

OAK HILL FELLOWSHIP

THE SONGS OF
JESUS



STUDY GUIDE &
READING PLAN

ABOUT THIS READING PLAN

In this 13-week reading plan, you will study one psalm per week. Each day's questions are designed to equip you with good inductive bible study methods, learning to:

- Observe the passage through the lens of the original audience
- Interpret the passage through the lens of Christ's full plan of redemption using the additional passages
- Apply the passage through the lens of a 21st Century follower of Jesus.

KEY SKILLS YOU WILL DEVELOP:

1. **Observation Skills** – You will practice isolating the different parts of a passage and see how they relate to one another using basic grammar skills.
2. **Interpretation Skills** – You will learn how to use what you observed to discover the author's intent. You will also learn how to use the whole context of the book and cross-references in the Bible to check and deepen meaning and understanding.
3. **Application Skills** – You will be challenged to create faithful and specific applications that are in line with the author's original intent.

We urge you to make the most of this resource, devoting yourself to daily reading and prayerful study. Each time you sit down with God's word, you can follow this pattern:

Pray – Ask God to give you understanding and to transform you through his word.

Read – Read slowly and carefully. Use the daily study questions to continually add to your understanding.

Pray – Ask God to impress what you have read upon your heart. Pray for the opportunity to share it with someone else, and pray for others in our church as they seek to walk in this truth with you.

Share – Talk to someone else about what God is revealing to you through his word. This might be another member of your Gospel Community, a mentor, a disciple, or even an unbeliever.

Finally, we hope you will take advantage of all the resources available at www.oakhillfellowship.com/SongsofJesus. Find free online tools like Bible dictionaries, encyclopedias and Greek lexicons on biblestudytools.com.

INTRO

“THAT WE WOULD END THIS SUMMER WITH A MORE FIXED HOPE
IN OUR SAVIOR KING JESUS. ”

Why do we humans write and sing songs?

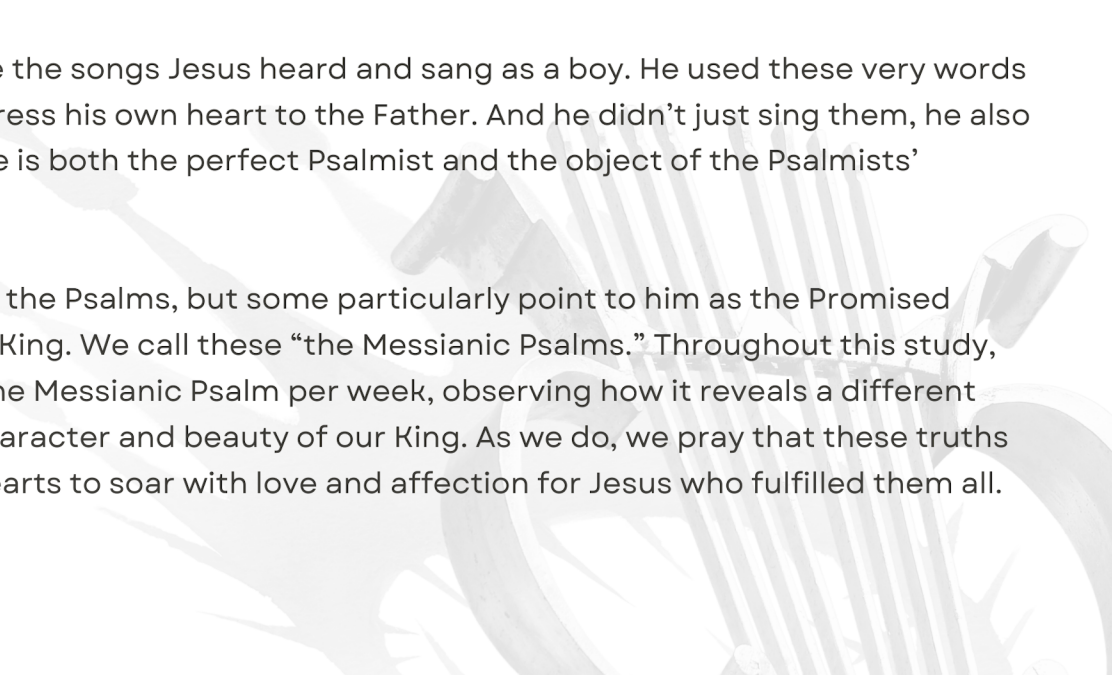
We compose love songs because our hearts are caught up with affection for our beloved. We sing sad songs because our hearts need an outlet for our grief. We write beautiful songs because our hearts need a soundtrack for the beauty we have witnessed. We belt out patriotic songs because we appreciate the land in which we live and the freedoms we are afforded.

Lyrical music captures and expresses emotion, beauty, and truth, more clearly than perhaps any other art form. We are more able to give voice to the full expression of our hearts when the poetic expression of a lyric is paired with just the right motif of a melody.

Therefore, it is no surprise that the largest book in the Bible is a book of songs. While we don't have their melodies with us today, we know that these tunes carried the love and longings of God's people for generations upon generations. And these songs were not just any songs – they were Spirit-inspired prayers given by God to his people to rightly express their hearts to him.

The Psalms were the songs Jesus heard and sang as a boy. He used these very words to perfectly express his own heart to the Father. And he didn't just sing them, he also fulfilled them. He is both the perfect Psalmist and the object of the Psalmists' worship.

Jesus fulfilled all the Psalms, but some particularly point to him as the Promised Anointed Savior King. We call these “the Messianic Psalms.” Throughout this study, we will look at one Messianic Psalm per week, observing how it reveals a different aspect of the character and beauty of our King. As we do, we pray that these truths will cause our hearts to soar with love and affection for Jesus who fulfilled them all.



EXAMPLE STUDY

Psalm 1

PSALM 1

¶1

1 Blessed is the man

who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;

2 but his delight is in the law of the LORD,

and on his law he meditates day and night.

¶2

3 He is like a tree

planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.

In all that he does, he prospers. (note - no bi-colon)

4 The wicked are not so,

but are like chaff that the wind drives away.

¶3

5 Therefore the wicked will not stand in the judgment,
nor sinners in the congregation of the righteous;

6 for the LORD knows the way of the righteous,
but the way of the wicked will perish.

