

# **“DISCOVERING THE UNREAD BESTSELLER”**

Week 16: Sunday, February 12, 2012

## **PSALMS – “HEARTSONGS”**

### **BACKGROUND & TITLE**

The Book of Psalms is the \_\_\_\_\_ and perhaps most widely used book in the Bible. It is a Book that explores the \_\_\_\_\_ range of human \_\_\_\_\_ and \_\_\_\_\_ in a very real and personal way. The chapters are \_\_\_\_\_ sincerely expressed from within, and not just \_\_\_\_\_ or \_\_\_\_\_ feelings. The Book was gradually collected and was originally unnamed, due in part, to the great variety of material. It came to be known as *Sepher Tehillim* – “Book of \_\_\_\_\_”, because almost every Psalm contains some note of praise to God. The Greek Septuagint adopted the Greek word *Psalmoi* as the book’s title, meaning “a song sung to the accompaniment of a plucked/stringed instrument”.

### **AUTHOR**

The “\_\_\_\_\_” as the Book of Psalms is often referred to, is actually comprised of five books in one; with each book (within the Book) ending in a doxology (see the attached green sheet entitled, “The Book(s) of Psalms” and the yellow sheet “Outline of Psalms”). The **first book** comprises the Psalms \_\_\_\_\_. All of these are ascribed to David, except Psalms 1, 2, 10 and 33, which, although untitled in the Hebrew, have also been traditionally ascribed to David. The **second book** consists of the next \_\_\_\_ Psalms (42-72). Eighteen of these are ascribed to David. The remaining Psalms in Book 2, while generally anonymous, have been attributed to the \_\_\_\_\_ of \_\_\_\_\_. The **third book** contains \_\_\_\_ Psalms (73-89), most of which have been attributed to \_\_\_\_\_ (a priest who headed the service of music). The **fourth book** also contains \_\_\_\_ Psalms (90-106), of which Psalm 90 is ascribed to Moses and Psalms 101 and 103 to David. The **fifth and final book** contains the \_\_\_\_\_ remaining Psalms, of which 15 are ascribed to David and one (Psalm \_\_\_\_\_) as a charge to Solomon. Some of the anonymous Psalms have been attributed to \_\_\_\_\_.

Point of interest: \_\_\_\_\_ of the Davidic Psalms pertain to key \_\_\_\_\_ in David’s life, as outlined in the Books of 1 & 2 Samuel. From 1 Samuel – (1) Psalm 59 (1 Sam. 19:11); (2) Psalm 56 (1 Sam. 21:11); (3) Psalm 34 (1 Sam. 21:13); (4) Psalm 142 (1 Sam. 22:1); (5) Psalm 52 (1 Sam. 22:9); (6) Psalm 54 (1 Sam. 23:19); (7) Psalm 57 (1 Sam. 24:3). From 2 Samuel – (8) Psalm 60 (2 Sam. 8:13); (9) Psalm 51 (2 Sam. 12:13); (10) Psalm 3 (2 Sam. 15:16); (11) Psalm 63 (2 Sam. 15:23); (12) Psalm 7 (2 Sam. 16:5); and, (13) Psalm 18 (2 Sam. 22-2-51).

### **SNAPSHOT**

The 150 “songs” in the Book of Psalms run from the time of \_\_\_\_\_ through the patriarchal, theocratic, monarchical, exilic, and postexilic periods. They contain an enormous breadth of subject matter, including such diverse topics as war, peace, jubilation, tribulation, worship, judgement, prophecy, praise and lament. The Psalms were set to the accompaniment of stringed instruments and served as the temple “\_\_\_\_\_” and a “\_\_\_\_\_” guide for the Jewish people. Scholars have determined that there are groups of Psalms that can be classified together based on topical similarity. For example, Psalms can be collectively grouped as: (1) \_\_\_\_\_; (2) individual laments; (3) community laments; (4) songs of \_\_\_\_\_; (5) individual \_\_\_\_\_ psalms; (6) \_\_\_\_\_ psalms; (7) \_\_\_\_\_ psalms; (8) \_\_\_\_\_ psalms; and, (9) liturgical psalms.

