

THE BOOK OF

PSALMS



THROUGH THE BIBLE



THE BOOK of PSALMS:

Heb. 'Tehillim' = "to praise"

Gr. 'psalmoi' = "a singular poem... accompanied by a stringed instrument."

"Psalms is the Hymn Book of the ancient Hebrews. "A hymn book does not lend itself to formal analysis. Each individual Psalm may—to some extent—but the whole collection does not." **Dr. Graham Scroggie | 'Know Your Bible'**

"Let's Study
Our Hymnal!"



STRUCTURE of PSALMS:

**DIVIDED
INTO 5
'BOOKS'**

Book 1 = Psalms 1–41

Book 2 = Psalms 42–72

Book 3 = Psalms 73–89

Book 4 = Psalms 90–106

Book 5 = Psalms 107–150

EACH 'Book' Concludes with a DOXOLOGY (e.g.):

**Psalms 41:13: "Blessed be the Lord
God of Israel from everlasting to
everlasting. Amen. Amen."**

**Psalms 72:18: "Blessed be the Lord God, the
God of Israel Who only does wonderful
things... and blessed be His glorious name
forever. Let the whole earth be filled with
His glory. Amen. Amen."**

STRUCTURE of PSALMS:

**USED TO BE
ARRANGED
ACCORDING TO**

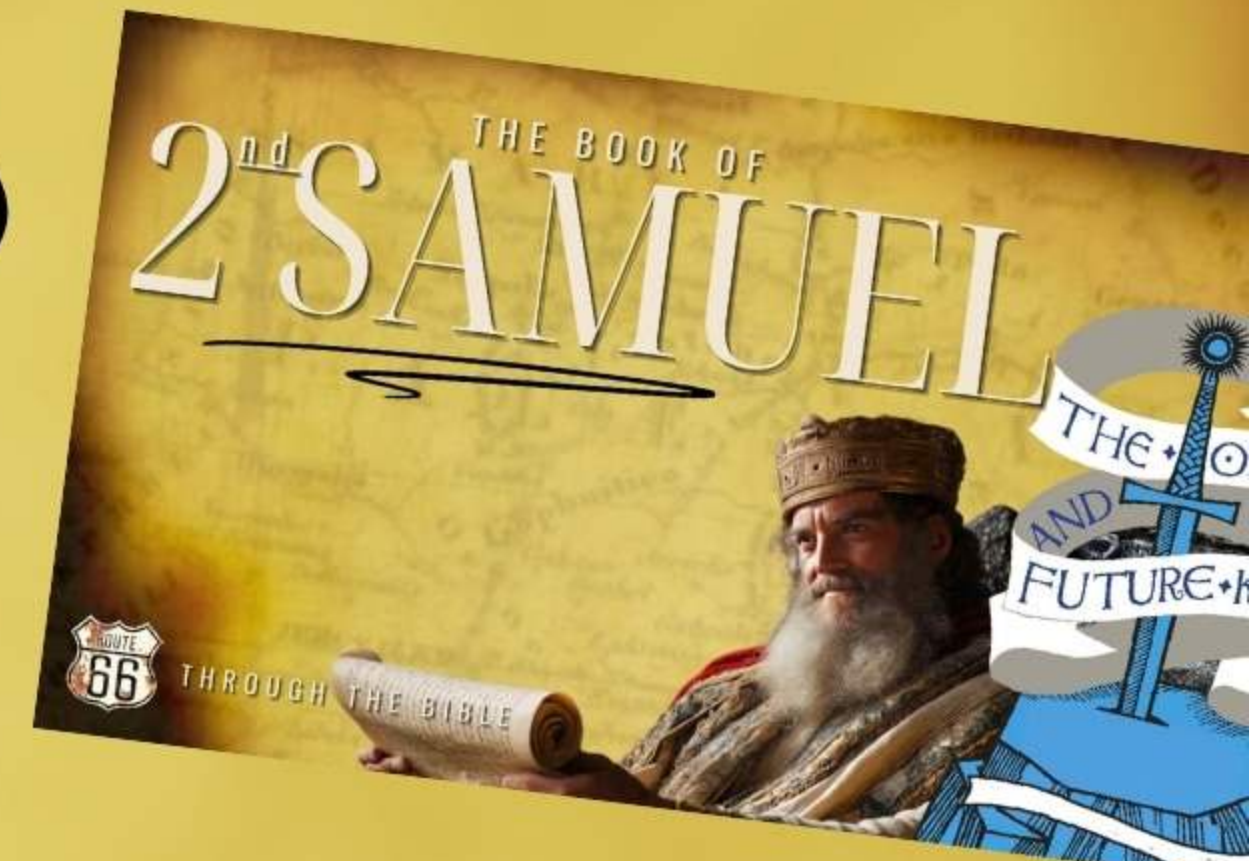
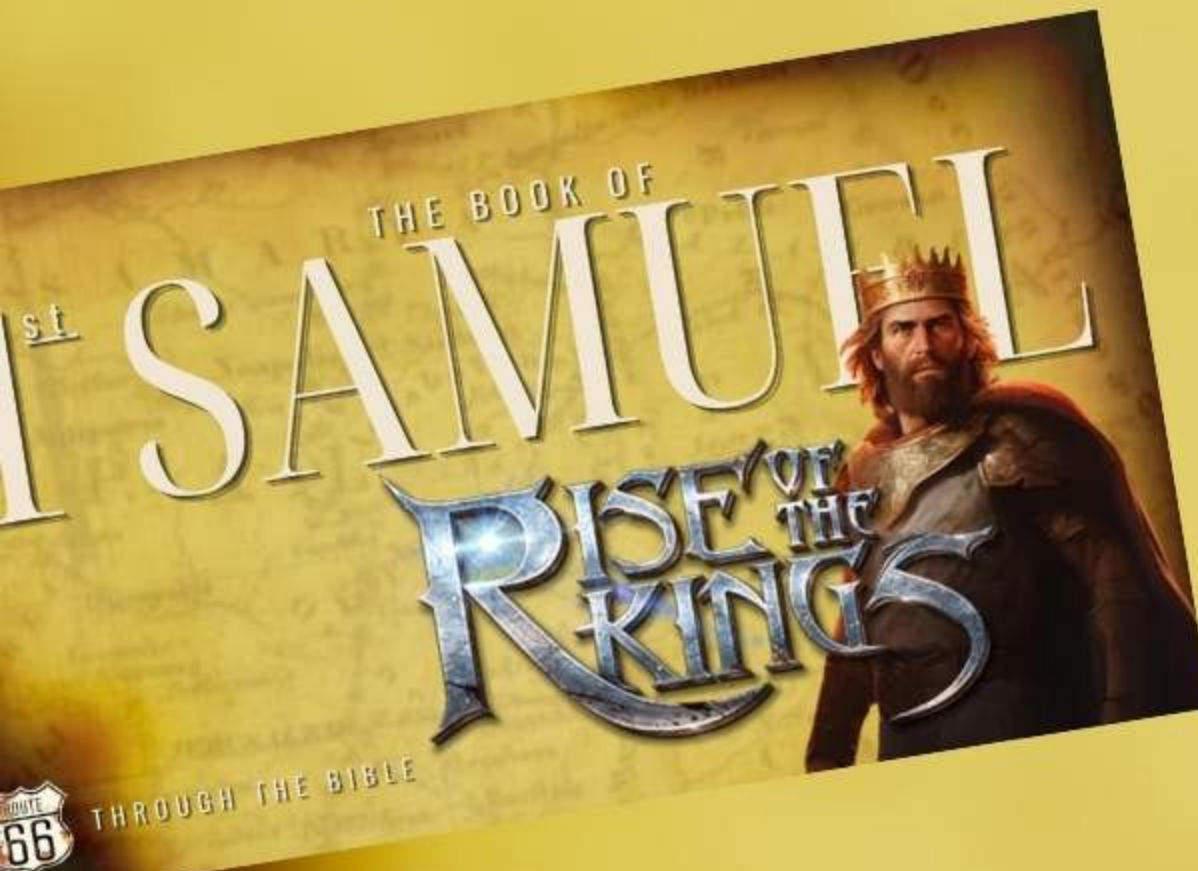
Psalms Type:

Processional, Pilgrimage,
Hallel, etc.

