

- 1 Be concise.** Please share your thoughts and answers, but be considerate so that others will have time to share their answers also. Be charitable and kind. Be willing to share with the group, but do not try to dominate the conversation. Use the time after the class to find help with any personal issues or problems you may be confronting in your life.

“Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.”

(James 1:19–20)

- 2 Be thoughtful with your answer.** Consider your words. Do not simply regurgitate what you have always heard. We have the tendency to speak in “Christianese” — words that only people who grew up on the pews would understand. Think about how your words will be heard by others. Will they understand what you are saying? Is what you are about to say going to be useful for the building up of the faith of others? Or will your words be confusing, cause hurt, or worse, damage someone’s faith? Speak without harshness or anger, but with kindness and humility.

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

(Ephesians 4:29)

- 3 Rely on the scriptures for truth.** It is easy to rely upon conventional, worldly wisdom as truth. Bible study is about seeking God’s answers for our lives, not dispensing the advice of the world. We must consider that our natural answers may be the wrong answers if they are not founded on God’s word.

“For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.”

(1 Corinthians 1:25)

Have you ever read a chapter in the Bible but then could not remember what you had read? Have you ever fallen asleep while reading? An hour after you read, do you retain what you have read? These problems destroy enjoyment in Bible reading and therefore we must use a method of Bible reading that will solve this problem. To read properly we must be keen observers. We must see words and phrases that stand out while at the same time collecting the whole thought. Remember, the important thing is not how many times you have gone through the Bible, but how many times the Bible has gone through you!

Observe // what do I see?

Every time we study the Bible, the first thing to ask is, "What do I see?" This is the crucial skill of observation, which lays the groundwork for your study. The text is given to you so that you will underline, circle, box, and highlight important words as you read. As you read look for comparisons, contrasts, purposes, results, causes, explanations, conclusions, and conditions. Ask yourself who, what, where, when, why, and how as you read. Keep asking these questions as you read to prevent a lazy brain while reading. Look for themes and main ideas from the passage.

Interpret // what does it mean?

Our observation of a passage should stir interesting yet challenging questions, leading us to the second stage of our Bible study: interpretation. Reread through the passage after your observation notations have been made looking to answer what the passage means. Record your explanations of the text in the workbook.

Apply // how does this affect me?

Our Bible study is not over until we apply what we have learned to our everyday lives. Write down lessons that you have learned for you own life especially things that you see you need to change. Only you know your heart and what is happening in your life to be able to apply God's word directly to you. Bible study is fruitless if we do not take the information we have learned and directly change our lives. Write down how the passage affects you. The transformation section in the workbook will help you in this effort.

Share // how can I share my findings with us?

Now we want to share our findings with others. We want to share our observations, interpretations, and applications with others in the Bible class. This is your opportunity to hear what others have found in their studies and for you to share what you found. By doing this we are able to build one another up and grow up in the unity of the faith (Ephesians 4:12-13). If we do not share what we have found then we will be unable to grow together as the family of Christ.

At the end of each psalm is a devotional quotation from Charles Spurgeon as a stimulus for further thinking about the impact and application of God's word in your life.

This is a booklet to aid you in your personal study of this book. As noted on the previous page, read through the text first, discovering God's precious truths for yourself. Write down the main point of each section of text in the space provided. Use the margins on each side of the text and the backside of the page to make notations of the truths you discover and passages you do not understand. When you believe you have seen all there is in text, read and answer the questions in the booklet pertaining to that section of text. The questions are not an exhaustive list of things to look for in the text. The questions are to help you consider the points that the author was trying to convey to his audience. Be prepared to share your findings in class.

Psalms is a book of praises. We may not think of the book in this way, yet nearly every psalm ends with a cry of praise to the Lord, even after expressions of disappointment, pain, or confusion. A crescendo of praise overwhelms the reader at the grand finale of the book of Psalms:

Praise the Lord!
Praise God in his sanctuary;
praise him in his mighty heaven!
Praise him for his mighty works;
praise his unequalled greatness!
Praise him with a blast of the ram's horn;
praise him with the lyre and harp!
Praise him with the tambourine and dancing;
praise him with strings and flutes!
Praise him with a clash of cymbals;
praise him with loud clanging cymbals.
Let everything that breathes sing praises to the Lord!
Praise the Lord! (Psalm 150)

The final line of the book of the Psalms cries out that everything that breathes must sing praises to the Lord. In modern times the reading and the study of the Psalms has fallen into neglect. However, people have historically seen the value of the book of Psalms in the lives of Christians and the instruction of the church:

"I believe that a man can find nothing more glorious than these Psalms; for they embrace the whole life of man, the affections of his mind, and the motions of his soul. To praise and glorify God, he can select a psalm suited to every occasion, [Vol 7, p. 4] and thus will find that they were written for him." (Athanasius)

"The Law instructs, history informs, prophecy predicts, correction censures, and morals exhort. In the book of Psalms you find all of these, as well as a remedy for the salvation of the soul. The Psalter deserves to be called the praise of God, the glory of man, the voice of the church, and the most beneficial confession of faith." (Ambrose)

"I have been accustomed to call this book, I think not inappropriately, "An Anatomy of all the Parts of the Soul"; for there is not an emotion of which anyone can be conscious that is not here represented as in a mirror. Or rather, the Holy Spirit has here drawn to the life all the griefs, sorrows, fears, doubts, hopes, cares, perplexities, in short, all the distracting emotions, with which the minds of men are wont to be agitated...in short, there is no other Book in which we are more perfectly taught the right manner of praising God, or in which we are more powerfully stirred up to the performance of this religious exercise." (Calvin)

Further, in the New Testament no book is cited more often as a warrant for understanding the life of Jesus than the book of Psalms. Yet we can be tempted to lock into only the psalms that are clearly quoted as Messianic. However, as we have seen in many of our Old Testament studies like Isaiah and Exodus, all of the scriptures were pointing to what God was going to do when the kingdom was restored at the coming of Christ. We must read the Psalms with two lenses. First, we must consider the context of the author in his present circumstances, how he handles his circumstances, what he cries out for, and what his hope is. Second, we must consider the context of the Psalms in the greater plan of God in the scheme of redemption. We must consider how these Psalms picture what God was going to do in the future, answering the cries of his people and fulfilling his promises of hope. We will notice as we study the Psalms that many of the cries and pleads are built upon the hope of God fulfilling his covenantal promises made to David, as well as to Abraham and Moses. It is in this light that the Psalms became the prayer book of Israel.

OUTLINING THE PSALMS:

The Psalms are not one book but consist of many collections. One such collection is the Songs of Ascents, which are Psalms 120-134. The Psalms are not a random collection of 150 individual psalms. Various psalms are grouped together by God, communicating particular messages. Psalms 1-2 set off the theme of teaching for all the Psalms. Further, the Psalms are gathered into five volumes, five distinct books like the five books of Moses. Below, write down which chapters are included in each of the five books of the Psalms.

