

# (Through the Bible) Psalms - Part 1

by Zac Poonen

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*The Book of Psalms is a collection of poems and songs that express the deepest emotions and experiences of the human heart, offering guidance and comfort to believers in their walk with God.*

**Duration:** 57:54

**Scripture:** Psalm 1:2, Psalm 2:12, Psalm 3:3, Psalm 4:4, Psalm 5:3, Psalm 6:2, Psalm 8:4, Psalm 11:5, Psalm 19:7, Psalm 23:1

**Topics:** "Psalms Study", "Spiritual Guidance"

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## Description

This sermon delves into the Book of Psalms, highlighting its significance in the New Testament and the various authors behind its composition. It explores the division of Psalms into five books, drawing parallels to the first five books of Moses. The sermon emphasizes the importance of meditating on God's Word, seeking His guidance, and the power of praise and trust in God amidst trials and tribulations.

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## Transcript

So let's begin. We want to turn to the Book of Psalms. The Book of Psalms is more quoted in the New Testament than any other Old Testament book.

Many people in the New Testament quote from the Book of Psalms. Jesus quoted from it. And at least out of the 150 psalms here, at least 50 of them, 50 of them are quoted in the New Testament.

Some of these psalms, we don't know their authors. At least 70 of them were written by David, some by Esau, some by the sons of Korah, a few by Solomon, one by Moses, one by a man called Ethan, most of the others are unknown. And now the Book of Psalms is divided actually into five books.

The first book is Psalm 1 to 41. The second book is Psalm 42 to 72. The third book is Psalm 73 to 89.

The fourth book is from Psalm 90 to Psalm 106. And the fifth one is Psalm 107 to Psalm 150. Now it's not, we cannot say that each book has got a different subject.

There are a number of subjects in each of the books, but many who have studied the Psalms often compare these five books of the Psalms to the first five books of Moses. And there is a certain amount of similarity we could say between the first book of Psalms and Genesis and the second book of Psalms and Exodus and the third one with Leviticus, the fourth one with Numbers and the fifth one with Deuteronomy, for example. In the first book you read about creation in Psalm 8 and Psalm 19 about the sun and the

moon and the stars.

And there's a lot of Psalms in that first book about suffering God, a godly man suffering from other people who are troubling him and crying out to God for help, reminding us of how Joseph suffered in the book of Genesis, a godly man. And the second book has a similarity to Exodus in the sense that it's a, there are a number of cases of oppressed people mourning Psalm 42 to 44, crying out for deliverance and the deliverance coming through Christ the bridegroom and the King, Psalm 45 and Psalm 72. The third book, beginning with Psalm 73, a lot of Psalms from 73 to 89 deal with the temple.

Esau was one of the people appointed as a singer in the temple and therefore it is very similar to Leviticus which has also got to do with the temple ordinances and the laws of God. The fourth one begins itself with Psalm 90 written by Moses in the wilderness and therefore has some connection with the wanderings of Israel mentioned in Numbers and about Christ reigning in Psalm 99 to 106 when the wanderings will cease. And the last book has, Deuteronomy we can say is the second law and the last book of the Bible has got Psalm 119 for example which is all about the law of God and finally ending in the songs of ascent that lead up to Jerusalem, the promised land for us.

Deuteronomy prepared the way for the children of Israel entering into the promised land for them which is Canaan. So there in a broad way you've got a little outline of the whole book of Psalms but we can't say that every Psalm needs it. This is just a broad guideline.

So we want to look at this and see obviously we won't have time to go through all the hundred and fifty Psalms but I'll try and point out to you some of the important Psalms in each section. We'll try and cover book 1 and 2 in the first session and 3, 4 and 5 in the next session. Psalm 1 is of course a very well-known Psalm.

It talks about how our life can become prosperous if we meditate on the Word of God. That's basically the theme. The godly and the ungodly.

That's the theme of Psalm 1. A godly person does not stand in the counsel of the ungodly but in contrast he doesn't just sit and do nothing. You see a lot of godly people they avoid evil but there's nothing good in them. It's like the demon that was cast out and the heart is clean and empty so that demon goes and brings seven other demons and occupies it.

So it's not enough to say verse 1 I don't stand in the way of sinners. I don't sit in the seat of the scornful. I don't walk in the counsel of the ungodly.

What do you do then? I fill my heart with the Word of God. I meditate on the law of the Lord day and night and then I'll be like a tree planted by the rivers of water and this wonderful verse the last part of verse 3 whatever he does he will prosper. What a verse.

