

THE PSALMS

BOOK ONE

The Way of the Righteous and the Wicked
1 Blessed is the man¹
who² walks not in³ the counsel of the

6 "As for me, I have⁷ set my King
on⁸ Zion, my⁹ holy hill."

4 I⁵ cried aloud to the LORD,
and he⁶ answered me from his⁷ holy
hill. 495

MUSING ON GOD'S MUSIC

AN 8-WEEK STUDY ON HOW THE PSALMS FIT TOGETHER

2 nor stands in³ the way of sinners,
nor⁴ sits in⁵ the seat of scoffers;
but his⁶ delight is in the law of the LORD,
and he⁷ meditates on his⁸ law day and
night.

7 I will tell of the deeds of the LORD
The LORD said to me, "You are my
father, and I will be a father to the
fatherless."
and he² has made his³ ends of the earth
his⁴ inheritance, and he⁵ has made the
nations his⁶ portion.

6 I⁷ lay down and wept,
I⁸ wept for the LORD sustained
me.
I⁹ will not be afraid,
because the LORD is with me,
and he¹⁰ has set himself against me
all around.

8 In peace I will both⁹ lie down
and for you alone, O LORD, make
my¹⁰ dwelling in safety.

3 He is like⁴ a tree
planted by⁵ streams of water
that yields its fruit in its season,
and its⁶ leaf does not wither.
In all that he does, he prospers.
4 The wicked are not so,
but are like⁵ chaff that the wind
drives away.

9 You shall¹⁰ break them with
the rod of iron,
and you shall¹¹ crush them like¹² a potter's
vessel.

7 "Arise, O LORD!
Save me, O my God!
For you² strike all my enemies on the
cheek;
you³ break the teeth of the wicked.

5 TO THE CHOIRMASTER: FOR THE FLUTE
A PSALM OF DAVID.
1 Give ear to my words, O LORD;
consider my² groaning.
2 Give attention to the sound of my
cry, O LORD, for³ to you do I pray,
O LORD, in⁴ the morning you hear my
voice;
in the morning I prepare a sacrifice
for you,⁵ and⁶ watch.

5 Therefore the wicked⁶ will not stand in
the judgment,
nor sinners in⁷ the congregation of
the righteous;
6 for the LORD⁷ knows⁸ the way of the
righteous,
but the way of the wicked will perish.

10 Now therefore, O kings, be wise;
be warned, O rulers of the earth.
11 Serve the LORD with¹² fear,
and rejoice with¹³ trembling.

8 "Salvation belongs to the LORD;
he² will save us from all our troubles.
9 Turn to the LORD,¹⁰ O LORD,¹¹
and be on your people! Selah

9 For you are not a God who delights in
wickedness;
evil may not dwell with you.
5 The boastful shall not⁶ stand before
your eyes;
6 you⁷ hate all evildoers.
7 You destroy those who speak⁸ lies;
the LORD abhors⁹ the bloodthirsty
and deceitful man.

The Reign of the LORD's Anointed
2 "Why do³ the nations rage⁴
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 us⁴ burst their bonds apart
and cast away their cords from us."

3 Save Me, O My God
A PSALM OF DAVID, WHEN HE FLED FROM
ABSALOM HIS SON.
1 O LORD,² how many are my foes!
Many are³ rising against me;
2 many are saying of my soul,
"There is no salvation for him in God."
3 But you, O LORD, are⁴ a shield⁵ about me,
my glory, and⁶ the lifter of my head.

4 TO THE CHOIRMASTER: WITH STRINGED
INSTRUMENTS. A PSALM OF DAVID.
1 Answer me when I call, O God of my
righteousness!
You have² given me relief when I was
in distress.
Be gracious to me and hear my
prayer!

4 For you are not a God who delights in
wickedness;
evil may not dwell with you.
5 The boastful shall not⁶ stand before
your eyes;
6 you⁷ hate all evildoers.
7 You destroy those who speak⁸ lies;
the LORD abhors⁹ the bloodthirsty
and deceitful man.

4 He who⁵ sits in the heavens⁶ laughs;
the Lord holds them in derision.
5 Then he will speak⁶ in wrath,
and he will be angry against them.

4 But you, O LORD, are⁵ a shield⁶ about me,
my glory, and⁷ the lifter of my head.

2 O men,³ how long shall my honor be
turned into shame?
How long will you love vain words
and seek after⁴ lies?
3 But know that the LORD has
the godly for his⁵ portion,
and he⁶ will surround them with
his⁷ love and his⁸ faithfulness.

7 But I, through the abundance of your
steadfast love,
will enter your house.
I will² bow down³ toward your
temple,
O LORD, in the morning,
because you are good,
and your love endures forever.
8 Do not rebuke me for my
iniquity, O LORD,
nor discipline me for my
wickedness.
9 Have compassion on me,
O LORD, for my enemy
has said,
"The LORD has forsaken
David, and he² will not
be remembered."