EXAMPLE STUDY

PSALM 1 - PSALMS

DAY 1: OBSERVATION - STRUCTURE

1. Mark where the translators changed stanzas with a ¶ symbol. (a stanza is a group of lines of poetry that are related to one another).
2. Number each stanza: "1,2, etc." and summarize it in the space provided.
3. Highlight any metaphors or similes (comparisons between two unlike objects).
4. Underline any repeated words or ideas.
5. Connect bi-colons (2 lines) and tricolons (3 lines) with a >. These are sets of lines that work together. The second line develops the first line in some way.
6. Examine each bi-colon and make the following markings next to the >
 - a. If the second line simply repeats the thought of the first, mark with an = symbol.
 - b. If the second line amplifies the thought of the first, mark with a + symbol.
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a. Summarize each stanza in as few words as possible.

1 - Comparison of delight: The blessed (happy in the Lord) one is the one who is not like the wicked, sinners, and scoffer who reject God's wisdom., but rather who delights in the Lord's law.

2 - Comparison of fruit: The blessed (happy in the Lord) one is like a well-nourished, fruitful tree, while the wicked are like chaff.

3. - Comparison of their End: The blessed one is the righteous one who will stand in the judgement, while the wicked will perish.

b. Summarize the whole psalm in as few words as possible.

Pursue God's wisdom in the Law and enjoy the fruitful blessing of God, being full warned about the end of wickedness.

c. What do the metaphors and similes communicate?

Tree - Living according to God's way leads to flourishing and life.

Not living to God's way is worthless - you will be here today and gone tomorrow.

d. What do the repeated words or ideas convey?

It is clear that wicked, sinners, and scoffers describe a group of people who stand against God's way described in his law. They are the contrast to the "blessed man."

DAY 2: OBSERVATION-CONTEXT

Does this psalm have a Hebrew title associating it with a biblical event (in all caps at the beginning)? If so, look up and summarize that story. How does that situation shed meaning on the interpretation of the psalm?

Using the appendix at the back of this guide, identify the type of psalm and which of the five "books" it is found in. How does that information shed light on the meaning of the Psalm?

There is no story associated with this Psalm.

It appears to be a wisdom psalm (celebrating the wisdom and benefits of following God's law). Because it is a wisdom Psalm, it is speaking in general truths, not necessarily offering a promise for a specific type of blessing as a result of specific behavior.

DAY 3: INTERPRETATION-GOSPEL CONNECTION

Imagine Jesus reading this Psalm. How does that shape your understanding of it? Are there any pictures or ideas that are ultimately fulfilled in the person and work of Jesus?

As I imagine Jesus reading this, he can read it as the only one who NEVER walked in the counsel of the wicked, etc. He LOVED the law of the Lord. He bore much fruit, and is the perfect righteous one who prospers forevermore.

Even still, though he did not walk in the way of the wicked, he perished as the wicked do. In doing so, he not only fulfilled the righteousness of the law, but also the penalty of the law.

Jesus said, "Whoever abides in me, he it is that bears much fruit." Connecting to his righteousness is how we can bear much fruit and be the tree planted by streams of water.

DAY 4: INTERPRETATION-BIBLICAL THEOLOGY

How does this passage relate to God's plan in Creation, Fall, Redemption, and Future Restoration (the whole storyline of the Bible)?

Creation: God created two trees in the garden - the Tree of Life and the Tree of the knowledge of good and evil. Obey his word about the second tree, and you will always have access to the first. Disobey, and in the day you eat of it you will surely die.

Fall: Adam and Eve disobeyed regarding the second tree, and lost access to the first tree. The result of their wickedness was death, passed on to all people, just as this Psalm promises.

Redemption: God, through his law, provided Israel with a means of redemption, the Law, that ultimately pointed to Jesus Christ. Turning from the way of sinners, trusting him as our source of righteousness and life, and walking in HIS way is the path to true blessing and life (see Matt. 5).

Future Restoration: God will one day fully judge the wicked, but all who have turned from their sin and are in Christ will prosper with him for all eternity.

DAY 5: APPLICATION-MAIN POINT / ACTIONABLE RESPONSE

What is the author's main message to his primary audience? What does this mean for our church and your life? How will you apply this personally?

Primary Audience: When Israel sought to be just like the nations of the earth, it did not go well with them. God and God alone was a more-than=sufficient king, but they did not believe this to be true, much to their own hurt.

Personal: It is not worth allowing myself to be controlled by another in order to be accepted or feel secure "just like everyone else." I can either choose to submit myself to Christ, the King who gives freedom, or I can choose to submit myself to the enslavement of fleshly masters (either spiritual or tangible).

PSALM 2

1 Why do the nations rage
and the peoples plot in vain?
2 The kings of the earth set themselves,
and the rulers take counsel together,
against the LORD and against his Anointed, saying,
3 “Let us burst their bonds apart
and cast away their cords from us.”

4 He who sits in the heavens laughs;
the Lord holds them in derision.
5 Then he will speak to them in his wrath,
and terrify them in his fury, saying,
6 “As for me, I have set my King
on Zion, my holy hill.”

7 I will tell of the decree:
The LORD said to me, “You are my Son;
today I have begotten you.
8 Ask of me, and I will make the nations your heritage,
and the ends of the earth your possession.
9 You shall break them with a rod of iron
and dash them in pieces like a potter’s vessel.”

10 Now therefore, O kings, be wise;
be warned, O rulers of the earth.
11 Serve the LORD with fear,
and rejoice with trembling.
12 Kiss the Son,
lest he be angry, and you perish in the way,
for his wrath is quickly kindled.

Blessed are all who take refuge in him.

WEEK 1

PSALM 2

DAY 1: OBSERVATION - *STRUCTURE*

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a. Summarize each stanza in as few words as possible.

b. Summarize the whole psalm in as few words as possible.

c. What do the metaphors and similes communicate?

d. What do the repeated words or ideas convey?

DAY 2: OBSERVATION - *CONTEXT*

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DAY 3: INTERPRETATION - *GOSPEL CONNECTION*

Imagine Jesus reading this Psalm. How does that shape your understanding of it?
Are there any pictures or ideas that are ultimately fulfilled in the person and work of Jesus?

DAY 4: INTERPRETATION - *BIBLICAL THEOLOGY*

How does this passage relate to God's plan in Creation, Fall, Redemption, and Future Restoration (the whole storyline of the Bible)?

DAY 5: APPLICATION - *MAIN POINT / ACTIONABLE RESPONSE*

What is the author's main message to his primary audience? What does this mean for our church and your life? How will you apply this personally?

PSALM 8

1 O LORD, our Lord,

how majestic is your name in all the earth!

You have set your glory above the heavens.

2 Out of the mouth of babies and infants,

you have established strength because of your foes,

to still the enemy and the avenger.

3 When I look at your heavens, the work of your fingers,

the moon and the stars, which you have set in place,

4 what is man that you are mindful of him,

and the son of man that you care for him?