I'd like to live a life like that. That whatever I do even in my secular profession that will be the blessing of God upon the work of my hands. There'll be the blessing of God upon the words of my mouth.

This is the way God wants us to live and if you want to live like that meditate on the Word of God every day. Take it seriously. Think about it.

Think about it. Let it become part of your life. We don't have to read it all the time.

You know you eat breakfast in the morning and your body is digesting it, digesting it, digesting it and then you eat lunch and then your body is digesting it, digesting it. The actual time you spend eating is very little but the digesting process and it's not just digestion. So many part things happen in the body which convert that food into blood and flesh and bones.

Something like that has to happen with the Word of God. We read the Word of God maybe for a very short time but we meditate on it even when we are not kneeling down or having the Bible in front of us till finally that becomes a part of our system and our life and guides everything we do in life just like the food we eat. Psalm 2 speaks of this is a messianic Psalm.

There are a number of Psalm 2 verse 4 to 7 especially is quoted by you know Peter and the Acts of the Apostles. He who sits in the heavens will laugh. Kiss the son it says in verse 12.

It's a messianic Psalm of the king that was rejected. The kings of the earth verse 2 have set themselves against the Lord and is anointed. His anointed is the Messiah Jesus and he says to his son verse 7 thou art my son this day I have begotten thee.

Ask of me and I'll give you the heathen for your inheritance. The uttermost parts of the earth for your possession and you shall break them with the rod of iron one day he is going to rule. So before that happens kiss the son lest he be angry with you.

Blessed are those who put their trust in him. Psalm 3 is a Psalm of a person who is struggling, suffering, how are they increased Lord that trouble me. I have so many enemies many are rising up against me.

This is a very is a constant theme. You know many of these Psalms were written by David when he was running away from Saul. This particular one was written when he was running away from Absalom his son.

Lord how they have increased who are troubling me. But you are my glory verse 3 and the lifter of my head. We sing that in a chorus my glory and the lifter of my head.

Do you know that David sang that when he was running away from Absalom. It's one thing to sit comfortably in a chair and say my glory and the lifter of my head but see the context in which he said it. When he was running away from Absalom with all his enemies against so many enemies with people like Ahithophel and Judas Iscariot who betrayed him.

He says Lord you are my glory and the lifter of my head. To say that in a time of trial wonderful. So many of these Psalms were not written in easy chairs or lying down in comfort.

A lot of these Psalms are written under pressure. When David was running from cave to cave hiding from Saul hiding from Absalom through pressure. One Psalm was written when he was almost killed by the Achish the king of Gath and he had to pretend to be a madman and God saved his life.

So what we learned from that is that this inspired scripture did not come out of people sitting in comfortable circumstances writing a song. Today there are people who write songs sit somewhere in comfortable situations and write songs but these were not written like that. They were written under pressure and it is under pressure that the best comes forth from our life.

Some of these wonderful Psalms would never have been written would never have been written if David had not faced pressure. Are you afraid of pressure? I have found that some of the greatest lessons God

has taught me has been in times of pressure. So don't be afraid of pressure.

It is through that pressure that God brings forth the ministry from you. It is like the squeezing of the toothpaste tube. If you want something to come out you got to squeeze it otherwise nothing comes out and God squeezes us and presses us through other people so that his word comes forth from our lives and the more you squeeze the toothpaste tube what happens more comes out.

So more the pressure and trial upon your life the more your ministry can become rich in the words that come out of your lips. Psalm 4 here he says a wonderful word verse three the Lord has set apart the godly for himself.

It's a wonderful verse if you're godly God has set you apart for himself you're not for the world my brother sister let all the other believers live for the world but those who are godly have been set apart by God for himself this is your mind you're not for the world and here is a wonderful verse also stand in awe and sin not this is the verse quoted in Ephesians 4 be angry and sin not that could be another translation of this verse be angry when you're angry don't sin but the rest of the verse unfortunately it's not quoted in Ephesians 4 but here is some good advice for you what you should do when you're angry what should you do it says in verse 4 go and lie down on your bed and be still for a little while isn't that wonderful practical advice the next time you're angry remember this

very easy reference 4 4 okay Psalm 4 verse 4 the bible says when you're angry go and lie down in your bed and just commune with God for a little while and be still don't toss around on the bed just be still for a little while it's the best advice for angry people if you can't overcome it by the grace of God next best is lie down in the bed till you learn to get grace to overcome it without lying down on your bed and there when you're lying down in the bed offer the sacrifices of righteousness praise the Lord because he's on the throne and put your trust in the Lord don't be angry with people and you'll get up from that bed and you will say verse 7 Lord you have put gladness in my heart there was anger in my heart till now but there's gladness in my heart now more than in the time when all