Author:

David, Asaph, Moses,
Sons of Korah, etc.

**75 Psalms of the 150
are ascribed to
David (50%)**

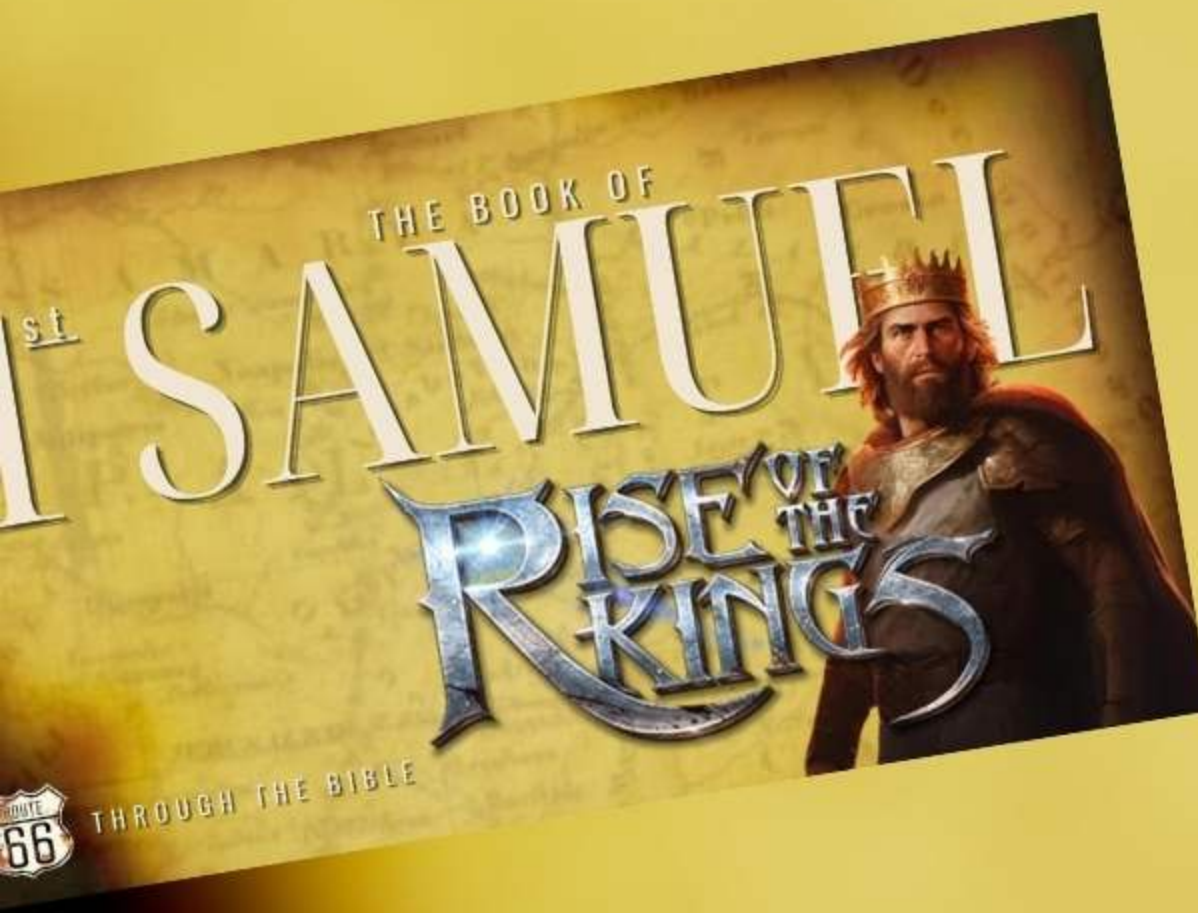


DAVID & the PSALMS:

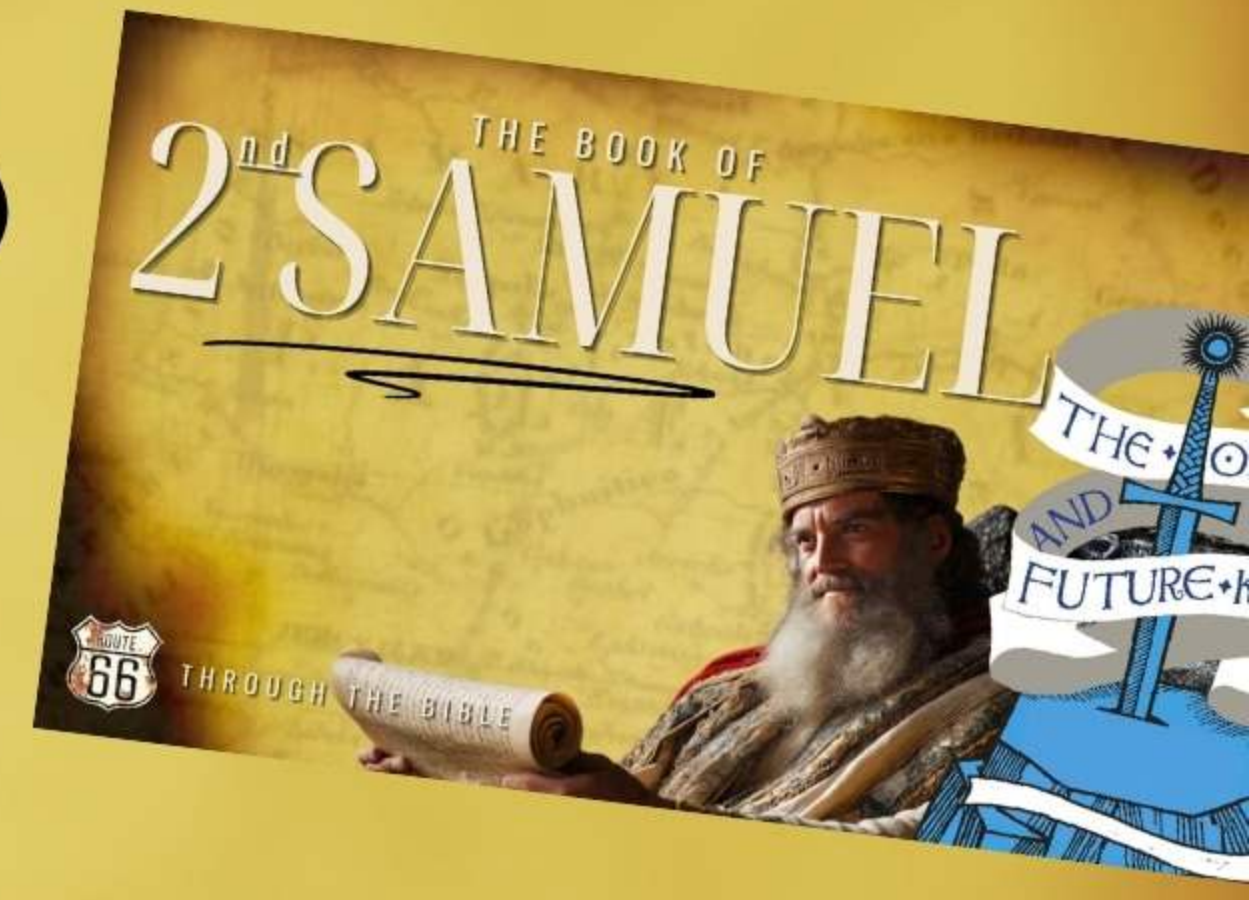
David was the “**sweet Psalmist of Israel**” (2 Sam. 23:1)

