

How to study the Psalms

How to study the Psalms

- Determine the type

- **Thanksgiving** - Individual and communal thanksgiving
- **Praise** - General Praise
- **Lament** - Individual or communal expressions of sorrow or regret

- **Hymns** - General praise to God form lends toward corporate praise
- **Wisdom** - Didactic regarding wisdom
- **Trust** - Confidence in God
- **Royal** - The kingship of God (Yahweh)

- **Thanksgiving**
- **Praise**
- **Lament**
- **Hymns**
- **Trust**
- **Wisdom**
- **Royal**

Lament	59	Wisdom	9
Praise	41	Thanksgiving	8
Hymns	17	Trust	6
Royal	10		

How to study the Psalms

- Determine the type
- Seek to understand the context
- Determine the purpose
- Evaluate the message

Evaluating the message

- **What do I learn about God?**
 - His character
 - His disposition towards me

Evaluating the message

- **What do I learn about myself?**
 - Where is there common ground with those the psalm addresses?
 - Where do I need to change?

Followup

What can I take with me throughout the day?

- What attribute of God should I reflect on today?
- How can I pray aspects of the psalm?

Followup

What can I take with me throughout the day?

- What verse or phrase can I meditate on today?
(write it down)

Let's practice

Psalm 40:1-3

1 I waited patiently for the Lord;
And He inclined to me
and heard my cry.

2 He brought me up out of the
pit of destruction, out of the miry clay,
and set my feet upon a rock
making my footsteps firm.

3 He put a new song in my mouth,
a song of praise to our God;
Many will see and fear
And will trust in the LORD.

I know that God...

- Listens to His own
(He leans in to listen)
- Is powerful enough to lift me up
out of anything
- Will place me on sure footing
- Can give me a song of praise

I know that ...

- My only cry in trouble should be to my God
- I must wait patiently for Him
- I must remain on sure footing
(Where God puts me is best.)

I know that ...

- I must praise my God
- Others should see the greatness of my God by my life.

**What can I take
with me today?**