

Bible Teaching Resources

by Don Anderson Ministries

PO Box 6611 • Tyler, TX 75711-6611

903.939.1201 Phone • 903.939.1204 Fax

www.BibleTeachingResources.org

A Practical Study of PSALMS: Meditations in Selected Psalms

COLLECTION 2: PART 1

STUDY NUMBER ONE - PSALM 2:1-12

NOTES

v. 1 Why do the nations conspire and the peoples plot in vain?
v. 2 The kings of the earth take their stand and the rulers gather together against the Lord and against his Anointed One.
v. 3 "Let us break their chains," they say, "and throw off their fetters."
v. 4 The One enthroned in heaven laughs; the Lord scoffs at them.
v. 5 Then he rebukes them in his anger and terrifies them in his wrath, saying,
v. 6 "I have installed my King on Zion, my holy hill."
v. 7 I will proclaim the decree of the Lord: He said to me, "You are my Son; today I have become your Father."
v. 8 Ask of me, and I will make the nations your inheritance, the ends of the earth your possession.
v. 9 You will rule them with an iron scepter; you will dash them to pieces like pottery."
v. 10 Therefore, you kings, be wise; be warned, you rulers of the earth.
v. 11 Serve the Lord with fear and rejoice with trembling.
v. 12 Kiss the Son, lest he be angry and you be destroyed in your way, for his wrath can flare up in a moment. Blessed are all who take refuge in him.

QUESTIONS:

1. Read Psalm 2 and in your own words pull out the main thought of this passage.

2. How would you answer the psalmist's question in verse 1?

3. Who do the "kings" and "rulers" take their "stand" against, according to verse 2?

4. How does the Lord respond to the world's opposition, according to verse 4?

5. What does the Lord do to those who oppose Him, according to verse 5?

6. What does the Father invite the Son to do, according to verse 8?

7. What does the Lord tell the "kings" and the "rulers of the earth" to do, according to verse 10?

8. What three things does the Lord tell them to do in verses 11 & 12?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: When I read the first three verses of Psalm 2 I think of Jeremiah 6:16: “This is what the Lord says: ‘Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, “We will not walk in it.”’”

LESSON #2: The tragedy of Christmas is recorded in John 1:11: “He came to His own, and those who were His own did not receive Him.”

LESSON #3: Breaking the “chains” and throwing off the “fetters” is doing away with any restraints in the realm of marriage, family, morality, and values (verse 3).

LESSON #4: The Lord’s response to such rebellion is one of laughter, in view of man’s futile efforts (verse 4).

LESSON #5: The Father’s response to this rebellion is seen in the fact that “he rebukes them in his anger and terrifies them in his wrath” (verse 5).

LESSON #6: “The Lord saw how great man’s wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time. The Lord was grieved that he had made man on the earth, and his heart was filled with pain. So the Lord said, ‘I will wipe mankind, whom I have created, from the face of the earth . . .’” (Genesis 6:5-7a).

LESSON #7: The faithfulness of God the Father in promising an eternal kingdom is brought to fulfillment in verse 6: “I have installed my King on Zion, my holy hill.”

LESSON #8: The Lord is in the business of answering KNEE-mail for He says in verse 8: “Ask of me . . .”

LESSON #9: In verses 10-12 the recommendation of the Holy Spirit is five-fold: (1) “be wise”; (2) “be warned”; (3) “serve with fear”; (4) “rejoice with trembling”; and (5) “Kiss the Son.”

LESSON #10: The blessing is ours for the taking in the final phrase: “Blessed are all who take refuge in him” (verse 12).

ADDITIONAL NOTES:

STUDY NUMBER TWO - PSALM 3:1-8**NOTES**

v. 1 O Lord, how many are my foes! How many rise up against me!

v. 2 Many are saying of me, "God will not deliver him." Selah

v. 3 But you are a shield around me, O Lord; you bestow glory on me and lift up my head.

v. 4 To the Lord I cry aloud, and he answers me from his holy hill. Selah

v. 5 I lie down and sleep; I wake again, because the Lord sustains me.

v. 6 I will not fear the tens of thousands drawn up against me on every side.

v. 7 Arise, O Lord! Deliver me, O my God! Strike all my enemies on the jaw; break the teeth of the wicked.

v. 8 From the Lord comes deliverance. May your blessing be on your people. Selah

QUESTIONS:

1. Read Psalm 3 and in your own words pull out the main thought of this passage.

2. Put in your own words what the psalmist is saying in verse 1.

3. What is the majority saying about Him, according to verse 2?

4. What three things does the Lord do for the psalmist, according to verse 3?

5. How does the Lord respond to the psalmist, according to verse 4?

6. What does the psalmist do because the Lord "sustains" him, according to verse 5?

7. What does the psalmist say he will not do, according to verse 6?

8. What comes from the Lord, according to verse 8?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: This Psalm is a sobering reflection upon the consequences of sin and an eleven-year estrangement with one son.

LESSON #2: The Lord will never give up on you. The Lord will never leave you nor forsake you (Deuteronomy 31:8).

LESSON #3: Adversity, difficulty, and opposition just go with the territory.

LESSON #4: Trials present us with the chance to shrivel in self-pity or to shine in self-surrender.

LESSON #5: Lord, help me to maintain a continual contentedness under Your sovereign hand.

LESSON #6: Lord, help me to continue to act with maximum perseverance in spite of the absence of temporal effect.

LESSON #7: "Let the power of the Father shepherd me, the wisdom of the Son enlighten me, and the operation of the Spirit quicken me" (Lancelot Andrews).

LESSON #8: Lord, thank You that in the times of our difficulties You are a shield around us, You are a bestower of glory, and a lifter-up of our heads (verse 3).

LESSON #9: Thank You, Lord, that when we cry to You in prayer, You answer us (verse 4).

LESSON #10: Lord, because You are a shield, a sustainer, and a deliverer, I can lie down and sleep without fear (verses 3-7).

LESSON #11: Absalom had the numbers, but David had God.

LESSON #12: It is the Lord who sustains us through traumatic circumstances.

LESSON #13: The divine perspective on circumstances changes everything.

LESSON #14: “May your blessing be on [us]” (verse 8).

ADDITIONAL NOTES:

STUDY NUMBER THREE - PSALM 11:1-7

NOTES

v. 1 In the Lord I take refuge. How then can you say to me: “Flee like a bird to your mountain.

v. 2 For look, the wicked bend their bows; they set their arrows against the strings to shoot from the shadows at the upright in heart.

v. 3 When the foundations are being destroyed, what can the righteous do?”

v. 4 The Lord is in his holy temple; the Lord is on his heavenly throne. He observes the sons of men; his eyes examine them.

v. 5 The Lord examines the righteous, but the wicked and those who love violence his soul hates.

v. 6 On the wicked he will rain fiery coals and burning sulfur; a scorching wind will be their lot.

v. 7 For the Lord is righteous, he loves justice; upright men will see his face.

QUESTIONS:

1. Read Psalm 11 and in your own words pull out the main thought of this passage.

2. What does the psalmist say that he is doing, according to verse 1?

3. What do the “wicked” do against the “upright,” according to verse 2?

4. Take some time to answer the question in verse 3, “When the foundations are being destroyed, what can the righteous do?” See how many things you can come up with.

5. Where is the Lord and what is He doing, according to verse 4?

6. How does the Lord respond to the “righteous” and to the “wicked,” according to verse 5?

7. What is the Lord going to do to the “wicked,” according to verse 6?

8. What three things are said about the Lord, according to verse 7?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: “Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not *in vain* in the Lord” (1 Cor. 15:58).

LESSON #2: “He will have no fear of bad news; his heart is steadfast, trusting in the Lord. His heart is secure, he will have no fear; in the end he will look in triumph on his foes” (Psa. 112:7, 8).

LESSON #3: The Lord is always available and is a safe place to take refuge (verse 1).

LESSON #4: Sometimes the advice of concerned friends runs contrary to the Lord’s purpose and plan for our lives.

LESSON #5: “When the foundations are being destroyed” the “righteous” can let their light shine (verse 3).

LESSON #6: “Do all things without grumbling or disputing; that you may prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world” (Phil. 2:14, 15).

LESSON #7: “The Lord is in his holy temple; the Lord is on his heavenly throne” and “the Lord is righteous” (verses 4 & 7).

LESSON #8: We are under the Lord’s constant surveillance.

LESSON #9: “The Lord examines the righteous” (verse 5).

LESSON #10: There is an urgency for us, as His children, to prepare for the final exams.

LESSON #11: The judgment of the wicked is going to be swift.

LESSON #12: “This only have I found: God made mankind upright, but men have gone in search of many schemes” (Eccl. 7:29).

LESSON #13: “The Lord is righteous, he loves justice; upright men will see his face” (verse 7).

LESSON #14: How wonderful it will be for us to experience God’s shining, smiling face.

LESSON #15: “Soon we shall be like him, for we shall see him as he is” (1 John 3:2 KJV).

ADDITIONAL NOTES:

STUDY NUMBER FOUR - PSALM 17:1-15**NOTES**

v. 1 Hear, O Lord, my righteous plea; listen to my cry.
Give ear to my prayer—it does not rise from deceitful lips.

v. 2 May my vindication come from you; may your eyes see what is right.

v. 3 Though you probe my heart and examine me at night, though you test me, you will find nothing; I have resolved that my mouth will not sin.

v. 4 As for the deeds of men—by the word of your lips I have kept myself from the ways of the violent.

v. 5 My steps have held to your paths; my feet have not slipped.

v. 6 I call on you, O God, for you will answer me; give ear to me and hear my prayer.

v. 7 Show the wonder of your great love, you who save by your right hand those who take refuge in you from their foes.

v. 8 Keep me as the apple of your eye; hide me in the shadow of your wings

v. 9 from the wicked who assail me, from my mortal enemies who surround me.

v. 10 They close up their callous hearts, and their mouths speak with arrogance.

v. 11 They have tracked me down, they now surround me, with eyes alert, to throw me to the ground.

v. 12 They are like a lion hungry for prey, like a great lion crouching in cover.

v. 13 Rise up, O Lord, confront them, bring them down; rescue me from the wicked by your sword.

v. 14 O Lord, by your hand save me from such men, from men of this world whose reward is in this life. You still the hunger of those you cherish; their sons have plenty, and they store up wealth for their children.

v. 15 And I—in righteousness I will see your face; when I awake, I will be satisfied with seeing your likeness.