Book 1:

Book 2:

Book 3:

Book 4:

Book 5:

Therefore, we must also consider how the Psalms are interconnected. We need to ask ourselves how a particular Psalm connects with the overall theme established in Psalms 1-2, how a particular Psalm connects with the other Psalms found within its book collection, and how a particular Psalm connects with the Psalms that immediately surround it (e.g. How does Psalm 7 connect with Psalm 6 and Psalm 8). We already noted the Songs of Ascents (120-134) as a collection of Psalms within a book. There are many other collections including the Songs of David (3-41, 51-72), Songs of Korah (42-49, 84-88), Songs of Asaph (73-83), and the Hallelujah Psalms (111-118, 146-150). Since the Psalms are not randomly located in the Psalter. We must look at how a given Psalm is connected in these other contexts.

Psalms 1 and 2 serve to introduce the whole; they are differentiated from Book 1 by the absence of titles, and they are joined to each other by various literary links: (1) the inclusio formed by the repetition of "blessed;" 1:1 and 2:12), (2) the contrast of the righteous meditating (1:2) on God's law and the nations plotting (2:1) against God's rule, (3) the wordplay on the righteous not joining in ("sit"; 1:1) with scoffers and the Lord ruling (2:4) in heaven, and (4) the repeated motif of the "perishing way" (1:6 and 2:12). And, like any well-crafted book, the book of Psalms has a conclusion (Psalms 146-150) that articulates the completion of the work as a whole, as we have already seen.

Introductory material found in Cornerstone Biblical Commentary (Furtado) and NIV Application Commentary (Wilson).

THE PSALMS

1

- 1 Blessed is the man
 who walks not in the counsel of the wicked,
 nor stands in the way of sinners,
 nor sits in the seat of scoffers;
- 2 but his delight is in the law of the Lord,
 and on his law he meditates day and night.
- 3 He is like a tree
 planted by streams of water
 that yields its fruit in its season,
 and its leaf does not wither.
 In all that he does, he prospers.
- 4 The wicked are not so,
 but are like chaff that the wind drives away.
- 5 Therefore the wicked will not stand in the judgment,
 nor sinners in the congregation of the righteous;
- 6 for the Lord knows the way of the righteous,
 but the way of the wicked will perish.

Main point: _____

Make additional notes at left and below:

- 1 Explain what the word "blessed" means (please consider that "happiness" may not fully express this Hebrew word").

— Where in the New Testament do we find declarations regarding the "blessed"?

- 2 What does the blessed person not do (1:1)? Explain the three pictures that are given. What areas of life does the blessed person avoid?

— What is the difference between "the counsel," "the way," and "the seat"?

- 3 What is the character of the blessed person? What does the blessed person do (1:2) and why does he/she do this?

— What is the "law" (*torah*: instruction) of the Lord?

— Does the blessed person merely comply with the law?

- 4 What are the results from taking this walk of life (1:3)?

— What does it mean to be "planted like tree?"

There are only two paths to take in life according to Psalm 1, and Jesus gave the same teaching:

Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard that leads to life, and those who find it are few. (Matthew 7:13–14 ESV)

- 5 How are the wicked different (1:4)?

- 6 What will happen to the wicked (1:5)?

- 7 Verse 6 is an explanation of verse 5. Why will the wicked not stand in the judgment, according to verse 6. Explain the meaning.

- 8 What is the warning regarding spiritual compromise?

TRANSFORMATION:

- ✍ Psalm 1 is the gateway to the Psalms and the gateway to God. What does this psalm teach you about God?

- ✍ How does this change how you will think about God and approach God?

- ✍ Psalm 1 deliberately draws two portraits in our minds: the portrait of the wicked person and the portrait of the wise person. Which are we?

Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. (Colossians 2:6–7 ESV)

- ✍ How will this psalm change how you live your life today?

Spurgeon: “The godly man, however, does not consider first how the world regards a thing but how God looks at it.”

THE PSALMS

2

- 1 Why do the nations rage
and the peoples plot in vain?
- 2 The kings of the earth set themselves,
and the rulers take counsel together,
against the Lord and against his Anointed, saying,
- 3 “Let us burst their bonds apart
and cast away their cords from us.”
- 4 He who sits in the heavens laughs;
the Lord holds them in derision.
- 5 Then he will speak to them in his wrath,
and terrify them in his fury, saying,
- 6 “As for me, I have set my King
on Zion, my holy hill.”
- 7 I will tell of the decree:
The Lord said to me, “You are my Son;
today I have begotten you.
- 8 Ask of me, and I will make the nations your heritage,
and the ends of the earth your possession.
- 9 You shall break them with a rod of iron
and dash them in pieces like a potter’s vessel.”
- 10 Now therefore, O kings, be wise;
be warned, O rulers of the earth.
- 11 Serve the Lord with fear,
and rejoice with trembling.
- 12 Kiss the Son,
lest he be angry, and you perish in the way,
for his wrath is quickly kindled.
Blessed are all who take refuge in him.

Main point: _____

Make additional notes at left and below:

Since its subject concerns the anointing and coronation of a Davidic king (cf. 2 Kings 11:12), Psalm 2 is classified as a royal psalm. Whereas Psalm 1 provides insight into the overall purpose of the Psalms, Psalm 2 sets forth the overall message: The Lord reigns.

- 1 Explain the question that is asked in verse 1. What are the nations, peoples, kings, and rulers doing? What does this look like?

— Where is this verse cited in the New Testament? What is the meaning in that text?

- 2 What are the kings and rulers of the earth saying (2:3)? What does this mean? What is the goal of their rebellion? Is this still true? What does this look like?

- 3 What is God’s response to the actions of the peoples and kings of the earth (2:4)?

- 4 What will God do (2:5-6)?

- 5 Will the nations, peoples, and kings of the earth be successful (2:6)?

- 6 Who is speaking in verse 7?
- 7 Verse 7 is quoted many places in the New Testament. Turn to the following New Testament passage, looking at how the author uses this quotation and what its meaning is in the New Testament context.
- Acts 13:33
 - Hebrews 1:5
 - Hebrews 5:5
 - Romans 1:4
- 8 What will the Lord do for the Son (2:8)? How will he do this (2:9)? Consider 1 Corinthians 15:25-27 in your answer.
- 9 What message is declared to the kings and rulers of the earth (2:10-12)? Explain what this means.

TRANSFORMATION:

- ✍ What does this psalm teach you about God?
- ✍ How does this change how you will think about God and approach God?
- ✍ What will become of us if we resist the Lord and his Anointed?
- ✍ How will this psalm change how you live your life today?

Spurgeon: "We have, in these first three verses, a description of the hatred of human nature against the Christ of God."

THE PSALMS

3

A Psalm of David, when he fled from Absalom his son.

