

Learning to Love the Psalms

What You Need to Have in Mind

1. Psalms are Informative & Instructive

- revealing re: God, man, life together
- reflects the organization of Torah
- Torah is 5 books of Moses (Gen. – Deut.)
- divisions in five sections
- 1-41, 42-72, 73-89, 90-106, 106-150
- word for law – Torah
- general meaning of Torah – instruction

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- delight in the law, meditate on it day & night
- information to be delighted in & meditated on found in the Psalms (instruction of God)

2. They are Poems & Songs

- intended to stir up, touch, gives points of identifying
- avenues to express emotions around truth
- don't read only for information & instruction, feel
- identify with our condition, give direction for response
- check out this list

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- Loneliness: “I am *lonely* and afflicted” ([Psalms 25:16](#)).
- Love: “I *love* you, O Lord, my strength” ([Psalms 18:1](#)).
- Awe: “Let all the inhabitants of the world stand in *awe* of him” ([Psalms 33:8](#)).
- Sorrow: “My life is spent with *sorrow*” ([Psalms 31:10](#)).
- Regret: “I am *sorry* for my sin” ([Psalms 38:18](#)).
- Contrition: “A broken and *contrite* heart, O God, you will not despise” ([Psalms 51:17](#)).
- Discouragement and turmoil: “Why are you cast down, O my soul, and why are you in turmoil within me” (Psalms 42:5)?

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- Shame: “Shame has covered my face” (Psalms 44:15).
- Exultation: “In your salvation how greatly he exults” (Psalms 21:1).
- Marveling: “This is the Lord’s doing; it is marvelous in our eyes” (Psalms 118:23).
- Delight: “His delight is in the law of the Lord” (Psalms 1:2).
- Joy: “You have put more joy in my heart than they have when their grain and wine abound” (Psalms 4:7).
- Gladness: “I will be glad and exult in you” (Psalms 9:2).
- Fear: “Serve the Lord with fear” (Psalms 2:11).

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- Anger: “Be angry, and do not sin” (Psalms 4:4).
- Peace: “In peace I will both lie down and sleep” (Psalms 4:8).
- Grief: “My eye wastes away because of grief” (Psalms 6:7).
- Desire: “O Lord, you hear the desire of the afflicted” (Psalms 10:17).
- Hope: “Let your steadfast love, O Lord, be upon us, even as we hope in you” (Psalms 33:22).
- Broken heartedness: “The Lord is near to the broken hearted and saves the crushed in spirit” (Psalms 34:18).

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- Gratitude: “I will thank you in the great congregation” (Psalms 35:18).
- Zeal: “Zeal for your house has consumed me” (Psalms 69:9).
- Pain: “I am afflicted and in pain” (Psalms 69:29).
- Confidence: “Though war arise against me, yet I will be confident” (Psalms 27:3)
 - songs & poems that capture and reveal the emotion in the relationship with a mighty and living God

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3. They are Inspired

- men directed by Holy Spirit in writing and arranging these truths
- meant to reveal God himself and our response to Him
- gives direction in choices & circumstances
- when I am feeling I can God will.....
- Jesus Quotes them as truth
- Mk 12:36 “³⁶ David himself, in the Holy Spirit, declared,
“The Lord said to my Lord,
“Sit at my right hand,
until I put your enemies under your feet.””

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Psalm 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.

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- 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.”

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1. Choose Influence with Care – 1-2

- not a list of rules & regulations – blessed is....
- no one feels compelled to
 - listen to and act according to the wicked
 - scoff at truth, join others in mocking right
 - find identity among and be counted as a sinner
- they choose that because they want to
- clear – if you want blessing this is not the route
- what are you allowing to influence & identify you

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2. Results will be Visible & Undeniable – 3-4

- look at the picture – Tree that is green and fruitful
- clearly strong, having a steady source of life
- delight and meditation develop this root system
- prospers in all seasons and endeavors
- contrast – wicked like chaff that is blown away
 - empty husk, not useful or good
 - no substance

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3. Eternal Consequences – 5-6

- separation is coming, the two will be distinguished
- wickedness & righteousness revealed
- wicked will....
 - not stand when in judgement
 - be separated from the righteous
 - perish
- righteous will
 - be known by God

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So What

1. Ask God to Reveal where you are allowing Influence
2. Delight and Dwell on Truth
 - determine to build the root system
3. Renew the Stakes
4. Respond in Communion

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Mankind's Condition

- Psalm 14:1-3

“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.

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Hope in God – Psalm 130:1-4

“Out of the depths I cry to you, O LORD!

² O Lord, hear my voice!

Let your ears be attentive
to the voice of my pleas for mercy!

³ If you, O LORD, should mark iniquities,
O Lord, who could stand?

⁴ But with you there is forgiveness,
that you may be feared.”

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Repentance & Acceptance – Psalm 32:1-7

“Blessed is the one whose transgression is forgiven,
whose sin is covered.

² Blessed is the man against whom the LORD counts no
iniquity,
and in whose spirit there is no deceit.

³ For when I kept silent, my bones wasted away
through my groaning all day long.

⁴ For day and night your hand was heavy upon me;
my strength was dried up as by the heat of summer.

Selah

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⁵ 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. Selah

⁶ Therefore let everyone who is godly
offer prayer to you at a time when you may be found;
surely in the rush of great waters,
they shall not reach him.

⁷ You are a hiding place for me;
you preserve me from trouble;
you surround me with shouts of deliverance. “