QUESTIONS:

1. Read Psalm 17 and in your own words pull out the main thought of this passage.

2. What three things does the psalmist ask of the Lord in verse 1?

3. What has the psalmist resolved to do, according to verse 3?

4. What two things does the psalmist say about himself in verse 5?

5. What two things does he ask of the Lord in verse 8?

6. What have the wicked done to him, according to verse 11?

7. What does the psalmist ask of the Lord in verse 13?

8. What does the psalmist say of himself in verse 15?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: The Lord is always available to hear our prayer.

LESSON #2: “Surely the arm of the Lord is not too short to save, nor his ear too dull to hear. But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear” (Isa. 59:1, 2).

LESSON #3: David makes it clear that as he prays, he is being totally honest.

LESSON #4: “No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me,” declares the Lord” (Isa. 54:17).

LESSON #5: How important it is for us to invite the Lord to probe, to examine, and to test our hearts for anything that is not pleasing to Him.

LESSON #6: David resolved that his mouth will not sin, he kept himself from the ways of the violent, and he held to the Lord’s paths and his feet have not slipped (verses 3-5).

LESSON #7: Desire, discipline, and determination are vital components in an effective prayer life.

LESSON #8: David asked the Lord to do three things: (1) “show the wonder of your great love”; (2) “keep me as the apple of your eye”; and (3) “hide me in the shadow of your wings” (verses 7 & 8).

LESSON #9: The wicked are described as “closing up their calloused hearts.” For the believer, we can be guilty of the callous of coldness and the callous of compromise (verse 10).

LESSON #10: David prays that the Lord will “bring . . . down” the “wicked” with his “sword” and with His word (verse 13).

LESSON #11: The “reward” of the “men of this world” is “in this life” only (verse 14).

LESSON #12: If you are living for “this life” only, you better enjoy it because this is all you are going to get.

LESSON #13: What joy to know that whether we wake from a night of sleep or from the sleep of death, we shall look into His face.

LESSON #14: “I will be satisfied with seeing your likeness” (verse 15).

ADDITIONAL NOTES:

STUDY NUMBER FIVE - PSALM 21:1-13**NOTES**

v. 1 O Lord, the king rejoices in your strength. How great is his joy in the victories you give!

v. 2 You have granted him the desire of his heart and have not withheld the request of his lips. Selah

v. 3 You welcomed him with rich blessings and placed a crown of pure gold on his head.

v. 4 He asked you for life, and you gave it to him—length of days, for ever and ever.

v. 5 Through the victories you gave, his glory is great; you have bestowed on him splendor and majesty.

v. 6 Surely you have granted him eternal blessings and made him glad with the joy of your presence.

v. 7 For the king trusts in the Lord; through the unfailing love of the Most High he will not be shaken.

v. 8 Your hand will lay hold on all your enemies; your right hand will seize your foes.

v. 9 At the time of your appearing you will make them like a fiery furnace. In his wrath the Lord will swallow them up, and his fire will consume them.

v. 10 You will destroy their descendants from the earth, their posterity from mankind.

v. 11 Though they plot evil against you and devise wicked schemes, they cannot succeed;

v. 12 for you will make them turn their backs when you aim at them with drawn bow.

v. 13 Be exalted, O Lord, in your strength; we will sing and praise your might.

QUESTIONS:

1. Read Psalm 21 and in your own words pull out the main thought of this passage.

2. What two things cause the psalmist to be rejoicing, according to verse 1?

3. What two things has the Lord done for the psalmist, according to verse 2?

4. What has the Lord bestowed upon the Psalmist, according to verse 5?

5. What two things have brought peace to the king's heart, according to verse 7?

6. What is the Lord going to do to the wicked, according to verse 9?

7. What is the outcome of the wicked plotting "evil" and devising "wicked schemes," according to verse 11?

8. What is the psalmist's desire, according to verse 13?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: "For he, the Mighty One, is holy, and he has done great things for me"
(Luke 1:49 NLV).

LESSON #2: Do you find yourself rejoicing in the Lord's "strength" and joyful in the "victories" that He is giving you? (verse 1).

LESSON #3: "Delight yourself in the Lord and he will give you the desires of your heart" (Psalm 37:4).

LESSON #4: The Lord delights to do two things for us in response to our prayers: (1) to grant us the "desire of our heart" and (2) to grant us the "request of our lips" (verse 2 paraphrased).

LESSON #5: The Lord is aware of both the spoken and the unspoken requests.

LESSON #6: When we come to the Lord, He is always there meeting us with "rich blessings" (verse 2).

LESSON #7: When we invite the Lord Jesus Christ into our hearts to become our Savior, He grants us "eternal blessings" and makes us "glad with the joy of His presence" (verse 6).

LESSON #8: There is strength, security, and stability for all of those who are trusting in the Lord.

LESSON #9: The Lord's love for us is unconditional and unfailing.

LESSON #10: The judgment of God will be swift and severe.

LESSON #11: "In His wrath the Lord will swallow them up and his fire will consume them" (verse 9).

LESSON #12: It is impossible for anyone to thwart the full accomplishment of God's purposes.

LESSON #13: "Be exalted, O Lord, in your strength" (verse 13).

LESSON #14: "We will sing and praise your might" (verse 13).

ADDITIONAL NOTES:

STUDY NUMBER SIX - PSALM 29:1-11

NOTES

v. 1 Ascribe to the Lord, O mighty ones, ascribe to the Lord glory and strength.

v. 2 Ascribe to the Lord the glory due his name; worship the Lord in the splendor of his holiness.

v. 3 The voice of the Lord is over the waters; the God of glory thunders, the Lord thunders over the mighty waters.

NOTES

v. 4 The voice of the Lord is powerful; the voice of the Lord is majestic.

v. 5 The voice of the Lord breaks the cedars; the Lord breaks in pieces the cedars of Lebanon.

v. 6 He makes Lebanon skip like a calf, Sirion like a young wild ox.

v. 7 The voice of the Lord strikes with flashes of lightning.

v. 8 The voice of the Lord shakes the desert; the Lord shakes the Desert of Kadesh.

v. 9 The voice of the Lord twists the oaks and strips the forests bare. And in his temple all cry, "Glory!"

v. 10 The Lord sits enthroned over the flood; the Lord is enthroned as King forever.

v. 11 The Lord gives strength to his people; the Lord blesses his people with peace.

QUESTIONS:

1. Read Psalms 29 and in your own words pull out the main thought of this passage.

2. What does the psalmist ask us to "ascribe to the Lord" in verses 1 & 2?

3. In what two ways does the psalmist describe the voice of the Lord in verse 4?

4. How would you describe what the psalmist is saying about the "voice of the Lord" in verse 5?

5. How would you describe the "voice of the Lord," according to what the psalmist says about it in verse 7?

6. How would you describe the “voice of the Lord,” according to what the psalmist has to say in verse 8?

7. Describe what the Psalmist says about the Lord in verse 10.

8. What does the Lord do for His people, according to verse 11?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: Experience the pure joy of giving praise to the Lord.

LESSON #2: “Ascribe to the Lord glory and strength” (verse 1).

LESSON #3: “Ascribe to the Lord the glory due his name” (verse 2).

LESSON #4: “Worship the Lord in the splendor of his holiness” (verse 2).

LESSON #5: You can count on the Lord’s presence in the midst of any storm.

LESSON #6: The Lord often uses dramatic storms as the instruments of judgment.

LESSON #7: “The voice of the Lord is powerful” (verse 4).

LESSON #8: “The voice of the Lord is majestic” (verse 4).

LESSON #9: “The voice of the Lord strikes with flashes of lightning” (verse 7).

LESSON #10: The response to the storm in the temple is unanimous, they “all cry, ‘Glory!’” (verse 9).

LESSON #11: The same Lord who was on the throne during the flood in Noah’s day, is still on the throne in the midst of any storm that we might face.

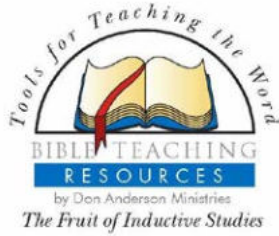
LESSON #12: It is comforting to know that “the Lord is enthroned as King forever” (verse 10).

LESSON #13: “The Lord gives strength to his people” (verse 11).

LESSON #14: “The Lord blesses his people with peace” (verse 11).

LESSON #15: “Commit thy way unto the Lord; trust also in Him and He shall bring it to pass” (Psalm 37:5 KJV).

ADDITIONAL NOTES:



Bible Teaching Resources

by Don Anderson Ministries

PO Box 6611 • Tyler, TX 75711-6611

903.939.1201 Phone • 903.939.1204 Fax

www.BibleTeachingResources.org

A Practical Study of PSALMS: Meditations in Selected Psalms

COLLECTION 2: PART 2

STUDY NUMBER SEVEN - PSALM 30:1-12

NOTES

v. 1 I will exalt you, O Lord, for you lifted me out of the depths and did not let my enemies gloat over me.

v. 2 O Lord my God, I called to you for help and you healed me.

v. 3 O Lord, you brought me up from the grave; you spared me from going down into the pit.

v. 4 Sing to the Lord, you saints of his; praise his holy name.

v. 5 For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.

v. 6 When I felt secure, I said, "I will never be shaken."

v. 7 O Lord, when you favored me, you made my mountain stand firm; but when you hid your face, I was dismayed.

v. 8 To you, O Lord, I called; to the Lord I cried for mercy:

v. 9 "What gain is there in my destruction, in my going down into the pit?

