 He is not afraid of bad news; his heart is firm, trusting in the LORD.

8 His heart is steady; he will not be afraid, until he looks in triumph on his adversaries.

9 He has distributed freely; he has given to the poor; his righteousness endures forever; his horn is exalted in honor.

10 The wicked man sees it and is angry; he gnashes his teeth and melts away; the desire of the wicked will perish!

Psalm 127 (ESV)

A SONG OF ASCENTS. OF SOLOMON.

- 1** Unless the LORD builds the house, those who build it labor in vain.
Unless the LORD watches over the city, the watchman stays awake in vain.
- 2** It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.
- 3** Behold, children are a heritage from the LORD, the fruit of the womb a reward.
- 4** Like arrows in the hand of a warrior are the children of one's youth.
- 5** Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate.

Psalm 128 (ESV)

A SONG OF ASCENTS.

- 1** Blessed is everyone who fears the LORD, who walks in his ways!
- 2** You shall eat the fruit of the labor of your hands; you shall be blessed, and it shall be well with you.
- 3** Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table.
- 4** Behold, thus shall the man be blessed who fears the LORD.
- 5** The LORD bless you from Zion! May you see the prosperity of Jerusalem all the days of your life!
- 6** May you see your children's children! Peace be upon Israel!

Psalm 133 (ESV)

A SONG OF ASCENTS. OF DAVID.

- 1** Behold, how good and pleasant it is when brothers dwell in unity!
- 2** It is like the precious oil on the head, running down on the beard, on the beard of Aaron, running down on the collar of his robes!
- 3** It is like the dew of Hermon, which falls on the mountains of Zion! For there the LORD has commanded the blessing, life forevermore.

ROYAL PSALMS (1)

Text: 2 Samuel 7; Psalms 2 and 45

This is one of my favorite genres of Psalms, partly because of my love for Psalm 2, which is a Royal Psalm. The Royal Psalms are categorized based on their interest in Israel's king. Sometimes the focus is on the human king and sometimes the focus is on the divine king. These Psalms typically mention the king, the "anointed one", David by name, or refer to God's reign. 2 Samuel 7 provides the narrative background for these Psalms.

- What did David want to build for God?
- What did God want to build for David?
- What references are made in Psalm 2 to kingship?
- Who is being referred to in Psalm 2? The human king or the divine king?
- What is happening in Psalm 45?
- Who is being referred to in Psalm 45? The human king or the divine king?

ROYAL PSALMS (2)

Text: Psalms 20, 21, 110, and 132

For this class we will work through the text of four Royal Psalms. Use the space on the right to make notes. Mark up, highlight, and note the points which are common to Royal Psalms.

Psalm 20 (ESV)

TO THE CHOIRMASTER. A PSALM OF DAVID.

- 1** May the LORD answer you in the day of trouble! May the name of the God of Jacob protect you!
- 2** May he send you help from the sanctuary and give you support from Zion!
- 3** May he remember all your offerings and regard with favor your burnt sacrifices! Selah
- 4** May he grant you your heart's desire and fulfill all your plans!
- 5** May we shout for joy over your salvation, and in the name of our God set up our banners! May the LORD fulfill all your petitions!
- 6** Now I know that the LORD saves his anointed; he will answer him from his holy heaven with the saving might of his right hand.
- 7** Some trust in chariots and some in horses, but we trust in the name of the LORD our God.
- 8** They collapse and fall, but we rise and stand upright.
- 9** O LORD, save the king! May he answer us when we call.

Psalm 21 (ESV)

TO THE CHOIRMASTER. A PSALM OF DAVID.

1 O LORD, in your strength the king rejoices, and in your salvation how greatly he exults!

2 You have given him his heart's desire and have not withheld the request of his lips. Selah

3 For you meet him with rich blessings; you set a crown of fine gold upon his head.

4 He asked life of you; you gave it to him, length of days forever and ever.

5 His glory is great through your salvation; splendor and majesty you bestow on him.

6 For you make him most blessed forever; you make him glad with the joy of your presence.

7 For the king trusts in the LORD, and through the steadfast love of the Most High he shall not be moved.

8 Your hand will find out all your enemies; your right hand will find out those who hate you.

9 You will make them as a blazing oven when you appear. The LORD will swallow them up in his wrath, and fire will consume them.

10 You will destroy their descendants from the earth, and their offspring from among the children of man.

11 Though they plan evil against you, though they devise mischief, they will not succeed.

12 For you will put them to flight; you will aim at their faces with your bows.

13 Be exalted, O LORD, in your strength! We will sing and praise your power.

Psalm 110 (ESV)

A PSALM OF DAVID.

