

# PRAYING THE PSALMS

Bridging Intimacy With God

PRAYING THE PSALMS





# PSALMS

## Prayer book

hymnbook of the people of God at worship. The Psalms take the basic themes of OT theology and turn them into song.

“The design of the Holy Spirit [was]... to deliver the church a common form of prayer.”

Calvin



Ephesians 5:18-19 (ESV) 18 And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, 19 addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart,



# AUTHORS

- David 73 titles, and the NT adds two more (Acts 4: 25 for Psalm 2 and Heb 4:7 for Psalm 95)
- Sons of Korah (11 psalms),
- Asaph (12 psalms),
- Solomon (possibly two psalms),
- Moses (one).
- Other psalms do not identify the author at all.





Ruler

Ideal Israelite





# 5 BOOKS OF THE PSALMS (PENTATEUCH)

Book 1  
Ps 1-41

Book 4  
Ps 90-106

Book 2  
Ps 42-72

Book 5  
Ps 105-150

Book 3  
Ps 73-89



# EACH BOOK ENDS WITH DOXOLOGY

## Book 1

Psalms 41:13 (ESV) 3 Blessed  
be the LORD, the God of Israel,  
from everlasting to everlasting!  
Amen and Amen.

## Book 2

Psalms 72:19 (ESV) 19 Blessed  
be his glorious name forever;  
may the whole earth be filled  
with his glory!  
Amen and Amen!

## Book 3

Psalms 89:52 (ESV) 52 Blessed  
be the LORD forever!  
Amen and Amen.

## Book 4

Psalms 106:48 (ESV) Blessed be  
the LORD, the God of Israel,  
from everlasting to everlasting!  
And let all the people say,  
“Amen!”  
Praise the LORD!

## Book 5

Psalms 150:6 (ESV) 6 Let  
everything that has breath  
praise the LORD!  
Praise the LORD!

**What does this tell you of the aim of the book of Psalms?**



# PSALMS MOST QUOTED BY NT AUTHORS

## 1/5 OF PAULINE CITATIONS

- Luke 24:44 (ESV) 44 Then he said to them, “These are my words that I spoke to you while I was still with you, that everything written **about me** in the Law of Moses and the Prophets and the Psalms must be fulfilled.



# MESSIANIC PSALMS

- The Conquering King and enthroned Messiah (Psalms 2, 110)
- The Rejected Messiah (Psalm 118)
- The Betrayed Messiah (Psalms 69 and 109)
- The Dying and Raised Messiah (Psalms 22 and 16)
- The Written Plan and Marriage of the Messiah (Psalms 40 and 45)
- The Triumph of the Messiah (Psalms 68 and 72)



# CATEGORIES

- *Laments*, --lay troubled situation before the Lord, asking him for help. ..Psalm 12 , individual laments, Psalm 13). This category is the largest by far, including as much as a third of the whole Psalter.
- *Hymns of praise*, whose primary goal is to call and enable God's people to admire God's great attributes and deeds. Ps 45 on God's universal kingship over his creation Ps 93 God's works of creation (e.g., Psalm 8).
- *Hymns of thanksgiving*, which thank God for his answer to a petition; Psalm 9 individual Ps 30.
- *Hymns celebrating God's law*, which speak of the wonders of the Torah Ps 119
- *Wisdom psalms*, which take themes from the Wisdom Books (Job, Proverbs, Ecclesiastes, Song of Solomon) and make them the topic of song Ps 1; Ps 37





- *Songs of confidence*, which enable worshipers to deepen their trust in God through all manner of difficult circumstances Ps 23
- *Royal psalms*, which are concerned with the Davidic monarchy as the vehicle of blessing for the people of God. Ps 20 All relate to the Messiah, the ultimate heir of David, either by setting a pattern Ps 20-21 or by portraying the king's reign in such a way that only the Messiah can completely fulfill it Ps 2 ; 72 or by focusing primarily on the future aspect Ps 110
- *Historical psalms*, which take a lesson from the history of God's dealings with his people; these are generally corporate in their focus Ps 78 *Prophetic hymns*, which echo themes found in the Prophets, especially calling the people to covenant faithfulness Ps 81
- Penitence : Ps 6; 25; 32; 38; 51; 138; 143
- Imprecatory Psalms



## IMPRECATORY PSALMS

Psalms 69:21-28 (ESV) 21 They gave me poison for food, and for my thirst they gave me sour wine to drink. 22 Let their own table before them become a snare; and when they are at peace, let it become a trap. 23 Let their eyes be darkened, so that they cannot see, and make their loins tremble continually. 24 Pour out your indignation upon them, and let your burning anger overtake them.