A Skilled Musician, Poet, Singer

“David’s reign was marked by the development of poetry and music. He is credited with the orchestration of wind, stringed, and percussion instruments...” **Dr. Graham Scroggie**



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DAVID & the PSALMS:

- PSALM 3: **"A Psalm of David when he fled from Absalom, his son."**
- Psalm 51: **"A Psalm of David when Nathan the prophet went to him after he had gone into Bathsheba."**
- Psalm 18: **"To the Chief Musician a Psalm of David the servant of the Lord who spoke to the Lord the words of this psalm on the day the Lord delivered him from hand of all his enemies and the hand of Saul."**

"A Psalm of David when he pretended madness before Abimelech..." - "A Psalm of David when the Philistines captured him..." - "A Psalm of David when he fled from Saul into the cave."

THROUGHOUT, WE READ:

**"A Psalm of David," "A Contemplation of David," "A Michtam of David,"
"A Meditation of David"**

READ the PSALMS!

"Give ear to my prayer, O God, and do not hide Yourself from my supplication. I am restless in my complaint, and moan noisily, Because of the voice of the enemy... For they bring down trouble upon me, And in wrath they hate me. My heart is severely pained... the terrors of death [are] upon me. Fearfulness and trembling... and horror [have] overwhelmed me. I said, "Oh, that I had wings like a dove! I would fly away and be at rest. I would wander... off, and remain in the wilderness... [Because] it is not an enemy who reproaches me; Then I could bear it... But it was you, a man my equal, My companion and... acquaintance. We took sweet counsel together, and walked to the house of God..."

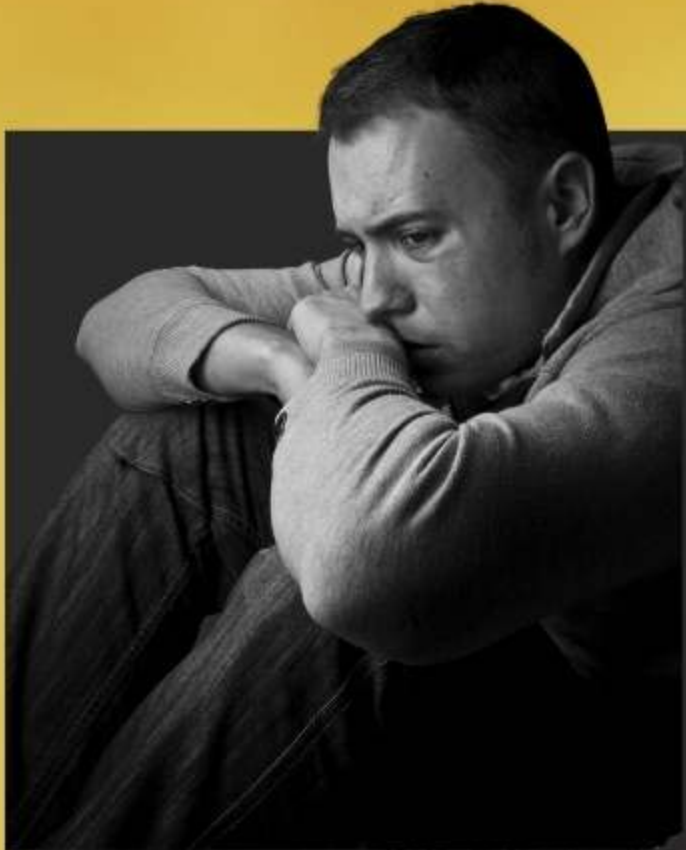
READ the PSALMS!

"As for me, I will call upon [the Lord], and He shall save me. Evening and morning and at noon I will pray, and cry aloud, And He shall hear my voice. He has redeemed my soul in peace from the battle that was against me..." (Psalm 55)

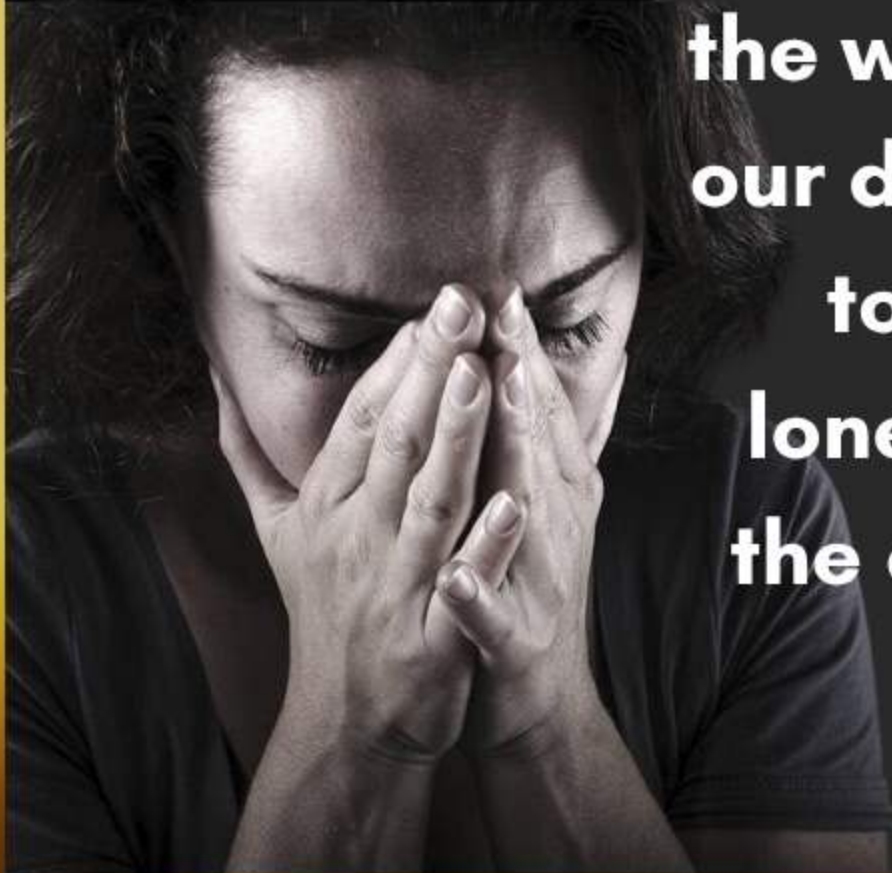
IN THE PSALMS, we see MEN OF GOD EXPERIENCING the HIGHS and LOWS of LIFE... and giving VOICE to their FEELINGS under the INSPIRATION of the Holy Spirit