1 The LORD says to my Lord: "Sit at my right hand, until I make your enemies your footstool."

2 The LORD sends forth from Zion your mighty scepter. Rule in the midst of your enemies!

3 Your people will offer themselves freely on the day of your power, in holy garments; from the womb of the morning, the dew of your youth will be yours.

4 The LORD has sworn and will not change his mind, "You are a priest forever after the order of Melchizedek."

5 The Lord is at your right hand; he will shatter kings on the day of his wrath.

6 He will execute judgment among the nations, filling them with corpses; he will shatter chiefs over the wide earth.

7 He will drink from the brook by the way; therefore he will lift up his head.

Psalm 132 (ESV)

A SONG OF ASCENTS.

1 Remember, O LORD, in David's favor, all the hardships he endured,

2 how he swore to the LORD and vowed to the Mighty One of Jacob,

3 "I will not enter my house or get into my bed,

4 I will not give sleep to my eyes or slumber to my eyelids,

5 until I find a place for the LORD, a dwelling place for the Mighty One of Jacob."

6 Behold, we heard of it in Ephrathah; we found it in the fields of Jaar.

7 "Let us go to his dwelling place; let us worship at his footstool!"

8 Arise, O LORD, and go to your resting place, you and the ark of your might.

9 Let your priests be clothed with righteousness, and let your saints shout for joy.

10 For the sake of your servant David, do not turn away the face of your anointed one.

11 The LORD swore to David a sure oath from which he will not turn back: "One of the sons of your body I will set on your throne.

12 If your sons keep my covenant and my testimonies that I shall teach them, their sons also forever shall sit on your throne."

13 For the LORD has chosen Zion; he has desired it for his dwelling place:

14 "This is my resting place forever; here I will dwell, for I have desired it.

15 I will abundantly bless her provisions; I will satisfy her poor with bread.

16 Her priests I will clothe with salvation, and her saints will shout for joy.

17 There I will make a horn to sprout for David; I have prepared a lamp for my anointed.

18 His enemies I will clothe with shame, but on him his crown will shine."

PSALMS OF THANKSGIVING (1)

On one side of the spectrum are Psalms of lament; on the other are Psalms of thanksgiving. Psalms of thanksgiving often overlap with other genres, but there are two elements that mark this category as distinct: (1) a report of a crisis and (2) a report that deliverance has been accomplished. This difference between a Psalm of lament and one of thanksgiving is that in thanksgiving, the crisis has passed.

- Here are the major parts of a Psalm of thanksgiving
 - An introductory statement
 - A report of the crisis
 - Who is hearing the report (not always)
 - Deliverance accomplished
 - The reason for deliverance
 - A vow to praise (not always)

Psalm 66 (ESV)

TO THE CHOIRMASTER. A SONG. A PSALM.

1 Shout for joy to God, all the earth;

2 sing the glory of his name; give to him glorious praise!

3 Say to God, "How awesome are your deeds! So great is your power that your enemies come cringing to you.

4 All the earth worships you and sings praises to you; they sing praises to your name." Selah

5 Come and see what God has done: he is awesome in his deeds toward the children of man.

6 He turned the sea into dry land; they passed through the river on foot. There did we rejoice in him,

7 who rules by his might forever, whose eyes keep watch on the nations— let not the rebellious exalt themselves. Selah

8 Bless our God, O peoples; let the sound of his praise be heard,

9 who has kept our soul among the living and has not let our feet slip.

10 For you, O God, have tested us; you have tried us as silver is tried.

11 You brought us into the net; you laid a crushing burden on our backs;

12 you let men ride over our heads; we went through fire and through water; yet you have brought us out to a place of abundance.

13 I will come into your house with burnt offerings; I will perform my vows to you,

14 that which my lips uttered and my mouth promised when I was in trouble.

15 I will offer to you burnt offerings of fattened animals, with the smoke of the sacrifice of rams; I will make an offering of bulls and goats. Selah

16 Come and hear, all you who fear God, and I will tell what he has done for my soul.

17 I cried to him with my mouth, and high praise was on my tongue.

18 If I had cherished iniquity in my heart, the Lord would not have listened.

19 But truly God has listened; he has attended to the voice of my prayer.

20 Blessed be God, because he has not rejected my prayer or removed his steadfast love from me!

Psalm 92 (ESV)

A PSALM. A SONG FOR THE SABBATH.