In addition to the Book of Psalms, there are at least \_\_\_\_ other Psalms (or songs) found in the Old Testament:

- The song of the sea (Exodus 15:1-18)
- The song of Moses (Deuteronomy 32:1-43)
- The song of Deborah (Judges 5)
- The song of Hannah (1 Samuel 2:1-10)
- A psalm of David (2 Sam. 22:2-51)
- Job’s lament psalms (Job 3, 7, 10)
- A doxology in Isaiah (Isaiah 12:4-6)
- The song of Hezekiah (Isaiah 38:9-20)
- Jeremiah’s lament psalms (Lamentations 3:19-38; 5)
- The prayer of Jonah (Jonah 2:1-9)
- The prayer of Habakkuk (Habakkuk 3:2-19)

Points of Interest: Psalm \_\_\_\_\_ is the shortest of the Psalms, containing only two verses. Psalm \_\_\_\_\_ is the longest Psalm. It is composed of 176 verses, in sets of eight verses, each set beginning with one of the 22 Hebrew letters of the alphabet. (Other Psalms have this alphabetical arrangement as well). Psalms 120-134 are known as “Songs of Degrees”. These Psalms were used as hymns by pilgrims as they approached the Temple in

Jerusalem.

## **THE PURPOSE OF PSALMS IN THE BIBLE**

As we have seen, there are different types of Psalms, with each expressing a variety of different emotions and feelings resulting from specific situations and circumstances. Yet overall, the common theme of the Psalms is \_\_\_\_\_. God is worthy of praise because of who He is, what He has done, what He is doing and what He will accomplish in the future. The \_\_\_\_\_ of God extends through all time and eternity (GIG-ATT, ATT-GIG). The Psalms present a very personal response to the individual, and the work of God, can then be reflected in the life of that person before others. Many of the Psalms draw attention to the \_\_\_\_\_ of God and the \_\_\_\_\_ of God, especially during difficult times. This kind of faith produces confidence in His grace and power in spite of outer circumstances. Many times as we read the Psalms, it's like we're seeing ourselves in a \_\_\_\_\_. The Psalms are \_\_\_\_\_ having survived and given \_\_\_\_\_ to every reader in every era of time.

## **THE COMMON THREAD OF JESUS :**

Many of the Psalms specifically anticipated the life and ministry of Jesus Christ, the One who would come centuries later as Israel's promised Messiah. The chart on the attached green handout lists some of the specific messianic \_\_\_\_\_ found in the Book of Psalms together with their respective \_\_\_\_\_ in the New.

## **LIFE LESSONS TO APPLY FROM THE PSALMS IN OUR LIVES TODAY**

1. Trust \_\_\_\_\_ first over \_\_\_\_\_ or \_\_\_\_\_ else.  
(Psalm 20:7); (Psalm 23:1); (Psalm 147:11)
2. Treat God's \_\_\_\_\_ as your most \_\_\_\_\_ Book.  
(Psalm 119:9-16) (Psalm 119:33-40)
3. Ask God to \_\_\_\_\_ the \_\_\_\_\_ for every \_\_\_\_\_.  
(Psalm 19:14) (Psalm 63:3-4) (Psalm 139:23-24)
4. When \_\_\_\_\_ strikes, know you aren't \_\_\_\_\_.  
(Psalm 46:1) ((Psalm 71:20-21) (Psalm 91)
5. When upset or in despair, don't complain to \_\_\_\_\_ – talk to \_\_\_\_\_.  
(Psalm 4:1) (Psalm 13) (Psalm 55:22)
6. \_\_\_\_\_ for a minute, will you? \_\_\_\_\_ is trying to get your \_\_\_\_\_!  
(Psalm 37:7) (Psalm 46:10)
7. Make \_\_\_\_\_ a daily \_\_\_\_\_.  
(Psalm 34:1-4) (Psalm 100) (Psalm 150)

*“Tell God all that is in your heart, as one unloads one's heart, its pleasures and its pains, to a dear friend. Tell Him your troubles, that He may comfort you; tell Him your joys, that He may sober them; tell Him your longings, that He may purify them; tell Him your dislikes, that He may help you to conquer them; talk to Him of your temptations, that He may shield you from them; show Him the wounds of your heart, that He may heal them; lay bare your indifference to good, your depraved tastes for evil, your instability. Tell Him how self-love makes you unjust to others, how vanity tempts you to be insincere, how pride disguises you to yourself as to others. If you thus pour out all your weaknesses, needs, troubles, there will be no lack of what to say. You will never exhaust the subject. It is continually being renewed. People who have no secrets from each other never want for subjects of conversation. They do not weigh their words, for there is nothing to be held back; neither do they seek for something to say. They talk out of the abundance of the heart, without consideration, just what they think. Blessed are they who attain to such familiar, unreserved dialogue with God.”* – Fenelon