5 Yet you have made him a little lower than the heavenly
beings

and crowned him with glory and honor.

6 You have given him dominion over the works of your
hands;

you have put all things under his feet,

7 all sheep and oxen,

and also the beasts of the field,

8 the birds of the heavens, and the fish of the sea,

whatever passes along the paths of the seas.

9 O LORD, our Lord,

how majestic is your name in all the earth!

WEEK 2

PSALM 8

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PSALM 16

1 Preserve me, O God, for in you I take refuge.

2 I say to the LORD, "You are my Lord;
I have no good apart from you."

3 As for the saints in the land, they are the excellent ones,
in whom is all my delight.

4 The sorrows of those who run after another god shall
multiply;
their drink offerings of blood I will not pour out
or take their names on my lips.

5 The LORD is my chosen portion and my cup;
you hold my lot.

6 The lines have fallen for me in pleasant places;
indeed, I have a beautiful inheritance.

7 I bless the LORD who gives me counsel;
in the night also my heart instructs me.

8 I have set the LORD always before me;
because he is at my right hand, I shall not be shaken.

9 Therefore my heart is glad, and my whole being rejoices;
my flesh also dwells secure.

10 For you will not abandon my soul to Sheol,
or let your holy one see corruption.

11 You make known to me the path of life;
in your presence there is fullness of joy;
at your right hand are pleasures forevermore.

WEEK 3

PSALM 16

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DAY 5: APPLICATION - *MAIN POINT / ACTIONABLE RESPONSE*

What is the author's main message to his primary audience? What does this mean for our church and your life? How will you apply this personally?

PSALM 22

- 1 My God, my God, why have you forsaken me?
Why are you so far from saving me, from the words of my groaning?
- 2 O my God, I cry by day, but you do not answer,
and by night, but I find no rest.
- 3 Yet you are holy,
enthroned on the praises of Israel.
- 4 In you our fathers trusted;
they trusted, and you delivered them.
- 5 To you they cried and were rescued;
in you they trusted and were not put to shame.
- 6 But I am a worm and not a man,
scorned by mankind and despised by the people.
- 7 All who see me mock me;
they make mouths at me; they wag their heads;
- 8 "He trusts in the LORD; let him deliver him;
let him rescue him, for he delights in him!"
- 9 Yet you are he who took me from the womb;
you made me trust you at my mother's breasts.
- 10 On you was I cast from my birth,
and from my mother's womb you have been my God.
- 11 Be not far from me,
for trouble is near,
and there is none to help.
- 12 Many bulls encompass me;
strong bulls of Bashan surround me;
- 13 they open wide their mouths at me,
like a ravening and roaring lion.
- 14 I am poured out like water,
and all my bones are out of joint;
my heart is like wax;
it is melted within my breast;
- 15 my strength is dried up like a potsherd,
and my tongue sticks to my jaws;
you lay me in the dust of death.

16 For dogs encompass me;
a company of evildoers encircles me;
they have pierced my hands and feet—
17 I can count all my bones—
they stare and gloat over me;
18 they divide my garments among them,
and for my clothing they cast lots.

19 But you, O LORD, do not be far off!
O you my help, come quickly to my aid!
20 Deliver my soul from the sword,
my precious life from the power of the dog!
21 Save me from the mouth of the lion!
You have rescued me from the horns of the wild oxen!

22 I will tell of your name to my brothers;
in the midst of the congregation I will praise you:
23 You who fear the LORD, praise him!
All you offspring of Jacob, glorify him,
and stand in awe of him, all you offspring of Israel!
24 For he has not despised or abhorred
the affliction of the afflicted,
and he has not hidden his face from him,
but has heard, when he cried to him.

25 From you comes my praise in the great congregation;
my vows I will perform before those who fear him.
26 The afflicted shall eat and be satisfied;
those who seek him shall praise the LORD!
May your hearts live forever!

27 All the ends of the earth shall remember
and turn to the LORD,
and all the families of the nations
shall worship before you.
28 For kingship belongs to the LORD,
and he rules over the nations.

29 All the prosperous of the earth eat and worship;
before him shall bow all who go down to the dust,
even the one who could not keep himself alive.
30 Posterity shall serve him;
it shall be told of the Lord to the coming generation;
31 they shall come and proclaim his righteousness to a people yet
unborn,
that he has done it.

WEEK 4

PSALM 22

DAY 1: OBSERVATION - *STRUCTURE*

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a. Summarize each stanza in as few words as possible.

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DAY 4: INTERPRETATION - *BIBLICAL THEOLOGY*

How does this passage relate to God's plan in Creation, Fall, Redemption, and Future Restoration (the whole storyline of the Bible)?

DAY 5: APPLICATION - *MAIN POINT / ACTIONABLE RESPONSE*

What is the author's main message to his primary audience? What does this mean for our church and your life? How will you apply this personally?



PSALM 24

1 The earth is the LORD's and the fullness thereof,
the world and those who dwell therein,

2 for he has founded it upon the seas
and established it upon the rivers.

3 Who shall ascend the hill of the LORD?

And who shall stand in his holy place?

4 He who has clean hands and a pure heart,
who does not lift up his soul to what is false
and does not swear deceitfully.

5 He will receive blessing from the LORD
and righteousness from the God of his salvation.

6 Such is the generation of those who seek him,
who seek the face of the God of Jacob. Selah

7 Lift up your heads, O gates!
And be lifted up, O ancient doors,
that the King of glory may come in.

8 Who is this King of glory?
The LORD, strong and mighty,
the LORD, mighty in battle!

9 Lift up your heads, O gates!
And lift them up, O ancient doors,
that the King of glory may come in.

10 Who is this King of glory?
The LORD of hosts,
he is the King of glory! Selah

WEEK 5

PSALM 24

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DAY 5: APPLICATION - *MAIN POINT / ACTIONABLE RESPONSE*

What is the author's main message to his primary audience? What does this mean for our church and your life? How will you apply this personally?

PSALM 40

- 1 I waited patiently for the LORD;
he inclined to me and heard my cry.
- 2 He drew me up from the pit of destruction,
out of the miry bog,
and set my feet upon a rock,
making my steps secure.
- 3 He put a new song in my mouth,
a song of praise to our God.
Many will see and fear,
and put their trust in the LORD.
- 4 Blessed is the man who makes
the LORD his trust,
who does not turn to the proud,
to those who go astray after a lie!
- 5 You have multiplied, O LORD my God,
your wondrous deeds and your thoughts toward us;
none can compare with you!
I will proclaim and tell of them,
yet they are more than can be told.
- 6 In sacrifice and offering you have not delighted,
but you have given me an open ear.
Burnt offering and sin offering
you have not required.
- 7 Then I said, "Behold, I have come;
in the scroll of the book it is written of me:
- 8 I delight to do your will, O my God;
your law is within my heart."
- 9 I have told the glad news of deliverance
in the great congregation;
behold, I have not restrained my lips,
as you know, O LORD.
- 10 I have not hidden your deliverance within my heart;
I have spoken of your faithfulness and your salvation;
I have not concealed your steadfast love and your faithfulness
from the great congregation.