1 It is good to give thanks to the LORD, to sing praises to your name, O Most High;

2 to declare your steadfast love in the morning, and your faithfulness by night,

3 to the music of the lute and the harp, to the melody of the lyre.

4 For you, O LORD, have made me glad by your work; at the works of your hands I sing for joy.

5 How great are your works, O LORD! Your thoughts are very deep!

6 The stupid man cannot know; the fool cannot understand this:

7 that though the wicked sprout like grass and all evildoers flourish, they are doomed to destruction forever;

8 but you, O LORD, are on high forever.

9 For behold, your enemies, O LORD, for behold, your enemies shall perish; all evildoers shall be scattered.

10 But you have exalted my horn like that of the wild ox; you have poured over me fresh oil.

11 My eyes have seen the downfall of my enemies; my ears have heard the doom of my evil assailants.

12 The righteous flourish like the palm tree and grow like a cedar in Lebanon.

13 They are planted in the house of the LORD; they flourish in the courts of our God.

14 They still bear fruit in old age; they are ever full of sap and green,

15 to declare that the LORD is upright; he is my rock, and there is no unrighteousness in him.

PSALMS OF THANKSGIVING (2)

Text: Psalms 32, 40, 107, 116

For this class we will work through the text of four Psalms of Thanksgiving. Use the space on the right to make notes. Mark up, highlight, and note the points which are common to Psalms of thanksgiving. If time permits, we will discuss Psalm 107 in class.

Psalm 32 (ESV)

A MASKIL OF DAVID.

1 Blessed is the one whose transgression is forgiven, whose sin is covered.

2 Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit.

3 For when I kept silent, my bones wasted away through my groaning all day long.

4 For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah

5 I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin. Selah

6 Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him.

7 You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance. Selah

8 I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.

9 Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, or it will not stay near you.

10 Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the LORD.

11 Be glad in the LORD, and rejoice, O righteous, and shout for joy, all you upright in heart!

Psalm 40 (ESV)

TO THE CHOIRMASTER. A PSALM OF DAVID.

1 I waited patiently for the LORD; he inclined to me and heard my cry.

2 He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure.

3 He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD.

4 Blessed is the man who makes the LORD his trust, who does not turn to the proud, to those who go astray after a lie!

5 You have multiplied, O LORD my God, your wondrous deeds and your thoughts toward us; none can compare with you! I will proclaim and tell of them, yet they are more than can be told.

6 In sacrifice and offering you have not delighted, but you have given me an open ear. Burnt offering and sin offering you have not required.

7 Then I said, "Behold, I have come; in the scroll of the book it is written of me:

8 I delight to do your will, O my God; your law is within my heart."

9 I have told the glad news of deliverance in the great congregation; behold, I have not restrained my lips, as you know, O LORD.

10 I have not hidden your deliverance within my heart; I have spoken of your faithfulness and your salvation; I have not concealed your steadfast love and your faithfulness from the great congregation.

11 As for you, O LORD, you will not restrain your mercy from me; your steadfast love and your faithfulness will ever preserve me!

12 For evils have encompassed me beyond number; my iniquities have overtaken me, and I cannot see; they are more than the hairs of my head; my heart fails me.

13 Be pleased, O LORD, to deliver me! O LORD, make haste to help me!

14 Let those be put to shame and disappointed altogether who seek to snatch away my life; let those be turned back and brought to dishonor who delight in my hurt!

15 Let those be appalled because of their shame who say to me, "Aha, Aha!"

16 But may all who seek you rejoice and be glad in you; may those who love your salvation say continually, "Great is the LORD!"

17 As for me, I am poor and needy, but the Lord takes thought for me. You are my help and my deliverer; do not delay, O my God!

Psalm 116 (ESV)

1 I love the LORD, because he has heard my voice and my pleas for mercy.

2 Because he inclined his ear to me, therefore I will call on him as long as I live.

3 The snares of death encompassed me; the pangs of Sheol laid hold on me; I suffered distress and anguish.

4 Then I called on the name of the LORD: "O LORD, I pray, deliver my soul!"

5 Gracious is the LORD, and righteous; our God is merciful.

6 The LORD preserves the simple; when I was brought low, he saved me.

7 Return, O my soul, to your rest; for the LORD has dealt bountifully with you.

8 For you have delivered my soul from death, my eyes from tears, my feet from stumbling;

9 I will walk before the LORD in the land of the living.

10 I believed, even when I spoke: "I am greatly afflicted";

11 I said in my alarm, "All mankind are liars."

12 What shall I render to the LORD for all his benefits to me?

13 I will lift up the cup of salvation and call on the name of the LORD,

14 I will pay my vows to the LORD in the presence of all his people.

15 Precious in the sight of the LORD is the death of his saints.

16 O LORD, I am your servant; I am your servant, the son of your maidservant. You have loosed my bonds.

17 I will offer to you the sacrifice of thanksgiving and call on the name of the LORD.

18 I will pay my vows to the LORD in the presence of all his people,

19 in the courts of the house of the LORD, in your midst, O Jerusalem. Praise the LORD!