Will the dust praise you? Will it proclaim your faithfulness?

v. 10 Hear, O Lord, and be merciful to me; O Lord, be my help."

v. 11 You turned my wailing into dancing; you removed my sackcloth and clothed me with joy,

v. 12 that my heart may sing to you and not be silent. O Lord my God, I will give you thanks forever.

QUESTIONS:

1. Read Psalm 30 and in your own words pull out the main thought of this passage.

2. What two reasons are given in verse 1 for why the psalmist is exalting the Lord?

3. What was the Lord's response to the psalmist's call for help, according to verse 2?

4. What does the psalmist ask us to do in verse 4?

5. What are the two contrasts in verse 5?

6. What was the psalmist asking of the Lord, according to verse 8?

7. What three questions does the psalmist ask of the Lord, according to verse 9?

8. What three things did the Lord do for the psalmist, according to verse 11?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: It is the Lord who gives the victory. “But thanks be to God, who gives us the victory through our Lord Jesus Christ” (1 Cor. 15:57).

LESSON #2: When we call upon the Lord out of a pure heart, we can be sure that He is going to respond.

LESSON #3: David is rejoicing in the Lord because the Lord has done two things for him: (1) He has “brought me up from the grave” and (2) He “spared me from going down into the pit” (verse 3).

LESSON #4: David commands us to do two things: (1) “sing to the Lord” and (2) “praise his holy name” (verse 4).

LESSON #5: The Lord’s “anger lasts only a moment, but his favor lasts a lifetime” (verse 5).

LESSON #6: “Weeping may remain for a night, but rejoicing comes in the morning” (verse 5).

LESSON #7: When we have been favored and blessed by the Lord, it is easy for us to get our eyes off of the Lord and upon the blessings.

LESSON #8: “And I will say to my soul, ‘Soul, you have many goods laid up for many years to come; take your ease, eat, drink and be merry.’ But God said to him, ‘You fool! This very night your soul is required of you; and now who will own what you have prepared?’” (Luke 12:19, 20).

LESSON #9: David was aware that he had made a mistake when the Lord “hid” His face from him (verse 7).

LESSON #10: David’s three questions about death in verse 9 remind us of how important it is for us to number our days and apply our hearts to wisdom.

LESSON #11: David’s prayer in verse 10 is: “[Lord] hear . . . be merciful . . . be my help.”

LESSON #12: Lord, You responded to my prayer by turning “my wailing into dancing . . . removing my sackcloth . . . and clothing me with joy” (verse 11 paraphrased).

LESSON #13: Lord, I want to do two things: (1) I want to “sing to you and not be silent” and (2) “give you thanks forever” (verse 12).

ADDITIONAL NOTES:

STUDY NUMBER EIGHT – PSALM 31:1-24**NOTES**

v. 1 In you, O Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness.

v. 2 Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.

v. 3 Since you are my rock and my fortress, for the sake of your name lead and guide me.

v. 4 Free me from the trap that is set for me, for you are my refuge.

v. 5 Into your hands I commit my spirit; redeem me, O Lord, the God of truth.

v. 6 I hate those who cling to worthless idols; I trust in the Lord.

v. 7 I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul.

v. 8 You have not handed me over to the enemy but have set my feet in a spacious place.

v. 9 Be merciful to me, O Lord, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief.

v. 10 My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak.

v. 11 Because of all my enemies, I am the utter contempt of my neighbors; I am a dread to my friends—those who see me on the street flee from me.

v. 12 I am forgotten by them as though I were dead; I have become like broken pottery.

v. 13 For I hear the slander of many; there is terror on every side; they conspire against me and plot to take my life.

v. 14 But I trust in you, O Lord; I say, “You are my God.”

v. 15 My times are in your hands; deliver me from my enemies and from those who pursue me.

v. 16 Let your face shine on your servant; save me in your unfailing love.

v. 17 Let me not be put to shame, O Lord, for I have cried out to you; but let the wicked be put to shame and lie silent in the grave.

v. 18 Let their lying lips be silenced, for with pride and contempt they speak arrogantly against the righteous.

v. 19 How great is your goodness, which you have stored up for those who fear you, which you bestow in the sight of men on those who take refuge in you.

v. 20 In the shelter of your presence you hide them from the intrigues of men; in your dwelling you keep them safe from accusing tongues.

v. 21 Praise be to the Lord, for he showed his wonderful love to me when I was in a besieged city.

v. 22 In my alarm I said, “I am cut off from your sight!” Yet you heard my cry for mercy when I called to you for help.

NOTES

v. 23 Love the Lord, all his saints! The Lord preserves the faithful, but the proud he pays back in full.

v. 24 Be strong and take heart, all you who hope in the Lord.

QUESTIONS:

1. Read Psalms 31 and in your own words pull out the main thought of this passage.

2. What does the psalmist ask the Lord to do, according to verse 3?

3. What has the Lord done for the psalmist, according to verse 8?

4. Describe the condition of the psalmist, according to verse 9?

5. What is the psalmist's testimony, according to verse 14?

6. What does the psalmist ask of the Lord, according to verse 16?

7. Why is the psalmist praising the Lord, according to verse 21?

8. What does the psalmist ask us to do, according to verses 23 & 24?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: It is good to have the Lord for your “Rock,” your “Fortress,” and your “Refuge” (verses 3 & 4).

LESSON #2: The psalmist asks the Lord to “lead” him, to “guide” him, to “free” him, and to “redeem” him (verses 3-5).

LESSON #3: You are in good hands when you commit yourself to the Lord.

LESSON #4: It is good for us to often make the statement, “I trust in the Lord” (verse 6).

LESSON #5: The psalmist says, “I will be glad and rejoice in your love” (verse 7).

LESSON #6: The Lord sees and He knows the “affliction” and “anguish” that we are going through (verse 7).

LESSON #7: We should be thankful that God always turns out to be bigger than we thought.

LESSON #8: David’s testimony is “I trust in You, O Lord, You are my God” (verse 14).

LESSON #9: Can you tell the Lord that your “times are in [His] hands”? (verse 15).

LESSON #10: What a joy to ask the Lord to let His “face shine” upon us and to “save” us in His “unfailing love” (verse 16).

LESSON #11: “Let me not be put to shame, O Lord, for I have cried out to you” (verse 17).

LESSON #12: With a heart filled with gratitude it is so good to say to the Lord, “How great is your goodness” (verse 19).

LESSON #13: “In the shelter of your presence you hide them [and] in your dwelling you keep them safe” (verse 20).

LESSON #14: These final four commands are the key to being faithful, fruitful, and a finisher for our Lord: (1) "Praise be to the Lord" (verse 21); (2) "Love the Lord" (verse 23); (3) "Be strong" (verse 24); and (4) "take heart" (verse 24).

ADDITIONAL NOTES:

STUDY NUMBER NINE – PSALM 33:1-22

NOTES

v. 1 Sing joyfully to the Lord, you righteous; it is fitting for the upright to praise him.

v. 2 Praise the Lord with the harp; make music to him on the ten-stringed lyre.

v. 3 Sing to him a new song; play skillfully, and shout for joy.

v. 4 For the word of the Lord is right and true; he is faithful in all he does.

v. 5 The Lord loves righteousness and justice; the earth is full of his unfailing love.

v. 6 By the word of the Lord were the heavens made, their starry host by the breath of his mouth.

v. 7 He gathers the waters of the sea into jars; he puts the deep into storehouses.

v. 8 Let all the earth fear the Lord; let all the people of the world revere him.

v. 9 For he spoke, and it came to be; he commanded, and it stood firm.

v. 10 The Lord foils the plans of the nations; he thwarts the purposes of the peoples.

v. 11 But the plans of the Lord stand firm forever, the purposes of his heart through all generations.

v. 12 Blessed is the nation whose God is the Lord, the people he chose for his inheritance.

v. 13 From heaven the Lord looks down and sees all mankind;

v. 14 from his dwelling place he watches all who live on earth—

v. 15 he who forms the hearts of all, who considers everything they do.

v. 16 No king is saved by the size of his army; no warrior escapes by his great strength.

v. 17 A horse is a vain hope for deliverance; despite all its great strength it cannot save.

v. 18 But the eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love,

v. 19 to deliver them from death and keep them alive in famine.

v. 20 We wait in hope for the Lord; he is our help and our shield.

v. 21 In him our hearts rejoice, for we trust in his holy name.

v. 22 May your unfailing love rest upon us, O Lord, even as we put our hope in you.

QUESTIONS:

1. Read Psalm 33 and in your own words pull out the main thought of this passage.

2. What does the psalmist ask us to do, according to verse 1?

3. What are the things the Lord loves, according to verse 5?

4. What does the psalmist ask us to do, according to verse 8?

5. How does the psalmist characterize the plans and the purposes, according to verse 11?

6. What is the Lord doing, according to verse 13?

7. Who is the Lord keeping His eyes on, according to verse 18?

8. What is the psalmist saying that we should be doing, according to verse 20?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: Are we being daily obedient to the first command of the psalm? “Sing joyfully to the Lord” (verse 1).

LESSON #2: Genuine praise comes only from the lips of the “righteous” and the “upright” (verse 1).

LESSON #3: Are you daily enjoying His faithfulness so that you can sing to Him a new song in the morning?

LESSON #4: “The word of the Lord is right and true” (verse 4).

LESSON #5: The Lord is “faithful in all he does” (verse 4).

LESSON #6: “The Lord loves righteousness and justice” (verse 5).

LESSON #7: We are commanded to do two things in verse 8: (1) “fear the Lord” and (2) “revere him.”

LESSON #8: The Lord “spoke, and it came to be; he commanded, and it stood firm” (verse 9).

LESSON #9: The Lord is in the business of foiling plans and thwarting purposes of the wicked (verse 10).