their people their corn and their wine increased okay Psalm 5 we've got to rush through this I wish we could spend longer but we'd have to spend many many more hours if we go too slowly Psalm 5 it's a wonderful verse in verse 3 which says my voice shall thou hear in the morning your Lord if you can make that to practice in your life Lord every morning you will hear my voice in the morning I will direct my prayer unto thee and I will not look down I will not look around I will look up begin your mornings like that for thou art a God who has pleasure in no pleasure in wickedness neither shall evil dwell with thee and verse 7 the last part in your in reverence I will worship toward your holy temple verse 11 let those who put their trust in thee rejoice because thou defendest them you defend

them Lord Psalm 6 he says Lord don't rebuke me chasten me in your heart does displeasure have mercy upon me and he tells the workers of iniquity verse 8 depart from me you workers of iniquity for the Lord has heard my voice he has he will receive my prayer verse 10 let my enemies be ashamed many times you'll see this in the Psalms of enemies and prayer and God answering verse 7 sorry Psalm 7 there's a verse here which says if Lord verse 3 if there's sin in my hands if I have returned evil to those who were at peace with me then let my enemy persecute me I have not done evil to others it's a very serious thing thing to do evil to others I mentioned the other day that there are two types of sins sins where you harm yourself and sins where you harm other people for example most Christians

think as I said the other day that smoking is more serious than gossiping it is not in smoking is a sin in which you destroy yourself in gossiping you not only destroy yourself you destroy another person how many people believe that gossiping speaking evil about others is more serious than smoking or getting drunk see we don't understand how the seriousness of doing evil to others okay God is angry verse 11 with a wicked person every day Psalm 8 here is another messianic psalm when it says in verse 4 what is man that thou art mindful of him that is quoted in Hebrews thou hast made him a little lower than the angels that Jesus took the place of being a little lower than angels and Hebrews it explains it as because he died angels don't die how did Jesus become a little lower than the angels

because he died angels didn't don't die but today you're crowned him with glory and honor and you put everything under his feet verse 6 and in Hebrews it says that's referring to Jesus who's got everything under his feet and we are his body we can have everything under our feet too and verse 2 is what Jesus quoted in the temple when the children were praising the Lord and the Pharisees were all upset with all the noise in the temple see some people don't like noisy praise and worship but Jesus enjoyed it because heaven is full of noisy praise and worship and Jesus enjoyed it when he saw those children shouting and praising God it reminded him of heaven it made him homesick for heaven but the Pharisees were long-faced and they thought children should not praise the Lord and Jesus said

haven't you read in the scripture that out of the mouth of babes you have ordained strength why he was referring to praising God when you start praising God you have strength to shut up the mouth of the enemy and the avenger Psalm 82 wonderful verse the way you shut the mouth of the devil is by doing what those children did in the temple praising God opening our mouth that's the thing the devil hates sincere praise that comes from the heart is what the devil hates just praise the Lord say verse 9 oh Lord our Lord oh excellent is thy name in all the earth Psalm 9 this is speaking about the godly remnant the wicked one and his follower when my enemies are turned back they shall fall verse 3 in thy presence because Lord verse 4 thou has maintained my cause verse 9 the Lord will be a refuge

for the oppressed and verse 10 those who know know the name of Jesus will put their trust in thee because thou is not forsaken them and here's a picture of resurrection in verse 13 the last part thou that liftest me up from the gates of death the prophecy of the resurrection Psalm 10 is about again about the wicked one and the vision of the man of faith the wicked one verse 4 through the pride of his face will not seek after God but God is the one who verse 18 cares for the fatherless and the oppressed people of earth so that the evil men in the world may not oppress them or terrify them anymore Psalm 11 is again about the wicked and the righteous and it says in verse 5 a very interesting verse that the Lord tests the righteous people but the wicked and the one who loves violence his soul

hates now he's contrasting the righteous and the wicked so when it says that God hates the wicked what he should say is he loves the righteous that's the opposite that verse should read like this the Lord loves the righteous but he hates the wicked but what does it say he hates the wicked but he tests the righteous testing is a mark of his love when God tests you it's like a child having a test an examination what is the purpose of the examination to give him a promotion to put him into the next standard next year why does God test you to give you a promotion okay chapter 12 is again about wicked people and deliverance he says help Lord because godly people are seizing very difficult to find a godly man on the earth nowadays I believe that's a psalm which has great relevance for the time

