



## Week 16 Psalms

Every Sunday evening at [Bible Explorer](#) we will explore the question

***'What does this book from the Bible mean for us today?'***

### CATEGORIES OF PSALM

- ***Songs of Praise***

Expressing praise to God simply for who He is

*Psalms 100, 95, 8, 107, 150, 117*

- ***Laments or Prayers in Times of Trouble***

Expressing raw emotions to God, articulating the human struggle with disappointment, distress, defeat and discouragement; anger, jealousy, betrayal and hostility; anxiety, loneliness and insecurity; guilt and sinfulness. Also some "Imprecatory psalms" included in this category

*Community laments - Psalms 44, 58, 83, 94, 74, 79, 90, 137*

*Individual laments - Psalms 3, 51*

- ***Songs of Thanksgiving***

Expressing joy because of a good thing God has done for the person or people bringing the psalm

*Individual - Psalm 116*

*Community – Psalm 136 (chorus: "His love endures for ever")*

- ***Songs of Trust or Affirmations of Faith***

Expressing our trust in an unchanging God whether we are doing well, or not so well

*Psalms 46, 91, 23*

- ***Wisdom Poetry***

Extolling the merits of wisdom and the wise life

*Psalms 1, 19: 7-10, 133, 119*

- ***Looking Towards Jesus***

*Christ's Passion – Psalm 22*

*Hebrews 1 quotes from Psalms 2, 45, 102 and 110*

- ***Songs of Ascent***

Pilgrim songs which may have been recited or sung as pilgrims went up to Jerusalem to celebrate the annual feasts

*Psalms 120 – 134*

### WHAT DOES THE BOOK OF PSALMS MEAN FOR US TODAY?

It's a book to be **used**, corporately and individually. Poetry, not theology. Use them to praise God, to express a whole range of emotions. Read them aloud, sing them, shout them, pray them

Memorise ... summarise ... paraphrase ... write your own



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**Psalm 3 A Lament of David when threatened by rebellion led by his son, Absalom.  
Absalom was killed in the ensuing battle 2 Samuel Chs 15-19**

Address	v1	<i>O Lord,</i>	NB doesn't have to be fancy
Complaint	vv1-2	<i>How many are my foes How many rise up against me Many are saying of me: "God will not deliver him!"</i>	Substitute any problem/ misery/ difficulty you are in
Trust	vv3-6	<i>But you are a shield around me O Lord; You bestow glory on me and lift up my head. To the Lord I cry aloud, and He answers me from His holy hill. I lie down and sleep; I wake again, because the Lord sustains me. I will not fear the tens of thousands drawn up against me on every side.</i>	Remember what God has done before  God is in control and gives sleep and hope to the faithful
Plea for Deliverance	v7a	<i>Arise, O Lord! Deliver me, O my God</i>	Direct plea for help. NB comes <u>after</u> the expression of Trust
Assurance	v7b	<i>You have struck all my enemies on the jaw You have broken the teeth of the wicked.</i>	Metaphorical language = "You have knocked out all my problems" Faith is spelt R-I-S-K: It is "being sure of what we hope for." Heb 1: 1
Praise	v8	<i>From the Lord comes deliverance. May Your blessing be on Your people.</i>	The Lord is the Victor. God acts and answers faithfully

All the laments will work in this circular fashion starting with orientating ourselves to God, stating the thing that is disorientating us and ending with a stronger reorientation towards Him.

**Psalm 51 A Lament/Penitential Psalm of David, when Nathan the prophet came to him after he had stolen Bathsheba from Uriah and had Uriah killed in battle.**

Address	v1	<i>O God,</i>	Cry for help
Conviction of Sin	vv1-5	<i>Have mercy on me according to your faithful love; According to your great compassion Blot out my transgressions</i>	David agonising with a guilty conscience.  Plea for cleansing



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Trust	v6	<i>Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight; [you are right when you accuse me and justified in passing sentence.]* Surely I was sinful at birth, sinful from the time my mother conceived me. Surely you desire truth in the inner parts; you teach me wisdom in the inmost place.</i>	<b>Personal accountability</b>  <b>Recognition he has broken the last five commandments</b>  <b>The 'universal fault-line' in the human character David has faith God will hear his deep yearning for integrity</b>
Plea for Deliverance	vv7-12, 14a	<i>Cleanse me with hyssop, and I shall be clean; Let me hear joy and gladness; Let the bones you have crushed rejoice <b>Hide your face from my sins And blot out all my iniquity.</b> <b>Create in me a pure heart, O God, and renew a steadfast spirit within me.</b> <b>Do not cast me from your presence Or take your Holy Spirit from me.</b> <b>Restore to me the joy of your salvation And grant me a willing spirit, to sustain me.</b> Save me from bloodguilt, O God The God who saves me.</i>	<b>David prays for: Purification</b>  <b>A new beginning Spiritual renewal Plea against separation from God, from Holy Spirit</b>  <b>Wants to know joy again</b>  <b>Salvation from the penalty for murder</b>
Assurance	vv 13-17	<i>Then I will teach transgressors your ways, And sinners will turn back to you My tongue will sing of your righteousness. O Lord, open my lips, And my mouth will declare your praise You do not delight in sacrifice, or I would bring it; You do not take pleasure in burnt offerings The sacrifices of God are a broken spirit; A broken and contrite heart, O God, you will not despise.</i>	<b>David will be a good example once more</b>  <b>Joy and gladness are returning</b>  <b>God is merciful to the truly penitent</b>
Praise	vv 18-19	<i>In your good pleasure make Zion prosper; Build up the walls of Jerusalem. Then there will be righteous sacrifices, Whole burnt offerings to delight you; Then bulls will be offered on your altar.</i>	<b>David the King has a vision for his nation offering righteous sacrifices from a penitent heart</b>