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|--|--|
| <p>1 O Lord, how many are my foes! Many are rising against me;</p> <p>2 many are saying of my soul, "There is no salvation for him in God." <i>Selah</i></p> <p>3 But you, O Lord, are a shield about me, my glory, and the lifter of my head.</p> <p>4 I cried aloud to the Lord, and he answered me from his holy hill. <i>Selah</i></p> <p>5 I lay down and slept; I woke again, for the Lord sustained me.</p> | <p>6 I will not be afraid of many thousands of people who have set themselves against me all around.</p> <p>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.</p> <p>8 Salvation belongs to the Lord; your blessing be on your people! <i>Selah</i> (ESV)</p> |
|--|--|

Main point: _____

Make additional notes at left and below:

- 1 What is background to this psalm (cf. 2 Samuel 15-18)? What has happened?

- 2 Describe the psalmist's situation in verses 1-2. What are the enemies saying? Have you felt the same way?

- 3 What is the Lord to the psalmist (3:3)? Explain each term and what this looks like to us.

- 4 What was the psalmist's response to his foes (3:4)?

- 5 What is the psalmist able to do (3:5-6)? Why? What does he understand?

6 What is the psalmist's desire (3:7)? Can we pray this prayer? Explain your answer.

7 What is the psalmist's hope (3:8)?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

Spurgeon: "Troubles always come in flocks. Sorrow hath a numerous family."

THE PSALMS

4

To the choirmaster: with stringed instruments.

A Psalm of David.

- 1 Answer me when I call, O God of my righteousness!
You have given me relief when I was in distress. Be
gracious to me and hear my prayer!
- 2 O men, how long shall my honor be turned into shame?
How long will you love vain words and seek after
lies? *Selah*
- 3 But know that the Lord has set apart the godly for
himself; the Lord hears when I call to him.

- 4 Be angry, and do not sin; ponder in your own hearts
on your beds, and be silent. *Selah*
- 5 Offer right sacrifices, and put your trust in the Lord.
- 6 There are many who say, "Who will show us some good?
Lift up the light of your face upon us, O Lord!"
- 7 You have put more joy in my heart than they have when
their grain and wine abound.
- 8 In peace I will both lie down and sleep; for you alone,
O Lord, make me dwell in safety. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What is the psalmist's desire? What is the basis for his desire and his request? (4:1)
- 2 What are the psalmist's enemies doing (4:2)? What sin are these people to turn from?
- 3 What is the psalmist's hope (4:3)? How can this also be our hope?
- 4 What are the psalmist's enemies doing (4:4)? What sin are these people to turn from?
- 5 Verse 4 is quoted in Ephesians 4:26. How does Paul quote this passage and what is its meaning in the context of Ephesians?

- 6 Verse 4 says, "Ponder in your own hearts on your beds, and be silent." What is the psalmist telling these people to do?

- 7 What must people do (4:5)? What does this mean and what does this look like?

- 8 What is the cry of the people (4:6)? What is the psalmist's prayer in response to their question (4:6-7)?

- 9 Explain the ending of this psalm in light of all that has happened in the psalm (4:8). How is the psalmist able to do this?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

Spurgeon: "The sovereignty of God is the pillow upon which the child of God rests His head at night, giving perfect peace."

THE PSALMS

5

To the choirmaster: for the flutes. A Psalm of David.

- 1 Give ear to my words, O Lord; consider my groaning.
- 2 Give attention to the sound of my cry, my King and my God, for to you do I pray.
- 3 O Lord, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch.
- 4 For you are not a God who delights in wickedness; evil may not dwell with you.
- 5 The boastful shall not stand before your eyes; you hate all evildoers.
- 6 You destroy those who speak lies; the Lord abhors the bloodthirsty and deceitful man.
- 7 But I, through the abundance of your steadfast love, will enter your house. I will bow down toward your holy temple in the fear of you.
- 8 Lead me, O Lord, in your righteousness because of my enemies; make your way straight before me.
- 9 For there is no truth in their mouth; their inmost self is destruction; their throat is an open grave; they flatter with their tongue.
- 10 Make them bear their guilt, O God; let them fall by their own counsels; because of the abundance of their transgressions cast them out, for they have rebelled against you.
- 11 But let all who take refuge in you rejoice; let them ever sing for joy, and spread your protection over them, that those who love your name may exult in you.
- 12 For you bless the righteous, O Lord; you cover him with favor as with a shield. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What things does the psalmist want God to pay attention to (5:1-3)?
- 2 What does the psalmist describe in verses 4-6? Why would the psalmist give these descriptions as part of his groaning and plea to God?
- 3 What else is pictured as God's character (5:7-8)? Why would the psalmist give this description as part of his groaning and plea to God?
- 4 What causes the psalmist to worship (5:7-8)? What do we learn from this?

- 5 Explain verse 8. Why are his enemies the basis for the need to being led in righteousness?
- 6 What is the character of the psalmist's enemies (5:9)?
- 7 Verse 9 is cited in Romans 3:13. Read the context of Romans 3:13 and explain Paul's point in that passage. Who are the people whose "throats are an open grave" in that passage?
- 8 What is the psalmist's desire in verse 10? What is the basis for this cry by the psalmist?
- 9 What are the benefits of the righteous (5:11-12)? What is the basis for the hope of the righteous?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

Spurgeon: "Christians should take care that we exhibit both holiness of character and joyfulness of spirit, for where these two things are in us and abound, they prove that we are not barren or unfruitful."

THE PSALMS

6

To the choirmaster: with stringed instruments;
according to The Sheminith. A Psalm of David.

- 1 O Lord, rebuke me not in your anger, nor discipline me in your wrath.
- 2 Be gracious to me, O Lord, for I am languishing; heal me, O Lord, for my bones are troubled.
- 3 My soul also is greatly troubled. But you, O Lord—how long?
- 4 Turn, O Lord, deliver my life; save me for the sake of your steadfast love.
- 5 For in death there is no remembrance of you; in Sheol who will give you praise?

- 6 I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping.
- 7 My eye wastes away because of grief; it grows weak because of all my foes.
- 8 Depart from me, all you workers of evil, for the Lord has heard the sound of my weeping.
- 9 The Lord has heard my plea; the Lord accepts my prayer.
- 10 All my enemies shall be ashamed and greatly troubled; they shall turn back and be put to shame in a moment. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 Explain the psalmist's concern in verse 1. What does this verse mean?
- 2 What is the psalmist's plea in verses 2-3? Why does he need the Lord to be gracious? Have you felt this way in your life?
- 3 Why should the Lord save the psalmist, according to verses 4-5? Explain how this is the basis for his request.
- 4 What is Sheol (6:5)? Look at other translations to help.

5 Read verses 6-7. Can you relate to the feelings of the psalmist?

6 The tone of the psalm changes in verses 8-10. What has happened to cause this change in the hope of the psalmist?

7 What hope does the psalmist have (6:10)?

TRANSFORMATION:

➤ What does this psalm teach you about God?