in which we live help Lord godly people are getting reduced day by day faithful people are not found among the children of men everybody speaks vanity they speak with flattering hearts and hypocritical

hearts and see it's their speech notice the emphasis here on when it says the godly people are not found is because the speech of everybody is ungodly the mark of a godly man is his speech they speak emptiness verse two they speak flattery they speak with a double heart hypocrisy the Lord will cut off flattery the Lord will cut off the proud tongue and the ungodly man says verse four our lips are our own we will speak what we like that is the mark of an ungodly man he's got no control over his tongue James says the man who can control his tongue is a perfect man who have said with our

tongue we will prevail we will overcome with our tongue no the Lord in contrast to that a godly man remembers verse six that the words of the Lord are pure words like silver tested in a furnace seven times that means I read it like this the ungodly man says my lips are my own I'll just speak whatever I like the godly man when he thinks of saying something he throws it back into the furnace should I say it or not takes it out should I say it like this no throw it back again and throws it back seven times into the furnace and then decides how to speak rewrites his letters perhaps seven times before he sends out that letter particularly if it's a strong letter of rebuke or something like that that's how a godly man does things okay 13 Lord how long will you forget me he's talking about the

enemy again and the victory of faith I'm saying to the Lord because he's dealt bountifully with me the fool has said in his heart verse chapter psalm 14 there is no God and this is the psalm which is quoted in Romans 3 as a description of the ungodly person verse 3 they're all gone aside they've all become filthy there's no good not one psalm 15 is in contrast to this evil person is the godly remnant who shall abide in thy holy tabernacle oh Lord the one who walks uprightly the one who works righteousness speaks the truth in his heart and many many things and one who honors those who fear God we don't honor a person because he's rich or famous verse four we honor a man because he fears God I want to spend my life not honoring the great people of but honoring those who fear God those who

live like this the last part of verse five they will never be shaken there are many things that are going to be shaken in the world but such a man will not be shaken psalm 16 is another messianic psalm about Christ I've set the Lord always before me verse 8 because he's at my right hand I'll never be moved this is what Peter quoted in Acts chapter 2 verse 5 the Lord is the portion of my inheritance and of my cup and in verse 3 is a wonderful verse where the psalmist says my delight is in God's people on the earth my delight is in God's people on the earth psalm 16 11 at thy right in in thy presence is fullness of joy there is only one place where you can get fullness of joy that is God's presence there's only one place where you can get perfect pleasure perfect pleasure is not from sexual

activity it is not from eating good food verse 11 perfect pleasure is at God's right hand if you want perfect pleasure perfect joy you find it in God's presence psalm 17 there's a wonderful verse here in verse 15 as for me I will behold your face in righteousness and Lord when I wake up in the resurrection I will be satisfied with your likeness I'll be satisfied when I awake and I am like you or I behold your likeness it can mean both that's my glory psalm 18 is another wonderful picture of salvation if you read through that whole psalm we found it also quoted in 2nd Samuel I think it's 21 uh psalm 22 2nd Samuel 22 almost identical words it's the psalm of David um one verse verse 16 the savior sent the sinner saved and the saved are separated in verse 16 he sent from above he took me and

he drew me out of the many waters of this world and now verse 28 he will enlighten my darkness and he will make verse 32 my way perfect psalm 19 speaks about the heavens creation how it speak gives a silent testimony to the existence of God and it speaks about the word of God verse 7 there are two testimonies to God on earth one is verse 1 to 5 the heavens and the other is the written word verse 7

onwards God has given two witnesses both are mentioned here and David says Lord keep me from many many types of sins many types of sins are described in verse 12 and 13 errors secret sins presumptuous sins and the great transgression verse 13.

I don't have time to explain all that but here's one sin we can keep ourselves from the words of our mouth verse 14 Lord let the words of my mouth and the meditation of my heart be acceptable in your sight psalm 20 i'll pick out one verse verse 7 some trust in chariots some in horses some in money some in this that and the other but we will trust and remember the name of the Lord our God psalm 21 one verse verse four verse two first thou has given him his heart's desire and not withholding the request of his lips he asked verse four he asked life of thee and you gave him eternal life praise God psalm 22 is another messianic psalm we can take psalm 22 23 and 24 together psalm 22 speaks of the cross the past psalm 23 speaks about the present the Lord is my shepherd today i shall not want