PSALMS OF TRUST (1)

Text: Psalms 16, 27, 90

While many of the Psalms express great trust in God, some are dominated by the theme. Hassell Bullock says, “Somewhere in the shadows of the psalms of trust trouble is lurking.” And yet, the Psalmists still trust. In fact, one might argue that their level of trust has a direct correlation to the intensity of the trial/trouble. Like the Psalms of lament, Psalms of trust can be divided into individual Psalms and communal Psalms. But most share some elements:

- A declaration of trust
- An invitation for others to trust
- The basis for their trust
- A petition
- Vow to praise
- A reference to the trouble

Psalm 16 (ESV)

A MIKTAM OF DAVID.

1 Preserve me, O God, for in you I take refuge.

2 I say to the LORD, “You are my Lord; I have no good apart from you.”

3 As for the saints in the land, they are the excellent ones, in whom is all my delight.

4 The sorrows of those who run after another god shall multiply; their drink offerings of blood I will not pour out or take their names on my lips.

5 The LORD is my chosen portion and my cup; you hold my lot.

6 The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance.

7 I bless the LORD who gives me counsel; in the night also my heart instructs me.

8 I have set the LORD always before me; because he is at my right hand, I shall not be shaken.

9 Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure.

10 For you will not abandon my soul to Sheol, or let your holy one see corruption.

11 You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

Psalm 27 (ESV)

OF DAVID.

1 The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?

2 When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall.

3 Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.

4 One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple.

5 For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.

6 And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD.

7 Hear, O LORD, when I cry aloud; be gracious to me and answer me!

8 You have said, "Seek my face." My heart says to you, "Your face, LORD, do I seek."

9 Hide not your face from me. Turn not your servant away in anger, O you who have been my help. Cast me not off; forsake me not, O God of my salvation!

10 For my father and my mother have forsaken me, but the LORD will take me in.

11 Teach me your way, O LORD, and lead me on a level path because of my enemies.

12 Give me not up to the will of my adversaries; for false witnesses have risen against me, and they breathe out violence.

13 I believe that I shall look upon the goodness of the LORD in the land of the living!

14 Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!

Psalm 90 (ESV)

A PRAYER OF MOSES, THE MAN OF GOD.

1 Lord, you have been our dwelling place in all generations.

2 Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God.

3 You return man to dust and say, "Return, O children of man!"

4 For a thousand years in your sight are but as yesterday when it is past, or as a watch in the night.

5 You sweep them away as with a flood; they are like a dream, like grass that is renewed in the morning:

6 in the morning it flourishes and is renewed; in the evening it fades and withers.

7 For we are brought to an end by your anger; by your wrath we are dismayed.

8 You have set our iniquities before you, our secret sins in the light of your presence.

9 For all our days pass away under your wrath; we bring our years to an end like a sigh.

10 The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away.

11 Who considers the power of your anger, and your wrath according to the fear of you?

12 So teach us to number our days that we may get a heart of wisdom.

13 Return, O LORD! How long? Have pity on your servants!

14 Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.

15 Make us glad for as many days as you have afflicted us, and for as many years as we have seen evil.

16 Let your work be shown to your servants, and your glorious power to their children.

17 Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!

PSALMS OF TRUST (2)

Text: Psalm 23

This is one of the most well-known and beloved Psalms. And for good reason. Work through this Psalm like you would any other. In class we will look at this Psalm a little differently. If you can, read the book *A Shepherd Looks at Psalm 23* by Phillip Keller.

Psalm 23 (ESV)

A PSALM OF DAVID.

- 1** The LORD is my shepherd; I shall not want.
- 2** He makes me lie down in green pastures. He leads me beside still waters.
- 3** He restores my soul. He leads me in paths of righteousness for his name's sake.
- 4** Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.
- 5** You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.
- 6** Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.