## IMPRECATORY PSALMS

26 For they persecute him whom you have struck down, and they recount the pain of those you have wounded. 27 Add to them punishment upon punishment; may they have no acquittal from you.

28 Let them be blotted out of the book of the living; let them not be enrolled among the righteous.



Psalms 109:1-5 (ESV) Be not silent, O God of my  
praise! 2 For wicked and deceitful mouths are opened  
against me, speaking against me with lying tongues.  
3 They encircle me with words of hate, and attack me  
without cause 4 In return for my love they accuse me,  
vbut I give myself to prayer 5 So they reward me evil  
for good, and hatred for my love.



Psalms 109:6-12 (ESV) Appoint a wicked man against him; let an accuser stand at his right hand.

7 When he is tried, let him come forth guilty; let his prayer be counted as sin! 8 May his days be few; may another take his office! 9 May his children be fatherless and his wife a widow! 10 May his children wander about and beg, seeking food far from the ruins they inhabit! 11 May the creditor seize all that he has; may strangers plunder the fruits of his toil! 12 Let there be none to extend kindness to him, nor any to pity his fatherless children!



## IMPRECATORY PSALMS

- Psalms 5, 6, 10, 12, 35, 37, 40, 52, 54, 55, 56, 57, 58, 59, 79, 83, 94, 137, 139 and 143 are also considered imprecatory.



# IMPRECATORY PSALMS

- **First, one must be clear that the people being cursed are not enemies over trivial matters;** they are people who hate the faithful precisely for their faith; they mock God and use ruthless and deceitful means to suppress the godly
- **Second, it is worth remembering that these curses are in poetic form** and can employ extravagant and vigorous expressions.
- **Third, these curses are expressions of moral indignation, not of personal vengeance.**



# IMPRECATORY PSALMS

- **Fourth, the OT ethical system forbids personal revenge** (e.g., Lev. 19:17–18; Prov. 24:17; 25:21–22), a prohibition that the NT inherits (cf. [Rom. 12:19–21](#)).
- Thus, when the NT writers employ these curses or formulate their own (as above), they are following the OT guidelines. Any prayer for the Lord to hasten his coming must mean disaster for the impenitent (2 Thess. 1:5–10).
- Yet Christians must keep as their deepest desire, even for those who mean harm to the church, that others would come to trust in Christ and love his people (cf. [Luke 23:34](#); [Rom. 9:1–3](#); [10:1](#); 1 Tim. 2:4; 2 Pet. 3:9).
- Hence, when they pray for God to protect his people against their persecutors, they should be explicit about asking God to lead such people to repentance.



# PSALMS AND EMOTIONS

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graph TD; A[PSALMS AND EMOTIONS] --> B[Express emotions]; A --> C[Shape emotions];
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Express emotions

Shape emotions

It is not “natural” to trust God in hardship, and yet the Psalms provide a way of doing just that, and enable the singers to trust better as a result of singing them.





# EMOTIONS IN PSALMS

Love and adoration toward God,

Sorrow over sin,

Dependence on God in desperate circumstances,

Battle of fear and trust,

Walking with God even when the way seems dark,

Thankfulness for God's care,

Devotion to the word of God,

Confidence in God's victory



# HOW TO USE PSALM

- Adoration:
- Confession:
- Thanksgiving:
- Supplication:



Psalms 4:1 (ESV) 1 Answer me when I call, O God of  
my righteousness!

He is righteous and yet he is *my* God — he is  
for me! He is a God of love *and* righteousness

You have given me relief when I was in distress.

Be gracious to me and hear my prayer!