anything psalm 24 speaks about the future when the king of glory verse says 24 7 is going to come and open the gates and going to reign upon the earth these three songs go together it speaks of the past present and future psalm 22 speaks of the cross my God my God why have you forsaken me verse 6 Jesus was like a worm and he was poured out like water verse 14 and they parted his garments verse 18 dogs surrounded him verse 16 but there's a resurrection there which is quoted in Hebrews verse 22 i will declare your name to my brothers that is quoted in Hebrews he is not ashamed to call us brothers and you who fear the Lord this is the testimony praise and testimony i will praise you in the midst of the congregation Jesus says that and we follow him praising God in the midst of the church and

all you who fear the Lord praise him who are the ones who should be praising him those who fear God if you don't fear him keep quiet but if you fear him praise praise you see the result of the cross is verse 22 praise verse 23 praise verse 25 praise verse 26 praise verse 27 worship verse 29 worship and then verse 30 a seed shall serve him so you see it's praise praise praise praise worship worship worship worship and then one verse okay serve him after that how little we praise and worship him psalm 23 the Lord is my shepherd i shall lack nothing it's a beautiful psalm i don't need to go through it you know he makes me to lie down he it's all what he does so often we emphasize what we do i do this and i do that this is him he makes me to lie down he leads me he restores my soul i will

fear no evil because he is with me he prepares a table for me he anoints my head and my cup runs over what is the result when i stop doing things myself and he does everything goodness and mercy will follow me all the days of my life psalm 24 the earth is the Lord's and the fullness thereof who will dwell in the holy hill of the Lord somewhat similar to psalm 15 he who has clean hands verse 4 and a pure heart two things our hands and our heart James says cleanse your hands purify your hearts you double-minded psalm 25 a beautiful psalm about guidance verse 4 the quest the prayer is Lord show me your ways teach me your paths answer first verse 8 the Lord will show sinners his way first of all acknowledge you're a sinner number two God will show his way verse nine to the humble number three

God verse 10 God will show his paths to those who obey his testimonies number four God will show his way to those who fear him verse 12 and verse 15 God will show his way to those who look to him my eyes are towards thee psalm 26 judge me oh Lord a man is asking the Lord to judge him verse because i walked before you in integrity examine me oh Lord verse 2 very good prayer to pray verse 8 i have loved the habitation of your house psalm 27 verse 4 one thing i have desired of the Lord that will i seek after all the days of my life i just want to see the beauty of the Lord psalm 28 verse 7 the Lord is my strength and my shield psalm 29 speaks of the voice of the Lord many times in that psalm it comes seven times verse 3

to 9 the voice of the Lord the voice of the Lord the voice of the Lord

the importance of hearing God's voice like in Genesis 1 and when you listen to that verse 11 you will get strength and peace psalm 30 verse 11 thou has turned my morning into dancing to the to the this end that my tongue verse 12 may sing praise to you and never be silent psalm 31 verse 11 i was a reproach among my enemies but i trusted in you verse 14 and verse 19 is a beautiful verse how great is God's goodness to those who fear him who trust in God publicly before the sons of men you will hide them verse 20 from the strife of so many people speaking against them the wagging of tongues you will hide them and keep them secretly in your pavilion from all the people who wag their tongues at them psalm 32 is the psalm of the person whose sin is covered not cleansed there's no cleansing of

sin in the old covenant blessed is the man whose transgression is forgiven whose sin is covered there's forgiveness and covering cleansing came only after Jesus died the blood of Jesus cleanses us the blood of bulls and goats could only cover it it's like a blackboard where your sins are covered with a sheet and a blackboard where everything is cleansed away with a wet sponge there's a lot of difference between old testament and new testament but till i acknowledged my sin my your hand was heavy on me verse four but when i acknowledged my sin i was forgiven and now that i'm forgiven verse eight i will the lord says i will instruct you and teach you i will guide you with my i don't be stubborn anymore for the rest of your life psalm 33 verse 12 blessed is the nation whose god is the lord

the people whom he has chosen for his own inheritance psalm 34 i will bless the lord not once in a while but at all times this poor man cried verse six and the lord heard him verse seven the angel of the lord surrounds those who fear him and delivers them taste and see verse eight that the lord is good verse 15 the eyes of the lord are upon the righteous and his ears are always open to their cry verse 19 many are the afflictions of the righteous don't think that if you are righteous you won't have problems but the lord delivers out of all of them verse 20 messianic he keeps all his bones not one of them will be broken psalm 35 is a request to god to be my advocate plead my case oh lord you be my advocate with those who strive against me let me not reply to those who criticize me you speak