LESSON #10: The Lord’s “plans” and “purposes” will be accomplished no matter what (verse 11).

LESSON #11: “Blessed is the nation whose God is the Lord” (verse 12).

LESSON #12: “The Lord looks down and sees . . . he watches . . . [and He] considers everything” that is happening on the earth (verses 13-15).

LESSON #13: “The eyes of the Lord” are constantly upon “those who fear him” and on “those whose hope is in his unfailing love” (verse 18).

LESSON #14: “We wait in hope for the Lord” (verse 20).

LESSON #15: “In him our hearts rejoice, for we trust in his holy name” (verse 21).

LESSON #16: “[Lord] may your unfailing love rest upon us” (verse 22).

ADDITIONAL NOTES:

STUDY NUMBER TEN – PSALM 38:1-22

NOTES

v. 1 O Lord, do not rebuke me in your anger or discipline me in your wrath.
v. 2 For your arrows have pierced me, and your hand has come down upon me.
v. 3 Because of your wrath there is no health in my body; my bones have no soundness because of my sin.
v. 4 My guilt has overwhelmed me like a burden too heavy to bear.
v. 5 My wounds fester and are loathsome because of my sinful folly.
v. 6 I am bowed down and brought very low; all day long I go about mourning.
v. 7 My back is filled with searing pain; there is no health in my body.
v. 8 I am feeble and utterly crushed; I groan in anguish of heart.
v. 9 All my longings lie open before you, O Lord; my sighing is not hidden from you.
v. 10 My heart pounds, my strength fails me; even the light has gone from my eyes.
v. 11 My friends and companions avoid me because of my wounds; my neighbors stay far away.
v. 12 Those who seek my life set their traps, those who would harm me talk of my ruin; all day long they plot deception.
v. 13 I am like a deaf man, who cannot hear, like a mute, who cannot open his mouth;
v. 14 I have become like a man who does not hear, whose mouth can offer no reply.
v. 15 I wait for you, O Lord; you will answer, O Lord my God.
v. 16 For I said, “Do not let them gloat or exalt themselves over me when my foot slips.”
v. 17 For I am about to fall, and my pain is ever with me.
v. 18 I confess my iniquity; I am troubled by my sin.
v. 19 Many are those who are my vigorous enemies; those who hate me without reason are numerous.
v. 20 Those who repay my good with evil slander me when I pursue what is good.
v. 21 O Lord, do not forsake me; be not far from me, O my God.
v. 22 Come quickly to help me, O Lord my Savior.

QUESTIONS:

1. Read Psalm 38 and in your own words pull out the main thought of this passage.

2. What is the psalmist asking the Lord not to do, according to verse 1?

3. How does the psalmist describe himself in verses 4-6?

4. How does the psalmist describe himself in verse 8?

5. How does the psalmist describe himself in verse 9?

6. What is the psalmist doing, according to verse 15?

7. What does the psalmist say he is doing, according to verse 18?

8. What does the psalmist ask of the Lord, according to verses 21 & 22?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: It is Satan's plan to never show us the consequences of sin.

LESSON #2: "Rebuke" and "discipline" are a part of the process of recovery for a sinning saint (verse 1).

LESSON #3: The process of discipline is painful and His hand is heavy (verse 2).

LESSON #4: Our physical bodies can be affected by sin (verse 3).

LESSON #5: The guilt of David's sin has "overwhelmed" him and is "a burden too heavy to bear" (verse 4).

LESSON #6: The reason David is in such dire straits is because of his "sinful folly" (verse 5).

LESSON #7: Can you say with David, "All my longings lie open before you, O Lord" (verse 9)?

LESSON #8: David has made a painful discovery that many of his "friends and companions" have left him at this time of his need (verse 11).

LESSON #9: There are those who want to seek to use the situation as an opportunity to take David's life (verse 12).

LESSON #10: Do you say in your difficulty, "I wait for you, O Lord; you will answer, O Lord my God" (verse 15)?

LESSON #11: The key to David's recovery is, "I confess my iniquity; I am troubled by my sin" (verse 18).

LESSON #12: "Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you" (Matt. 5:11, 12 KJV).

LESSON #13: David's final three petitions are: (1) "O Lord, do not forsake me"; (2) "O Lord . . . be not far from me"; and (3) "Come quickly to help me, O Lord" (verses 21 & 22).

LESSON #14: Can you call the Lord your "Savior" like David did (verse 22)?

ADDITIONAL NOTES:

STUDY NUMBER ELEVEN – Psalm 56:1-13**NOTES**

v. 1 Be merciful to me, O God, for men hotly pursue me; all day long they press their attack.

v. 2 My slanderers pursue me all day long; many are attacking me in their pride.

v. 3 When I am afraid, I will trust in you.

v. 4 In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?

v. 5 All day long they twist my words; they are always plotting to harm me.

v. 6 They conspire, they lurk, they watch my steps, eager to take my life.

v. 7 On no account let them escape; in your anger, O God, bring down the nations.

v. 8 Record my lament; list my tears on your scroll—are they not in your record?

v. 9 Then my enemies will turn back when I call for help. By this I will know that God is for me.

v. 10 In God, whose word I praise, in the Lord, whose word I praise—

v. 11 in God I trust; I will not be afraid. What can man do to me?

v. 12 I am under vows to you, O God; I will present my thank offerings to you.

v. 13 For you have delivered me from death and my feet from stumbling, that I may walk before God in the light of life.

QUESTIONS:

1. Read Psalm 56 and in your own words pull out the main thought of this passage.

2. Why does the psalmist ask the Lord to be merciful to him, according to verse 1?

3. When the psalmist is afraid, what is he going to do, according to verse 3?

4. What are his enemies doing, according to verses 5 & 6?

5. What does the psalmist ask the Lord to do, according to verse 8?

6. What are his enemies going to do when he calls to the Lord for help, according to verse 9?

7. How is the psalmist responding to the Lord in verses 10 & 11?

8. What are the reasons for the psalmist presenting his “thank offerings,” according verses 12 & 13?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: “God, be merciful to me” is a prayer that gets through to heaven.

LESSON #2: There will be times in your Christian life and experience that you will get kicked around and stomped on.

LESSON #3: There will be times when stressful circumstances will last “all day long” and continue for several days and weeks.

LESSON #4: Fear properly responded to will lead us to faith.

LESSON #5: Can you say with David, “In God I trust; I will not be afraid. What can mortal man do to me?” (verse 4).

LESSON #6: The Lord is fully aware of all that is going on in our lives.

LESSON #7: David’s principle of operation is: “When I am afraid, I will trust in you” (verse 3).

LESSON #8: David’s plan is, “I will praise,” “I will trust,” and “I will not be afraid” (verses 4).

LESSON #9: “But the very hairs of your head are all numbered” (Matt. 10:30).

LESSON #10: David makes a commitment in verse 12 to say “Thank You” as a result of the Father’s intervention in answer to his prayers. Have you learned to do the same?

LESSON #11: There are two reasons for his thanksgiving: (1) “you have delivered me from death” and (2) “you have delivered . . . my feet from stumbling” (verse 13).

LESSON #12: Are you walking “before God in the light of life”? (verse 13).

ADDITIONAL NOTES:

STUDY NUMBER TWELVE – PSALM 66:1-20

NOTES

v. 1 Shout with joy to God, all the earth!

v. 2 Sing the glory of his name; make his praise glorious!

v. 3 Say to God, “How awesome are your deeds! So great is your power that your enemies cringe before you.

v. 4 All the earth bows down to you; they sing praise to you, they sing praise to your name.” Selah

v. 5 Come and see what God has done, how awesome his works in man’s behalf!

v. 6 He turned the sea into dry land, they passed through the waters on foot—come, let us rejoice in him.

v. 7 He rules forever by his power, his eyes watch the nations—let not the rebellious rise up against him. Selah

v. 8 Praise our God, O peoples, let the sound of his praise be heard;

NOTES

v. 9 he has preserved our lives and kept our feet from slipping.
v. 10 For you, O God, tested us; you refined us like silver.
v. 11 You brought us into prison and laid burdens on our backs.
v. 12 You let men ride over our heads; we went through fire and water, but you brought us to a place of abundance.
v. 13 I will come to your temple with burnt offerings and fulfill my vows to you—
v. 14 vows my lips promised and my mouth spoke when I was in trouble.
v. 15 I will sacrifice fat animals to you and an offering of rams; I will offer bulls and goats. Selah
v. 16 Come and listen, all you who fear God; let me tell you what he has done for me.
v. 17 I cried out to him with my mouth; his praise was on my tongue.
v. 18 If I had cherished sin in my heart, the Lord would not have listened;
v. 19 but God has surely listened and heard my voice in prayer.
v. 20 Praise be to God, who has not rejected my prayer or withheld his love from me!

QUESTIONS:

1. Read Psalm 66 and in your own words pull out the main thought of this passage.

2. What does the psalmist ask us to do in verses 1 & 2?

3. What are we supposed to be saying, according to verses 3 & 4?

4. What does the psalmist invite us to come and see, according to verse 5?

5. According to the psalmist, what has the Lord been doing, according to verse 10?

6. Where did the Lord bring them after all their difficulties, according to verse 12?

7. What does the psalmist want the people to do, according to verse 16?

8. What would have happened to the psalmist's prayer if he had "cherished sin" in his heart, according to verse 18?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: It delights the heart of God when we make praise a priority.

LESSON #2: We are to "sing the glory of his name" and "make his praise glorious!" (verse 2).

LESSON #3: The psalmist praises the Lord's works and His "power" (verse 3).

LESSON #4: "Come and see what God has done, how awesome his works in man's behalf!" (verse 5).

LESSON #5: "Come, let us rejoice in him" (verse 6).

LESSON #6: The psalmist says the Lord "has preserved our lives and kept our feet from slipping" (verse 9).

