

# *Psalms*

## Introduction

The Book of Psalms is a collection meaning songs/hymns compiled into five books written over a thousand year period (c. 1410 to 430 B.C), beginning with the Exodus and concluding with the return of the exiles from Babylon. This collection of Psalms was the inspired prayer and praise book of the nation of Israel in their temple worship. It has been called "the heart of the Bible". Martin Luther called it "The Little Bible" and Jerome called it, "The Bible within the Bible". The Book of Psalms is quoted more times in the New Testament (69 times) than any other book, with the exception of Isaiah. Psalms contains the longest chapter in the Bible in 119 and the shortest in 117. The Psalms are loved because they speak to what all of us feel during this life.

**Key Chapter** – Psalm 119. The Word of God

**Key Word** – Praise, used over 150 times

## **The Structure:**

Psalms is subdivided into five books following the themes of the Pentateuch. Each section closes with a doxology.

	Book 1 Ps. 1-41	Book 2 Ps. 42-72	Book 3 Ps. 73-89	Book 4 Ps. 90-106	Book 5 Ps. 107-150
Doxology	41:13	72:18-19	89:52	106:48	150:6
Most Like	Genesis	Exodus	Leviticus	Numbers	Deuteronomy
Outline	Man's Blessing (1) Man's Fall (2-15) Man's Salvation (16-41)	Israel's Ruin (42-29) Israel's Redeemer (50-60) Israel's Redemption (61-72)	The Sanctuary & Man (73-83)  The Sanctuary and God(84-89)	Rest for the earth desired (90-104) Rest for the earth anticipated (100-106) Rest for the earth celebrated (100-106)	Experiences (107-118) Exposition (119) Expectation (120-150)

## Types of Psalms

### **Psalms of the Troubled Soul (Laments)**

-**Individual** (3, 17, 22, 31, 39, 42, 57, 71, 88, 120, 139, 142)

-**Corporate** (12, 44, 80, 94, 137)

### **Psalms of Thanksgiving**

-65, 67, 75, 107, 124, 136, 18, 30, 32, 34, 40, 66, 92, 116, 118, 138

### **Psalms of Praise**

-8, 19, 104, 66, 100, 111, 114, 149, 33, 103, 113, 117, 145-7

### **Psalms of Salvation**

-78, 105-6, 135-6

### **Psalms of Celebration by Israel**

-Covenant Renewal – 50, 81

-Davidic Covenant - 89, 132

-Royal Psalms- 2, 18, 20, 21, 45, 72, 101, 110, 144,

-Enthronement Psalms- 24, 29, 47, 93, 95-9,

-Songs of Zion - 46, 48, 76, 84, 87, 122

### **Psalms of Wisdom**

-36, 37, 49, 112, 128, 128, 133

## **Psalms of Trust**

-11, 16, 23, 27, 62-3, 91, 121, 125, 131

### **Messianic Psalms**

The Psalms often anticipate the coming Messiah. In Psalms 2 we see the witness to Christ the Son of God. In Psalm 8:4-6 we see witness to Christ as the Son of man. In Psalm 89:3-4 we see witness to Christ as the Son of David. We also see Christ in His offices as Prophet (22:22), Priest (110:4), and King (Psalm 2).

Psalm 22  
Suffering Savior  
The Good Shepherd  
John 10:11  
Past  
Cross

Psalm 23  
Living Savior  
The Great Shepherd  
Hebrews 13:20  
Present  
Crook

Psalm 24  
Exalted King  
The Chief Shepherd  
1 Peter 5:4  
Future  
Crown

### **Psalm 119**

This Psalm is special in several ways. First, it is the longest chapter in the Bible. In most editions of the Bible, the 22 sections of this chapter are headed by the letters of the Hebrew alphabet. Also, God is mentioned in every verse, and all but three verses mention the Bible. In Psalm 119 we see:

#### **I. What the Bible Is!**

- a. Wealth and treasure (14, 72, 127, 162)
- b. A lamp (105, 130)

#### **II. What the Bible Does!**

- a. It blesses (1-2)
- b. It gives life (25, 37, 40, 50, 88, 93)
- c. It gives strength (28)
- d. It gives liberty (45)

#### **III. What We Must Do With the Bible!**

- a. Love It! (97, 159)
- b. Study It! (7, 12, 18, 26-27)
- c. Meditate on It! (15, 23, 48, 78, 97, 99, 148)
- d. Trust It! (42)
- e. Obey It! (1-8)

### **Conclusion:**

The Psalms are the expression of human experience written through Divine inspiration. They will meet a need in every life if they are read for enrichment and for meditation. What a storehouse of precious truths!