on my behalf to them a very good example to follow false witnesses verse 11 have risen up against me but i have not treated them the way they treated me psalm 36 is again a contrast between the wicked person about whom it says in verse one there is no fear of god before his eyes in contrast you see what god is like he's verse five full of mercy faithfulness righteousness loving kindness verse seven and so on and those who trust in him verse eight will be abundantly satisfied with the fatness of your house you will make them drink the river of their pleasures and here's a wonderful verse verse nine we don't look inside ourselves in thy light we will see light that means it's only as you come into god's light you can see your true condition psalm 37 is another wonderful psalm verse four if

you delight yourself in the lord he'll give you all the desires of your heart if you commit your way to him verse five he will bring it to pass verse seven if you rest in the lord and wait patiently for him and don't get upset with what's happening around you he'll work out his purposes for you what jesus said verse 11 the meek will inherit the earth jesus knew psalm 37 verse 21 people who borrow things and don't return it are wicked people verse 23 the steps of a good man are ordered by the lord and one godly man said the stops of a good man are also ordered by the lord the god leads people his people on and sometimes tell them tells them to stop psalm 38 speaks of the suffering saint and confession of sin he says in verse 11 my lovers and my friends are far away my relatives don't care

for me but verse 21 don't forsake me oh lord psalm 31 9 says the carefulness this man has over the use of his tongue i said verse 1 i will take heed to my ways that i don't sin with my tongue verse 4 lord make me to know the measure of my days lord help me to remember i've only got a few days on earth psalm 40 is another wonderful psalm about jesus verse 8 i delight to do thy will oh god he lifted me up from the miry clay verse 2 and put my feet on a rock psalm 41 speaks about the blessing that comes upon those who care for poor people if you are considerate about poor people and the poor people can be poor financially it can be poor spiritually because they don't have the gospel and therefore you seek to give the gospel to them blessed is he who considers the poor what all will the lord

do for him seven things one he'll deliver him in trouble two he'll preserve him three he'll keep him alive fourth he'll bless him upon the earth fifth he will not deliver him into the will of his enemies sixth he will strengthen him upon a bed and seventh he will make his bed when he is sick now we come to book two which is psalm 42 is the remnant longing for deliverance oh lord my soul thirsts for you just like the deer pants after water if you have that type of longing after god you can be sure that god will answer very quickly a deep verse 7 calls unto deep that means something deep in your heart reaches out to something deep in god's heart and if you're like that even though other people around you say where is your god verse 10 he says to his soul why are you cast down why are you

discouraged hope in god verse 11 i will still praise him psalm 43 is another of those psalms crying against the wicked here's a wonderful verse verse 3 lord send out your light that is your revelation on your truth lord i need a revelation on your truth send out your truth and your light let them together lead me to your holy hill i don't want academic knowledge of your truth psalm 44 is quoted in romans 8 verse 22 for your sake we are killed all the day long it's speaking about the way of the cross and we are conscounted as sheep for the slaughter quoted in romans 8 36 and 37 psalm 45 is another messianic psalm speaking about the marriage of the lamb the bride and the bridegroom and it says the bridegroom the king's daughter is all glorious verse 13 inside and forget verse 10 here's a

good verse for married sisters verse 10 last part forget your own people in your father's house and cleave to your husband so shall the king greatly desire your beauty and he is your lord and worship him psalm 46 is one of the psalms of the sons of korah you know those people who ran away at the last minute and saved their lives he says god is our refuge and strength we will not be afraid even if the earth opens up and swallows up our parents the earth be removed the mountains are carried into the midst of the depths the waters roar we are not afraid we will be still verse 10 and know that he is god psalm 47 there's a wonderful verse which says in verse 4 god will choose my inheritance for me i'm not going to choose my inheritance god's going to choose a wife for me god's going to choose

a ministry for me i'm not going to choose it god's going to choose what type of house i live in god's going to choose everything for me say that verse to everything every day to god and your life will be happy god sits verse 8 on the throne of his holiness god has gone up to the shout verse 5 psalm 48 speaks about the church and the mount zion is referring to the church and what a wonderful beautiful church is i believe a true disciple of jesus will appreciate not only the lord himself but the church of the lord the people mount zion great is the lord to be praised beautiful for situation is mount zion the church is the most beautiful thing on earth and this god verse 14 is our god he'll be our guide unto death psalm 49 verse 6 and 7 many people trust in their wealth but none of them can

redeem their brother or give god a ransom for him but verse 15 but god will redeem my soul wonderful truths in these old testament psalms psalm 50 is another psalm where god says the cattle verse 10 on a