11 As for you, O LORD, you will not restrain
your mercy from me;
your steadfast love and your faithfulness will
ever preserve me!

12 For evils have encompassed me
beyond number;
my iniquities have overtaken me,
and I cannot see;
they are more than the hairs of my head;
my heart fails me.

13 Be pleased, O LORD, to deliver me!
O LORD, make haste to help me!

14 Let those be put to shame and disappointed altogether
who seek to snatch away my life;
let those be turned back and brought to dishonor
who delight in my hurt!

15 Let those be appalled because of their shame
who say to me, "Aha, Aha!"

16 But may all who seek you
rejoice and be glad in you;
may those who love your salvation
say continually, "Great is the LORD!"

17 As for me, I am poor and needy,
but the Lord takes thought for me.
You are my help and my deliverer;
do not delay, O my God!

WEEK 6

PSALM 40

DAY 1: OBSERVATION - *STRUCTURE*

1. Mark where the translators changed stanzas with a 📌 symbol. (a stanza is a group of lines of poetry that are related to one another).
2. Number each stanza: "1,2, etc." and summarize it in the space provided.
3. Highlight any metaphors or similes (comparisons between two unlike objects).
4. Underline any repeated words or ideas.
5. Connect bi-colons (2 lines) and tricolons (3 lines) with a >. These are sets of lines that work together. The second line develops the first line in some way.
6. Examine each bi-colon and make the following markings next to the >
 - a. If the second line simply repeats the thought of the first, mark with an = symbol.
 - b. If the second line amplifies the thought of the first, mark with a + symbol.
 - c. If the second line narrows the thought of the first, mark with a - symbol
 - d. If the second line contrasts the thought of the first, mark with a / symbol

a. Summarize each stanza in as few words as possible.

b. Summarize the whole psalm in as few words as possible.

c. What do the metaphors and similes communicate?

d. What do the repeated words or ideas convey?

DAY 2: OBSERVATION - *CONTEXT*

Does this psalm have a Hebrew title associating it with a biblical event (in all caps at the beginning)? If so, look up and summarize that story. How does that situation shed meaning on the interpretation of the psalm?

Using the appendix at the back of this guide, identify the type of psalm and which of the five “books” it is found in. How does that information shed light on the meaning of the Psalm?

DAY 3: INTERPRETATION - *GOSPEL CONNECTION*

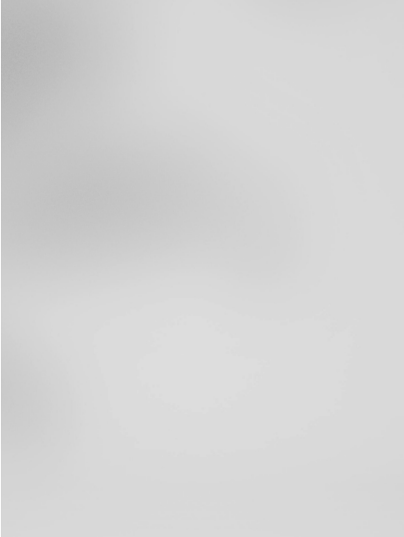
Imagine Jesus reading this Psalm. How does that shape your understanding of it?
Are there any pictures or ideas that are ultimately fulfilled in the person and work of Jesus?

DAY 4: INTERPRETATION - *BIBLICAL THEOLOGY*

How does this passage relate to God's plan in Creation, Fall, Redemption, and Future Restoration (the whole storyline of the Bible)?

DAY 5: APPLICATION - *MAIN POINT / ACTIONABLE RESPONSE*

What is the author's main message to his primary audience? What does this mean for our church and your life? How will you apply this personally?



PSALM 41

1 Blessed is the one who considers the poor!
In the day of trouble the LORD delivers him;
2 the LORD protects him and keeps him alive;
he is called blessed in the land;
you do not give him up to the will of his enemies.

3 The LORD sustains him on his sickbed;
in his illness you restore him to full health.

4 As for me, I said, "O LORD, be gracious to me;
heal me, for I have sinned against you!"

5 My enemies say of me in malice,
"When will he die, and his name perish?"

6 And when one comes to see me, he utters empty words,
while his heart gathers iniquity;
when he goes out, he tells it abroad.

7 All who hate me whisper together about me;
they imagine the worst for me.

8 They say, "A deadly thing is poured out on him;
he will not rise again from where he lies."

9 Even my close friend in whom I trusted,
who ate my bread, has lifted his heel against me.

10 But you, O LORD, be gracious to me,
and raise me up, that I may repay them!

11 By this I know that you delight in me:
my enemy will not shout in triumph over me.

12 But you have upheld me because of my integrity,
and set me in your presence forever.

13 Blessed be the LORD, the God of Israel,
from everlasting to everlasting!
Amen and Amen.

WEEK 7

PSALM 41

DAY 1: OBSERVATION - *STRUCTURE*

1. Mark where the translators changed stanzas with a 📌 symbol. (a stanza is a group of lines of poetry that are related to one another).
2. Number each stanza: "1,2, etc." and summarize it in the space provided.
3. Highlight any metaphors or similes (comparisons between two unlike objects).
4. Underline any repeated words or ideas.
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6. Examine each bi-colon and make the following markings next to the >
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 - b. If the second line amplifies the thought of the first, mark with a + symbol.
 - c. If the second line narrows the thought of the first, mark with a - symbol
 - d. If the second line contrasts the thought of the first, mark with a / symbol

a. Summarize each stanza in as few words as possible.

b. Summarize the whole psalm in as few words as possible.

c. What do the metaphors and similes communicate?

d. What do the repeated words or ideas convey?

DAY 2: OBSERVATION - *CONTEXT*

Does this psalm have a Hebrew title associating it with a biblical event (in all caps at the beginning)? If so, look up and summarize that story. How does that situation shed meaning on the interpretation of the psalm?

Using the appendix at the back of this guide, identify the type of psalm and which of the five “books” it is found in. How does that information shed light on the meaning of the Psalm?