LESSON #7: God's curriculum for Christlikeness is given to us in verses 10-12: (1) He "tested us"; (2) He "refined us like silver"; (3) He "brought us into prison"; (4) He "laid burdens on our backs"; (5) He "let men ride over our heads"; (6) "we went through fire and water"; and (7) He "brought us to a place of abundance."

LESSON #8: The Lord truly does "work all things together for good to them that love Him" (Romans 8:28 paraphrase).

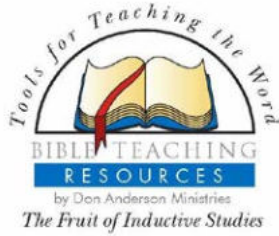
LESSON #9: "I will thank you, Lord, with all my heart; I will tell of all the marvelous things you have done" (Psalms 9:1 NLT).

LESSON #10: It is good for us to bear witness to God's faithfulness.

LESSON #11: Sin can break fellowship and therefore, the Lord will not listen to our prayers (verse 18).

LESSON #12: "Praise be to God, who has not rejected my prayer or withheld his love from me!" (verse 20).

ADDITIONAL NOTES:



Bible Teaching Resources

by Don Anderson Ministries

PO Box 6611 • Tyler, TX 75711-6611

903.939.1201 Phone • 903.939.1204 Fax

www.BibleTeachingResources.org

A Practical Study of PSALMS: Meditations in Selected Psalms

COLLECTION 2: PART 3

STUDY NUMBER THIRTEEN - PSALM 71:1-24

NOTES

- v. 1 In you, O Lord, I have taken refuge; let me never be put to shame.
- v. 2 Rescue me and deliver me in your righteousness; turn your ear to me and save me.
- v. 3 Be my rock of refuge, to which I can always go; give the command to save me, for you are my rock and my fortress.
- v. 4 Deliver me, O my God, from the hand of the wicked, from the grasp of evil and cruel men.
- v. 5 For you have been my hope, O Sovereign Lord, my confidence since my youth.
- v. 6 From birth I have relied on you; you brought me forth from my mother's womb. I will ever praise you.
- v. 7 I have become like a portent to many, but you are my strong refuge.
- v. 8 My mouth is filled with your praise, declaring your splendor all day long.
- v. 9 Do not cast me away when I am old; do not forsake me when my strength is gone.
- v. 10 For my enemies speak against me; those who wait to kill me conspire together.
- v. 11 They say, "God has forsaken him; pursue him and seize him, for no one will rescue him."
- v. 12 Be not far from me, O God; come quickly, O my God, to help me.
- v. 13 May my accusers perish in shame; may those who want to harm me be covered with scorn and disgrace.
- v. 14 But as for me, I will always have hope; I will praise you more and more.
- v. 15 My mouth will tell of your righteousness, of your salvation all day long, though I know not its measure.
- v. 16 I will come and proclaim your mighty acts, O Sovereign Lord; I will proclaim your righteousness, yours alone.

NOTES

v. 17 Since my youth, O God, you have taught me, and to this day I declare your marvelous deeds.

v. 18 Even when I am old and gray, do not forsake me, O God, till I declare your power to the next generation, your might to all who are to come.

v. 19 Your righteousness reaches to the skies, O God, you who have done great things. Who, O God, is like you?

v. 20 Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.

v. 21 You will increase my honor and comfort me once again.

v. 22 I will praise you with the harp for your faithfulness, O my God; I will sing praise to you with the lyre, O Holy One of Israel.

v. 23 My lips will shout for joy when I sing praise to you—I, whom you have redeemed.

v. 24 My tongue will tell of your righteous acts all day long, for those who wanted to harm me have been put to shame and confusion.

QUESTIONS:

1. Read Psalm 71 and in your own words pull out the main thought of this passage.

2. What four things does the Psalmist ask the Lord to do for him in verse 2?

3. What two things has the Lord been to the Psalmist, according to verse 5?

4. How does the Psalmist describe himself, according to verse 7?

5. What two things does the Psalmist ask of the Lord in verse 9?

6. What two things does the Psalmist ask of the Lord in verse 12?

7. Summarize the Psalmist's praise in verse 19.

8. What is the Lord going to do for the Psalmist, according to verse 21.

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: The Lord is a place of safety and security where we can always go in the time of our need.

LESSON #2: The Lord is always available to be our hope and our confidence.

LESSON #3: The Psalmist declares that he has been in a dependent relationship all of his life.

LESSON #4: It is at the time of our blessings or buffetings that the Lord is able to bear maximum fruit through our lives and witness.

LESSON #5: Can you say with the Psalmist: "My mouth is filled with your praise, declaring your splendor all day long"? (verse 8).

LESSON #6: The Lord will never cast us away or forsake us in our final years.

LESSON #7: In the hour of our need, it is perfectly acceptable to pray for His presence and for His protection.

LESSON #8: The Psalmist tells us there are two things he is going to do as he is approaching the final phases of his life: (1) “I will always have hope” and (2) “I will praise you more and more” (verse 14).

LESSON #9: There are two things that the Psalmist is going to continue to proclaim: (1) “I will . . . proclaim your mighty acts” and (2) “I will proclaim your righteousness” (verse 16).

LESSON #10: The Psalmist proclaims that God has been the teacher and he has been the student since his “youth” (verse 17).

LESSON #11: The Psalmist wants to do two things before he is finished: (1) “I declare your power to the next generation” and (2) “I declare . . . your might to all who are to come” (verse 18).

LESSON #12: The Psalmist has seen “troubles, many and bitter” but the prospects for the future are bright (verse 20).

LESSON #13: The Lord is always there to “honor and comfort” us when we properly respond to the curriculum which he has designed for us (verse 21).

LESSON #14: The Psalmist says: “I will praise you . . . for your faithfulness” (verse 22).

ADDITIONAL NOTES:

STUDY NUMBER FOURTEEN - PSALM 80:1-19

NOTES

v. 1 Hear us, O Shepherd of Israel, you who lead Joseph like a flock; you who sit enthroned between the cherubim, shine forth
v. 2 before Ephraim, Benjamin and Manasseh. Awaken your might; come and save us.
v. 3 Restore us, O God; make your face shine upon us, that we may be saved.
v. 4 O Lord God Almighty, how long will your anger smolder against the prayers of your people?
v. 5 You have fed them with the bread of tears; you have made them drink tears by the bowlful.
v. 6 You have made us a source of contention to our neighbors, and our enemies mock us.
v. 7 Restore us, O God Almighty; make your face shine upon us, that we may be saved.
v. 8 You brought a vine out of Egypt; you drove out the nations and planted it.

NOTES

v. 9 You cleared the ground for it, and it took root and filled the land.

v. 10 The mountains were covered with its shade, the mighty cedars with its branches.

v. 11 It sent out its boughs to the Sea, its shoots as far as the River.

v. 12 Why have you broken down its walls so that all who pass by pick its grapes?

v. 13 Boars from the forest ravage it and the creatures of the field feed on it.

v. 14 Return to us, O God Almighty! Look down from heaven and see! Watch over this vine,

v. 15 the root your right hand has planted, the son you have raised up for yourself.

v. 16 Your vine is cut down, it is burned with fire; at your rebuke your people perish.

v. 17 Let your hand rest on the man at your right hand, the son of man you have raised up for yourself.

v. 18 Then we will not turn away from you; revive us, and we will call on your name.

v. 19 Restore us, O Lord God Almighty; make your face shine upon us, that we may be saved.

QUESTIONS:

1. Read Psalm 80 and in your own words pull out the main thought of this passage.

2. What does the Psalmist ask of the Lord in verse 3?

3. State in your own words what the Psalmist is asking of the Lord in verse 4.

4. State in your own words what the Psalmist asks of the Lord in verse 12.

5. What does the Psalmist ask of the Lord in verse 14?

6. In what two ways does the Psalmist describe the nation Israel, according to verse 15?

7. How is the nation described, according to verse 16?

8. What promise does the Psalmist make to the Lord, according to verse 18?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: Lord, thank You that You do hear us when we pray. In fact, many times before we call You'll answer when our hearts are right with You.

LESSON #2: "My sheep hear My voice, and I know them, and they follow Me; and I give eternal life to them; and they shall never perish, and no one shall snatch them out of My hand. My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of the Father's hand" (John 10:27-29 NASB).

LESSON #3: "Hear us," "shine forth," "awaken your might," "come," "save us," "restore us," "make your face shine upon us." These are the seven opening petitions of the Psalmist (verses 1-3).

LESSON #4: Lord I want to cooperate fully with Your restoration process so that "your face shine[s] upon" me (verse 3).

LESSON #5: The answers to "how long?" and "why?" are found in a spirit of repentance.

LESSON #6: “Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, so neither can you, unless you abide in Me” (John 15:4 NASB).

LESSON #7: “By this is My Father glorified, that you bear much fruit, and so prove to be My disciples” (John 15:8 NASB).

LESSON #8: Lord, teach us how to respond quickly in repentance to Your heavy hand of discipline upon us.

LESSON #9: For You, O Lord, to “return,” “revive,” and “restore,” You must first see within us repentance (verses 14, 18 & 19).

LESSON #10: “Restore us, O God,” “Restore us, O God Almighty,” and “Restore us, O Lord God Almighty” (verses 3, 7 & 19).

