

Psalms means “praises” – it is literally a “book of praises” – Psalms was the hymnbook of Israel – a hymn is a prayer – this book can teach you how to talk to God – it contains an astonishing range of emotions – it will be amazing to you that it is ok to talk to God like the psalmist does – if you have ever wanted to know how to write a spiritual journal, Psalms is the best model

The contemporary church makes little use of this book – when I was a boy we had a “responsive reading” from the Psalter every Sunday – the contemporary church has responded against this as formalism – In Roman Catholic monasteries the entire Psalter is chanted annually

It is an ancient book – the oldest Psalm (90) is attributed to Moses, 1440 BC – the final draft was said to be compiled in the era of Zerubbabel, for the consecration of the second Temple, 513 BC

The authorship is varied: David wrote 73, Solomon wrote 2, the Sons of Korah wrote 12, Aspha wrote 12, Ethan or Jeduthan wrote 4, Moses wrote 1, and 50 others are anonymous

Psalms is the longest book in the Bible, 150 chapters – it contains the shortest (117) and the longest chapters in the Bible (119), as well as the most depressing (88) and the most exuberant chapters in the Bible (150)

Note the following musical instructions:

- A. “With stringed instruments” – there could be as many as 4000 instruments doing accompaniment (I Chron. 23:5) – and the instrument were varied (Ps. 150:3-6)
- B. “Selah” – used 71 times in the body of various Psalms – it signals an interlude, the change of musical accompaniment or voices, or to repeat from the beginning
- C. “To the choirmaster” – 55 times
- D. “According to the...” – reference to a hymn tune
- E. “Songs of Ascent” – song of pilgrimage to Jerusalem

Types of Hebrew poetry contained in the Psalms:

- A. Parallelism – rhyme was not important – rhythm or beat was everything – parallelism was perfect for the rocking motion which became a common characteristic of Hebrew prayer – perfect for antiphonal singing – there were various forms of parallelism used:
 - synonymous – 3:1; 24:1
 - contrast – 1:6; 90:6
 - supplemental – 7:1; 19:7
- B. Refrain or chorus – 107:8, 15, 21, 31
- C. Acrostic – 9 Psalms go through all 22 letters of the Hebrew alphabet (9, 10, 25, 34, 37, 111, 112, 119, 145)

Psalms is the most quoted book in the New Testament – 116 of 283 quotes are from Psalms – Psalm 110 is the most often quoted chapter – it is quoted 3 times in Hebrews alone! Jesus is a Psalm singer (Mk. 14:26) and reader (Lu. 24:44)

There are many metaphors used for God in the Psalms:

- Shield – 3:3; 28:7; 119:114
- Rock – 18:2; 42:9; 95:1
- King – 5:2; 44:4; 74:12
- Shepherd – 23:1; 80:1
- Judge – 7:11
- Refuge – 46:1; 62:7
- Fortress – 31:3; 71:3
- Avenger – 26:1
- Creator – 8:1, 6
- Deliverer – 37:39-40

- Healer – 30:2
- Protector – 5:11
- Provider – 78:23-29
- Redeemer – 107:2

The Psalms were edited into 5 books:

1. Book One 1:1-41:13
Introductory Psalms 1:1-2:12
Psalms of David 3:1-41:12
2. Book Two – 42:1-72:20
PSongs of the Sons of Korah – 42:1-49:20
PSongs of David – 51:1-71:24
PSongs of Solomon – 72:1-17
Doxology – 72:18-19
Concluding verse – 72:20 – yet other Davidic Psalms follow!
3. Book Three – 73:1-89:52
Psalms of Asaph – 73:1-84:18
Psalms of the Sons of Korah – 84:1-85:13
Psalm of David – 86:1-17
Psalms of the Sons of Korah – 87:1-88:18
PSong of Ethan – 89:1-51
Doxology – 89:52
4. Book Four – 90:1-106:48
PSong of Moses – 90:1-17
Anonymous Psalms – 91:1-92:15
“The Lord Reigns” Psalms – 93:1-100:5
Psalms of David – 101:1-8; 103:1-22
Anonymous Psalms – 102:1-28; 104:1-106:47
5. Book Five – 107:1-150:6
Thanksgiving Psalm – 107:1-43
Psalms of David – 108:1-110:7
Liturgical Psalms – 111:1-118:29
Acrostic Psalm about God’s Law – 119:1-176
Psalms of Ascent – 120:1-134:3
Anonymous Psalms – 135:1-137:9
Psalms of David – 138:1-145:21
“Praise the Lord” Psalms – 146:1-149:9
Doxology – 150:1-6

Types of Psalms:

1. Wisdom – instruction in righteousness
1, 14, 15, 36, 37, 49, 50, 52, 53, 73, 78, 82, 94, 112, 119, 127, 133
Examination of Psalm 1
vs. 1-3 the way of the godly
v.1 what they do not do – notice the progression: not walk, not stand, not sit – don’t hang around
with ungodly people or take advice from them
v.2 delight in, meditate on God’s law
v.3 Example: tree planted by rivers of water – fruit, leaf, prosperity
vs. 4-6 the way of the ungodly
v.4 Example: chaff – dead, unproductive, unstable
vs. 5-6 they will perish at the time of judgment
2. Nature – nature is celebrated as a reflection of its creator

- 8, 19, 104
 Examination of Psalm 19
 v.1 “heavens” and “firmament”
3. Penitential – ready-made prayers of confession
 32, 38, 51, 102, 130, 143
 Examination of Psalm 51 (II Samuel 11:1-12:15)
 v.1 confidence in God as full of mercy and love
 v.3-5 confession – comes out of hiding and admits who he is and what he has done
 vs. 2, 7, 10-11 cry for forgiveness, cleansing and transformation
 vs. 13-17 promises to live in a way that will glorify God in the future
4. Dirge – song at funerals
 17, 23, 39, 49, 89, 90
 Examination of Psalm 90
 vs. 1-6, 10 our days are fragile and few
 vs. 7-10a our lives are a struggle
 v. 10b our reward is certain, we fly away to it
 vs. 11-12 we are to live today to the fullest
5. Individual Laments – cries for help
 3, 4, 5, 6, 10, 12, 13, 25, 26, 28, 31, 39, 44, 54, 56, 57, 61, 63, 64, 70, 71, 77, 85, 86, 88, 102, 109, 141, 142
 Examination of Psalm 88 - depression
6. National Laments – bemoaning of national calamity
 40, 60, 74, 80, 83, 96
7. Imprecatory – calling for wrath on the enemy
 7, 35, 55, 58, 79, 109, 137, 140, 144
 Examination of Psalm 137
8. Pilgrimage – “Songs of Ascent” to Jerusalem
 43, 46, 48, 76, 87, 120-134
 Examination of Psalm 122
9. Thanksgiving – appreciation for what God has done
 9, 30, 34, 65, 66, 81, 92, 98, 100, 103, 105, 107, 108, 114, 118, 135, 136
 Examination of 103
10. Praise – acknowledgement of who God is
 God “inhabits” or is “enthroned” on the praises of his people (22:3)
 8, 11, 18, 29, 30, 33, 47, 68, 75, 84, 91, 95, 106, 111, 113, 116, 117, 138, 139, 145, 146, 148, 149, 150
 Examination of Psalm 150
 v.1 Where?
 v.2 Why?
 vs. 3-5 How?
 v.6 Who?
11. Assurance – God is with us and for us
 23, 27, 42, 43, 121, 139
 Examination of Psalm 139
 vs.1-6, 17-18 God’s omniscience
 vs.7-12 God’s omnipresence
 vs.13-16 God’s foreknowledge
 vs.23-24 closing prayer: know me, cleanse me, lead me
11. Messianic – anticipation of coming Anointed One
 2, 8, 16, 22, 24, 34, 35, 40, 41, 45, 68, 69, 72, 109, 110, 118, 132
 Examination of Messianic verses:

2:7 Son of God	Matt. 3:17
8:2 Praised by children	Matt. 21:15, 16
8:6 Ruler of all	Heb. 2:8
16:10 Raised from dead	Matt. 28:7
22:1 Forsaken by God	Matt. 27:46
22:7-8 Derided by enemies	Lk. 23:35
22:16 Hands, feet pierced	Jn. 20:27
22:18 Cast lots for clothing	Matt. 27:35-36
34:20 Bones broken	Jn. 19:32, 33, 36
35:11 Accused by false witnesses	Mk. 14:57
35:19 Hated without cause	Jn. 15:25
40:7-8 Delights in God's will	Heb. 10:7
41:9 Betrayed by friend	Lk. 22:47
45:6 Eternal King	Heb. 1:8
68:18 Ascends to heaven	Acts 1:9-11
69:9 Zealous for God's house	Jn. 2:17
69:21 Given vinegar and gall	Matt. 27:34
109:4 Prays for enemies	Lk. 23:34
109:8 Betrayer replaced	Acts 1:20
110:1 Rules over enemies	Matt. 22:44
110:4 A priest forever	Heb. 5:6
118:22 Chief cornerstone	Matt. 21:42
118:26 Comes in God's name	Matt. 21:9

Next week: Proverbs

<u>Schedule of Daily Readings</u>	<u>Option One</u>	<u>Option Two</u>
Monday	Proverbs 1-5 -----	3
Tuesday	Proverbs 6-9 -----	6
Wednesday	Proverbs 10-13-----	13
Thursday	Proverbs 14-18-----	17
Friday	Proverbs 19-22-----	22
Saturday	Proverbs 23-26-----	26
Sunday	Proverbs 27-31-----	31