

Psalms Handout

Week Two

What do we do with this?

Worship:

Study: Ask questions

1) How would they, the writers, have meant this Psalm to be used? What is it they are going through? How does this psalm help? What is the gist of this?

Ps. 108:7 God has spoken in His holiness: "I will exult, I will portion out Shechem

And measure out the valley of Succoth. "Gilead is Mine, Manasseh is Mine; Ephraim also is the helmet of My head; Judah is My scepter. "Moab is My washbowl; over Edom I shall throw My shoe; over Philistia I will shout aloud."

2) Where is Jesus?

Intertextuality

Ps. 78:13 He divided the sea and caused them to pass through, and He made the waters stand up like a heap. Then He led them with the cloud by day and all the night with a light of fire. He split the rocks in the wilderness and gave them abundant drink like the ocean depths. He brought forth streams also from the rock and caused waters to run down like rivers.

Ps. 41:9 Even my close friend in whom I trusted, who ate my bread, has lifted up his heel against me.

3) What would it mean if I believed what I was reading?

Pray

-

-Pray it like a

Ps. 121:5 The Lord is your keeper; the Lord is your shade on your right hand. The sun will not smite you by day, nor the moon by night. The Lord will protect you from all evil;

He will keep your soul. The Lord will guard your going out and your coming in from this time forth and forever.

-Pray it like a

Ps. 84:10 For a day in Your courts is better than a thousand elsewhere.

Ps. 4:8 In peace I will both lie down and sleep, for You alone, O Lord, make me to dwell in safety.

Ps. 6:2 Be gracious to me, O Lord, for I am pining away; heal me, O Lord, for my bones are dismayed.

139:14 For You formed my inward parts; You wove me in my mother's womb. I will give thanks to You, for I am fearfully and wonderfully made; wonderful are Your works, And my soul knows it very well.

Ps. 101:3 I will set no worthless thing before my eyes; I hate the work of those who fall away; It shall not fasten its grip on me.

Repentance-

Request-

Ps. 145 Every day I will bless You, and I will praise Your name forever and ever.

3 Great is the Lord, and highly to be praised, and His greatness is unsearchable.

4 One generation shall praise Your works to another, and shall declare Your mighty acts.

5 On the glorious splendor of Your majesty and on Your wonderful works, I will meditate.

Repentance-

Petition-

Adoration-

Example of Thanksgiving.

Ps. 103: 1 Praise the Lord, my soul; all my inmost being, praise His holy name. Praise the Lord, my soul, and forget not all His benefits— who forgives all your sins and heals all your diseases,

-Pray

ACTS

Exercises

Ps. 115:1 Not to us, O LORD, not to us, but to Your name give glory because of Your lovingkindness, because of Your truth.

A

C

T

S

*Now do it with Christ on the cross in mind.

Ps. 105:41 He opened the rock and water flowed out; it ran in the dry places like a river.

For He remembered His holy word with Abraham His servant; and He brought forth His people with joy, His chosen ones with a joyful shout.

Jn. 19:34 But one of the soldiers pierced His side with a spear, and immediately blood and water came out.

Ps. 106:6 We have sinned like our fathers, we have committed iniquity, we have behaved wickedly. Our fathers in Egypt did not understand Your wonders; they did not remember Your abundant kindnesses, but rebelled by the sea, at the Red Sea.

8 Nevertheless He saved them for the sake of His name, that He might make His power known.

Eph. 2:5 even when we were dead in our transgressions, [God] made us alive together with Christ (by grace you have been saved), and raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus, so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus.

How praying the psalms benefits us

-It protects us from praying to idols

-It protects us from praying finitely

-It protects us from being stunted or stuck

Book 1 starts with blessed... ends with

Ps. 41:1 How blessed is he who considers/understands the helpless (feeble, oppressed, lowly, weak); The LORD will deliver him in a day of trouble.

**1 Blessed is the man who does not walk in the counsel of the wicked,
Nor stand in the way of sinners,
Nor sit in the seat of scoffers!**

Walk in the counsel of the wicked: Wicked/reshaim
Stand in the path/way of sinners: sinners/hattaim
Sit in the seat of mockers: mockers/letsim

walk in counsel
stand
sit

Intertextuality

Deut.6:4 Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These words that I give you today are to be on your hearts. Impress them on your children. Talk about them when you *sit* at home and when you *walk* along the road, when you *lie down* and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.

**2 But his delight (pleasure/desire/will) is in the law (torah) of the LORD (Yahweh),
And in His law he meditates (hagah-murmurs/mutters) day and night.**

Torah:

2 Tim. 3:16 All scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness....

Meditates: hagah onomatopoetic

Merism: Two extremes day and night

Why constant meditation?

Josh. 1:8 This book of the law (torah) shall not depart from your mouth, but you shall meditate on it (be murmuring it) day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous and successful.

**3 He will be like a tree planted by streams of water,
Which yields its fruit in its season
And its leaf does not wither;
And in whatever he does, he prospers (is brought to a successful conclusion).**

How did the tree get there?
What does a healthy tree do?
Interpreting the metaphors
Planted----
Watered----
Fruitful----
Not withered----

What is the stream of water?
When? Withering?

**4 The wicked are not so,
But they are like chaff which the wind drives away.**

**5 Therefore the wicked will not stand in the judgment,
Nor sinners in the assembly of the righteous.**

**6 For the LORD knows (continually/intimately) the way of the righteous,
But the way of the wicked will perish (lose oneself).**

Where is our hope?

Jn. 14:1 “Do not let your heart be troubled; believe in God, believe also in Me. In My Father’s house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you. If I go and prepare a place for you, I will come again and receive you to Myself, that where I am, there you may be also. And you know the way where I am going.” Thomas said to Him, “Lord, we do not know where You are going, how do we know the way?” Jesus said to him, “**I am the way**, and the truth, and the life; no one comes to the Father but through Me.

Mat. 5:3 Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Mat. 5:20 For I say to you that unless your righteousness surpasses that of the scribes and Pharisees, you will not enter the kingdom of heaven.

Big takeaways

-There is a right and wrong way

-We don’t delight ourselves in the word b/c then we can follow all the rules. We delight in the word b/c

Rev. 22:1 Then he showed me a river of the water of life, clear as crystal, coming from the throne of God and of the Lamb, in the middle of its street. On either side of the river was the tree of life, bearing twelve kinds of fruit, yielding its fruit every month; and the leaves of the tree were for the healing of the nations.

A sad story

A good story

Ps. 92:12 The righteous man will flourish like the palm tree, he will grow like a cedar in Lebanon. Planted in the house of the Lord, they will flourish in the courts of our God.

They will still yield fruit in old age; they shall be full of sap and very green, to declare that the Lord is upright; He is my rock, and there is no unrighteousness in Him.

Discussion

Read Jer. 17:5-8.

What metaphors and ideas does it have in common with Psalm 1?

What does Jeremiah add to Psalm 1 that brings the gospel more into focus?

Pray for each other. Pray to be good at murmuring God’s word. Encourage each other in your memorization assignment.