***AS CHRISTIANS, we must learn how to PROPERLY
PROCESS our EMOTIONS!!***

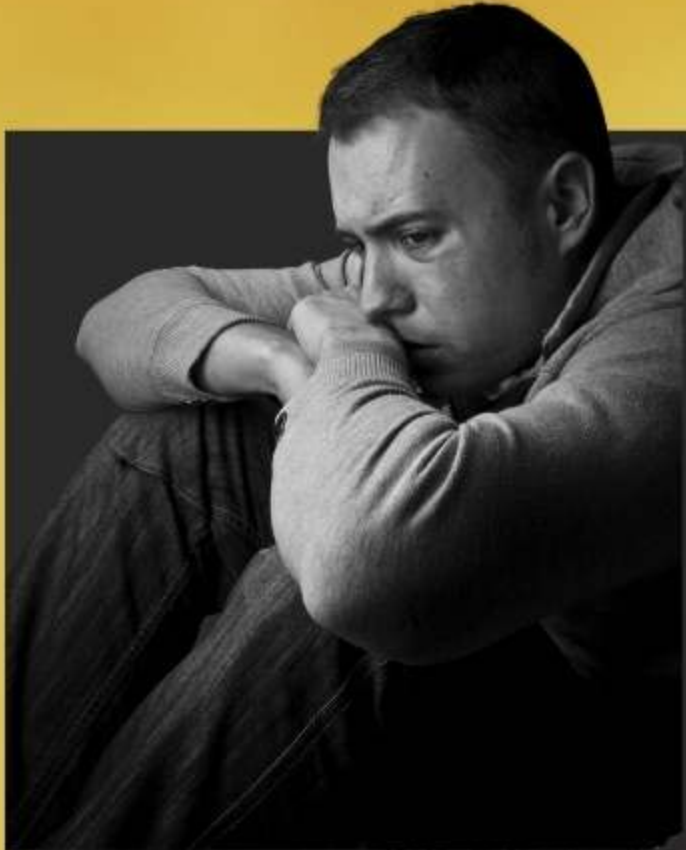
HOW PSALMS HELPS:



“In the course of dealing with the adversities of life, people are often frustrated by not being able to adequately express their emotional pain or... anguish. The Book of Psalms releases us from that frustration. Through emotional-drenched complaints, humble confession, desperate pleas, penitent prayers or screams of pain, the writer of Psalms skillfully expose and express the yearnings of our deepest thoughts. This use of the Psalms is often the first step to our own deliverance. By song and spirit, they comfort the lonely, strengthen the weary, bind the broken-hearted, and turn the eyes of the downcast up toward their Creator. Hope returns, faith is renewed and life becomes bearable again.”



HOW PSALMS HELPS:



“Other parts of the Bible represent God speaking to man... Psalms represent man speaking to God.”

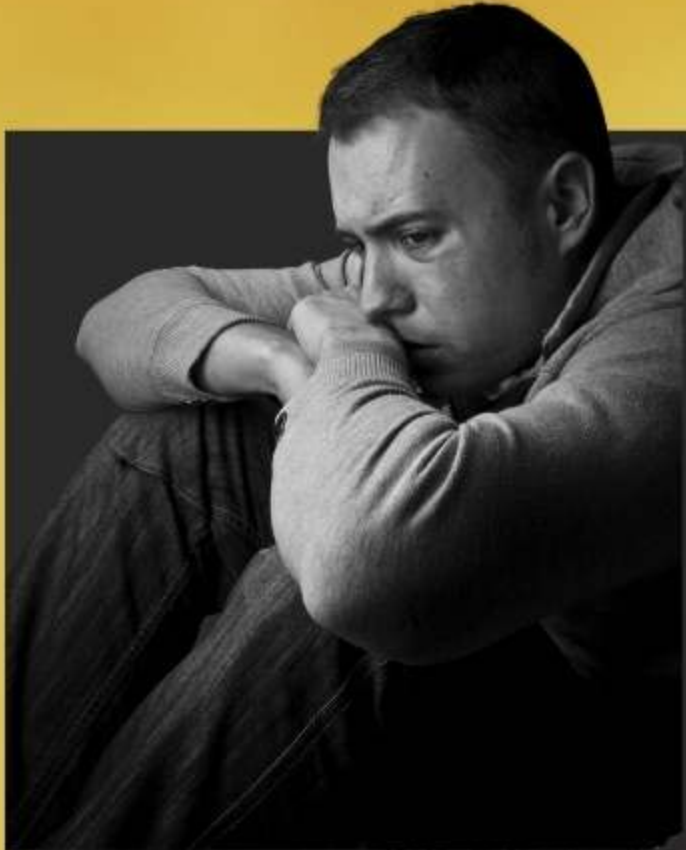
“[Psalms is] the anatomy of all parts of the soul.”

(John Calvin)



“There is a Psalm for every sigh, but there is also a Psalm for every high. [It] deals with the entire spectrum of human emotion.” (Jon Courson)

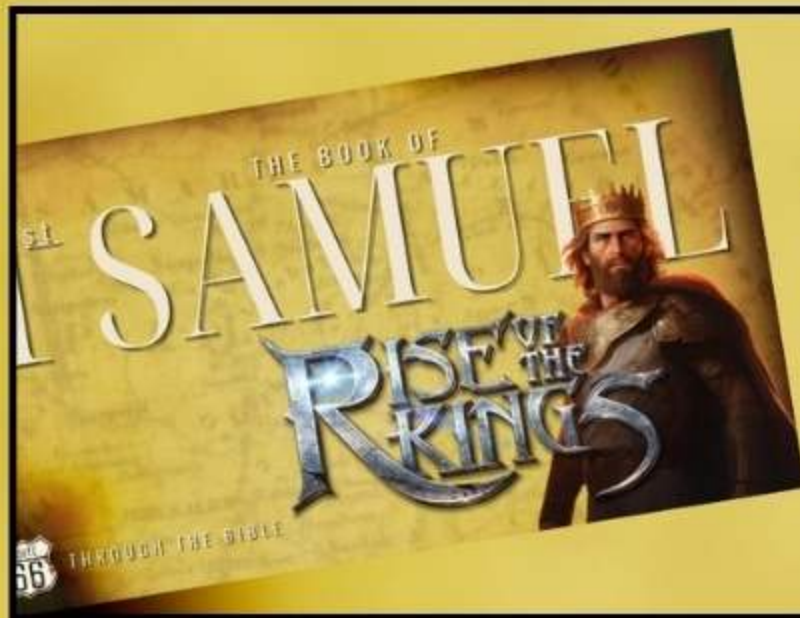
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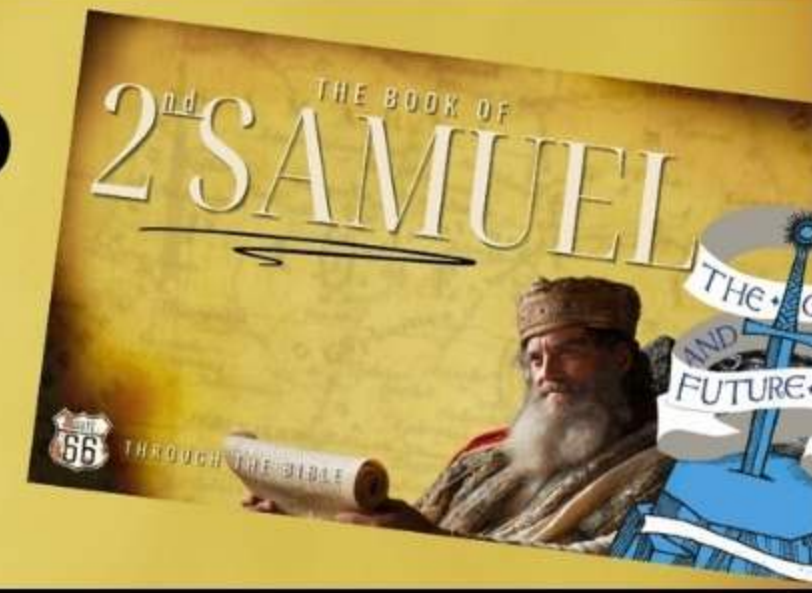
“Here, the believer pours out his heart before [God]... Repentance, communion, faith, hope and love abound. There are Psalms for every occasion, and every spiritual condition... so this book is universal in its appeal...” – “[Here] the reader finds himself and is, therefore, especially attracted—and SPOKEN to—by Psalms.” (William Hendricksen)