DAY 3: INTERPRETATION - *GOSPEL CONNECTION*

Imagine Jesus reading this Psalm. How does that shape your understanding of it?
Are there any pictures or ideas that are ultimately fulfilled in the person and work of Jesus?

DAY 4: INTERPRETATION - *BIBLICAL THEOLOGY*

How does this passage relate to God's plan in Creation, Fall, Redemption, and Future Restoration (the whole storyline of the Bible)?

DAY 5: APPLICATION - *MAIN POINT / ACTIONABLE RESPONSE*

What is the author's main message to his primary audience? What does this mean for our church and your life? How will you apply this personally?

PSALM 68

- 1 God shall arise, his enemies shall be scattered;
and those who hate him shall flee before him!
- 2 As smoke is driven away, so you shall drive them away;
as wax melts before fire,
so the wicked shall perish before God!
- 3 But the righteous shall be glad;
they shall exult before God;
they shall be jubilant with joy!
- 4 Sing to God, sing praises to his name;
lift up a song to him who rides through the deserts;
his name is the LORD;
exult before him!
- 5 Father of the fatherless and protector of widows
is God in his holy habitation.
- 6 God settles the solitary in a home;
he leads out the prisoners to prosperity,
but the rebellious dwell in a parched land.
- 7 O God, when you went out before your people,
when you marched through the wilderness, Selah
- 8 the earth quaked, the heavens poured down rain,
before God, the One of Sinai,
before God, the God of Israel.
- 9 Rain in abundance, O God, you shed abroad;
you restored your inheritance as it languished;
- 10 your flock found a dwelling in it;
in your goodness, O God, you provided for the needy.
- 11 The Lord gives the word;
the women who announce the news are a great host:
- 12 "The kings of the armies—they flee, they flee!"
The women at home divide the spoil—
- 13 though you men lie among the sheepfolds—
the wings of a dove covered with silver,
its pinions with shimmering gold.
- 14 When the Almighty scatters kings there,
let snow fall on Zalmon.
- 15 O mountain of God, mountain of Bashan;
O many-peaked mountain, mountain of Bashan!
- 16 Why do you look with hatred, O many-peaked mountain,
at the mount that God desired for his abode,
yes, where the LORD will dwell forever?
- 17 The chariots of God are twice ten thousand,
thousands upon thousands;
the Lord is among them; Sinai is now in the sanctuary.
- 18 You ascended on high,
leading a host of captives in your train
and receiving gifts among men,
even among the rebellious, that the LORD God may dwell there.

19 Blessed be the Lord,
who daily bears us up;
God is our salvation. Selah

20 Our God is a God of salvation,
and to GOD, the Lord, belong deliverances from death.

21 But God will strike the heads of his enemies,
the hairy crown of him who walks in his guilty ways.

22 The Lord said,
“I will bring them back from Bashan,
I will bring them back from the depths of the sea,
23 that you may strike your feet in their blood,
that the tongues of your dogs may have their portion from the foe.”

24 Your procession is seen, O God,
the procession of my God, my King, into the sanctuary—
25 the singers in front, the musicians last,
between them virgins playing tambourines:

26 “Bless God in the great congregation,
the LORD, O you who are of Israel’s fountain!”

27 There is Benjamin, the least of them, in the lead,
the princes of Judah in their throng,
the princes of Zebulun, the princes of Naphtali.

28 Summon your power, O God,
the power, O God, by which you have worked for us.

29 Because of your temple at Jerusalem
kings shall bear gifts to you.

30 Rebuke the beasts that dwell among the reeds,
the herd of bulls with the calves of the peoples.
Trample underfoot those who lust after tribute;
scatter the peoples who delight in war.

31 Nobles shall come from Egypt;
Cush shall hasten to stretch out her hands to God.

32 O kingdoms of the earth, sing to God;
sing praises to the Lord, Selah

33 to him who rides in the heavens, the ancient heavens;
behold, he sends out his voice, his mighty voice.

34 Ascribe power to God,
whose majesty is over Israel,
and whose power is in the skies.

35 Awesome is God from his sanctuary;
the God of Israel—he is the one who gives power and strength to his
people.
Blessed be God!

WEEK 8

PSALM 68

DAY 1: OBSERVATION - *STRUCTURE*

1. Mark where the translators changed stanzas with a 📌 symbol. (a stanza is a group of lines of poetry that are related to one another).
2. Number each stanza: "1,2, etc." and summarize it in the space provided.
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 - c. If the second line narrows the thought of the first, mark with a - symbol
 - d. If the second line contrasts the thought of the first, mark with a / symbol

a. Summarize each stanza in as few words as possible.

b. Summarize the whole psalm in as few words as possible.

c. What do the metaphors and similes communicate?

d. What do the repeated words or ideas convey?

DAY 2: OBSERVATION - *CONTEXT*

Does this psalm have a Hebrew title associating it with a biblical event (in all caps at the beginning)? If so, look up and summarize that story. How does that situation shed meaning on the interpretation of the psalm?

Using the appendix at the back of this guide, identify the type of psalm and which of the five “books” it is found in. How does that information shed light on the meaning of the Psalm?

DAY 3: INTERPRETATION - *GOSPEL CONNECTION*

Imagine Jesus reading this Psalm. How does that shape your understanding of it?
Are there any pictures or ideas that are ultimately fulfilled in the person and work of Jesus?

DAY 4: INTERPRETATION - *BIBLICAL THEOLOGY*

How does this passage relate to God's plan in Creation, Fall, Redemption, and Future Restoration (the whole storyline of the Bible)?

DAY 5: APPLICATION - *MAIN POINT / ACTIONABLE RESPONSE*

What is the author's main message to his primary audience? What does this mean for our church and your life? How will you apply this personally?



PSALM 72

- 1 Give the king your justice, O God,
and your righteousness to the royal son!
- 2 May he judge your people with righteousness,
and your poor with justice!
- 3 Let the mountains bear prosperity for the people,
and the hills, in righteousness!
- 4 May he defend the cause of the poor of the people,
give deliverance to the children of the needy,
and crush the oppressor!
- 5 May they fear you while the sun endures,
and as long as the moon, throughout all generations!
- 6 May he be like rain that falls on the mown grass,
like showers that water the earth!
- 7 In his days may the righteous flourish,
and peace abound, till the moon be no more!
- 8 May he have dominion from sea to sea,
and from the River to the ends of the earth!
- 9 May desert tribes bow down before him,
and his enemies lick the dust!
- 10 May the kings of Tarshish and of the coastlands
render him tribute;
may the kings of Sheba and Seba
bring gifts!
- 11 May all kings fall down before him,
all nations serve him!
- 12 For he delivers the needy when he calls,
the poor and him who has no helper.
- 13 He has pity on the weak and the needy,
and saves the lives of the needy.
- 14 From oppression and violence he redeems their life,
and precious is their blood in his sight.

