

Welcome to

Journey through the Bible



**Book by book
Bible study**

The Psalms Songbook of the Saints



Authors of the Psalms

- 73 - David
 - 12 - Asaph
 - 10 - Korah
 - 2 - Solomon
 - 1 - Moses, Heman, Ethan
 - 50 - Anonymous (author unknown)
- (Written over 1000 years, 1440-440 B.C.)

Arrangement of the Psalms

Five "books" or collections

- 1-41 - 37 are by David
- 42-72 - 18 are by David
- 73-89 - 11 are by Asaph
- 90-106 - 14 are anonymous
- 107-150 - 15 are by David

(Each "book" ends with a doxology!)

Psalms in the New Testament

Of the 360 quotations and allusions to the Old Testament found in the New, nearly one-third (112) are from Psalms!

References come from 97 of the Psalms

Quotations of the Psalms are found in 23 of 27 books of the New Testament!

How we should use the Psalms

- ★ Show how we should respond to God as we experience life's ups and downs.
- ★ Guide how we express ourselves to God in the sorrows and joys of life today.
- ★ Provide a guide and worship songbook.
- ★ Increase our desire for Christ to come.

Psalms 27 and 37 are good examples

Psalm 27, The LORD is my Light

1. Only one devotion, (to the LORD) 1-3
The LORD is my light, my salvation
2. Only one desire, 4-6
To know Him better
3. Only one request, 7-12
Teach me Your way, O LORD!
4. Only one assurance, 13-14
I am safe and secure in God's care

Only one devotion = to the LORD 1-3

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?
When the wicked advance against me
to devour me,
it is my enemies and my foes
who will stumble and fall.
Though an army besiege me,
my heart will not fear;
though war break out against me,
even then I will be confident.

Only one desire, to know Him better 4-6

One thing I ask from the LORD,
this only do I seek:
that I may dwell in the house of the LORD
all the days of my life,
to gaze on the beauty of the LORD
and to seek him in his temple.
For in the day of trouble
He will keep me safe in his dwelling;
He will hide me in the shelter of his sacred tent
and set me high upon a rock.
Then my head will be exalted
above the enemies who surround me;
at His sacred tent I will sacrifice with shouts of joy;
I will sing and make music to the LORD

Only one request, teach me your way, 7-12

Hear my voice when I call, LORD;
be merciful to me and answer me.
My heart says of you, "Seek his face!"
Your face, LORD, I will seek.
Do not hide your face from me,
do not turn your servant away in anger;
you have been my helper.
Do not reject me or forsake me,
God my Savior.

Only one request, teach me your way, 7-12

Though my father and mother forsake me,
the LORD will receive me.
Teach me your way, LORD;
lead me in a straight path
because of my oppressors.
Do not turn me over to the desire of my foes,
for false witnesses rise up against me,
spouting malicious accusations.

Only one assurance, God is good! 13-14

I remain confident of this:
I will see the goodness of the LORD
in the land of the living.
Wait for the LORD;
be strong and take heart
and wait for the LORD.

Psalm 37

Safe haven for saints in a wicked world

Psalm 37 is an acrostic wisdom psalm; each section begins with one of the 22 letters of the Hebrew alphabet

The purpose of this psalm is to teach believers how to deal with the problem of injustice and the prosperity of the wicked. Psalm 37 shows us how to overcome worry and bitterness at the inequities we see between unbelievers and believers.

How to overcome anger and anxiety

37:1, Don't fret and be envious!

It begins with two negative commands

- 1) "Do not fret because of those who are evil"
- 2) "or be envious of those who do wrong"
to "fret" is to 'heat one-self up' in anger,
to "envy" is to want what they have

don't get 'worked up' over what evil people do and don't be jealous and want what they have

Why not?

Because their prosperity won't last!

Look ahead! They have no future.

- 1) "for like the grass they will soon wither"
- 2) "like green plants they will soon die away"
(Psalm 37:2)

'their prosperity is temporary and illusive, their destiny is rooted in time not in eternity'

What then should I do?

What is the antidote for envy and worry?

Who will "inherit the land?" (5 times)

The central issue addressed is: Who will "inherit the land", that is, who will live in and enjoy the blessings of the LORD in the promised land? Will it be the wicked, or will it be the righteous?

In life's experience, it often seems that the wicked win. But God promises that it is the righteous who will win. For Israel in the Old Testament that was "the land," for us it is God's blessing now and a heavenly home.

The antidote to worry, Psalm 37:3-7a

Trust in the LORD and do good;
 dwell in the land and cultivate faithfulness.
Take delight in the LORD,
 and he will give you the desires of your heart.
Commit your way to the LORD;
 trust in him and he will do this:
He will make your righteousness shine like dawn,
 your vindication like the noonday sun.
Be still before the LORD
 and wait patiently for him;

Nine imperatives for believers, 1-7

1. Trust in the LORD, vs. 3, 5
2. Do good, v. 3
3. Dwell in the land, v. 3
4. Cultivate faithfulness, v. 3
5. Delight in the LORD, v. 4a
6. Commit your way to Him, v. 5a
7. Trust also in Him, v. 5b
8. Rest (be still), v. 7a
9. Wait (patiently), v. 7b

Consider the outcomes! 37:7b-11

Do not fret when people succeed in their ways,
 when they carry out their wicked schemes.
Refrain from anger and turn from wrath;
 do not fret—it leads only to evil.
For those who are evil will be destroyed,
 but those who hope in the Lord
 will inherit the land.
A little while, and the wicked will be no more;
 though you look for them, they will not be found.
But the meek will inherit the land
 and enjoy peace and prosperity.

Judgment day is coming! 37:12-15

The wicked plot against the righteous
 and gnash their teeth at them;
but the LORD laughs at the wicked,
 for he knows their day is coming.
The wicked draw the sword
 and bend the bow
 to bring down the poor and needy,
 to slay those whose ways are upright.
But their swords will pierce their own hearts,
 and their bows will be broken.

Believers have it better, 37:16-19

Better the little that the righteous have
than the wealth of many wicked;
for the power of the wicked will be broken,
but the LORD upholds the righteous.
The blameless spend their days
under the LORD's care,
and their inheritance will endure forever.
In times of disaster they will not wither;
in days of famine they will enjoy plenty.

Success of evil is temporary! 37:20-21

But the wicked will perish:
the LORD's enemies
will be like the flowers of the field,
they will be consumed,
they will go up in smoke.
The wicked borrow and do not repay,
but the righteous give generously;

But the righteous are blessed! 22-26

those the LORD blesses will inherit the land,
but those he curses will be destroyed.
The LORD makes firm the steps
of the one who delights in him;
though he may stumble, he will not fall,
for the LORD upholds him with his hand.
I was young and now am old, yet I have never
seen the righteous forsaken
or their children begging bread
They are always generous and lend freely;
their children will be blessed.

The right thing to do, 37:27-28

Turn from evil and do good;
then you will dwell in the land forever.
For the LORD loves the just
and will not forsake his faithful ones.
They will be protected forever,
but the offspring of the wicked will be cut off

Remember the two destinies! 37:29-33

The righteous will inherit the land
and dwell in it forever.
The mouth of the righteous man utters wisdom,
and his tongue speaks what is just.
The law of his God is in his heart;
his feet do not slip.
The wicked lie in wait for the righteous,
seeking their very lives;
but the LORD will not leave them in their power
or let them be condemned
when brought to trial.

How then should we live? 37:34

Wait for the LORD;
and keep his way.
He will exalt you to inherit the land;
When the wicked are cut off, you will see it.

Keep your eye on the finish line! 35-38

I have seen a wicked and ruthless man
flourishing like a luxuriant native tree
but he soon passed away and was no more;
though I looked for him,
he could not be found.
Consider the blameless, observe the upright;
a future awaits those who seek peace.
But all sinners will be destroyed;
there will be no future for the wicked.

Our future is in God's hands! 39-40

The salvation of the righteous
comes from the LORD;
He is their stronghold in time of trouble.
but all sinners will be destroyed;
there will be no future for the wicked.
The LORD helps them and delivers them;
He delivers them from the wicked
and saves them,
because they take refuge in Him.

Wise counsel-

- ★ Trust in the LORD and do good; (3)
- ★ Delight yourself in the LORD (4)
- ★ Commit your way to the LORD (5)
- ★ Rest in the LORD and wait patiently (7)
- ★ Depart from evil and do good (27)
- ★ Wait for the LORD and keep His way (34)

next!

Psalms of the Messiah
Read Psalms 2, 8, 16,