WHO WROTE THE PSALMS:

- **TEN PSALMS** = *"the sons of KORAH"*
- **TWELVE PSALMS** = **ASAPH** (David's choir conductor)
- **TWO PSALMS** = **SOLOMON**
- **ONE PSALM** = **ETHAN, HEMAN, MOSES** (Psalm 90/Oldest Psalm)
- **FIFTY PSALMS** = *"Orphan Psalms"*
- **SEPTUAGINT** = **Ezra, Jeremiah, Haggai** (Possibly Hezekiah?)
- **EZRA** may have compiled/edited



**75 Psalms of the 150
are ascribed to
David (50%)**



DATES of the PSALMS:

“A careful examination... reveals that the Psalms... were written by many... people... across... a thousand years... They must have been... put together in their present form by some unknown editor shortly after the captivity ended, around 537 B.C.”

Psalms 137 REFERENCES the Babylonian Captivity:

VS. 1-3: “By the rivers of Babylon... we sat down, we wept when we remembered Zion. For there those who carried us away captive asked of us a song, and those who plundered us requested mirth, saying, “Sing us one of the songs of Zion!”

TERMINOLOGY of the PSALMS:

DAVID & the PSALMS:

- PSALM 3: "A Psalm of David when he fled from Absalom, his son."
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THROUGHOUT, WE READ:

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"A Meditation of David"

**IN ADDITION
TO THESE:**

MANY MUSICAL TERMS APPEAR in PSALMS:

"On an instrument of ten strings, on the lute, on the harp"

**"To the tune of 'Death of the Son.'" - "Set to 'Lily of the
Testimony.'" - "To the Chief Musician."**

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EACH BOOK CONTAINS THREE MAIN THINGS:

Cries for **RESCUE**... Psalms of **DELIVERANCE**... Anthems of **PRAISE**

“These three [are] certainly... not the limit of what you find expressed in the Book of Psalms...” (William Hendricksen)

STRUCTURE of PSALMS:

EACH BOOK CONTAINS THREE MAIN THINGS:

Cries for **RESCUE**... Psalms of **DELIVERANCE**... Anthems of **PRAISE**

Psalms 7: "Save me from... those who persecute me and deliver me lest they tear me like a lion, rending me in pieces... Arise, oh Lord in your anger, lift Yourself up because of the rage of my enemies. Rise up for me to the judgment that you have commanded."

**CRY FOR
RESCUE**

STRUCTURE of PSALMS:

EACH BOOK CONTAINS THREE MAIN THINGS:

Cries for **RESCUE**... Psalms of **DELIVERANCE**... Anthems of **PRAISE**

Psalms 30: "I will extol you Oh Lord, for you have lifted me up and not let my foes rejoice over me... I have cried to you and you healed me... you brought up my soul from the grave, [and] have kept me alive that I should not go down to the pit... You have turned... my mourning into dancing. You have put off my sackcloth and girded me with gladness. To the end that my glory may sing praise to You and not be silent oh Lord my God. I will give thanks to you forever."

**PSALM OF
DELIVERANCE**

STRUCTURE of PSALMS:

EACH BOOK CONTAINS THREE MAIN THINGS:

Cries for **RESCUE**... Psalms of **DELIVERANCE**... Anthems of **PRAISE**

Psalms 100: "Make a joyful shout to the Lord all you lands. Serve the Lord with gladness. Come before His presence with singing. Know that the Lord, He is God. It is He that has made us and not we ourselves. We are His people and the sheep of His pasture. Enter into his gates with thanksgiving and into His courts with praise. Be thankful to Him and bless His name. For the Lord is good, His mercy is everlasting and His truth endures for all generations."

**ANTHEM
OF PRAISE**

STRUCTURE of PSALMS:

EACH BOOK CONTAINS THREE MAIN THINGS:

Cries for **RESCUE**... Psalms of **DELIVERANCE**... Anthems of **PRAISE**

Book One: is ESSENTIALLY Cries for RESCUE...

Books Two & Three: MORE Psalms of DELIVERANCE...

Books Four & Five: MORE ANTHEMS OF PRAISE...

**THERE IS
SOMETHING OF
A PROGRESSION
THROUGHOUT**

STRUCTURE of PSALMS:

EACH BOOK CONTAINS THREE MAIN THINGS:

Cries for **RESCUE**... Psalms of **DELIVERANCE**... Anthems of **PRAISE**

Psalm 150: "Praise the Lord. Praise God in His sanctuary. Praise Him in His mighty firmament. Praise Him for His mighty acts. Praise Him according to His excellent greatness. Praise Him with the sound of a trumpet. Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes! Praise Him with loud cymbals; Praise Him with clashing cymbals! Let everything that has breath praise the LORD. Praise the LORD!

**NOTE THE
CRESCENDO!**

THE BOOK of PSALMS:

One of 'The Poetical Books'

(Along with Job, Proverbs, Ecclesiastes, Song of Solomon, and Lamentations)

"Very much of what passes for prose in scripture is—in fact—'poetry.' This is true of large portions of the prophetic writings AND EVEN parts of the Gospels and Epistles. – Poetry is scattered throughout the Old Testament in passages like: Genesis 4, Exodus 15, Numbers 21, Judges 5, and 2nd Samuel Chapter 1." **(Dr. Graham Scroggie)**

WE FIND PSALMS IN:

Exodus 15, Deuteronomy 32, Judges 5, 1st Samuel 2, Luke 1

HEBREW POETRY:

Relies on the Rhyming of Thought/Idea

*"The genius of Hebrew poetry... is a technique called **parallelism**, or the correspondence of one thought with another thought."*

(Aaron Dremmers)

Psalms 29: "**Give unto the Lord, O you mighty ones. Give unto the Lord glory and strength. Give unto the Lord the glory due His name."**

Notice the REPETITION—or the RHYMING—of the idea "GIVE"

That's Hebrew Poetry!

HEBREW POETRY:

Relies on the Rhyming of Thought/Idea

*"The genius of Hebrew poetry... is a technique called **parallelism**, or the correspondence of one thought with another thought."*

(Aaron Dremmers)

Psalm 7 says... **"His trouble shall return upon his own head...
his violet dealing upon his own crown."**

Notice the REPETITION—or the RHYMING—of the idea

"his own head" *(That's Hebrew Poetry!)*

HEBREW POETRY:

Many Forms:

Ode, Elegy, Lyrical, Drama, Lament, Acrostic (e.g.)

JOB = DRAMATIC Hebrew poem

SONG of SOLOMON = ELEGY

PSALMS = LYRICAL

PSALM 119 = ACROSTIC

ACROSTIC poem = A different LETTER starts-off each line/thought

PSALM 119: A HEBREW ACROSTIC:

Psa 119:1



ALEPH

Blessed are the undefiled in the way,
Who walk in the law of the LORD!



Psa 119:9

BETH

How can a young man cleanse his way?
By taking heed according to Your word.



Psa 119:17

GIMEL

Deal bountifully with Your servant,
That I may live and keep Your word.



Psa 119:2

Blessed are those who keep His testimonies,
Who seek Him with the whole heart!

Psa 119:3

They also do no iniquity;
They walk in His ways.

Psa 119:4

You have commanded us
To keep Your precepts diligently.