thousand hills is mine the true servant of god also says this i serve a god who owns the cattle on a thousand hills verse 12 if i were hungry i would not tell you god says that and god's servant says that too i don't go telling people my needs i'll tell people the needs of other people like paul told the corinthians about the needs in jerusalem but my own need i will never tell anybody i will tell god because i worship one who owns the cattle on a thousand hills if i'm hungry i'll tell god i won't know how to tell you if i need money i'll tell god i won't tell you follow these principles

because the lord says verse 15 when you're in the day of trouble call upon me and i will deliver you that's a promise and this wonderful verse in verse 23 whoever offers praise glorifies me and thereby makes a way for me to show him my deliverance you read in second chronicles 20 about how joshua pat when he went out to battle sent people in front of the army to praise the lord not with bows and arrows praise the lord for his mercy endureth forever and god as soon as they started praising him confounded the enemy because who so offers praise glorifies god and thereby through the praise makes a way for god to show him his deliverance verse 21 says how god is very patient with those who sin he says because i kept silence you thought i ignored all your um verse 20 sitting and speaking

against your brothers it's a very searching words verse 20 you sat and spoke against your brothers and you thought because i didn't judge you it was not serious i'm gonna set you straight i'm gonna tear you to pieces it's a very serious verse read that those who have the habit of gossiping please meditate on verse 20 to 22 psalm 51 is the wonderful psalm which god j david wrote when he sinned with batsheba beautiful psalm of repentance and he says wash me lord i shall be whiter than snow verse 7 creating me a clean heart lord you desire truth inside i don't have it but you can do it for me verse 6 and please don't take your holy spirit from me verse 11 that's what he's scared about the most such a longing don't take your holy spirit from me lord at any cost psalm 52 this speaks about the

man of sin the anti-christ it's in fact all these psalms on up to 53 is also like that about the fool who said in his heart why do you boast oh mighty man the tongue that devises mischiefs and so on but i verse 8 am like a green olive tree in the house of my god because i trust in the mercy of god forever psalm 53 again quoted in romans 3 verse 3 there is no one that does good no not one the fool has said verse 1 there is no god psalm 54 is the prayer of the godly man hear my prayer oh god verse 2 verse 4 god is my helper psalm 55 is a you know in a time of trial and tribulation he says my heart is pained within me verse 4 and here is this uh a little verse which tells us how often david prayed verse 17 evening and morning and noon i will pray you see the uh the jewish day began in the

evening at sunset till sunset the next day so he says evening morning and noon the beginning of the day middle of the day end of the day i'm gonna pray and you will hear my voice he was a man of prayer verse 22 and when you go to god like that cast your burden upon him don't come away from god's presence with your burden cast it on him and he will sustain you psalm 56 verse 11 in god i have put my trust i will not be afraid what man can do to me quoted in hebrews 13 we have confidence to say i put my trust in god i will not be afraid what any man can do unto me psalm 57 an expression of praise to god twice in verse 5 and verse 11 be thou exalted oh god above the heavens we sing that oh lord be thou exalted in my life let your glory be above all the earth the cry of praise because verse

one in the shadow of your wings i will stay until all these calamities around me pass away i'm just picking out some good verses for you to think about and meditate on later on you could spend many hours thinking about these verses psalm 58 verse 3 tells us that people begin to tell lies from the time they are born that's the first sin they begin to tell a baby begins to lie even before it can speak it cries pretending

that it is in pain it's not in pain it just wants you to lift it up and carry it it's telling lies from the time it is born and this is our nature we have to get rid of lying before we need this earth psalm 59 speaks about the enmity of people against god and perhaps we could look at this last verse unto thee oh my strength will i sing because god is my defense my defense

is only god against all these people psalm 60 is another psalm which tells about god being with his people verse 4 thou has given a banner to those who fear thee that it may be displayed because of the truth god has given us a banner the name of jesus we fear him and we are not ashamed to display it wherever we go unashamedly we proclaim we are disciples of jesus christ psalm 61 verse 4 i will abide in your tabernacle i will stay in your church forever i will trust in the shadow of your wings a person who values the tabernacle of god and i will sing praise unto your name verse 8 forever psalm 62 song the song of a person who's waiting only upon god verse 5 my soul wait only upon god don't trust in anybody else my expectation is only from him do you think such a man will be disappointed a

lot of people are disappointed because their expectation is from man come to this place where your expectation is only from god and you'll never be disappointed throughout your life verse 8 trust in him at all times pour out your heart before him god is a refuge psalm 63 oh god my god early will i seek thee early means when i'm young early means early in the day early means as soon as i begin my ministry early will i seek thee i long my flesh longs for thee and my soul will be satisfied verse 7 because you have been my help in the shadow of your wings i will rejoice psalm 64 is referring to the wicked and their end how it is going to be he's praying lord preserve my life from the fear of the enemy don't be afraid of those people who are harming you verse 7 god will shoot at them with an