➤ How does this change how you will think about God and approach God?

➤ How will this psalm change how you live your life today?

Spurgeon: "Urge not your goodness or your greatness, but plead your sin and your littleness."

THE PSALMS

7

A Shiggaion of David, which he sang to the Lord concerning the words of Cush, a Benjaminite.

- 1 O Lord my God, in you do I take refuge; save me from all my pursuers and deliver me,
- 2 lest like a lion they tear my soul apart, rending it in pieces, with none to deliver.
- 3 O Lord my God, if I have done this, if there is wrong in my hands,
- 4 if I have repaid my friend with evil or plundered my enemy without cause,
- 5 let the enemy pursue my soul and overtake it, and let him trample my life to the ground and lay my glory in the dust. *Selah*
- 6 Arise, O Lord, in your anger; lift yourself up against the fury of my enemies; awake for me; you have appointed a judgment.
- 7 Let the assembly of the peoples be gathered about you; over it return on high.
- 8 The Lord judges the peoples; judge me, O Lord, according to my righteousness and according to the integrity that is in me.

- 9 Oh, let the evil of the wicked come to an end, and may you establish the righteous— you who test the minds and hearts, O righteous God!
- 10 My shield is with God, who saves the upright in heart.
- 11 God is a righteous judge, and a God who feels indignation every day.
- 12 If a man does not repent, God will whet his sword; he has bent and readied his bow;
- 13 he has prepared for him his deadly weapons, making his arrows fiery shafts.
- 14 Behold, the wicked man conceives evil and is pregnant with mischief and gives birth to lies.
- 15 He makes a pit, digging it out, and falls into the hole that he has made.
- 16 His mischief returns upon his own head, and on his own skull his violence descends.
- 17 I will give to the Lord the thanks due to his righteousness, and I will sing praise to the name of the Lord, the Most High. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 Explain the psalmist's concern in verses 1-2. What does the psalmist say he is doing?
- 2 Explain the psalmist's cry in verses 3-5. Why does he say these words? What point is he making? Based on verses 1-2, reconstruct what is happening in the psalmist's life.
- 3 What does the psalmist call upon God to do (7:6-9)?

- 4 Explain verses 8-9. How can the psalmist ask to be judged by his own righteousness?

- 5 What is the psalmist's hope (7:10-11)?

- 6 What is the expectation for those who do not repent (7:12-13)? Explain what this means.

- 7 What is the fate of the wicked (7:14-16)? How do we reconcile this message with the prosperity that the wicked often enjoy?

- 8 What will the psalmist offer (7:17)? Why?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

Spurgeon: "See how clearly his case is stated; let us see to it, that we know what we would have when we come to the throne of mercy. Pause a little while before you pray, that you may not offer the sacrifice of fools. Get a distinct idea of your need, and then you can pray with the more fluency of fervency."

To the choirmaster: according to The Gittith.

A Psalm of David.

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|---|--|
| <p>1 O Lord, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens.</p> <p>2 Out of the mouth of babies and infants, you have established strength because of your foes, to still the enemy and the avenger.</p> <p>3 When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place,</p> <p>4 what is man that you are mindful of him, and the son of man that you care for him?</p> | <p>5 Yet you have made him a little lower than the heavenly beings and crowned him with glory and honor.</p> <p>6 You have given him dominion over the works of your hands; you have put all things under his feet,</p> <p>7 all sheep and oxen, and also the beasts of the field,</p> <p>8 the birds of the heavens, and the fish of the sea, whatever passes along the paths of the seas.</p> <p>9 O Lord, our Lord, how majestic is your name in all the earth! (ESV)</p> |
|---|--|

Main point: _____

Make additional notes at left and below:

- 1 The English obscures the psalm's opening. It reads "O Yahweh, our Adonai." Yahweh is the name God gives himself and Adonai means "master, ruler." The NRSV reads, "O Lord, our Sovereign." What is being declared about the Lord in the first two verses?

- 2 Carefully look at verse 2. What have the mouths of babies and infants established? How do their mouths establish this?

- 3 Verse 2 is quoted by Jesus in Matthew 21:16. Look at the context of Matthew 21:16 and explain how Jesus could apply this section of the psalm to himself?

- 4 Explain the question the psalmist asks in verse 4, based on verse 3.

- 5 What has God done for humanity, according to verses 5-8? Who in particular did God do this for (cf. Genesis 1:26-28)?
- 6 Read Hebrews 2:6-8. How does the writer of Hebrews use this text? Who does he apply this passage to? What is the message that the writer of Hebrews is making?
- 7 The apostle Paul also quotes verse 6 in 1 Corinthians 15:27. How does Paul use this passage in his letter to the Corinthians and what point does he make there?

TRANSFORMATION:

➤ What does this psalm teach you about God?

➤ How does this change how you will think about God and approach God?

➤ How will this psalm change how you live your life today?

Spurgeon: "In conquering the opposition of the powers of evil, God displays a glory more remarkable than what he obtains by the greatest feats of creative power."

To the choirmaster: according to *Muth-labben*.

A Psalm of David.

- | | |
|---|---|
| <p>1 I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds.</p> <p>2 I will be glad and exult in you; I will sing praise to your name, O Most High.</p> <p>3 When my enemies turn back, they stumble and perish before your presence.</p> <p>4 For you have maintained my just cause; you have sat on the throne, giving righteous judgment.</p> <p>5 You have rebuked the nations; you have made the wicked perish; you have blotted out their name forever and ever.</p> <p>6 The enemy came to an end in everlasting ruins; their cities you rooted out; the very memory of them has perished.</p> <p>7 But the Lord sits enthroned forever; he has established his throne for justice,</p> <p>8 and he judges the world with righteousness; he judges the peoples with uprightness.</p> <p>9 The Lord is a stronghold for the oppressed, a stronghold in times of trouble.</p> <p>10 And those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you.</p> | <p>11 Sing praises to the Lord, who sits enthroned in Zion! Tell among the peoples his deeds!</p> <p>12 For he who avenges blood is mindful of them; he does not forget the cry of the afflicted.</p> <p>13 Be gracious to me, O Lord! See my affliction from those who hate me, O you who lift me up from the gates of death,</p> <p>14 that I may recount all your praises, that in the gates of the daughter of Zion I may rejoice in your salvation.</p> <p>15 The nations have sunk in the pit that they made; in the net that they hid, their own foot has been caught.</p> <p>16 The Lord has made himself known; he has executed judgment; the wicked are snared in the work of their own hands. <i>Higgaion. Selah</i></p> <p>17 The wicked shall return to Sheol, all the nations that forget God.</p> <p>18 For the needy shall not always be forgotten, and the hope of the poor shall not perish forever.</p> <p>19 Arise, O Lord! Let not man prevail; let the nations be judged before you!</p> <p>20 Put them in fear, O Lord! Let the nations know that they are but men! <i>Selah</i> (ESV)</p> |
|---|---|

Main point: _____

Make additional notes at left and below:

Psalms 9-10 appear to be tied together as one literary unit. When combined, both psalms form an acrostic as well as a chiasmic structure. Similar key terms and ideas are found in both psalms. Further, Psalm 10 does not have a title which is unusual in Book 1. The LXX and some Hebrew manuscripts also treat the two as one. This proves that we should not consider each psalm in isolation from other psalms, but connected to the surrounding psalms in ideas and teachings.

