

Psalms: The Hymnbook of Ancient Israel

Ray Stedman – “A psalm is a hymn, a sacred song. The book of Psalms was the hymnbook of ancient Israel. Many of these songs were written to be sung in public.”

1. You can be **honest** with God (Psalm 13; Psalm 73)
2. You can **rely** on God (Psalm 46; Psalm 121)
3. You can **ask** God (Psalm 85)

Who wrote the Psalms?

- **David** – He wrote about half of the Psalms.
- **Moses** – He wrote two Psalms.
- **Solomon** – He wrote two Psalms.
- **King Hezekiah** – He wrote ten Psalms.
- **Sons of Korah** – This group of worship leaders wrote many Psalms.
- **Asaph** – A Levite and director of David’s choir wrote other Psalms.
- **Unknown Authors** – These people wrote a few Psalms, too.

The book of Psalms is the **longest** book in the Bible.

The 150 Psalms can be divided into five sections.

- Psalms 1-41 relate to **Genesis**. The theme is about human life and the needs of the human heart.
- Psalms 42-72 relate to **Exodus**. The theme is about God’s activity to redeem His people.
- Psalms 73-89 relate to **Leviticus**. The theme is about drawing near to God and worshipping Him.
- Psalms 90-106 relate to **Numbers**. The theme is about persevering during times of testing and failure.
- Psalms 107-150 relate to **Deuteronomy**. The theme is about how God redeems and transforms His people.

Selah (Psalm 20) – “Stop and think, pause and study.”

Maskil (Psalm 42) – The Hebrew (musical) word that means “teaching.”

The book of Psalms offers readers **variety**.

- **Praise** – Psalm 150
- **Comfort** – Psalm 23
- **Justice** – Psalm 83
- **Messianic** – Psalm 22

The **New Testament** quotes the Psalms more than any other Old Testament book.

1. God calls His people to **mediate** on His Word day and night.

Psalm 1:1-2 – *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; but his delight is in the law of the Lord, and on his law he meditates day and night.*

i. **Read**. ii. **Study**. iii. **Memorize**. iv. **Apply**. v. **Live**. vi. **Teach**.

2. The Lord offers His children spiritual **assurance**.

Psalm 23 – *The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.*

i. **Saves**. ii. **Leads**. iii. **Restores**. iv. **Comforts**. v. **Heals**. vi. **Promises**.

3. God reveals the **pain** of unconfessed sin and the **power** of forgiveness.

Psalm 32:1-5 – *Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit. For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the Lord," and you forgave the iniquity of my sin.*

i. **Cross**. ii. **Forgiveness**. iii. **Conviction**. iv. **Confession**. v. **Grace**. vi. **Freedom**.

4. God is worthy to be **praised**.

Psalm 150 – *Praise the Lord! Praise God in his sanctuary; praise him in his mighty heavens! Praise him for his mighty deeds; praise him according to his excellent greatness! Praise him with trumpet sound; praise him with lute and harp! Praise him with tambourine and dance; praise him with strings and pipe! Praise him with sounding cymbals; praise him with loud clashing cymbals! Let everything that has breath praise the Lord! Praise the Lord!*

i. **What**. ii. **When**. iii. **Where**. iv. **Why**. v. **How**. vi. **Who**.

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i. _____. ii. _____. iii. _____. iv. _____. v. _____. vi. _____.

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