15 Long may he live;

may gold of Sheba be given to him!

May prayer be made for him continually,

and blessings invoked for him all the day!

16 May there be abundance of grain in the land;

on the tops of the mountains may it wave;

may its fruit be like Lebanon;

and may people blossom in the cities

like the grass of the field!

17 May his name endure forever,

his fame continue as long as the sun!

May people be blessed in him,

all nations call him blessed!

18 Blessed be the LORD, the God of Israel,

who alone does wondrous things.

19 Blessed be his glorious name forever;

may the whole earth be filled with his glory!

Amen and Amen!

20 The prayers of David, the son of Jesse, are ended.

WEEK 9

PSALM 72

DAY 1: OBSERVATION - *STRUCTURE*

1. Mark where the translators changed stanzas with a 📌 symbol. (a stanza is a group of lines of poetry that are related to one another).
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a. Summarize each stanza in as few words as possible.

b. Summarize the whole psalm in as few words as possible.

c. What do the metaphors and similes communicate?

d. What do the repeated words or ideas convey?

DAY 2: OBSERVATION - *CONTEXT*

Does this psalm have a Hebrew title associating it with a biblical event (in all caps at the beginning)? If so, look up and summarize that story. How does that situation shed meaning on the interpretation of the psalm?

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DAY 3: INTERPRETATION - *GOSPEL CONNECTION*

Imagine Jesus reading this Psalm. How does that shape your understanding of it?
Are there any pictures or ideas that are ultimately fulfilled in the person and work of Jesus?

DAY 4: INTERPRETATION - *BIBLICAL THEOLOGY*

How does this passage relate to God's plan in Creation, Fall, Redemption, and Future Restoration (the whole storyline of the Bible)?

DAY 5: APPLICATION - *MAIN POINT / ACTIONABLE RESPONSE*

What is the author's main message to his primary audience? What does this mean for our church and your life? How will you apply this personally?



PSALM 89

- 1 I will sing of the steadfast love of the LORD, forever;
with my mouth I will make known your faithfulness to all
generations.
- 2 For I said, "Steadfast love will be built up forever;
in the heavens you will establish your faithfulness."
- 3 You have said, "I have made a covenant with my chosen one;
I have sworn to David my servant:
- 4 'I will establish your offspring forever,
and build your throne for all generations.'" Selah
- 5 Let the heavens praise your wonders, O LORD,
your faithfulness in the assembly of the holy ones!
- 6 For who in the skies can be compared to the LORD?
Who among the heavenly beings is like the LORD,
- 7 a God greatly to be feared in the council of the holy ones,
and awesome above all who are around him?
- 8 O LORD God of hosts,
who is mighty as you are, O LORD,
with your faithfulness all around you?
- 9 You rule the raging of the sea;
when its waves rise, you still them.
- 10 You crushed Rahab like a carcass;
you scattered your enemies with your mighty arm.
- 11 The heavens are yours; the earth also is yours;
the world and all that is in it, you have founded them.
- 12 The north and the south, you have created them;
Tabor and Hermon joyously praise your name.
- 13 You have a mighty arm;
strong is your hand, high your right hand.
- 14 Righteousness and justice are the foundation of your throne;
steadfast love and faithfulness go before you.
- 15 Blessed are the people who know the festal shout,
who walk, O LORD, in the light of your face,
- 16 who exult in your name all the day
and in your righteousness are exalted.
- 17 For you are the glory of their strength;
by your favor our horn is exalted.
- 18 For our shield belongs to the LORD,
our king to the Holy One of Israel.

19 Of old you spoke in a vision to your godly one, and said:
 "I have granted help to one who is mighty;
 I have exalted one chosen from the people.
20 I have found David, my servant;
 with my holy oil I have anointed him,
21 so that my hand shall be established with him;
 my arm also shall strengthen him.
22 The enemy shall not outwit him;
 the wicked shall not humble him.
23 I will crush his foes before him
 and strike down those who hate him.
24 My faithfulness and my steadfast love shall be with him,
 and in my name shall his horn be exalted.
25 I will set his hand on the sea
 and his right hand on the rivers.
26 He shall cry to me, 'You are my Father,
 my God, and the Rock of my salvation.'
27 And I will make him the firstborn,
 the highest of the kings of the earth.
28 My steadfast love I will keep for him forever,
 and my covenant will stand firm for him.
29 I will establish his offspring forever
 and his throne as the days of the heavens.
30 If his children forsake my law
 and do not walk according to my rules,
31 if they violate my statutes
 and do not keep my commandments,
32 then I will punish their transgression with the rod
 and their iniquity with stripes,
33 but I will not remove from him my steadfast love
 or be false to my faithfulness.
34 I will not violate my covenant
 or alter the word that went forth from my lips.
35 Once for all I have sworn by my holiness;
 I will not lie to David.
36 His offspring shall endure forever,
 his throne as long as the sun before me.
37 Like the moon it shall be established forever,
 a faithful witness in the skies." Selah

38 But now you have cast off and rejected;
you are full of wrath against your anointed.
39 You have renounced the covenant with your servant;
you have defiled his crown in the dust.
40 You have breached all his walls;
you have laid his strongholds in ruins.
41 All who pass by plunder him;
he has become the scorn of his neighbors.
42 You have exalted the right hand of his foes;
you have made all his enemies rejoice.
43 You have also turned back the edge of his sword,
and you have not made him stand in battle.
44 You have made his splendor to cease
and cast his throne to the ground.
45 You have cut short the days of his youth;
you have covered him with shame. Selah

46 How long, O LORD? Will you hide yourself forever?
How long will your wrath burn like fire?
47 Remember how short my time is!
For what vanity you have created all the children of man!
48 What man can live and never see death?
Who can deliver his soul from the power of Sheol? Selah

49 Lord, where is your steadfast love of old,
which by your faithfulness you swore to David?
50 Remember, O Lord, how your servants are mocked,
and how I bear in my heart the insults of all the many nations,
51 with which your enemies mock, O LORD,
with which they mock the footsteps of your anointed.

52 Blessed be the LORD forever!
Amen and Amen.

WEEK 10

PSALM 89

DAY 1: OBSERVATION - *STRUCTURE*

1. Mark where the translators changed stanzas with a 📌 symbol. (a stanza is a group of lines of poetry that are related to one another).
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 - d. If the second line contrasts the thought of the first, mark with a / symbol

a. Summarize each stanza in as few words as possible.

b. Summarize the whole psalm in as few words as possible.

c. What do the metaphors and similes communicate?

d. What do the repeated words or ideas convey?

DAY 2: OBSERVATION - *CONTEXT*

Does this psalm have a Hebrew title associating it with a biblical event (in all caps at the beginning)? If so, look up and summarize that story. How does that situation shed meaning on the interpretation of the psalm?

Using the appendix at the back of this guide, identify the type of psalm and which of the five “books” it is found in. How does that information shed light on the meaning of the Psalm?

DAY 3: INTERPRETATION - *GOSPEL CONNECTION*

Imagine Jesus reading this Psalm. How does that shape your understanding of it?
Are there any pictures or ideas that are ultimately fulfilled in the person and work of Jesus?

DAY 4: INTERPRETATION - *BIBLICAL THEOLOGY*

How does this passage relate to God's plan in Creation, Fall, Redemption, and Future Restoration (the whole storyline of the Bible)?

DAY 5: APPLICATION - *MAIN POINT / ACTIONABLE RESPONSE*

What is the author's main message to his primary audience? What does this mean for our church and your life? How will you apply this personally?

PSALM 102

- 1 Hear my prayer, O LORD;
let my cry come to you!
- 2 Do not hide your face from me
in the day of my distress!
Incline your ear to me;
answer me speedily in the day when I call!
- 3 For my days pass away like smoke,
and my bones burn like a furnace.
- 4 My heart is struck down like grass and has withered;
I forget to eat my bread.
- 5 Because of my loud groaning
my bones cling to my flesh.
- 6 I am like a desert owl of the wilderness,
like an owl of the waste places;
- 7 I lie awake;
I am like a lonely sparrow on the housetop.
- 8 All the day my enemies taunt me;
those who deride me use my name for a curse.
- 9 For I eat ashes like bread
and mingle tears with my drink,
- 10 because of your indignation and anger;
for you have taken me up and thrown me down.
- 11 My days are like an evening shadow;
I wither away like grass.
- 12 But you, O LORD, are enthroned forever;
you are remembered throughout all generations.
- 13 You will arise and have pity on Zion;
it is the time to favor her;
the appointed time has come.
- 14 For your servants hold her stones dear
and have pity on her dust.
- 15 Nations will fear the name of the LORD,
and all the kings of the earth will fear your glory.
- 16 For the LORD builds up Zion;
he appears in his glory;
- 17 he regards the prayer of the destitute
and does not despise their prayer.

18 Let this be recorded for a generation to come,
so that a people yet to be created may praise the LORD:
19 that he looked down from his holy height;
from heaven the LORD looked at the earth,
20 to hear the groans of the prisoners,
to set free those who were doomed to die,
21 that they may declare in Zion the name of the LORD,
and in Jerusalem his praise,
22 when peoples gather together,
and kingdoms, to worship the LORD.

23 He has broken my strength in midcourse;
he has shortened my days.
24 “O my God,” I say, “take me not away
in the midst of my days—
you whose years endure
throughout all generations!”

25 Of old you laid the foundation of the earth,
and the heavens are the work of your hands.
26 They will perish, but you will remain;
they will all wear out like a garment.
You will change them like a robe, and they will pass away,
27 but you are the same, and your years have no end.
28 The children of your servants shall dwell secure;
their offspring shall be established before you.

WEEK 11

PSALM 102

DAY 1: OBSERVATION - *STRUCTURE*

1. Mark where the translators changed stanzas with a 📌 symbol. (a stanza is a group of lines of poetry that are related to one another).
2. Number each stanza: "1,2, etc." and summarize it in the space provided.
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a. Summarize each stanza in as few words as possible.

b. Summarize the whole psalm in as few words as possible.

c. What do the metaphors and similes communicate?

d. What do the repeated words or ideas convey?

DAY 2: OBSERVATION - *CONTEXT*

Does this psalm have a Hebrew title associating it with a biblical event (in all caps at the beginning)? If so, look up and summarize that story. How does that situation shed meaning on the interpretation of the psalm?

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DAY 3: INTERPRETATION - *GOSPEL CONNECTION*

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Are there any pictures or ideas that are ultimately fulfilled in the person and work of Jesus?

DAY 4: INTERPRETATION - *BIBLICAL THEOLOGY*

How does this passage relate to God's plan in Creation, Fall, Redemption, and Future Restoration (the whole storyline of the Bible)?

DAY 5: APPLICATION - *MAIN POINT / ACTIONABLE RESPONSE*

What is the author's main message to his primary audience? What does this mean for our church and your life? How will you apply this personally?



PSALM 110

1 The LORD says to my Lord:

“Sit at my right hand,
until I make your enemies your footstool.”

2 The LORD sends forth from Zion
your mighty scepter.

Rule in the midst of your enemies!

3 Your people will offer themselves freely
on the day of your power,

in holy garments;

from the womb of the morning,

the dew of your youth will be yours.

4 The LORD has sworn

and will not change his mind,

“You are a priest forever

after the order of Melchizedek.”

5 The Lord is at your right hand;

he will shatter kings on the day of his wrath.

6 He will execute judgment among the nations,

filling them with corpses;

he will shatter chiefs

over the wide earth.

7 He will drink from the brook by the way;

therefore he will lift up his head.

WEEK 12

PSALM 110

DAY 1: OBSERVATION - *STRUCTURE*

1. Mark where the translators changed stanzas with a 📌 symbol. (a stanza is a group of lines of poetry that are related to one another).
2. Number each stanza: "1,2, etc." and summarize it in the space provided.
3. Highlight any metaphors or similes (comparisons between two unlike objects).
4. Underline any repeated words or ideas.
5. Connect bi-colons (2 lines) and tricolons (3 lines) with a >. These are sets of lines that work together. The second line develops the first line in some way.
6. Examine each bi-colon and make the following markings next to the >
 - a. If the second line simply repeats the thought of the first, mark with an = symbol.
 - b. If the second line amplifies the thought of the first, mark with a + symbol.
 - c. If the second line narrows the thought of the first, mark with a - symbol
 - d. If the second line contrasts the thought of the first, mark with a / symbol

a. Summarize each stanza in as few words as possible.

b. Summarize the whole psalm in as few words as possible.

c. What do the metaphors and similes communicate?

d. What do the repeated words or ideas convey?

DAY 2: OBSERVATION - *CONTEXT*

Does this psalm have a Hebrew title associating it with a biblical event (in all caps at the beginning)? If so, look up and summarize that story. How does that situation shed meaning on the interpretation of the psalm?

Using the appendix at the back of this guide, identify the type of psalm and which of the five “books” it is found in. How does that information shed light on the meaning of the Psalm?

DAY 3: INTERPRETATION - *GOSPEL CONNECTION*

Imagine Jesus reading this Psalm. How does that shape your understanding of it?
Are there any pictures or ideas that are ultimately fulfilled in the person and work of Jesus?

DAY 4: INTERPRETATION - *BIBLICAL THEOLOGY*

How does this passage relate to God's plan in Creation, Fall, Redemption, and Future Restoration (the whole storyline of the Bible)?

DAY 5: APPLICATION - *MAIN POINT / ACTIONABLE RESPONSE*

What is the author's main message to his primary audience? What does this mean for our church and your life? How will you apply this personally?

PSALM 118

1 Oh give thanks to the LORD, for he is good;
for his steadfast love endures forever!

2 Let Israel say,
“His steadfast love endures forever.”

3 Let the house of Aaron say,
“His steadfast love endures forever.”

4 Let those who fear the LORD say,
“His steadfast love endures forever.”

5 Out of my distress I called on the LORD;
the LORD answered me and set me free.

6 The LORD is on my side; I will not fear.
What can man do to me?

7 The LORD is on my side as my helper;
I shall look in triumph on those who hate me.

8 It is better to take refuge in the LORD
than to trust in man.

9 It is better to take refuge in the LORD
than to trust in princes.

10 All nations surrounded me;
in the name of the LORD I cut them off!

11 They surrounded me, surrounded me on every side;
in the name of the LORD I cut them off!

12 They surrounded me like bees;
they went out like a fire among thorns;
in the name of the LORD I cut them off!

13 I was pushed hard, so that I was falling,
but the LORD helped me.

14 The LORD is my strength and my song;
he has become my salvation.

15 Glad songs of salvation
are in the tents of the righteous:
“The right hand of the LORD does valiantly,
16 the right hand of the LORD exalts,
the right hand of the LORD does valiantly!”

17 I shall not die, but I shall live,
and recount the deeds of the LORD.

18 The LORD has disciplined me severely,
but he has not given me over to death.

19 Open to me the gates of righteousness,
that I may enter through them
and give thanks to the LORD.

20 This is the gate of the LORD;
the righteous shall enter through it.

21 I thank you that you have answered me
and have become my salvation.

22 The stone that the builders rejected
has become the cornerstone.

23 This is the LORD’s doing;
it is marvelous in our eyes.

24 This is the day that the LORD has made;
let us rejoice and be glad in it.

25 Save us, we pray, O LORD!
O LORD, we pray, give us success!

26 Blessed is he who comes in the name of the LORD!
We bless you from the house of the LORD.

27 The LORD is God,
and he has made his light to shine upon us.
Bind the festal sacrifice with cords,
up to the horns of the altar!

28 You are my God, and I will give thanks to you;
you are my God; I will extol you.

29 Oh give thanks to the LORD, for he is good;
for his steadfast love endures forever!

WEEK 13

PSALM 118

DAY 1: OBSERVATION - *STRUCTURE*

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a. Summarize each stanza in as few words as possible.

b. Summarize the whole psalm in as few words as possible.

c. What do the metaphors and similes communicate?

d. What do the repeated words or ideas convey?

DAY 2: OBSERVATION - *CONTEXT*

Does this psalm have a Hebrew title associating it with a biblical event (in all caps at the beginning)? If so, look up and summarize that story. How does that situation shed meaning on the interpretation of the psalm?

Using the appendix at the back of this guide, identify the type of psalm and which of the five “books” it is found in. How does that information shed light on the meaning of the Psalm?

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Are there any pictures or ideas that are ultimately fulfilled in the person and work of Jesus?

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How does this passage relate to God's plan in Creation, Fall, Redemption, and Future Restoration (the whole storyline of the Bible)?

DAY 5: APPLICATION - *MAIN POINT / ACTIONABLE RESPONSE*

What is the author's main message to his primary audience? What does this mean for our church and your life? How will you apply this personally?



APPENDIX

Psalm Types and Organization

PSALM TYPES

Most scholars would agree that studying a psalm's "genre" or "type" is essential in understanding how it fits in the context of the whole book. While there are many different lists of Psalm types, here are a few key types (note: a Psalm can fit in more than one type):

LAMENT:

Laments provide a way to express sorrow, grief, frustration, and suffering to God. They typically contain four elements (not always in a neat order): 1) the Psalmist addresses God, 2) they describe their complaint, 3) they ask God to help or intervene, 4) they express their trust in God's ultimate plan and work.

THANKSGIVING:

Thanksgiving psalms recall God's specific work in the past of an individual or the whole nation of Israel. They acknowledge God as the primary worker of salvation and provision. They often follow the following pattern: 1) Summary of God's work, 2) Description of God's work, 3) Response of Thanksgiving/Praise for God's work. They are generally celebratory in tone.

HYMN:

Hymnic psalms focus on the character of God as he works in the lives of his people. They do not go into as many specifics as thanksgiving psalms, but focus more on the attributes and the typical ways God works. A specific type of hymnic psalm is a liturgical psalm, written for a specific type of gathering of God's people, such as the coronation of a king. Hymnic psalms generally contain the elements of 1) a call to praise, 2) a reason for praise (look for the words because/for), and 3) a renewed call to praise.

THE FIVE BOOKS

The Psalms were organized by the nation of Israel into five "books." Identifying the book in which the Psalm is situated can provide insight into the context.

Introduction (Ps. 1-2) - The pairing of these two psalms establish the trajectory of the book as songs for worshippers seeking to walk in God's way, seeking the Kingdom of the Davidic King (the Messiah).

Book 1 (Ps. 3-41) - This book sets forth King David as the prototype of covenant faithfulness and the future Messiah.

Book 2 (Ps. 42-72) - This grouping generally expresses hope and longing for the future Messianic Kingdom.

Book 3 (Ps. 73-89) - These Psalms are mostly set against the backdrop of exile, expressing hope and longing beyond exile, looking to the restoration of Israel.

Book 4 (Ps. 90-106) - After the exilic themes of Book 3, these Psalms return to the themes of Genesis and Exodus (Ps. 90 is "the song of Moses"), hailing the God of Israel as the King of all Creation.

Book 5 (Ps. 107-144) - These Psalms anticipate worshipping the Lord in his future temple, with Psalm 119 looming large to celebrate the Torah as the way of life (reflecting the "blessed man" of Psalm 1).

Conclusion (Ps. 145-150) - The final collection of Psalms call all of creation to praise the one true king.





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