ADDITIONAL NOTES:

STUDY NUMBER FIFTEEN - PSALM 103:1-22

NOTES

v. 1 Praise the Lord, O my soul; all my inmost being, praise his holy name.
v. 2 Praise the Lord, O my soul, and forget not all his benefits—
v. 3 who forgives all your sins and heals all your diseases,
v. 4 who redeems your life from the pit and crowns you with love and compassion,
v. 5 who satisfies your desires with good things so that your youth is renewed like the eagle's.
v. 6 The Lord works righteousness and justice for all the oppressed.
v. 7 He made known his ways to Moses, his deeds to the people of Israel:
v. 8 The Lord is compassionate and gracious, slow to anger, abounding in love.
v. 9 He will not always accuse, nor will he harbor his anger forever;
v. 10 he does not treat us as our sins deserve or repay us according to our iniquities.
v. 11 For as high as the heavens are above the earth, so great is his love for those who fear him;
v. 12 as far as the east is from the west, so far has he removed our transgressions from us.
v. 13 As a father has compassion on his children, so the Lord has compassion on those who fear him;
v. 14 for he knows how we are formed, he remembers that we are dust.
v. 15 As for man, his days are like grass, he flourishes like a flower of the field;

NOTES

v. 16 the wind blows over it and it is gone, and its place remembers it no more.

v. 17 But from everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children—

v. 18 with those who keep his covenant and remember to obey his precepts.

v. 19 The Lord has established his throne in heaven, and his kingdom rules over all.

v. 20 Praise the Lord, you his angels, you mighty ones who do his bidding, who obey his word.

v. 21 Praise the Lord, all his heavenly hosts, you his servants who do his will.

v. 22 Praise the Lord, all his works everywhere in his dominion. Praise the Lord, O my soul.

QUESTIONS:

1. Read Psalm 103 and in your own words pull out the main thought of this passage.

2. As the Psalmist is praising the Lord, what does he command himself not to forget in verse 2?

3. What are the five things the Lord does for us, according to verses 3-5?

4. What two things does the Lord do for the oppressed, according to verse 6?

5. In what four ways is the Lord described by the Psalmist in verse 8?

6. How is the Lord's love described by the Psalmist in verses 11 & 12?

7. How is man described by the Psalmist in verses 15 & 16?

8. What has the Lord done, according to verse 19?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: The praise that delights the heart of God is the praise that is genuine from the depths of our heart.

LESSON #2: When we praise His holy name, we are praising His attributes, His person, and His works.

LESSON #3: Help me, O Lord, not to forget the bountiful blessings You shower upon us daily.

LESSON #4: Lord, I am praising You today as the One “who forgives all our sins” (verse 3).

LESSON #5: Lord, thank You that so much of my life is characterized by being crowned with Your “love and compassion” (verse 4).

LESSON #6: Lord, thank You that You are satisfying the “desires” of my heart with “good things” (verse 5).

LESSON #7: The Lord is constantly working to protect His own.

LESSON #8: “The Lord is compassionate and gracious, slow to anger, abounding in love” (verse 8).

LESSON #9: O God of grace, thank You that You do “not treat us as our sins deserve or repay us according to our iniquities” (verse 10).

LESSON #10: Lord, the greatness of Your love is beyond human comprehension.

LESSON #11: Thank You for removing “our transgressions . . . as far as the east is from the west” (verse 12).

LESSON #12: It is good for us to be reminded that we are mortal and God is immortal.

LESSON #13: “We must work the works of Him who sent Me, as long as it is day; night is coming, when no man can work “ (John 9:4 NASB).

LESSON #14: The Lord loves those who: 1) “fear him”; 2) “keep his covenant”; and 3) “obey his precepts” (verses 17 & 18).

LESSON #15: Lord, thank You that Your “throne” has been “established” and that Your “kingdom rules over all” (verse 19).

ADDITIONAL NOTES:

STUDY NUMBER SIXTEEN - PSALM 115:1-18

NOTES

v. 1 Not to us, O Lord, not to us but to your name be the glory, because of your love and faithfulness.

v. 2 Why do the nations say, “Where is their God?”

v. 3 Our God is in heaven; he does whatever pleases him.

v. 4 But their idols are silver and gold, made by the hands of men.

v. 5 They have mouths, but cannot speak, eyes, but they cannot see;

v. 6 they have ears, but cannot hear, noses, but they cannot smell;

v. 7 they have hands, but cannot feel, feet, but they cannot walk; nor can they utter a sound with their throats.

v. 8 Those who make them will be like them, and so will all who trust in them.

v. 9 O house of Israel, trust in the Lord—he is their help and shield.

v. 10 O house of Aaron, trust in the Lord—he is their help and shield.

v. 11 You who fear him, trust in the Lord—he is their help and shield.

v. 12 The Lord remembers us and will bless us: He will bless the house of Israel, he will bless the house of Aaron,

v. 13 he will bless those who fear the Lord—small and great alike.

v. 14 May the Lord make you increase, both you and your children.

v. 15 May you be blessed by the Lord, the Maker of heaven and earth.

v. 16 The highest heavens belong to the Lord, but the earth he has given to man.

v. 17 It is not the dead who praise the Lord, those who go down to silence;

NOTES

v. 18 it is we who extol the Lord, both now and forevermore. Praise the Lord.

QUESTIONS:

1. Read Psalms 115 and in your own words pull out the main thought of this passage.

2. What two reasons does the Psalmist give in verse 1 for the Lord to be receiving the glory?

3. What two things are said about God in verse 3?

4. How are idols described by the Psalmist in verses 4-8?

5. What two things will the Lord do for us, according to the Psalmist in verse 12?

6. What two things does the Psalmist pray for in verses 14 & 15?

7. What belongs to the Lord, according to verse 16?

8. Who are the ones who praise the Lord, according to verse 18?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: Lord, You are always there to meet all of our needs and You will.

LESSON #2: Our number one priority should be to glorify the name of the Lord.

LESSON #3: "Our God is in heaven; he does whatever pleases him" (verse 3).

LESSON #4: Those who worship idols become more and more like them (verse 8).

LESSON #5: Those who are worshipping the Lord on a daily basis are becoming more and more like Him.

LESSON #6: Trusting in the Lord is the key that unlocks the Lord's blessings.

LESSON #7: For those who "trust in the Lord," He is four things to them: 1) "help"; 2) "shield"; 3) He "remembers" them; and 4) "[He] will bless" them (verses 11 & 12).

LESSON #8: "For surely, O Lord, you bless the righteous; you surround them with your favor as with a shield" (Psalm 5:12).

LESSON #9: "But the plans of the Lord stand firm forever, the purposes of his heart through all generations" (Psalm 33:11).

LESSON #10: The Lord is in the business of "increasing" and "blessing" His children (verses 14 & 15).

LESSON #11: "The highest heavens belong to the Lord, but the earth he has given to man" (verse 16).

LESSON #12: "It is we who extol the Lord, both now and forevermore" (verse 18).

ADDITIONAL NOTES:

STUDY NUMBER SEVENTEEN - PSALM 116:1-19**NOTES**

v. 1 I love the Lord, for he heard my voice; he heard my cry for mercy.
v. 2 Because he turned his ear to me, I will call on him as long as I live.
v. 3 The cords of death entangled me, the anguish of the grave came upon me; I was overcome by trouble and sorrow.
v. 4 Then I called on the name of the Lord: "O Lord, save me!"
v. 5 The Lord is gracious and righteous; our God is full of compassion.
v. 6 The Lord protects the simplehearted; when I was in great need, he saved me.
v. 7 Be at rest once more, O my soul, for the Lord has been good to you.
v. 8 For you, O Lord, have delivered my soul from death, my eyes from tears, my feet from stumbling,
v. 9 that I may walk before the Lord in the land of the living.
v. 10 I believed; therefore I said, "I am greatly afflicted."
v. 11 And in my dismay I said, "All men are liars."
v. 12 How can I repay the Lord for all his goodness to me?
v. 13 I will lift up the cup of salvation and call on the name of the Lord.
v. 14 I will fulfill my vows to the Lord in the presence of all his people.
v. 15 Precious in the sight of the Lord is the death of his saints.
v. 16 O Lord, truly I am your servant; I am your servant, the son of your maidservant; you have freed me from my chains.
v. 17 I will sacrifice a thank offering to you and call on the name of the Lord.
v. 18 I will fulfill my vows to the Lord in the presence of all his people,
v. 19 in the courts of the house of the Lord—in your midst, O Jerusalem.
 Praise the Lord.

QUESTIONS:

1. Read Psalm 116 and in your own words pull out the main thought of this passage.

2. Why does the Psalmist love the Lord, according to verse 1?

3. What commitment does the Psalmist make in verse 2?

4. In what three ways is the Lord described in verse 5?

5. What does the Psalmist tell himself to do in verse 7? What is the reason for it?

6. What three things has the Lord done for the Psalmist, according to verse 8?

7. What is precious to the Lord, according to verse 15?

8. What does the Psalmist promise the Lord in verses 14 & 18?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: It delights the heart of God to hear us say "I love you Lord" (verse 1).

LESSON #2: Because the Lord has answered our prayers, it is good for us to tell Him that we “will call on him as long as we live” (verse 2).

LESSON #3: There will be times in our Christian experience when we will be literally “overcome by trouble and sorrow” (verse 3).

LESSON #4: The best thing for us to do in the midst of “trouble and sorrow” is to call “on the name of the Lord” (verse 4).

LESSON #5: “The Lord is gracious and righteous” and “full of compassion” (verse 5).

LESSON #6: “The Lord protects the simplehearted” (verse 6).

LESSON #7: The reason we are to “be at rest” is because “the Lord has been good” to us (verse 7).

LESSON #8: We can each testify that the Lord has “delivered my soul from death, my eyes from tears, my feet from stumbling” (verse 8).

LESSON #9: “How can I repay the Lord for all his goodness to me?” (verse 12).

LESSON #10: “I will lift up the cup of salvation and call on the name of the Lord” (verse 13).

LESSON #11: “I will fulfill my vows to the Lord in the presence of all his people” (verses 14 & 18).

LESSON #12: “Precious in the sight of the Lord is the death of his saints” (verse 15).

LESSON #13: It delights the heart of God for us say “I am your servant” (verse 16).

LESSON #14: We must never lose our attitude of gratitude. It delights the heart of God for us to say “Praise the Lord” (verse 19).

ADDITIONAL NOTES:

STUDY NUMBER EIGHTEEN - PSALM 126:1-6**NOTES**

v. 1 When the Lord brought back the captives to Zion, we were like men who dreamed.

v. 2 Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, "The Lord has done great things for them."

v. 3 The Lord has done great things for us, and we are filled with joy.

v. 4 Restore our fortunes, O Lord, like streams in the Negev.

v. 5 Those who sow in tears will reap with songs of joy.

v. 6 He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him.