arrow and suddenly they will be destroyed and the righteous verse 10 will be glad psalm 65 verse 1 says lord praise is waiting for you in your church is it true wherever you go my dear brothers and sisters if god gives you the grace to build a church let it be a church where there's always praise waiting for god lord like we say like people tell brother the lunch is on the table waiting for you please come that god when he comes to visit us finds praise waiting for him i want to build a life where praise is always waiting i'm always waiting to give praise to god and what does the lord do for such people he visits such people verse 9 thou visit us the earth and waterest it and greatly enrichest it with the river of god which is full of water he pours out his spirit like those disciples on

the day of pentecost they offered praise and god poured out his spirit on them and the corn and the abundance came out of that as you read in the remaining verses of that psalm psalm 66 verse 10 to 12 the way to spiritual prosperity very important verses you tested us you brought us into the net you laid affliction on our loins that means we went through sickness you allowed men to ride over our heads verse 12 we went through fire we went through water but through it all you brought us to a wealthy place and now i will go into your house with burnt offerings another important verse there is verse 18 if i regard iniquity in my heart the lord will not even hear me he'll not even pick up the phone to listen if there is sin in my heart psalm 67 lord please be merciful to us not just for our

sake so that your salvation may be verse 2 may be known to all the nations that your way may be proclaimed upon the earth that's why i'm asking you to cause your face to shine upon me lord i'm asking you to shine upon me so that through me your salvation can be known all over the earth it's an evangelistic psalm thou shall judge the people righteously verse 4 and let look at this beautiful verse verse 5 let the people praise thee let the people praise thee then verse 6 the earth will produce its fruit why is the fruit not coming god's people are grumbling instead of praising him twice it says praise him praise him

psalm 68 let god arise and let his enemies be scattered here's a wonderful verse for bachelors and people who are longing to get married verse 6 and spinsters god sets lonely

people in families isn't that good it's god who's going to do that god sets the lonely people in a home praise god he's the one who do that and here's another lovely evangelistic verse verse 11 the lord gave the word and great was the company of those who published it who published it everywhere and i understand that in the original language it says great is the company of women who proclaimed it sisters that's for you great is the company of women who went around proclaiming the word which god gave them verse 18 refers to jesus ascension thou has led captivity captive and thou has received gifts for men it's quoted in ephesians 4 as god as jesus has ascended into heaven and given us gifts to serve him psalm 69 is another messianic psalm there there are many many verses here that refer to

the cross particularly verse 4 the last part i restored what i had not stolen jesus on calvary paid back what we had stolen he says i gave back to god what i had stolen not stolen reproach verse 20 has broken my heart there are doctors who've studied the description of the cross and they say very clearly that jesus died of a broken heart and that's why when the pierce spear pierced his side blood and water flowed out it was literally true true and the end result of resurrection verse 29 oh god set me on high i will praise the name of god verse 30 with a song and verse 35 god will now save the church psalm 70 is a psalm of remembrance verse 4 let all those that seek thee rejoice and be glad and it's the confession of a very humble person who's saying in verse 5 lord i am poor and needy

very wonderful confession to make i am poor and needy psalm 71 is a song of hope verse 5 thou art my hope that my mouth verse 8 be filled with your praise all day and he goes on to say lord when i'm old is this song song of an old man lord from my womb verse 6 you have taken care of me from the time i was born and now that i'm old verse 9 don't forsake me don't give up don't give me up and lord verse 17 when i was young you taught me now i'm old and gray-headed verse 18 oh god don't forsake me until to this new generation also i have declared your power and your righteousness and what all troubles you delivered me from verse 20 how you brought me up you will bring me up again one day in resurrection from the depths of the earth my tongue all my life verse 24 will speak of your

righteousness alone a beautiful psalm especially for those who've been faithful to god from childhood to old age and this is the last psalm we look at psalm 72 which is a psalm of solomon he says lord give your king your judgments the king should deliver the needy verse 12 he should spare the poor verse 13 save the souls of the needy and care for their blood verse 14 and many many things like that concluding with verse 18 to 19 blessed be the lord blessed be his glorious name verse 19 let the whole earth be filled with his glory amen and i'm in a song of solomon which unfortunately he did not practice a good warning for us we can sing all these psalms listen to all these wonderful things and practice none of them so it's good to think about that before we close so that we take a warning

from solomon who wrote that psalm let's pray

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