The first reason we don't have joy and delight in all circumstances is because we have divided hearts. Get rid of idols! You are chosen by grace for *intimacy* ("himself"). You can't serve God and idols — that is why you don't have intimacy. Without intimacy with God, you can't live a stable life.

Psalms 4:2-3 (ESV) O men, how long shall my honor be turned into shame? How long will you love vain words and seek after lies? Selah

3 But know that the LORD has set apart the godly for himself; the LORD hears when I call to him.





Psalms 4:4-5 (ESV) 4 Be angry, and do not sin;  
ponder in your own hearts on your beds, and be silent. Selah  
5 Offer right sacrifices,  
and put your trust in the LORD.

we don't have joy and delight in all circumstances is because we often are bitter and resentful. Get rid of anger! How? You should live in *humility*



Psalms 4:6-8 (ESV) There are many who say, “Who will show us some good?”

If we have worked on intimacy and humility, then in suffering we will have the light of God’s “face” (v. 6b) and it will get us through.

Lift up the light of your face upon us, O LORD!”

7 You have put more joy in my heart  
than they have when their grain and wine abound.

8 In peace I will both lie down and sleep;  
for you alone, O LORD, make me dwell in safety.



# HOW TO USE PSALM

- **Adoration:** God is indeed righteous God no shadow of sin  
Christ is our Righteousness ..grace only in Christ can God be my Righteousness  
When I see what Christ has done, only then can I be sure God will always answer me
- **Confession:** My anger and resentfulness when things don't go my way ..forgive me and my idols
- **Thanksgiving:** Thank you that you have not held my petty resentments toward you against me.  
(2) Thank you that in Jesus Christ, you answer me, because one day you didn't answer him. (3) Thank you that in Jesus Christ's suffering, I see an example of how you can work through pain and trouble.
- **Supplication:** 1) Help me to sleep (v. 8)! Let these truths really affect my heart so I have your peace. (2) Let me see the light of your face (v. 6). I know so little of that.



Psalms 32:1-2 (ESV) Blessed is the one whose transgression is forgiven, whose sin is covered.

2 Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit.