- 1 Why does the psalmist give thanks and sing praises to the Lord (9:1-6)? What has God done?

- 2 How is the Lord described (9:6-8)? Why is this knowledge a comfort to the psalmist?

- 3 What does the Lord do for his people (9:9-12)?

- 4 What does it mean to “know the Lord’s name” (9:10)?

- 5 What is the psalmist’s prayer (9:13-14)? What is the basis for his prayer?

- 6 How does the Lord make himself known (9:15-16)?

- 7 What is the psalmist’s hope (9:17-18)?

- 8 What is the psalmist’s prayer (9:19-20)?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

Spurgeon: “Ignorance is worst when it amounts to ignorance of God, and knowledge is best when it exercises itself upon the name of God. This most excellent knowledge leads to the most excellent grace of faith. O, to learn more of the attributes and character of God.”

1 Why, O Lord, do you stand far away? Why do you hide yourself in times of trouble?

2 In arrogance the wicked hotly pursue the poor; let them be caught in the schemes that they have devised.

3 For the wicked boasts of the desires of his soul, and the one greedy for gain curses and renounces the Lord.

4 In the pride of his face the wicked does not seek him; all his thoughts are, "There is no God."

5 His ways prosper at all times; your judgments are on high, out of his sight; as for all his foes, he puffs at them.

6 He says in his heart, "I shall not be moved; throughout all generations I shall not meet adversity."

7 His mouth is filled with cursing and deceit and oppression; under his tongue are mischief and iniquity.

8 He sits in ambush in the villages; in hiding places he murders the innocent. His eyes stealthily watch for the helpless;

9 he lurks in ambush like a lion in his thicket; he lurks that he may seize the poor; he seizes the poor when he draws him into his net.

10 The helpless are crushed, sink down, and fall by his might.

11 He says in his heart, "God has forgotten, he has hidden his face, he will never see it."

12 Arise, O Lord; O God, lift up your hand; forget not the afflicted.

13 Why does the wicked renounce God and say in his heart, "You will not call to account"?

14 But you do see, for you note mischief and vexation, that you may take it into your hands; to you the helpless commits himself; you have been the helper of the fatherless.

15 Break the arm of the wicked and evildoer; call his wickedness to account till you find none.

16 The Lord is king forever and ever; the nations perish from his land.

17 O Lord, you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear

18 to do justice to the fatherless and the oppressed, so that man who is of the earth may strike terror no more. (ESV)

Main point: _____

Make additional notes at left and below:

1 Describe the thinking and character of the wicked (10:2-11).

Verse 2:

Verse 7:

Verse 3:

Verse 8:

Verse 4:

Verse 9:

Verse 5:

Verse 10:

Verse 6:

Verse 11:

- 2 How do these descriptions fit the question of the psalmist in verse 1?

- 3 Verse 7 is quoted by the apostle Paul in Romans 3:14. How does Paul use this passage for his teaching?

- 4 What is the cry of the psalmist (10:12-15)?

- 5 What is the hope the psalmist expresses (10:14)?

- 6 Who is the Lord and what does he do (10:16-18)? Why does this give hope to the psalmist?

TRANSFORMATION:

➤ What does this psalm teach you about God?

➤ How does this change how you will think about God and approach God?

➤ How will this psalm change how you live your life today?

Spurgeon: "Arise, O God, and let the man of the earth—the creature of a day—be broken before the majesty of thy power."

To the choirmaster. Of David.

- 1 In the Lord I take refuge; how can you say to my soul,
“Flee like a bird to your mountain,
- 2 for behold, the wicked bend the bow; they have fitted
their arrow to the string to shoot in the dark at the
upright in heart;
- 3 if the foundations are destroyed, what can the righteous
do?”

- 4 The Lord is in his holy temple; the Lord’s throne is in
heaven; his eyes see, his eyelids test the children of
man.
- 5 The Lord tests the righteous, but his soul hates the
wicked and the one who loves violence.
- 6 Let him rain coals on the wicked; fire and sulfur and
a scorching wind shall be the portion of their cup.
- 7 For the Lord is righteous; he loves righteous deeds; the
upright shall behold his face. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 What does the psalmist say he does (11:1)? What do others say he should do (11:1-3)?

- 2 How does verse 4 give the psalmist confidence?

- 3 How do verses 5-6 give the psalmist confidence?

- 4 How does verse 7 give the psalmist confidence?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

Spurgeon: “The righteous one cannot be a ruined man. We must not say, ‘I have lost everything.’ We cannot lose everything. Christ is our all, and Christ cannot be lost.”

To the choirmaster: according to The Sheminith. A
Psalm of David.

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|--|--|
| <p>1 Save, O Lord, for the godly one is gone; for the faithful have vanished from among the children of man.</p> <p>2 Everyone utters lies to his neighbor; with flattering lips and a double heart they speak.</p> <p>3 May the Lord cut off all flattering lips, the tongue that makes great boasts,</p> <p>4 those who say, "With our tongue we will prevail, our lips are with us; who is master over us?"</p> | <p>5 "Because the poor are plundered, because the needy groan, I will now arise," says the Lord; "I will place him in the safety for which he longs."</p> <p>6 The words of the Lord are pure words, like silver refined in a furnace on the ground, purified seven times.</p> <p>7 You, O Lord, will keep them; you will guard us from this generation forever.</p> <p>8 On every side the wicked prowls, as vileness is exalted among the children of man. (ESV)</p> |
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Main point: _____
Make additional notes at left and below:

- 1 What is the culture like for the psalmist in which he must live (12:1-2)?
- 2 What is the psalmist's prayer (12:3-4)?
- 3 What will the Lord do (12:5-6)?
- 4 What is the psalmist's hope (12:7-8)?

TRANSFORMATION:

- ✍ What does this psalm teach you about God?
- ✍ How does this change how you will think about God and approach God?
- ✍ How will this psalm change how you live your life today?

To the choirmaster. A Psalm of David.

- | | |
|---|--|
| <p>1 How long, O Lord? Will you forget me forever? How long will you hide your face from me?</p> <p>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?</p> <p>3 Consider and answer me, O Lord my God; light up my eyes, lest I sleep the sleep of death,</p> | <p>4 lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.</p> <p>5 But I have trusted in your steadfast love; my heart shall rejoice in your salvation.</p> <p>6 I will sing to the Lord, because he has dealt bountifully with me. (ESV)</p> |
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Main point: _____

Make additional notes at left and below:

- 1 What questions does the psalmist have for God (13:1-2)? What is his concern?

- 2 What is the psalmist's plea (13:3-4)?

- 3 What is the psalmist's confidence (13:5-6)?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

Spurgeon: "The complaint which in our haste we utter shall be joyfully retracted, and we shall witness that the Lord hath dealt bountifully with us."

To the choirmaster. Of David.

- 1 The fool says in his heart, "There is no God." They are corrupt, they do abominable deeds; there is none who does good.
- 2 The Lord looks down from heaven on the children of man, to see if there are any who understand, who seek after God.
- 3 They have all turned aside; together they have become corrupt; there is none who does good, not even one.
- 4 Have they no knowledge, all the evildoers who eat up my people as they eat bread and do not call upon the Lord?
- 5 There they are in great terror, for God is with the generation of the righteous.
- 6 You would shame the plans of the poor, but the Lord is his refuge.
- 7 Oh, that salvation for Israel would come out of Zion! When the Lord restores the fortunes of his people, let Jacob rejoice, let Israel be glad. (ESV)

Main point: _____

Make additional notes at left and below:

- 1 Describe the fool (14:1). The apostle Paul quotes from this verse in Romans 3:10-12. What is Paul's message in his teaching to the Romans?
- 2 What does the Lord look down to determine (14:2)? What does the Lord find (14:3)? What do we learn?
- 3 What do the evildoers do (14:4)?
- 4 What does the psalmist have confidence in (14:5-7)?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

Spurgeon: "Sin is always folly, and as it is the height of sin to attack the very existence of the Most High, so it is also the greatest imaginable folly."

A Psalm of David.

- | | |
|---|--|
| <p>1 O Lord, who shall sojourn in your tent? Who shall dwell on your holy hill?</p> <p>2 He who walks blamelessly and does what is right and speaks truth in his heart;</p> <p>3 who does not slander with his tongue and does no evil to his neighbor, nor takes up a reproach against his friend;</p> | <p>4 in whose eyes a vile person is despised, but who honors those who fear the Lord; who swears to his own hurt and does not change;</p> <p>5 who does not put out his money at interest and does not take a bribe against the innocent. He who does these things shall never be moved. (ESV)</p> |
|---|--|

Main point: _____

Make additional notes at left and below:

- 1 Explain the question the psalmist asks (15:1). What is his concern?

- 2 Write down and explain the various descriptions and character of those who can live with the Lord.

Verse 2:	Verse 4:
Verse 3:	Verse 5:

TRANSFORMATION:

- ✍ What does this psalm teach you about God?

- ✍ How does this change how you will think about God and approach God?

- ✍ How will this psalm change how you live your life today?

Spurgeon: "Let us betake ourselves to prayer and self-examination, for this Psalm is as fire for the gold, and as a furnace for silver. Can we endure its testing power?"

A Miktam of David.

- | | |
|---|---|
| <p>1 Preserve me, O God, for in you I take refuge.</p> <p>2 I say to the Lord, "You are my Lord; I have no good apart from you."</p> <p>3 As for the saints in the land, they are the excellent ones, in whom is all my delight.</p> <p>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.</p> <p>5 The Lord is my chosen portion and my cup; you hold my lot.</p> <p>6 The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance.</p> | <p>7 I bless the Lord who gives me counsel; in the night also my heart instructs me.</p> <p>8 I have set the Lord always before me; because he is at my right hand, I shall not be shaken.</p> <p>9 Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure.</p> <p>10 For you will not abandon my soul to Sheol, or let your holy one see corruption.</p> <p>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. (ESV)</p> |
|---|---|

Main point: _____

Make additional notes at left and below:

- 1 What is the psalmist's request (16:1)?

- 2 What does the psalmist confess (16:2)?

- 3 What does the psalmist see and what is to be learned (16:3-4)?

- 4 What commitment has the psalmist made to the Lord (16:5-8)?

- 5 Verse 8 is quoted in Acts 2:25-28. What is the message in Acts 2 and how does the speaker apply this psalm?

6 What confidence does the psalmist have (16:9-11)? What do we learn for ourselves?

7 Verse 10 is quoted in Acts 13:35. What is the message in Acts 13 and how does the speaker apply this psalm?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

Spurgeon: "Heaven's joys are without measure, mixture, or end."

A Prayer of David.

- 1 Hear a just cause, O Lord; attend to my cry! Give ear to my prayer from lips free of deceit!
- 2 From your presence let my vindication come! Let your eyes behold the right!
- 3 You have tried my heart, you have visited me by night, you have tested me, and you will find nothing; I have purposed that my mouth will not transgress.
- 4 With regard to the works of man, by the word of your lips I have avoided the ways of the violent.
- 5 My steps have held fast to your paths; my feet have not slipped.
- 6 I call upon you, for you will answer me, O God; incline your ear to me; hear my words.
- 7 Wondrously show your steadfast love, O Savior of those who seek refuge from their adversaries at your right hand.

- 8 Keep me as the apple of your eye; hide me in the shadow of your wings,
- 9 from the wicked who do me violence, my deadly enemies who surround me.
- 10 They close their hearts to pity; with their mouths they speak arrogantly.
- 11 They have now surrounded our steps; they set their eyes to cast us to the ground.
- 12 He is like a lion eager to tear, as a young lion lurking in ambush.
- 13 Arise, O Lord! Confront him, subdue him! Deliver my soul from the wicked by your sword,
- 14 from men by your hand, O Lord, from men of the world whose portion is in this life. You fill their womb with treasure; they are satisfied with children, and they leave their abundance to their infants.
- 15 As for me, I shall behold your face in righteousness; when I awake, I shall be satisfied with your likeness. (ESV)

Main point: _____
 Make additional notes at left and below:

- 1 What is the cry of the psalmist (17:1-2)?
- 2 What does the psalmist describe about himself in verses 3-5? Why does he do this?
- 3 What is the psalmist's request (17:6-9)?
- 4 Who is the psalmist describing in verses 10-12?

5 What is the plea of the psalmist (17:13-14)? Who is being delivered? Who are they delivered from?

6 What is the hope of the psalmist (17:15)?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

Spurgeon: "Compared with this deep, ineffable, eternal fullness of delight, the joys of the worldlings are as a glowworm to the sun, or the drop of a bucket to the ocean."

Main point: _____

Make additional notes at left and below:

This psalm is a very close copy of the composition in 2 Samuel 22:1-51.

- 1 How does the psalmist open his address to the Lord (18:1-3)? Write down all the images used for the Lord and explain what they mean.

- 2 How does the psalmist describe his distress (18:4-5)? What does he think is going to happen to him?