HISTORICAL PSALMS (1)

Text: Psalms 105 and 106

I love the story of the Bible, especially the Old Testament story. So, I have an affinity for the historical Psalms. These Psalms are self-evident; they tell the history of Israel. Some of these Psalms are longer and more involved, but they share the same idea—when thinking about the history of Israel, God should be worshipped for all He has done! Because of the length of these two Psalms, we will not put the text on the page, but I want you to make some notes on the text. Specifically, I would like for you to work through the Psalms and (1) note the difference in theme of these two Psalms and (2) note the various stories to which each Psalm refers.

Psalm 105

Psalm 106

HISTORICAL PSALMS (2)

Text: Psalm 78, 114, 135, 136

For this class we will work through the text of four Historical Psalms. Use the space on the right to make notes. Mark up, highlight, and note the points which are common to historical Psalms. We will look at Psalm 78 in class if there is enough time.

Psalm 114 (ESV)

- 1** When Israel went out from Egypt, the house of Jacob from a people of strange language,
- 2** Judah became his sanctuary, Israel his dominion.
- 3** The sea looked and fled; Jordan turned back.
- 4** The mountains skipped like rams, the hills like lambs.
- 5** What ails you, O sea, that you flee? O Jordan, that you turn back?
- 6** O mountains, that you skip like rams? O hills, like lambs?
- 7** Tremble, O earth, at the presence of the Lord, at the presence of the God of Jacob,
- 8** who turns the rock into a pool of water, the flint into a spring of water.

Psalm 135 (ESV)

- 1** Praise the LORD! Praise the name of the LORD, give praise, O servants of the LORD,
- 2** who stand in the house of the LORD, in the courts of the house of our God!
- 3** Praise the LORD, for the LORD is good; sing to his name, for it is pleasant!

4 For the LORD has chosen Jacob for himself, Israel as his own possession.

5 For I know that the LORD is great, and that our Lord is above all gods.

6 Whatever the LORD pleases, he does, in heaven and on earth, in the seas and all deeps.

7 He it is who makes the clouds rise at the end of the earth, who makes lightnings for the rain and brings forth the wind from his storehouses.

8 He it was who struck down the firstborn of Egypt, both of man and of beast;

9 who in your midst, O Egypt, sent signs and wonders against Pharaoh and all his servants;

10 who struck down many nations and killed mighty kings,

11 Sihon, king of the Amorites, and Og, king of Bashan, and all the kingdoms of Canaan,

12 and gave their land as a heritage, a heritage to his people Israel.

13 Your name, O LORD, endures forever, your renown, O LORD, throughout all ages.

14 For the LORD will vindicate his people and have compassion on his servants.

15 The idols of the nations are silver and gold, the work of human hands.

16 They have mouths, but do not speak; they have eyes, but do not see;

17 they have ears, but do not hear, nor is there any breath in their mouths.

18 Those who make them become like them, so do all who trust in them.

19 O house of Israel, bless the LORD! O house of Aaron, bless the LORD!

20 O house of Levi, bless the LORD! You who fear the LORD, bless the LORD!

21 Blessed be the LORD from Zion, he who dwells in Jerusalem!
Praise the LORD!

Psalm 136 (ESV)

1 Give thanks to the LORD, for he is good, for his steadfast love endures forever.

2 Give thanks to the God of gods, for his steadfast love endures forever.

3 Give thanks to the Lord of lords, for his steadfast love endures forever;

4 to him who alone does great wonders, for his steadfast love endures forever;

5 to him who by understanding made the heavens, for his steadfast love endures forever;

6 to him who spread out the earth above the waters, for his steadfast love endures forever;

7 to him who made the great lights, for his steadfast love endures forever;

8 the sun to rule over the day, for his steadfast love endures forever;

9 the moon and stars to rule over the night, for his steadfast love endures forever;

10 to him who struck down the firstborn of Egypt, for his steadfast love endures forever;

11 and brought Israel out from among them, for his steadfast love endures forever;

12 with a strong hand and an outstretched arm, for his steadfast love endures forever;

13 to him who divided the Red Sea in two, for his steadfast love endures forever;

14 and made Israel pass through the midst of it, for his steadfast love endures forever;

15 but overthrew Pharaoh and his host in the Red Sea, for his steadfast love endures forever;

16 to him who led his people through the wilderness, for his steadfast love endures forever;

17 to him who struck down great kings, for his steadfast love endures forever;

18 and killed mighty kings, for his steadfast love endures forever;

19 Sihon, king of the Amorites, for his steadfast love endures forever;

20 and Og, king of Bashan, for his steadfast love endures forever;

21 and gave their land as a heritage, for his steadfast love endures forever;

22 a heritage to Israel his servant, for his steadfast love endures forever.

