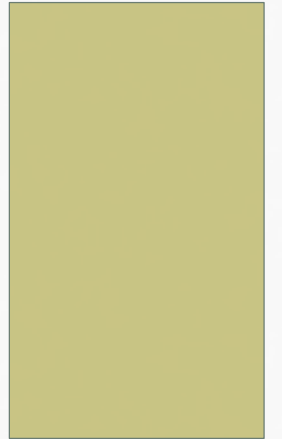


# **OVERVIEW OF THE PSALMS**

**ISRAEL'S HYMN BOOK**



# OVERVIEW OF THE PSALMS

Loving the Psalms

Praying the Psalms

Knowing the Psalms

Worshiping through the Psalms

# LOVING THE PSALMS

# WILLEM VANGEMEREN

“The book of Psalms can revolutionize our devotional life, our family patterns, and the fellowship and witness of the church of Jesus Christ.”

# MATTHEW HENRY

“We have now before us one of the choicest parts of the Old Testament, wherein there is so much of Christ and His Gospel, as well as of God and His law, that it has been called the summary of both Testaments.”

# J.J. STEWART PEROWNE

“No single book of Scripture, not even of the New Testament, has, perhaps, ever taken such hold on the *heart* of Christendom.”

# C.S. LEWIS

“The most valuable thing the Psalms do for me is to express the same delight in God which made David dance.”

# R.C. SPROUL

“Whenever I read the Psalms,  
I feel like I am eavesdropping  
on a saint having a personal  
conversation with God.”



# JESUS

“Then He said to them, ‘These are my words that I spoke to you while I was still with you, that everything written about me in the Law of Moses and the Prophets and the Psalms must be fulfilled.’” – Luke 24:44

# PRAYING THE PSALMS

# R.C. SPROUL

“In the Psalms, we have a collection of 150 prayers that were inspired originally by the Holy Ghost. If you want to know how God is pleased and honored in prayer, why not immerse yourself in the prayers that He himself has inspired?”

# THE EARLY CHURCH

And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers.

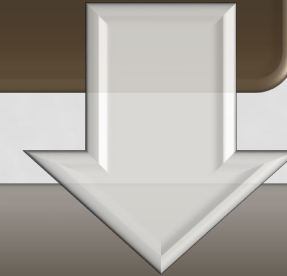
– Acts 2:42

# THE DISCIPLES

And when they had sung a hymn, they went out to the Mount of Olives. – Matthew 26:30

# PRAYING THE PSALMS

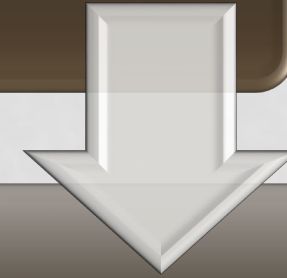
**Teaches us to pray.**



**Trains us to respond to  
the riches of Bible truth.**

# PRAYING THE PSALMS

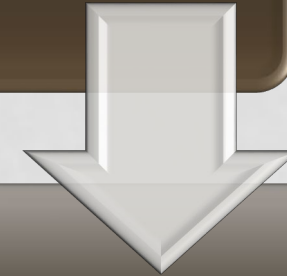
**Shapes well-rounded people  
to pray in all of human life.**



**Reorients disordered  
affections into God's  
good order.**

# PRAYING THE PSALMS

Can sweeten sour emotions.



Guards us against  
dangerously  
individualistic piety.



# PRAYING THE PSALMS

**Arouses us to warmth in our  
relationship with God.**

# PRAYING THE PSALMS



## Five Psalms

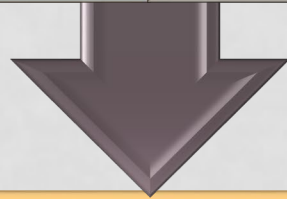
# KNOWING THE PSALMS

# BACKGROUND AND STRUCTURE

## Diversity of Content

Israel's Hymnbook

Personal Journal



## Diversity of Background

Variety of Authors

# DIVERSITY OF STRUCTURE

Certain Psalms belong together

Psalms 120-134 – Songs of Ascent

Man

Deliverance

Sanctuary

Wandering

Word of the  
Lord

Entire book is divided into five books

Book One:

1-41

Book Two:

42-72

Book Three:

73-89

Book Four:

90-106

Book Five:

107-150

Genesis

Exodus

Leviticus

Numbers

Deuteronomy

# THEME AND APPLICATION

Psalm 1-2 serve as an introduction to the book.

- Book-ended by the word “blessed”

Psalm 146-150 serve as the conclusion.

- Book-ended by the words “praise the Lord” or “Hallelujah”

# WORSHIPING THROUGH THE PSALMS

# ULTIMATELY, THE COLLECTION OF PSALMS ARE ABOUT WORSHIP!

Worship =

Ascribing to God  
His proper worth

NOT restricted to  
stated times,  
places, and forms.



# ULTIMATELY, THE COLLECTION OF PSALMS ARE ABOUT WORSHIP!

Worship =

It involves the totality of life

Including daily trust and  
obedience

Including weekly  
gatherings for public praise

# HOW SHOULD GOD'S PEOPLE WORSHIP HIM?

When you want to get to  
know God...

Psalms 8, **103**, 136.

# HOW SHOULD GOD'S PEOPLE WORSHIP HIM?

When you are discouraged...

Psalm 3, **13**, 88.

# HOW SHOULD GOD'S PEOPLE WORSHIP HIM?

When you are facing the  
seemingly impossible...

Psalms **18**, 34, 116.

# HOW SHOULD GOD'S PEOPLE WORSHIP HIM?

When you need to review  
your Old Testament history...

Psalms 78, **105**, 106.

# HOW SHOULD GOD'S PEOPLE WORSHIP HIM?

When you are tempted to ask  
“WHY, GOD?”

**Psalm 1, 37, 73.**

# HOW SHOULD GOD'S PEOPLE WORSHIP HIM?

When you need to confess  
sin...

Psalms 32, **51**, 130.

# HOW SHOULD GOD'S PEOPLE WORSHIP HIM?

When you are looking for  
Christ...

Psalms 2, **22**, 45, 69, 89,  
110.



**APPLY THE TEXT**

# GET TO KNOW THE PSALMS

**Divide the book of Psalms into the 5 Books.**

**Identify various groups of Psalms.**

**Look for authorship and themes.**

# LOVE THE PSALMS

Read the “The Treasury of David” by Charles Spurgeon.

<https://www.biblestudytools.com/commentaries/treasury-of-david/>

# PRAY THROUGH THE PSALMS

Begin praying through one Psalm from each of the 5 books of Psalms each week.

Book  
One:  
Psalm 1

Book  
Two:  
Psalm 42

Book  
Three:  
Psalm 73

Book  
Four:  
Psalm 90

Book  
Five:  
Psalm  
107

# WORSHIP GOD THROUGH THE PSALMS

**Worship cannot become a chore. It is the highest joy for which you were created.**