- 3 Where did the Lord hear the psalmist's cry (18:6)? How is the Lord described in hearing the psalmist's voice (18:6-15)? Why is the Lord being described this way? What is the intent?

- 4 What did the Lord do (18:16-19)?

- 5 Why does the psalmist describe his own righteousness (18:20-29)? What is the psalmist calling on people to do based on his experience? What is the message?

- 6 What is the psalmist describing in verses 30-45? What is the psalmist's teaching message?

7 What is the praise of the psalmist (18:46-50)?

8 Verse 49 is quoted by the apostle Paul in Romans 15:9. How does the apostle use the message of this psalm to teach his audience?

9 Explain verse 50. What future hope is being praised?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

Spurgeon: "He who rescues us from deserved ruin should be very dear to us."

To the choirmaster. A Prayer of David.

- 1 The heavens declare the glory of God, and the sky above proclaims his handiwork.
- 2 Day to day pours out speech, and night to night reveals knowledge.
- 3 There is no speech, nor are there words, whose voice is not heard.
- 4 Their voice goes out through all the earth, and their words to the end of the world. In them he has set a tent for the sun,
- 5 which comes out like a bridegroom leaving his chamber, and, like a strong man, runs its course with joy.
- 6 Its rising is from the end of the heavens, and its circuit to the end of them, and there is nothing hidden from its heat.

- 7 The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple;

- 8 the precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes;
- 9 the fear of the Lord is clean, enduring forever; the rules of the Lord are true, and righteous altogether.
- 10 More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb.
- 11 Moreover, by them is your servant warned; in keeping them there is great reward.
- 12 Who can discern his errors? Declare me innocent from hidden faults.
- 13 Keep back your servant also from presumptuous sins; let them not have dominion over me! Then I shall be blameless, and innocent of great transgression.

- 14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer. (ESV)

Main point: _____
 Make additional notes at left and below:

- 1 How does God reveal himself to the world (19:1-4)? What displays God's glory to the world?

- 2 Verses 4-6 use an extended metaphor of the sun. In what ways does the psalmist show that the sun displays the glory of God?

- 3 How else does God reveal himself to the world (19:7-11)?

4 What is glorious about the law of the Lord (Torah) (19:7-11)?

5 What are the benefits of the law of the Lord (19:11-13)?

6 What is the psalmist's pray (19:14)?

TRANSFORMATION:

✎ What does this psalm teach you about God?

✎ How does this change how you will think about God and approach God?

✎ How will this psalm change how you live your life today?

Spurgeon: "For expanse, for loftiness, for brightness, for glory, the Scriptures are comparable to the heavens that declare the glory of God and to the sky that shows his handiwork."

To the choirmaster. A Prayer of David.

- | | |
|--|---|
| <p>1 May the Lord answer you in the day of trouble! May the name of the God of Jacob protect you!</p> <p>2 May he send you help from the sanctuary and give you support from Zion!</p> <p>3 May he remember all your offerings and regard with favor your burnt sacrifices! Selah</p> <p>4 May he grant you your heart's desire and fulfill all your plans!</p> <p>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!</p> | <p>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.</p> <p>7 Some trust in chariots and some in horses, but we trust in the name of the Lord our God.</p> <p>8 They collapse and fall, but we rise and stand upright.</p> <p>9 O Lord, save the king! May he answer us when we call. (ESV)</p> |
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Main point: _____

Make additional notes at left and below:

- 1 What is the hope and prayer of the psalmist (20:1-5)?
- 2 What is the psalmist's confidence (20:6)? How is this also a future hope?
- 3 What does it mean to "trust in the name of the Lord our God" (20:7-8)?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

Spurgeon: "The victory of Jesus is the inheritance of his people. The world, death, Satan, and sin, shall all be trampled beneath the feet of the champions of faith; while those who rely upon an arm of flesh shall be ashamed and confounded for ever."

To the choirmaster. A Prayer of David.

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|---|--|
| <p>1 O Lord, in your strength the king rejoices, and in your salvation how greatly he exults!</p> <p>2 You have given him his heart's desire and have not withheld the request of his lips. <i>Selah</i></p> <p>3 For you meet him with rich blessings; you set a crown of fine gold upon his head.</p> <p>4 He asked life of you; you gave it to him, length of days forever and ever.</p> <p>5 His glory is great through your salvation; splendor and majesty you bestow on him.</p> <p>6 For you make him most blessed forever; you make him glad with the joy of your presence.</p> <p>7 For the king trusts in the Lord, and through the steadfast love of the Most High he shall not be moved.</p> | <p>8 Your hand will find out all your enemies; your right hand will find out those who hate you.</p> <p>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.</p> <p>10 You will destroy their descendants from the earth, and their offspring from among the children of man.</p> <p>11 Though they plan evil against you, though they devise mischief, they will not succeed.</p> <p>12 For you will put them to flight; you will aim at their faces with your bows.</p> <p>13 Be exalted, O Lord, in your strength! We will sing and praise your power. (ESV)</p> |
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Main point: _____

Make additional notes at left and below:

- 1 Who is rejoicing (21:1)? What is he rejoicing in?

- 2 What has the king been given (21:2-6)?

- 3 What does the king do (21:7)?

- 4 What will the Lord do (21:8-12)?

5 What will the people do (21:13)?

TRANSFORMATION:

✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

Spurgeon: "The exaltation of the name of God should be the business of every Christian; but since such poor things as we fail to honour him as he deserves, we may invoke his own power to aid us."

To the choirmaster: according to The Doe of the Dawn.

A Psalm of David.

- 1 My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning?
- 2 O my God, I cry by day, but you do not answer, and by night, but I find no rest.
- 3 Yet you are holy, enthroned on the praises of Israel.
- 4 In you our fathers trusted; they trusted, and you delivered them.
- 5 To you they cried and were rescued; in you they trusted and were not put to shame.
- 6 But I am a worm and not a man, scorned by mankind and despised by the people.
- 7 All who see me mock me; they make mouths at me; they wag their heads;
- 8 “He trusts in the Lord; let him deliver him; let him rescue him, for he delights in him!”
- 9 Yet you are he who took me from the womb; you made me trust you at my mother’s breasts.
- 10 On you was I cast from my birth, and from my mother’s womb you have been my God.
- 11 Be not far from me, for trouble is near, and there is none to help.
- 12 Many bulls encompass me; strong bulls of Bashan surround me;
- 13 they open wide their mouths at me, like a ravaging and roaring lion.
- 14 I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted within my breast;
- 15 my strength is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death.
- 16 For dogs encompass me; a company of evildoers encircles me; they have pierced my hands and feet—
- 17 I can count all my bones— they stare and gloat over me;
- 18 they divide my garments among them, and for my clothing they cast lots.
- 19 But you, O Lord, do not be far off! O you my help, come quickly to my aid!
- 20 Deliver my soul from the sword, my precious life from the power of the dog!
- 21 Save me from the mouth of the lion!
You have rescued me from the horns of the wild oxen!
- 22 I will tell of your name to my brothers; in the midst of the congregation I will praise you:
- 23 You who fear the Lord, praise him! All you offspring of Jacob, glorify him, and stand in awe of him, all you offspring of Israel!
- 24 For he has not despised or abhorred the affliction of the afflicted, and he has not hidden his face from him, but has heard, when he cried to him.
- 25 From you comes my praise in the great congregation; my vows I will perform before those who fear him.
- 26 The afflicted shall eat and be satisfied; those who seek him shall praise the Lord! May your hearts live forever!
- 27 All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall worship before you.
- 28 For kingship belongs to the Lord, and he rules over the nations.
- 29 All the prosperous of the earth eat and worship; before him shall bow all who go down to the dust, even the one who could not keep himself alive.
- 30 Posterity shall serve him; it shall be told of the Lord to the coming generation;
- 31 they shall come and proclaim his righteousness to a people yet unborn, that he has done it. (ESV)

