



HOW TO USE

The Psalms

to recenter your life with God



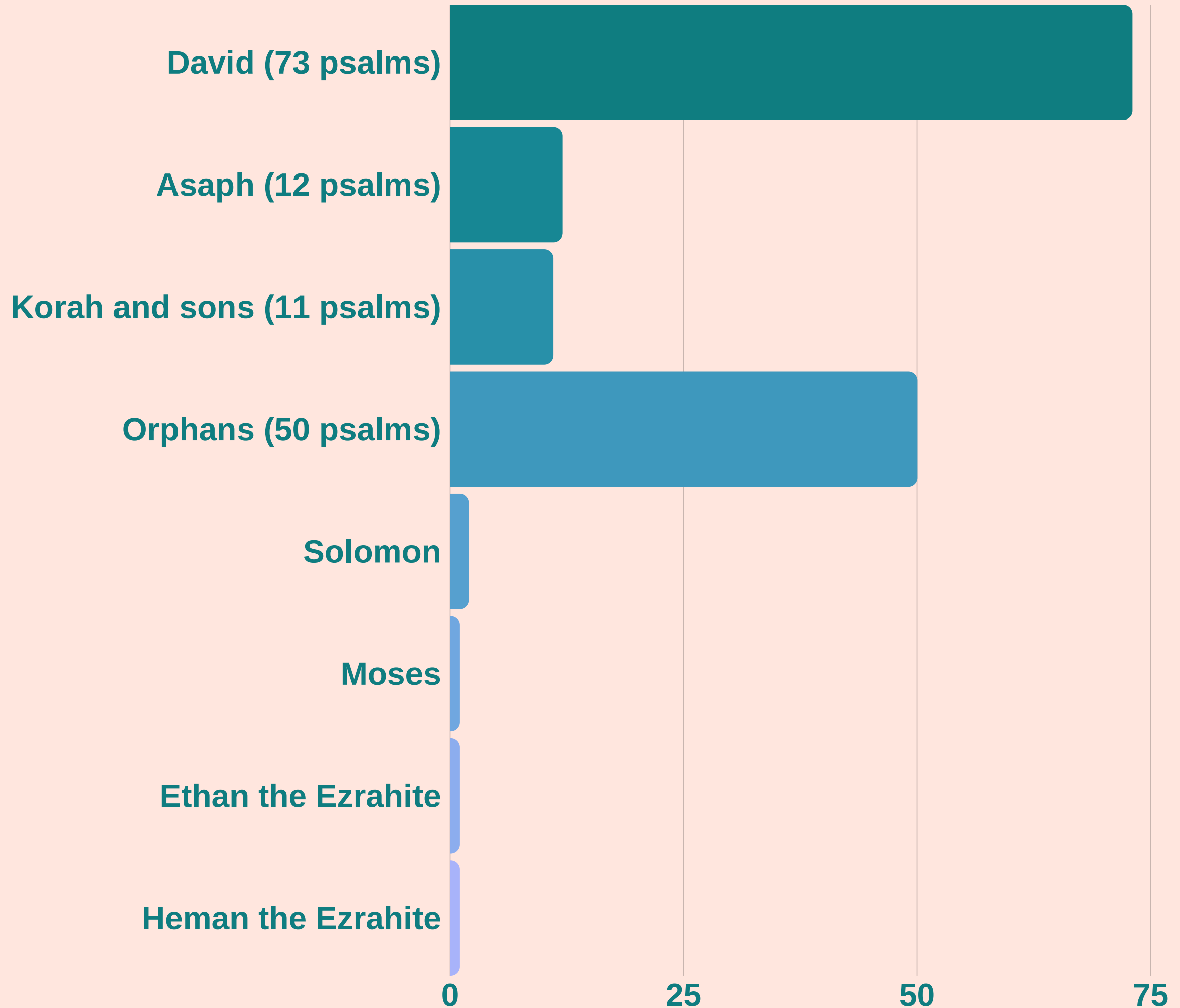
Today's Discussion

OUTLINE OF TOPICS

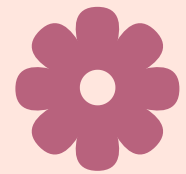
1. Who wrote the psalms?
2. What was their purpose?
3. How can we use them for our lives now?
4. Do they play a role in our service?

Who wrote them?

And... why were they attributed to David?!

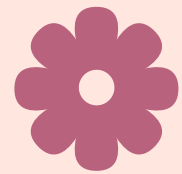


Different Psalms for different purposes:



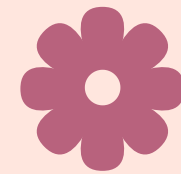
INSTRUCTIVE

Teaching about
God's law and
instructing the
people on theology
(1; 19; 119)



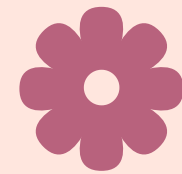
DEVOTIONAL

Penitence and
contrition for sins
committed (51)



PRAISE & LITURGICAL

A call to worship and
thanksgiving (117).
Psalms chanted
during festal
processions (24)



LAMENT & SUPPLICATION

Crying out to God in
the need or to
intercede for others
because of personal
or communal
distress (86)



What do the psalms for us?