QUESTIONS:

1. Read Psalm 126 and in your own words pull out the main thought of this passage.

2. How does the Psalmist characterize the returning captives, according to verse 1?

3. How were the captives characterized in verse 2?

4. What is their testimony in verse 2?

5. How do they respond to the great things the Lord has done for them in verse 3?

6. What does the Psalmist ask of the Lord, according to verse 4?

7. What is the promise to those who “sow in tears,” according to verse 5?

8. What is the promise to those who “[go] out weeping, carrying seed to sow,” according to verse 6?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: He brings us out from slavery to sin. He brings us in to the family. He brings us back from the far country.

LESSON #2: Some of the wonderful things the Lord does for us make us feel like we are dreaming.

LESSON #3: It delights the heart of God to have our mouths “filled with laughter” and “our tongues with songs of joy” (verse 2).

LESSON #4: Are people talking about you and saying, “The Lord has done great things” for him or her? (verse 2).

LESSON #5: “Laughter” and “songs” produce a witness (verse 2).

LESSON #6: The Psalmist’s witness is given for us in verse 3: “The Lord has done great things for us, and we are filled with joy.”

LESSON #7: Lord, we come to You in repentance, asking You to revive and to “restore” us (verse 4).

LESSON #8: “Those who sow in tears will reap with songs of joy” (verse 5).

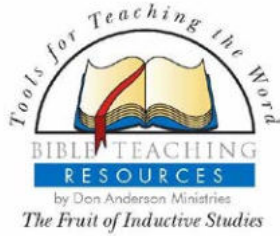
LESSON #9: Faithful sowing will issue in sheaves of grain at harvest time.

LESSON #10: Freedom comes by filling your mind with God’s thoughts.

LESSON #11: “The world has more winnable people than ever before . . . but it is possible to come out of a ripe field empty-handed” (Donald McGavran).

LESSON #12: “. . . instruct me to do what things are pleasing in thy sight, for Thou art my God: let thy loving Spirit lead me forth into the land of righteousness” (Lancelot Andrewes).

ADDITIONAL NOTES:



Bible Teaching Resources

by Don Anderson Ministries

PO Box 6611 • Tyler, TX 75711-6611

903.939.1201 Phone • 903.939.1204 Fax

www.BibleTeachingResources.org

A Practical Study of PSALMS: Meditations in Selected Psalms

COLLECTION 2: PART 4

STUDY NUMBER NINETEEN - PSALM 141:1-10

NOTES

v. 1 O Lord, I call to you; come quickly to me. Hear my voice when I call to you.

v. 2 May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

v. 3 Set a guard over my mouth, O Lord; keep watch over the door of my lips.

v. 4 Let not my heart be drawn to what is evil, to take part in wicked deeds with men who are evildoers; let me not eat of their delicacies.

v. 5 Let a righteous man strike me—it is a kindness; let him rebuke me—it is oil on my head. My head will not refuse it. Yet my prayer is ever against the deeds of evildoers;

v. 6 their rulers will be thrown down from the cliffs, and the wicked will learn that my words were well spoken.

v. 7 [They will say,] “As one plows and breaks up the earth, so our bones have been scattered at the mouth of the grave.”

v. 8 But my eyes are fixed on you, O Sovereign Lord; in you I take refuge—do not give me over to death.

v. 9 Keep me from the snares they have laid for me, from the traps set by evildoers.

v. 10 Let the wicked fall into their own nets, while I pass by in safety.

QUESTIONS:

1. Read Psalms 141 and in your own words pull out the main thought of this passage.

2. What two petitions does the Psalmist make of the Lord in verse 1?

3. What two requests does he make of the Lord in verse 3?

4. What three requests does he ask of the Lord in verse 4?

5. Describe the attitude of the Psalmist toward the discipline of a righteous man, according to verse 5.

6. What two things does the Psalmist say about his relationship to the Lord in verse 8?

7. Outline the three final requests of the Psalmist in the last part of verse 8, verse 9, and verse 10.

8. Can you think of several “snares” and “traps” that the devil is continually setting in your path?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: It is all right when we pray to ask the Lord to do two things: (1) “come quickly” and (2) “hear [our] voice” (verse 1).

LESSON #2: “Set a guard over my mouth, O Lord; keep watch over the door of my lips” (verse 3).

LESSON #3: Our conversation, our conduct, and our companionships are critical concerns on the road to victory.

LESSON #4: The psalmist asks for three things: (1) “Let not my heart be drawn to what is evil”; (2) “Let not my heart . . . take part in wicked deeds”; and (3) “let me not eat of their delicacies” (verse 4).

LESSON #5: My response to the righteous man’s rebuke reveals the level of my maturity (verse 5).

LESSON #6: “To Thee, O Lord, belongeth righteousness, and to me confusion of face: my destruction cometh to me of myself” (Lancelot Andrewes).

LESSON #7: “For those whom the Lord loves He disciplines, and He scourges every son whom He receives” (Hebrews 12:6).

LESSON #8: “All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness” (Hebrews 12:11).

LESSON #9: “My eyes are fixed on you, O Sovereign Lord” (verse 8).

LESSON #10: “In you I take refuge” (verse 8).

LESSON #11: “Do not give me over to death” and “Keep me from the snares they have laid for me” (verses 8 and 9).

ADDITIONAL NOTES:

STUDY NUMBER TWENTY - PSALM 143:1-12**NOTES**

v. 1 O Lord, hear my prayer, listen to my cry for mercy; in your faithfulness and righteousness come to my relief.

v. 2 Do not bring your servant into judgment, for no one living is righteous before you.

v. 3 The enemy pursues me, he crushes me to the ground; he makes me dwell in darkness like those long dead.

v. 4 So my spirit grows faint within me; my heart within me is dismayed.

v. 5 I remember the days of long ago; I meditate on all your works and consider what your hands have done.

v. 6 I spread out my hands to you; my soul thirsts for you like a parched land. *Selah*

v. 7 Answer me quickly, O Lord; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit.

v. 8 Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.

v. 9 Rescue me from my enemies, O Lord, for I hide myself in you.

v. 10 Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

v. 11 For your name's sake, O Lord, preserve my life; in your righteousness, bring me out of trouble.

v. 12 In your unfailing love, silence my enemies; destroy all my foes, for I am your servant.

QUESTIONS:

1. Read Psalm 143 and in your own words pull out the main thought of this passage.

2. Outline the three requests of the Psalmist in verse 1.

3. Why does the psalmist ask the Lord not to bring him "into judgment," according to verse 2?

4. In what two ways does the Psalmist describe himself in verse 4?

5. Outline the Psalmist three-point plan in verse 5 for overcoming his adversity.

6. What two things does the Psalmist ask for in verse 8?

7. What two things does the Psalmist ask of the Lord in verse 10?

8. What two things does the Psalmist ask of the Lord in verse 11?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: We really learn how to lay hold of God with earnestness in this psalm: “hear my prayer, listen to my cry for mercy . . . come to my relief” and “answer me quickly” (verses 1 & 7).

LESSON #2: The foundation for David’s intense prayer requests is found in the faithfulness and righteousness of God.

LESSON #3: David does not want to be brought into judgment because “no one living is righteous before” Him (verse 2).

LESSON #4: David says his “spirit grows faint” and his “heart . . . is dismayed” (verse 4).

LESSON #5: David's three-point plan for handling this crisis is: (1) "I remember the days of long ago"; (2) "I meditate on all your works"; and (3) "[I] consider what your hands have done" (verse 5).

LESSON #6: David tells the Lord two things: (1) "I spread out my hands to you" and (2) "my soul thirsts for you like a parched land" (verse 6).

LESSON #7: David asks two things of the Lord: (1) "Answer me quickly" and (2) "Do not hide your face" (verse 7).

LESSON #8: In verse 4 David says, "my spirit grows faint" and in verse 7 he says, "my spirit faints."

LESSON #9: Tell me you love me and "show me the way I should go" (verse 8).

LESSON #10: David asks the Lord to do two things in verse 10: (1) "teach me to do your will" and (2) "may your good Spirit lead me on level ground."

LESSON #11: David asks two things of the Lord in verse 11: (1) "preserve my life" and (2) "bring me out of trouble."

LESSON #12: David asks for two things in verse 12: (1) "silence my enemies" and (2) "destroy all my foes."

LESSON #13: David concludes the psalm acknowledging that he is the Lord's servant.

ADDITIONAL NOTES:

STUDY NUMBER TWENTY-ONE - PSALM 144:1-15

NOTES

v. 1 Praise be to the Lord my Rock, who trains my hands for war, my fingers for battle.

v. 2 He is my loving God and my fortress, my stronghold and my deliverer, my shield, in whom I take refuge, who subdues peoples under me.

v. 3 O Lord, what is man that you care for him, the son of man that you think of him?

v. 4 Man is like a breath; his days are like a fleeting shadow.

v. 5 Part your heavens, O Lord, and come down; touch the mountains, so that they smoke.

v. 6 Send forth lightning and scatter [the enemies]; shoot your arrows and rout them.

NOTES

v. 7 Reach down your hand from on high; deliver me and rescue me from the mighty waters, from the hands of foreigners
v. 8 whose mouths are full of lies, whose right hands are deceitful.
v. 9 I will sing a new song to you, O God; on the ten-stringed lyre I will make music to you,
v. 10 to the One who gives victory to kings, who delivers his servant David from the deadly sword.
v. 11 Deliver me and rescue me from the hands of foreigners whose mouths are full of lies, whose right hands are deceitful.
v. 12 Then our sons in their youth will be like well-nurtured plants, and our daughters will be like pillars carved to adorn a palace.
v. 13 Our barns will be filled with every kind of provision. Our sheep will increase by thousands, by tens of thousands in our fields;
v. 14 our oxen will draw heavy loads. There will be no breaching of walls, no going into captivity, no cry of distress in our streets.
v. 15 Blessed are the people of whom this is true; blessed are the people whose God is the Lord.