Psa 119:5

Oh, that my ways were directed
To keep Your statutes!

Psa 119:6

Then I would not be ashamed,
When I look into all Your commandments.

Psa 119:7

I will praise You with uprightness of heart,
When I learn Your righteous judgments.

Psa 119:8

I will keep Your statutes;
Oh, do not forsake me utterly!

Psa 119:10

With my whole heart I have sought You;
Oh, let me not wander from Your commandments!

Psa 119:11

Your word I have hidden in my heart,
That I might not sin against You.

Psa 119:12

Blessed are You, O LORD!
Teach me Your statutes.

Psa 119:13

With my lips I have declared
All the judgments of Your mouth.

Psa 119:14

I have rejoiced in the way of Your testimonies,
As much as in all riches.

Psa 119:15

I will meditate on Your precepts,
And contemplate Your ways.

Psa 119:16

I will delight myself in Your statutes;
I will not forget Your word.

Psa 119:18

Open my eyes, that I may see
Wondrous things from Your law.

Psa 119:19

I am a stranger in the earth;
Do not hide Your commandments from me.

Psa 119:20

My soul breaks with longing
For Your judgments at all times.

Psa 119:21

You rebuke the proud—the cursed,
Who stray from Your commandments.

Psa 119:22

Remove from me reproach and contempt,
For I have kept Your testimonies.

Psa 119:23

Princes also sit and speak against me,
But Your servant meditates on Your statutes.

Psa 119:24

Your testimonies also are my delight
And my counselors.

“Aleph,” “Beth,” “Gimel” = LETTERS of the HEBREW ALPHABET

HEBREW POETRY:

Many Forms:

Ode, Elegy, Lyrical, Drama, Lament, Acrostic (e.g.)

“[Understanding] Poetic form... is extremely important for our interpretation [of scripture], and unless the proper structure of a passage is rightly discerned, it’s meaning may be... missed by the reader.”

“Let’s remember... poetry [has to] be read as poetry, not as history [or] doctrine.” *important!*

THE DIVERSITY of PSALMS:

"The Most Diverse Book in the Entire Bible"

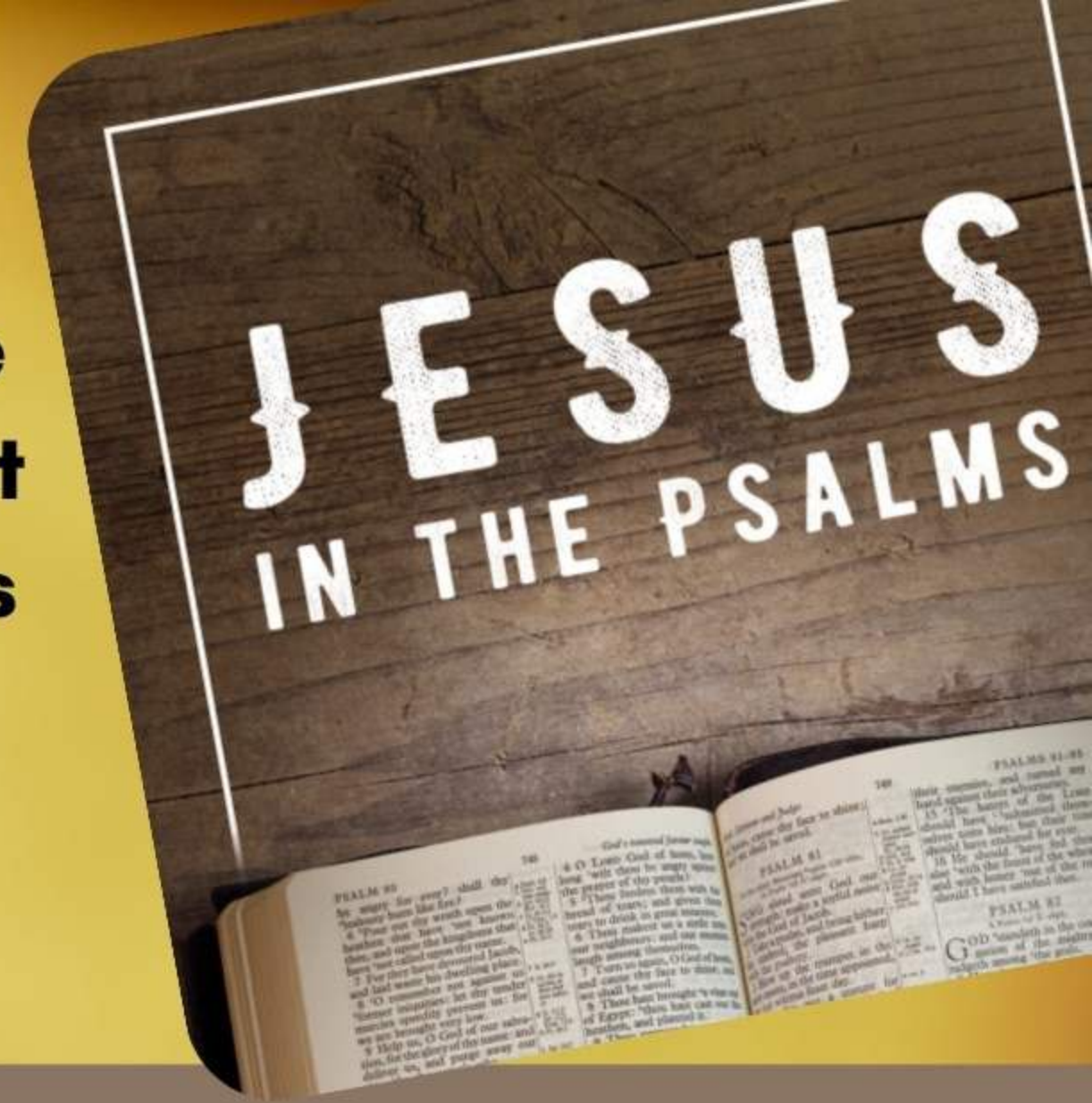
**TOPICS: CREATION, WAR, WORSHIP, WISDOM, SIN, EVIL,
JUDGMENT, the MESSIAH**

CATEGORIES/TYPES:

**WISDOM Psalms... HALLELUJAH Psalms... ENTHRONEMENT Psalms
PRAYER Psalms... Psalms of REPENTANCE... ROYAL Psalms...
TROUBLE Psalms... DEVOTIONAL Psalms... Psalms for the
MORNING... Psalms for the EVENING... MEDITATION Psalms...
PROPHETIC Psalms... HISTORICAL Psalms... MESSIANIC Psalms...**

JESUS in the PSALMS:

Luke 24:44-45: "These are the words which I spoke to you while I was still with you, that all things must be fulfilled which were written in the Law of Moses and the Prophets and the Psalms concerning Me."
"He opened their understanding, that they might comprehend the Scriptures."