Main point: _____

Make additional notes at left and below:

- 1** What is the psalmist's cry (22:1)? This is quoted by Jesus in Matthew 27:46. Since we have not studied the psalm yet we will need to wait until the end of our study to understand what Jesus means by quoting the beginning of this psalm. So pay attention to the message of this psalm and we will come back to this question.
- 2** What is the psalmist's problem (22:2)?
- 3** In spite of the psalmist's problem, what is the psalmist's confidence (22:3-5)?
- 4** What does the psalmist say is happening to him (22:6-8)?
- 5** Verse 8 is used in Matthew 27:43. Who says these words and who are they saying it about? What is the message in Matthew's gospel regarding this scene?
- 6** In spite of what is happening to the psalmist, what is his hope (22:9-11)?
- 7** What does the psalmist describe as happening to him (22:12-18)?
- 8** Verse 18 is quoted in John 19:24. What is the scene in that gospel and what is the message? Do verses 16-18 of Psalm 22 also apply?
- 9** What is the cry of the psalmist (22:19-21)?
- 10** Verse 21 contains a key transition to this psalm. What does the psalmist say has happened?
- 11** What does the psalmist say he is going to do (22:22-24)? Why will he do these things?
- 12** What is the psalmist's hope (22:25-26)?

13 What is the result of this deliverance (22:27-31)?

14 Look at the final words of this psalm. What were the final words of Jesus from the cross?

15 Returning to the beginning of our study, Jesus quotes the beginning of this psalm in Matthew 27:46. What seems to be the message that Jesus is teaching to those who are passing by, those who are near the cross, and those who are being crucified with him? Explain.

TRANSFORMATION:

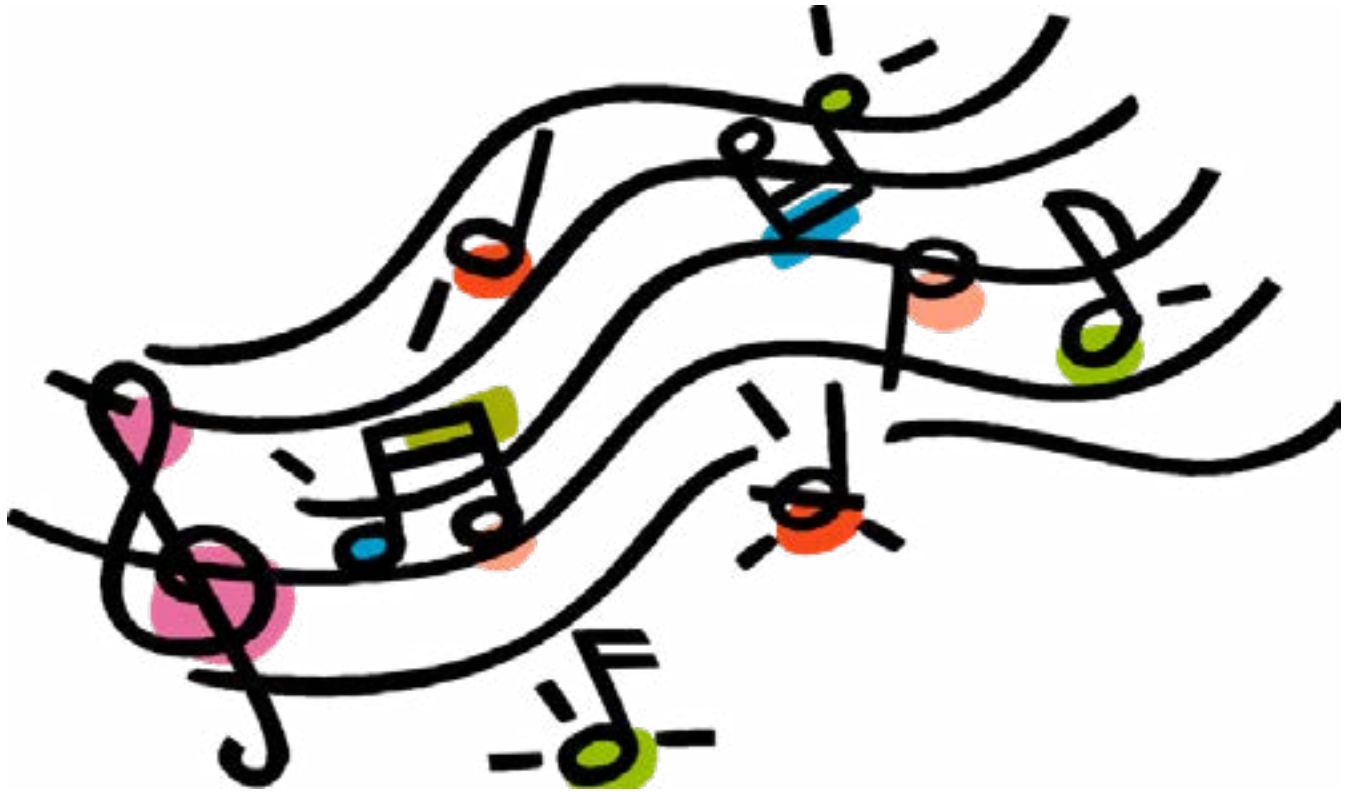
✍ What does this psalm teach you about God?

✍ How does this change how you will think about God and approach God?

✍ How will this psalm change how you live your life today?

Spurgeon: "Salvation's glorious work is done, there is peace on earth, and glory in the highest. "It is finished," these were the expiring words of the Lord Jesus, as they are the last words of this Psalm. May we by living faith be enabled to see our salvation finished by the death of Jesus!"

PSALMS



INSTRUCTIONS FROM ISRAEL'S BOOK OF SONGS

VOLUME 1 — PSALMS 1-22

SELF-STUDY WORKBOOK

by: Brent Kercheville