23 It is he who remembered us in our low estate, for his steadfast love endures forever;

24 and rescued us from our foes, for his steadfast love endures forever;

25 he who gives food to all flesh, for his steadfast love endures forever.

26 Give thanks to the God of heaven, for his steadfast love endures forever.

IMPRECATORY PSALMS (1)

Text: Psalm 83

As we strive to live our lives by the teaching of Jesus, especially that set forth in the Sermon on the Mount, the imprecatory Psalms may sound harsh to our ears. The term “imprecation” really just means “curses.” In these Psalms, the author ask that something bad happen to their enemy. This seems at odds with Jesus’ statement to “turn the other cheek.” Some have argued that these Psalms are not on par with the ethics of a Christian. I don’t believe that to be an appropriate explanation. David was a man after God’s own heart! We need to remember that the Psalmist is not taking the action for themselves – he is asking God to act. And furthermore, the Psalmist is not as self-focused as he is God-focused. We will discuss this “problem” more in class.

- There are some common threads through the imprecatory Psalms:
 - An expectation that God will contend with the unrighteous
 - A desire that the devices of the wicked be self-destructive
 - A prayer that God repay the wicked
 - Acknowledgment that the wicked did not just hurt the Psalmist but defied God
- Consider Psalm 83

Psalm 83 (ESV)

A SONG. A PSALM OF ASAPH.

1 O God, do not keep silence; do not hold your peace or be still, O God!

2 For behold, your enemies make an uproar; those who hate you have raised their heads.

3 They lay crafty plans against your people; they consult together against your treasured ones.

4 They say, “Come, let us wipe them out as a nation; let the name of Israel be remembered no more!”

5 For they conspire with one accord; against you they make a covenant—

6 the tents of Edom and the Ishmaelites, Moab and the Hagrites,

7 Gebal and Ammon and Amalek, Philistia with the inhabitants of Tyre;

8 Asshur also has joined them; they are the strong arm of the children of Lot. Selah

9 Do to them as you did to Midian, as to Sisera and Jabin at the river Kishon,

10 who were destroyed at En-dor, who became dung for the ground.

11 Make their nobles like Oreb and Zeeb, all their princes like Zebah and Zalmunna,

12 who said, “Let us take possession for ourselves of the pastures of God.”

13 O my God, make them like whirling dust, like chaff before the wind.

14 As fire consumes the forest, as the flame sets the mountains ablaze,

15 so may you pursue them with your tempest and terrify them with your hurricane!

16 Fill their faces with shame, that they may seek your name, O LORD.

17 Let them be put to shame and dismayed forever; let them perish in disgrace,

18 that they may know that you alone, whose name is the LORD, are the Most High over all the earth.

IMPRECATORY PSALMS (2)

Text: Psalms 54, 69, 137

For this class we will work through the text of three imprecatory Psalms. Use the space on the right to make notes. Mark up, highlight, and note the points which are common to imprecatory Psalms.

Psalm 54 (ESV)

TO THE CHOIRMASTER: WITH STRINGED INSTRUMENTS. A MASKIL OF DAVID, WHEN THE ZIPHITES WENT AND TOLD SAUL, "IS NOT DAVID HIDING AMONG US?"

1 O God, save me by your name, and vindicate me by your might.

2 O God, hear my prayer; give ear to the words of my mouth.

3 For strangers have risen against me; ruthless men seek my life; they do not set God before themselves. Selah

4 Behold, God is my helper; the Lord is the upholder of my life.

5 He will return the evil to my enemies; in your faithfulness put an end to them.

6 With a freewill offering I will sacrifice to you; I will give thanks to your name, O LORD, for it is good.

7 For he has delivered me from every trouble, and my eye has looked in triumph on my enemies.

Psalm 69 (ESV)

TO THE CHOIRMASTER: ACCORDING TO LILIES. OF DAVID.

- 1** Save me, O God! For the waters have come up to my neck.
- 2** I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me.
- 3** I am weary with my crying out; my throat is parched. My eyes grow dim with waiting for my God.
- 4** More in number than the hairs of my head are those who hate me without cause; mighty are those who would destroy me, those who attack me with lies. What I did not steal must I now restore?
- 5** O God, you know my folly; the wrongs I have done are not hidden from you.
- 6** Let not those who hope in you be put to shame through me, O Lord GOD of hosts; let not those who seek you be brought to dishonor through me, O God of Israel.
- 7** For it is for your sake that I have borne reproach, that dishonor has covered my face.
- 8** I have become a stranger to my brothers, an alien to my mother's sons.
- 9** For zeal for your house has consumed me, and the reproaches of those who reproach you have fallen on me.
- 10** When I wept and humbled my soul with fasting, it became my reproach.
- 11** When I made sackcloth my clothing, I became a byword to them.
- 12** I am the talk of those who sit in the gate, and the drunkards make songs about me.
- 13** But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the abundance of your steadfast love answer me in your saving faithfulness.
- 14** Deliver me from sinking in the mire; let me be delivered from my enemies and from the deep waters.