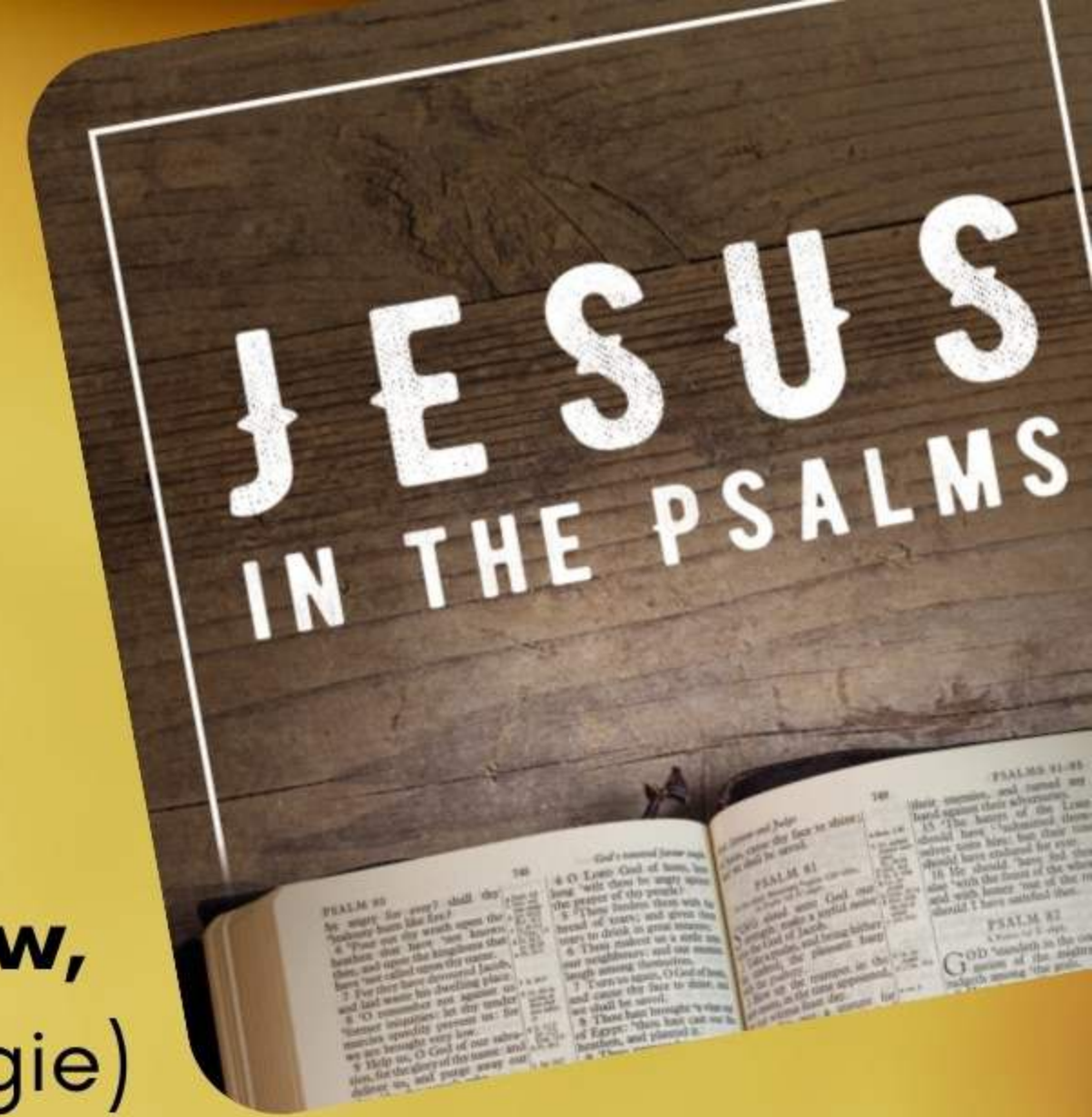


Psalm 2: Messiah's KINGDOM... Psalm 16: Messiah's DEATH and RESURRECTION... Psalm 22: Messiah's SUFFERING (Crucifixion)

There are PSALMIC references to: Jesus' birth, His lineage, His zeal, His use of parables, His rejection, His priesthood, His betrayal, His suffering, His ascension, and His reign.

JESUS in the PSALMS:

“Messianic references in... Psalms must be obvious to all who read, but far more numerous are the references which are not so obvious... Nearly half of all messianic references in the New Testament come from Psalms. Of the 283 direct quotations from the Old Testament found in the New, 116 of them are taken from Psalms.” (Graham Scroggie)



“The gospels tell us that Jesus went to the mountain to pray, but the Psalms tell us what He prayed. The gospels tell us Jesus was crucified, but the Psalms tell us what He was thinking about while on the cross.” (Jon Courson)

MEDITATE on the PSALMS:

“Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; But his delight is in the law of the LORD, and in His law he meditates day and night.” (Psalm 1:1–2)



MEDITATE on the PSALMS:


“Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; But his delight is in the law of the LORD, and in His law he meditates day and night.” (Psalm 1:1–2)

A man is shown in a meditative pose, sitting cross-legged with his hands in his lap and eyes closed. A large red 'X' is drawn over him, and the text 'NOT THIS!' is written in large, bold, orange letters with a white outline over the 'X'.

**NOT
THIS!**

MEDITATE

“to mutter, or repeat out loud.”



**"You are
complete
in Him...
You are
complete
in Him...
I am
complete
in Him..."**

BIBLICAL MEDITATION:

**"in Him dwells all the fullness of
the Godhead bodily; and you
are complete in Him..."**
(Colossians 2:9-10)

MEDITATE

"to mutter, or repeat out loud."

**"Accepted
in the
Beloved...
Accepted
in the
Beloved...
I am
complete
in Him!"**



BIBLICAL MEDITATION:

**""...to the praise of the glory of
His grace, by which He made us
accepted in the Beloved.""**

(Ephesians 1:6)

MEDITATE

"to mutter, or repeat out loud."

PREACH to YOURSELF:

**“Why are you cast down, O my soul?
Why are you disquieted within me?
HOPE IN GOD!”**

(Psalms 42 & 43)



MEDITATE

“mutter, or repeat out loud.”



A CLOSING THOUGHT:

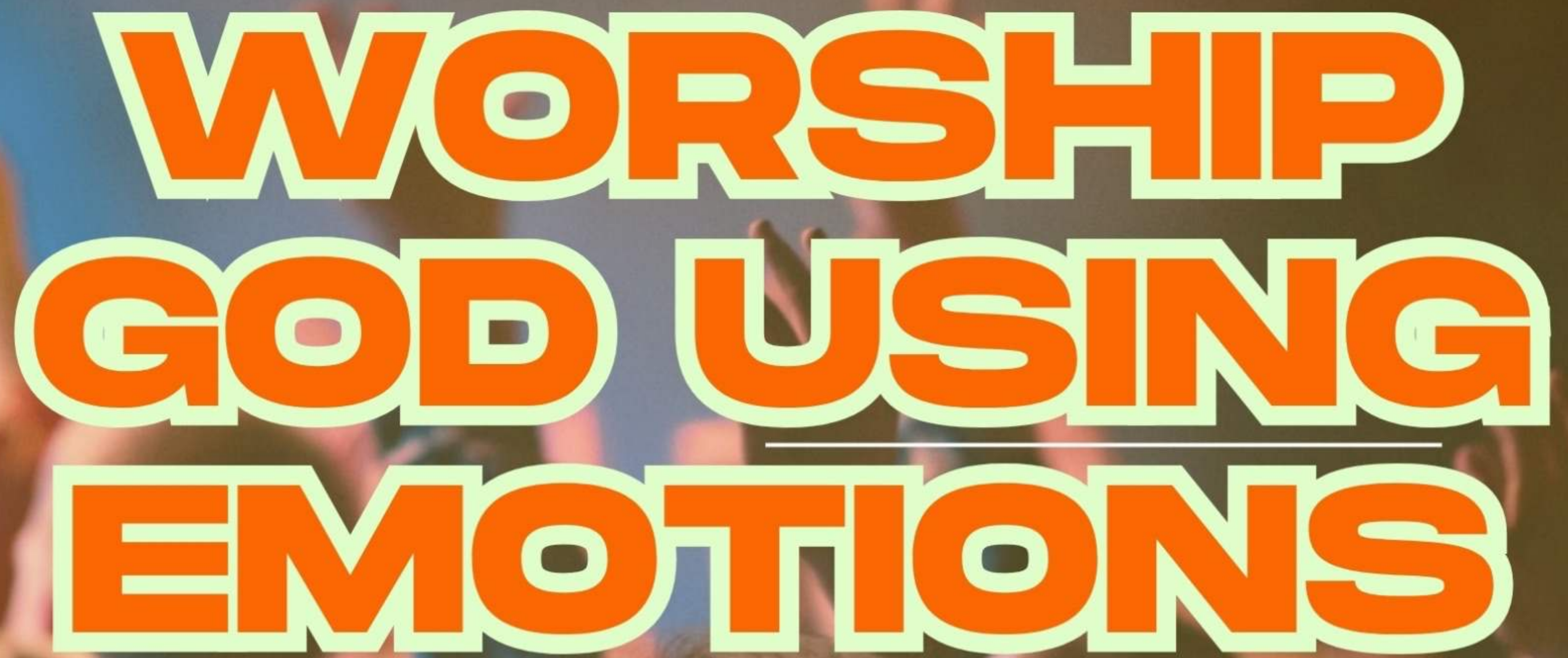
from Jon Courson's Commentary

“This Book is all about praising the Lord—in every situation and on every occasion. It’s a book that gives us—not only the exhortation to praise—but instructions about [how to] praise. Psalms is the definitive workbook on worship. If you desire to know how to worship Jesus, this book is... for you. Many think of Psalms as an historical curiosity or record of how ancient cultures worshipped God. But, rather than being a theological explanation of historical expression, [Psalms] is a present-day picture of powerful praise... As believers, we are the bride of Christ. And our Bridegroom, Jesus, desires for us to bring passion into our relationship with him.

A CLOSING THOUGHT:

from Jon Courson's Commentary

The book of Psalms allows [us] to do that—to hear the heart of our Lord and express our love in a way that pleases Him. I challenge you to apply the Psalms directly to your life: when you see the Psalmist shout to the Lord, do the same. When he stands in awe of the Lord, stand with him. When he bows before the Lord, join him. Be a doer of the word, and not... a hearer only. As you have devotions with the Lord, you might find yourself bending your knee, lifting your hands or shouting for joy, and you might find yourself being enlarged and expanded as you better understand how the Lord desires to be worshipped."



WORSHIP GOD USING EMOTIONS

BUT DON'T BE RULED BY THEM.

SINGING is the RESULT of the SPIRIT:

***James 5:13: "Is anyone among you cheerful? Let him sing Psalms."**

***Ephesians 5:19: "speak to one another in Psalms, hymns and spiritual songs..."**

***Colossians 3:16: "Let the word of Christ dwell in you richly... teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord."**



**WE CAN'T DO THIS IF WE
DON'T KNOW THE PSALMS!**

SING BIBLICALLY!

RECKLESS LOVE

"Like a rose trampled on the ground
/ You took the fall / And thought of
me / Above all."

'You didn't want heaven without us /
So Jesus, you brought heaven down.'

"So come on... don't you
get shy on me
Lift up your song

'Cause you've got a lion
inside of those lungs..."



**IF WE KNOW THESE MORE THAN
THE PSALMS THERE'S A PROBLEM**

STUDY THE BIBLE!



**WATCHING THESE IS NOT THE SAME
THING AS STUDYING THE BIBLE**

THE BOOK OF

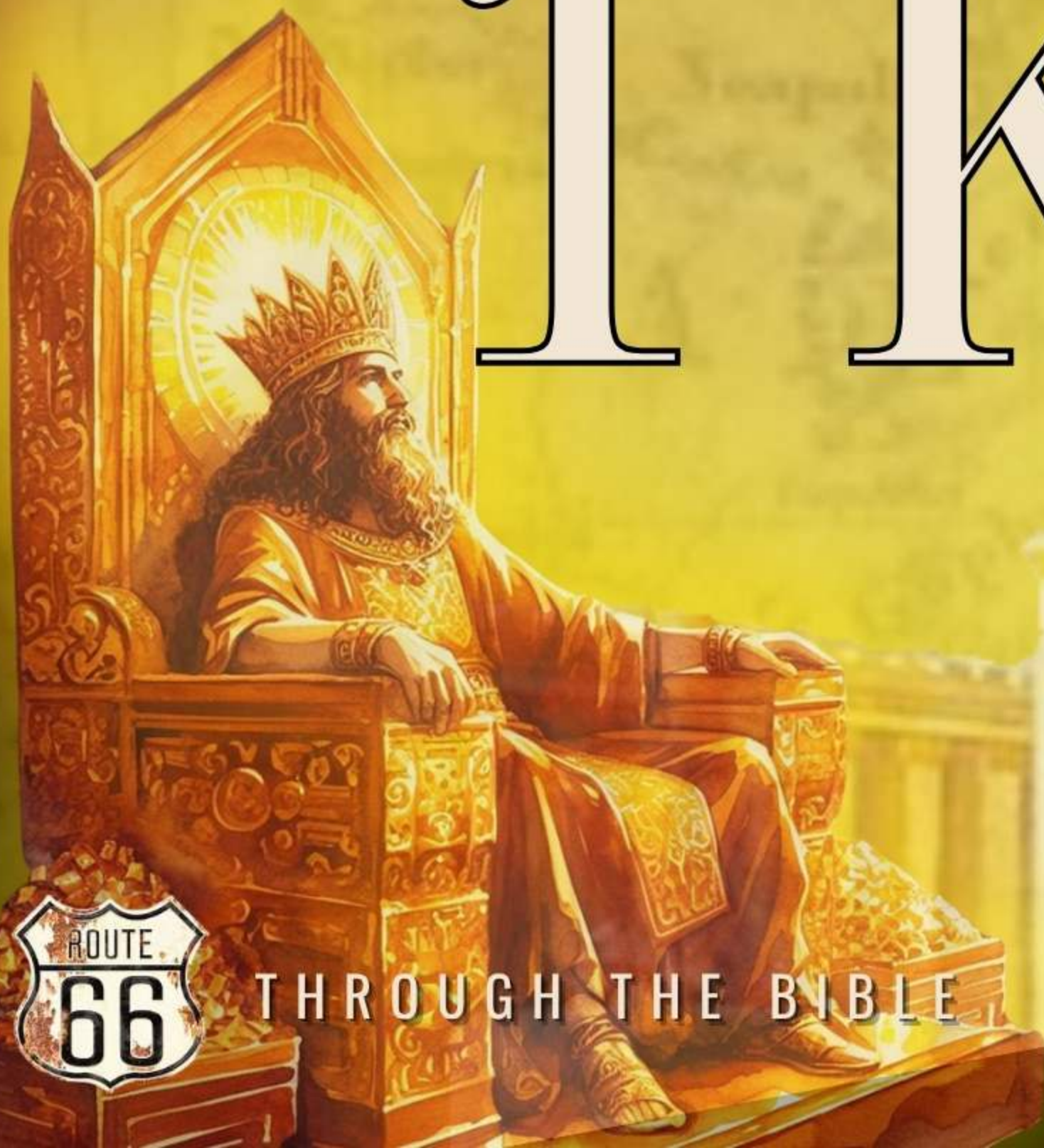
PSALMS

IMMERSE
YOURSELF IN
THE WONDERFUL
BOOK OF PSALMS!

THROUGH THE BIBLE



THE BOOK OF
1st KINGS



THROUGH THE BIBLE

NEXT WEEK!