QUESTIONS:

1. Read Psalm 144 and in your own words pull out the main thought of this passage.

2. Outline the five ways the Psalmist describes the Lord in verse 2.

3. How is man described in verse 4?

4. What does the Psalmist ask of the Lord in verse 7?

5. How does the Psalmist describe the wicked in verse 8?

6. What two things does the Lord do for His own, according to verse 10?

7. Describe the sons and daughters from the Psalmist's perspective in verse 12.

8. Outline the six-fold blessing that the Psalmist gives us in verses 13 & 14.

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: "Holy! Holy! Holy! Lord! Let us with the angels cry, Hallelujah! to the Lamb! Let our worship sound on High!" (source unknown).

LESSON #2: Lord, thank You that You train us for warfare by giving us a military manual to prepare and armament to protect us in conflict.

LESSON #3: Lord, You are "my Rock," "my loving God," "my fortress, my stronghold and my deliver," and "my shield" (verses 1 & 2).

LESSON #4: "You are my refuge and my shield; I have put my hope in your word" (Psalm 119:114).

LESSON #5: The Lord is constantly caring and thinking of us.

LESSON #6: Our lives are "like a breath" and "a fleeting shadow" (verse 4).

LESSON #7: Lord it would be wonderful if You would part the heavens and come down and call Your church home.

LESSON #8: "The Lord lives! Praise be to my Rock! Exalted be God my Savior!"
(Psalm 18:46).

LESSON #9: Lord, I cannot wait until we sing the new song of redemption story in the corridors of glory!

LESSON #10: It is the Lord who gives victory and delivers His own.

LESSON #11: The Lord is in the business of blessing the nation "whose God is the Lord"
(verse 15).

LESSON #12: The Lord is the in the business of blessing the obedient heart.

ADDITIONAL NOTES:

STUDY NUMBER TWENTY-TWO - PSALM 147:1-20

NOTES

v. 1 Praise the Lord. How good it is to sing praises to our God, how pleasant and fitting to praise him!
v. 2 The Lord builds up Jerusalem; he gathers the exiles of Israel.
v. 3 He heals the brokenhearted and binds up their wounds.
v. 4 He determines the number of the stars and calls them each by name.
v. 5 Great is our Lord and mighty in power; his understanding has no limit.
v. 6 The Lord sustains the humble but casts the wicked to the ground.
v. 7 Sing to the Lord with thanksgiving; make music to our God on the harp.
v. 8 He covers the sky with clouds; he supplies the earth with rain and makes grass grow on the hills.
v. 9 He provides food for the cattle and for the young ravens when they call.
v. 10 His pleasure is not in the strength of the horse, nor his delight in the legs of a man;
v. 11 the Lord delights in those who fear him, who put their hope in his unfailing love.
v. 12 Extol the Lord, O Jerusalem; praise your God, O Zion,
v. 13 for he strengthens the bars of your gates and blesses your people within you.
v. 14 He grants peace to your borders and satisfies you with the finest of wheat.
v. 15 He sends his command to the earth; his word runs swiftly.
v. 16 He spreads the snow like wool and scatters the frost like ashes.
v. 17 He hurls down his hail like pebbles. Who can withstand his icy blast?
v. 18 He sends his word and melts them; he stirs up his breezes, and the waters flow.

NOTES

v. 19 He has revealed his word to Jacob, his laws and decrees to Israel.
 v. 20 He has done this for no other nation; they do not know his laws.
 Praise the Lord.

QUESTIONS:

1. Read Psalm 147 and in your own words pull out the main thought of this passage.

2. In what three ways does the Psalmist describe the experience of praising the Lord, according to verse 1?

3. What two things does the Lord do for His own, according to verse 3?

4. What two things are said about the Lord, according to verse 5?

5. Who does the Lord delight in, according to verse 11?

6. What two things does the Psalmist ask of us, according to verse 12?

7. What two things are said about the Lord, according to verse 15?

8. What two things has the Lord done for Israel, according to verse 19?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: Praise is good, fitting, and pleasant.

LESSON #2: The Lord “heals the brokenhearted and binds up their wounds” (verse 3).

LESSON #3: “He heals the brokenhearted,” He “sustains the humble,” and He “casts the wicked to the ground” (verses 3 & 6).

LESSON #4: As the Creator-God, “He determines the number of the stars and calls them each by name” (verse 4).

LESSON #5: Our God is “great . . . and mighty in power” and “his understanding has no limit” (verse 5).

LESSON #6: He is sovereign, omnipotent, and omniscient.

LESSON #7: “The Lord sustains the humble but casts the wicked to the ground” (verse 6).

LESSON #8: Our God is Jehovah-Jireh. He is our provider.

LESSON #9: “The Lord delights in those who fear him, [those] who put their hope in his unfailing love” (verse 11).

LESSON #10: The Lord “strengthens,” “blesses,” “grants peace,” and “satisfies” His children (verses 13 & 14).

LESSON #11: “He sends his command to the earth; his word runs swiftly” (verse 15).

LESSON #12: Jacob and Israel are special. They are His people.

ADDITIONAL NOTES:

STUDY NUMBER TWENTY-THREE - PSALM 149:1-9**NOTES**

v. 1 Praise the Lord. Sing to the Lord a new song, his praise in the assembly of the saints.

v. 2 Let Israel rejoice in their Maker; let the people of Zion be glad in their King.

v. 3 Let them praise his name with dancing and make music to him with tambourine and harp.

v. 4 For the Lord takes delight in his people; he crowns the humble with salvation.

v. 5 Let the saints rejoice in this honor and sing for joy on their beds.

v. 6 May the praise of God be in their mouths and a double-edged sword in their hands,

v. 7 to inflict vengeance on the nations and punishment on the peoples,

v. 8 to bind their kings with fetters, their nobles with shackles of iron,

v. 9 to carry out the sentence written against them. This is the glory of all his saints. Praise the Lord.

QUESTIONS:

1. Read Psalms 149 and in your own words pull out the main thought of this passage.

2. What two things does the Psalmist ask us to do, according to verse 1?

3. What two things does the Psalmist ask the people to do, according to verse 2?

4. What two things does the Lord do, according to verse 4?

5. What two things does the Psalmist ask of the people in verse 5?

6. What two things are the people to do, according to verse 6?

7. What four things are the people to do, according to verses 7 & 8?

8. What is the “glory of all his saints,” according to verse 9?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: Are you spending quality time praising the Lord for His goodness and for His grace?

LESSON #2: Are you singing to the Lord “a new song” on a regular basis because His mercies are new every morning? (verse 1).

LESSON #3: Lord, I am rejoicing in my “Maker” and I am “glad in [my] King” (verse 2).

LESSON #4: Lord, thank You that because of the death of Your Son, we are going to have a “new song” to sing throughout all eternity—the song of the redeemed.

LESSON #5: Do you find yourself delighting in the Lord as the Lord is delighting in you?

LESSON #6: “The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing” (Zephaniah 3:17).

LESSON #7: Have you taken time to humble yourself before the Lord and to receive the wonderful gift of salvation that He has provided through the death of His Son?

LESSON #8: When was the last time you found yourself singing as you were preparing to retire?

LESSON #9: Do you begin each day with a “praise” on your lips and a “sword” in your hand? (verse 6).

LESSON #10: Do you daily consult the sword of the Spirit, which is the Word of God?

LESSON #11: Lord, what joy it is to my heart to know that You are soon coming to set up Your kingdom.

ADDITIONAL NOTES:

STUDY NUMBER TWENTY-FOUR - PSALM 150:1-6

NOTES

v. 1 Praise the Lord. Praise God in his sanctuary; praise him in his mighty heavens.

v. 2 Praise him for his acts of power; praise him for his surpassing greatness.

v. 3 Praise him with the sounding of the trumpet, praise him with the harp and lyre,

v. 4 praise him with tambourine and dancing, praise him with the strings and flute,

v. 5 praise him with the clash of cymbals, praise him with resounding cymbals.

v. 6 Let everything that has breath praise the Lord. Praise the Lord.

QUESTIONS:

1. Read Psalm 150 and in your own words pull out the main thought of this passage.

2. What three things does the Psalmist tell us to do, according to verse 1?

3. What two things are we to praise him for, according to verse 2?

4. How are we supposed to praise him, according to verse 3?

5. How are we supposed to praise him, according to verse 4?

6. How are we supposed to praise him, according to verse 5?

7. Who is supposed to praise the Lord, according to verse 6?

8. How many times does the word “praise” occur in these six verses?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: Praise is the language of sinners set free.

LESSON #2: Praise is inward delight turned into outward demonstration.

LESSON #3: We learn from this psalm that praise is a high priority with our Lord.

LESSON #4: We are to “Praise the Lord . . . in his sanctuary.” We are to “praise him in his mighty heavens” (verse 1).

LESSON #5: We are to “Praise him for his acts of power” and we are to “praise him for his surpassing greatness” (verse 2).

LESSON #6: We are to praise him for what He does and who He is.

LESSON #7: We are to praise him with everything that we can get our hands upon.

LESSON #8: “If you have no joy in your religion, there is a leak in your Christianity somewhere” (Billy Sunday).

LESSON #9: It is a poor heart that never rejoices.

LESSON #10: Every living creature singing the hallelujah chorus is the picture described in verse 6.

LESSON #11: “Joy is magnified when shared” (Tim Hansel).

LESSON #12: “Joy is that deep settled confidence that God is in control in every area of my life” (Paul Sailhamer).

LESSON #13: “Joy is the great note all through the Bible” (Oswald Chambers).

LESSON #14: “Joy is the serious business of heaven” (C. S. Lewis).

ADDITIONAL NOTES:
