My Go-to Book of the Bible:

Psalms

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What type of literature is Psalms?

“The heavens declare the glory of God
The skies proclaim the work of His hands” (Ps 19)

- Praise & worship
- Thanksgiving
- Songs of trust
- Royal psalms
- Wisdom
- Confession & repentance
- Lament

Context & main writers

- **David** is the most prominent Psalmist
- **Asaph** - associated with Psalms 50 and 73–83
- **The sons of Korah** - a group of temple singers, associated with Psalms such as 42–49
- **Heman** - Psalm 88
- **Ethan** - Psalm 89
- **Moses** - Psalm 90
- **Solomon** - Psalms 72 and 127
- There are also many **anonymous** psalms.

Main themes

1) **God is worthy of praise**

“The Lord is compassionate and gracious, slow to anger, abounding in love.” (Ps 103)

2) **God is present in the midst of suffering**

“How long, Lord? Will you forget me for ever?” (Ps 13)

“God is our refuge and strength, an ever-present help in trouble.” (Ps 46)

Main themes

3) **God can be trusted**

“I lift up my eyes to the mountains - where does my help come from?
My help comes from the Lord, the Maker of heaven and earth.” (Ps 121)

4) **God invites honesty**

“Trust in him at all times, you people; pour out your hearts to him.” (Ps 62)

Main themes

5) **God invites His people to live differently**

From despair to trust

“How long?” x4
“But I trust in Your unfailing love.”
“I will sing to the Lord for He has been good to me.”
(Ps 13)

From distress to praise

“I was overcome by trouble and sorrow. Then I called on the name of the Lord, ‘Oh Lord, save me!’”

“Return to your rest, my soul, for the Lord has been good to you.” *(Ps 116)*

How might this book affect how we view God?

1. God is personal
2. God can handle our emotions
3. God is faithful

circumstances → emotion → prayer → remembrance → trust/praise

Psalms & the practice of our faith

- Pray the psalms
- Bring our whole emotional life
- Learn to remember
- Allow praise to reshape our perspective