# THE DIMENSIONS OF SIN

Transgression  
Pesa

Rebellion

Willful  
Premeditated

Sin  
Hatta

Miss the mark

Divine standard  
God rightfully expects  
Whether accidental or  
deliberate

Iniquity  
Awon

Perversion  
Disrespect  
for God

Does not honor Him  
which is His due and  
our obligation



# THE DIMENSIONS OF SIN

Transgression  
Pesa

Rebellion

Sin  
Hatta

Iniquity  
Awon

Forgive.....Lift up throw away



# THE DIMENSIONS OF SIN

Transgression  
Pesa

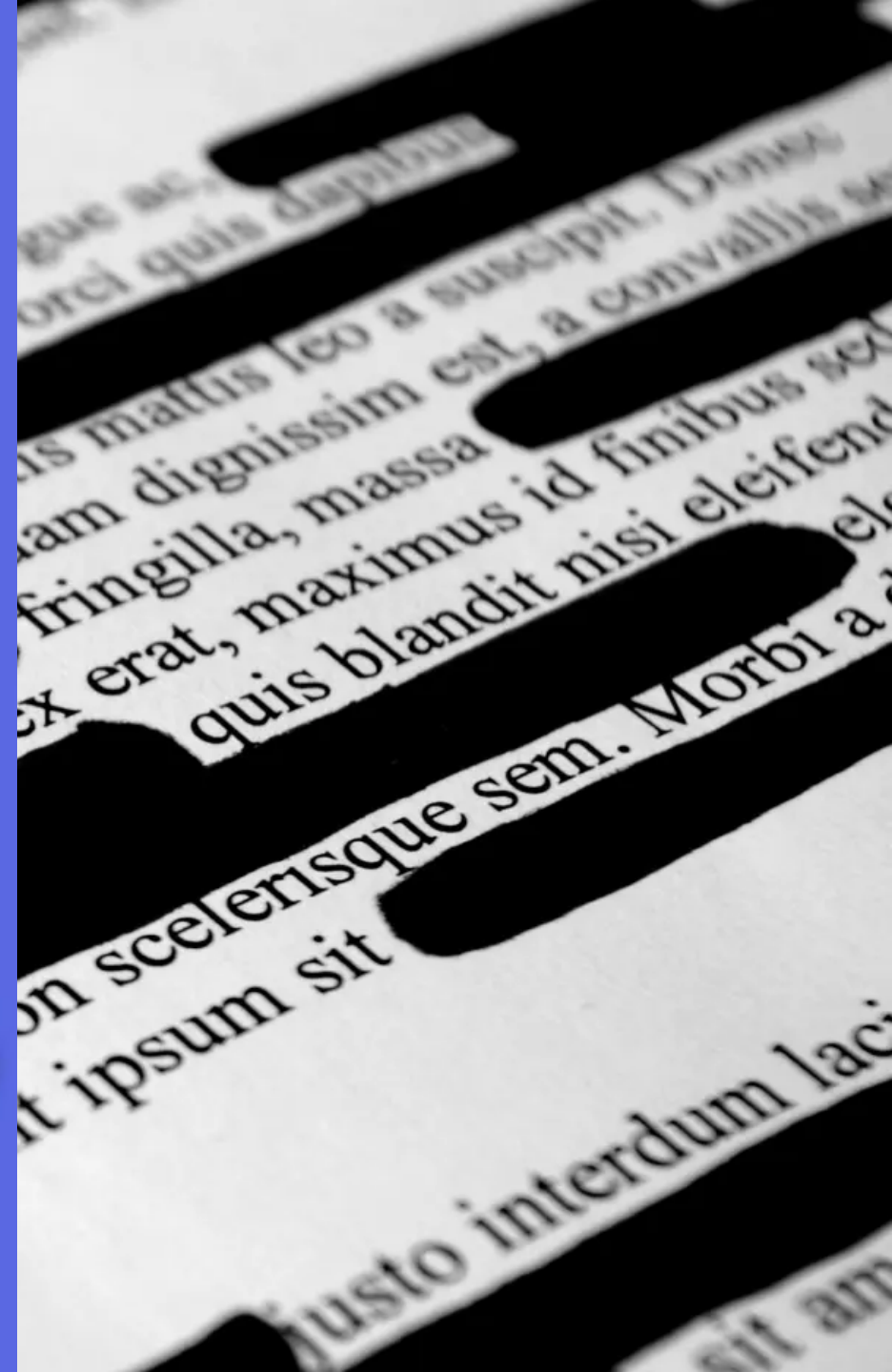
Sin  
Hatta

Iniquity  
Awon

Missing the mark

Covered...out of sight







# THE DIMENSIONS OF SIN



A red pencil is positioned diagonally across the 'Debit' and 'Credit' columns of a ledger. The ledger has a grid of numbers. The 'Debit' column contains the numbers 944, 464, 456, 612, and 46. The 'Credit' column contains the numbers 12314, 968745, 36985, 95154, 951753, and 6312145. The background of the ledger is a light gray grid.

Debit	Credit
944	
464	
456	
612	
46	

Iniquity

Awon

Perversion

Does not impute



## **ACKNOWLEDGE MY GUILT**

**Psalms 32:3-4 (ESV) For when I kept silent, my bones  
wasted away**

**through my groaning all day long.**

**4 For day and night your hand was heavy upon me;  
my strength was dried up as by the heat of summer.  
Selah**



Psalms 32:6-7 (ESV) Therefore let everyone who is godly  
offer prayer to you at a time when you may be found;  
surely in the rush of great waters,  
they shall not reach him.

7 You are a hiding place for me;  
you preserve me from trouble;  
you surround me with shouts of deliverance. Selah



Psalms 32:8-9 (ESV) I will instruct you and teach you in  
the way you should go;

I will counsel you with my eye upon you.

9 Be not like a horse or a mule, without understanding,  
which must be curbed with bit and bridle,  
or it will not stay near you.



Psalms 32:10-11 (ESV) Many are the sorrows of the wicked,

but steadfast love surrounds the one who trusts in the LORD.

11 Be glad in the LORD, and rejoice, O righteous, and shout for joy, all you upright in heart!