Psalm 19

SHOWING EXTREME DELIGHT IN GOD'S
COMMANDS

I have rejoiced in the way of Your testimonies,
as much as **in all riches** (14) ... I will **delight myself**
in Your statutes; I will not forget Your word (16) ...
Open my eyes, that I may see **wondrous things**
from Your law (18) ... Your statutes have been my
songs in the house of my pilgrimage (54) ... The
law of Your mouth is **better to me than**
thousands of coins of gold and silver (72) ... How
sweet are Your words to my taste, **sweeter than**
honey to my mouth! (103)

PSALM 119

If you doubt God's care; ask earth and heaven;
ask the sun and the moon; ask the senseless
creatures and the plants; ask the rocks, the
mountains, the hilltops and the sand dunes; ask
the night and the day; for God's care is clearer
than the sun and its sunbeams. Everywhere you
go, ask the wilderness and the inhabited places,
on earth and in the seas. Wherever you go, you
can hear a verbal testimony of this tremendous
care

ST. JOHN CHRYSOSTOM

Psalm 50



BRINGING GOD THOSE TIMES OF INTENSE
JOY

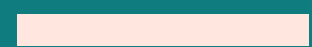
The one thing I ask of the Lord—the
thing I seek most—is to live in the
house of the Lord all the days of my
life, delighting in the Lord's
perfections and meditating in his
Temple.

PSALM 27:4

All enjoyment spontaneously
overflows into praise

C.S. LEWIS

Psalm 137



WHAT TO DO WITH MY BITTERNESS



Who are the little ones of Babylon? The evil desires at their birth, whose roots should be fought before they gain strength. When they are still infants, do not, by any mean, leave them until they develop into grown-up evil habit; Destroy them!

ST AUGUSTINE

1 Timothy 4:12

Don't let anyone look down on you because you are YOUNG.

But set an example for the believers

in speech, in conduct, in love, in faith and in purity.

The Book of Psalms

Beautiful Poetry turned into deep Prayers

Meanings....

- The Hebrew title of the book translates to "praises."
- The word "psalm" comes from the Greek Psalmoi, meaning "songs."
- This book is also called the Psalter.
- Originally, these 150 poems were meant to be sung and were used in ancient Jewish worship services, accompanied by lyres, flutes, horns, and cymbals. King David established a 4,000 piece orchestra to play during worship (1 Chronicles 23:5).
- Over the centuries, Bible scholars and Fathers of the church have debated over categorizing the Psalms. They fall into these general types of hymns: laments, praise, thanksgiving, celebrations of God's law, wisdom, and expressions of confidence in God. Further, some pay tribute to Israel's royalty, while others are historical or prophetic.
- Our Lord Jesus Christ loved the Psalms.
- With his dying breath, he quoted Psalm **31:5 from the cross:**
- **"Father, into your hands I commit my spirit." (Luke 23:46, NIV)**

Who.....When....Whom

Following are the authors and the number of Psalms attributed to them:

- **David, 73**

- Asaph, 12; sons of Korah, 9; Solomon, 2; Heman, 1; Ethan, 1; Moses, 1;

- and anonymous, 51.

• Approximately B.C. 1440 to B.C. 586.

Written To

• **God,**

• **the people of Israel, and believers throughout history.**

How can I use the Psalm in my relationship with Christ and my fellow

- **LOVE** : “But thou, O Lord, art a God full of compassion, and gracious, long suffering, and plenteous in mercy and truth.” - Psalm 86:15
- **Forgiveness**: My sacrifice is a humble spirit, O God; you will not reject a humble and repentant heart. Psalm 51
- **Protection**, Psalm 91. It is commonly invoked in times of hardship.

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.

Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.

He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler (a small round shield held by a handle or worn on the forearm).

- **Salvation**: Psalm 118: 8-14
- **LOVE** : Behold, how good and pleasant it is when brothers dwell in unity! Psalm 133:1
- **How to ACT**: He who walks blamelessly and does what is right and speaks truth in his heart; who does not slander with his tongue and does no evil to his neighbor, Psalm 15

Is it useful for me in my service....or as a servant...?

- Service is not a position that we are offered or granted.
- It's out of the love of God, given back to the community.
- If me as a son of God loved the Psalms, prayed with them, got the comfort the support, understood the meaning of some that I like, I will definitely pour out to my surroundings without even feeling. I will enjoy humming with them when alone or free, I will share with my friends what the Psalms hold from Promises of forgiveness, mercy, lifting, salvation....etc.