15 Let not the flood sweep over me, or the deep swallow me up, or the pit close its mouth over me.

16 Answer me, O LORD, for your steadfast love is good; according to your abundant mercy, turn to me.

17 Hide not your face from your servant, for I am in distress; make haste to answer me.

18 Draw near to my soul, redeem me; ransom me because of my enemies!

19 You know my reproach, and my shame and my dishonor; my foes are all known to you.

20 Reproaches have broken my heart, so that I am in despair. I looked for pity, but there was none, and for comforters, but I found none.

21 They gave me poison for food, and for my thirst they gave me sour wine to drink.

22 Let their own table before them become a snare; and when they are at peace, let it become a trap.

23 Let their eyes be darkened, so that they cannot see, and make their loins tremble continually.

24 Pour out your indignation upon them, and let your burning anger overtake them.

25 May their camp be a desolation; let no one dwell in their tents.

26 For they persecute him whom you have struck down, and they recount the pain of those you have wounded.

27 Add to them punishment upon punishment; may they have no acquittal from you.

28 Let them be blotted out of the book of the living; let them not be enrolled among the righteous.

29 But I am afflicted and in pain; let your salvation, O God, set me on high!

30 I will praise the name of God with a song; I will magnify him with thanksgiving.

31 This will please the LORD more than an ox or a bull with horns and hoofs.

32 When the humble see it they will be glad; you who seek God, let your hearts revive.

33 For the LORD hears the needy and does not despise his own people who are prisoners.

34 Let heaven and earth praise him, the seas and everything that moves in them.

35 For God will save Zion and build up the cities of Judah, and people shall dwell there and possess it;

36 the offspring of his servants shall inherit it, and those who love his name shall dwell in it.

Psalm 137 (ESV)

1 By the waters of Babylon, there we sat down and wept, when we remembered Zion.

2 On the willows there we hung up our lyres.

3 For there our captors required of us songs, and our tormentors, mirth, saying, "Sing us one of the songs of Zion!"

4 How shall we sing the LORD's song in a foreign land?

5 If I forget you, O Jerusalem, let my right hand forget its skill!

6 Let my tongue stick to the roof of my mouth, if I do not remember you, if I do not set Jerusalem above my highest joy!

7 Remember, O LORD, against the Edomites the day of Jerusalem, how they said, "Lay it bare, lay it bare, down to its foundations!"

8 O daughter of Babylon, doomed to be destroyed, blessed shall he be who repays you with what you have done to us!

9 Blessed shall he be who takes your little ones and dashes them against the rock!

COVENANT IN THE PSALMS

Text: Psalm 50:4-7; 89; 100; 105:6-10; 132

The covenant of God with His people is the foundation of much of the Old Testament. Both God's covenant with Israel in the Law of Moses, but also with Abraham, Isaac, and Jacob. There is much to see from the Psalms about God's faithfulness to the covenant(s).

- Search for the word "covenant" in the Psalms.
- Search for the phrase "our God" in the Psalms.
- Search for the phrase "your people" in the Psalms.
- Look back through the Royal Psalms and note references to the covenant.
- Let's spend some time with Psalms 100 and Psalm 132

Psalm 100 (ESV)

A PSALM FOR GIVING THANKS.

1 Make a joyful noise to the LORD, all the earth!

2 Serve the LORD with gladness! Come into his presence with singing!

3 Know that the LORD, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture.

4 Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!

5 For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.

Psalm 132 (ESV)

A SONG OF ASCENTS.

1 Remember, O LORD, in David's favor, all the hardships he endured,

2 how he swore to the LORD and vowed to the Mighty One of Jacob,

3 "I will not enter my house or get into my bed,

4 I will not give sleep to my eyes or slumber to my eyelids,

5 until I find a place for the LORD, a dwelling place for the Mighty One of Jacob."

6 Behold, we heard of it in Ephrathah; we found it in the fields of Jaar.

7 "Let us go to his dwelling place; let us worship at his footstool!"

8 Arise, O LORD, and go to your resting place, you and the ark of your might.

9 Let your priests be clothed with righteousness, and let your saints shout for joy.

10 For the sake of your servant David, do not turn away the face of your anointed one.

11 The LORD swore to David a sure oath from which he will not turn back: "One of the sons of your body I will set on your throne.

12 If your sons keep my covenant and my testimonies that I shall teach them, their sons also forever shall sit on your throne."

13 For the LORD has chosen Zion; he has desired it for his dwelling place:

14 "This is my resting place forever; here I will dwell, for I have desired it.

15 I will abundantly bless her provisions; I will satisfy her poor with bread.

16 Her priests I will clothe with salvation, and her saints will shout for joy.

17 There I will make a horn to sprout for David; I have prepared a lamp for my anointed.

18 His enemies I will clothe with shame, but on him his crown will shine."

DAVID'S LIFE IN THE PSALMS

When we think of the Psalms, we often think of David, “the sweet psalmist of Israel” (2 Samuel 23:1). Many of the Psalm headings connect to events in David’s life. Let’s explore David’s life through these Psalms.

Psalm	Incident in David’s Life	References
3	David flees from and battles Absalom	2 Samuel 15–17
7	The words of Cush, a Benjaminite (persecution by Saul?)	Unknown
18	David delivered from enemies and from Saul	2 Samuel 22
30	Dedication of the temple	Nothing in David’s lifetime; see 1 Kings 8:63
32	David’s forgiveness after his sin with Bathsheba	2 Samuel 11-12
34	David delivered from danger by feigning madness in the presence of King Achish of Gath	1 Sam. 21:12–22:1
51	Nathan confronts David about his adultery with Bathsheba	2 Samuel 11–12
52	Doeg the Edomite tells Saul that David went to the house of Ahimelech	1 Sam. 22:9–19
54	The Ziphites tell Saul that David is hiding among them	1 Sam. 23:19
56	The Philistines seize David in Gath	1 Sam. 21:10–11
57	David flees from Saul into a cave	1 Sam. 22:1 or 24:3
59	Saul sends men to watch David’s house in order to kill him	1 Sam. 19:11
60	David’s victory over Transjordan	2 Sam. 8:1–14
63	David in the desert of Judah	2 Samuel 15–17?; 1 Sam. 23:14–15?
142	David flees from Saul into a cave	Same as Psalm 57

Which verses of these Psalms seem to connect most to the event listed?

THE TEMPLE IN THE PSALMS

Text: Psalm 15:1; 22:22, 25; 24:1; 27:4; 28:2; 48:1-2, 9-10; 81:3-4; 84:1-4, 10; 96:6; 116:12-14, 17-19; 122:1; 135:1-2; 149:1

One of the most prominent themes throughout scripture is the temple. The temple (or tabernacle) was the object around which Old Testament worship revolved. While David was not allowed to build the temple, he made preparations for it, so we should not be surprised that the Psalms (of which David is the main contributor) speak often of the sanctuary of God.

- Read these passages in order and describe what and where God intended worship under the old law: Exodus 23:17, Deuteronomy 12:10-11, and 1 Kings 8:29.
- Using a concordance or Biblegateway.com, search for the following words in the Psalter: temple, tabernacle, Zion, house of God, sanctuary, congregation, and any other term which might relate to the temple.
- Scan the headings of the Psalms and note how many connect to temple worship with phrases like “to the choirmaster.”
- What are the “Psalms of ascent”?
- How many tabernacles/temples are discussed throughout scripture? What are they?
- What does the New Testament define as the temple of God?

THE PSALMS WE SING

Many of the songs we sing have a Psalm as their foundation. While some only hint at their particular Psalm, we could about sing some straight from our bibles. Spend some time with these Psalms and songs.

- 292, 328, 364, 375 – Psalm 23

- 408 – “Cleanse Me” – Psalm 51

- 112 – “Teach Me Thy Way” – Psalm 27:11

- 439 – “Psalm 19” – Psalm 19:7-10

- 2 – “Hallelujah! Praise Jehovah!” – Psalm 148

- 561 – “Praise God from Whom All Blessing Flow” – Psalm 150

REVIEW

- Into how many “books” is the Psalter divided?
- What are some of the different genres of Psalms? List an example for each.
- Which two genres are the most dominate?
- Who are some of the authors of the Psalms?
- Are the titles to the Psalms inspired?
- True or False: Psalms is the longest book of the Bible.
- Ture of False: Psalms is the most quoted book in the New Testament.
- What is your favorite Psalm and why?
- What was the most interesting thing you learned in this study?
- Are the Psalms man’s words to God or God’s words to man?