Psalm 15	Psalm 30	Psalm 45	Psalm 60	Psalm 75	Psalm 90	Psalm 105	Psalm 120	Psalm 135	Psalm 150
Psalm 14	Psalm 29	Psalm 44	Psalm 59	Psalm 74	Psalm 89	Psalm 104	Psalm 119	Psalm 134	Psalm 149
Psalm 13	Psalm 28	Psalm 43	Psalm 58	Psalm 73	Psalm 88	Psalm 103	Psalm 118	Psalm 133	Psalm 148
Psalm 12	Psalm 27	Psalm 42	Psalm 57	Psalm 72	Psalm 87	Psalm 102	Psalm 117	Psalm 132	Psalm 147
Psalm 11	Psalm 26	Psalm 41	Psalm 56	Psalm 71	Psalm 86	Psalm 101	Psalm 116	Psalm 131	Psalm 146
Psalm 10	Psalm 25	Psalm 40	Psalm 55	Psalm 70	Psalm 85	Psalm 100	Psalm 115	Psalm 130	Psalm 145
Psalm 9	Psalm 24	Psalm 39	Psalm 54	Psalm 69	Psalm 84	Psalm 99	Psalm 114	Psalm 129	Psalm 144
Psalm 8	Psalm 23	Psalm 38	Psalm 53	Psalm 68	Psalm 83	Psalm 98	Psalm 113	Psalm 128	Psalm 143
Psalm 7	Psalm 22	Psalm 37	Psalm 52	Psalm 67	Psalm 82	Psalm 97	Psalm 112	Psalm 127	Psalm 142
Psalm 6	Psalm 21	Psalm 36	Psalm 51	Psalm 66	Psalm 81	Psalm 96	Psalm 111	Psalm 126	Psalm 141
Psalm 5	Psalm 20	Psalm 35	Psalm 50	Psalm 65	Psalm 80	Psalm 95	Psalm 110	Psalm 125	Psalm 140
Psalm 4	Psalm 19	Psalm 34	Psalm 49	Psalm 64	Psalm 79	Psalm 94	Psalm 109	Psalm 124	Psalm 139
Psalm 3	Psalm 18	Psalm 33	Psalm 48	Psalm 63	Psalm 78	Psalm 93	Psalm 108	Psalm 123	Psalm 138
Psalm 2	Psalm 17	Psalm 32	Psalm 47	Psalm 62	Psalm 77	Psalm 92	Psalm 107	Psalm 122	Psalm 137
Psalm 1	Psalm 16	Psalm 31	Psalm 46	Psalm 61	Psalm 76	Psalm 91	Psalm 106	Psalm 121	Psalm 136

PSALM 137

1 By the waters of Babylon,
there we sat down and wept,
when we remembered Zion...

8 O daughter of Babylon, doomed to be destroyed,
blessed shall he be who repays you
with what you have done to us!

9 Blessed shall he be who takes your little ones
and dashes them against the rock!

PSALM 96

1 Oh sing to the LORD a new song;
sing to the LORD, all the earth!

2 Sing to the LORD, bless his name;
tell of his salvation from day to day.

3 Declare his glory among the nations,
his marvelous works among all the peoples!

4 For great is the LORD, and greatly to be praised;
he is to be feared above all gods.

5 For all the gods of the peoples are worthless
idols,

but the LORD made the heavens.

6 Splendor and majesty are before him;
strength and beauty are in his sanctuary.

7 Ascribe to the Lord, O families of the peoples,
ascribe to the Lord glory and strength!

8 Ascribe to the Lord the glory due his name;
bring an offering, and come into his courts!

9 Worship the Lord in the splendor of holiness;
tremble before him, all the earth!

10 Say among the nations, "The Lord reigns!
Yes, the world is established; it shall never be moved;
he will judge the peoples with equity."

11 Let the heavens be glad, and let the earth
rejoice;

let the sea roar, and all that fills it;

12 let the field exult, and everything in it!

Then shall all the trees of the forest sing for joy

13 before the Lord, for he comes,

for he comes to judge the earth.

He will judge the world in righteousness,
and the peoples in his faithfulness.

IMPORTANT POINTS: FORMING HEARTS OF TRUST

1. Regular confession of sin solves our internal problem of sin, but as we have seen, the psalms also help us to deal with the reality of the ungodliness that surrounds us in a sin-cursed world.
2. The imprecatory prayers in the psalms are not expressions of unbridled rage and vengeance made in a moment of passion, they are carefully crafted expressions of trust in what God had already promised he would do, and by singing these expressions, they form hearts of trust even if (or perhaps better, especially if) the worshiper doesn't exactly feel trust at that moment.
3. When adversity comes, the psalms help us to reaffirm the foundations:
 - The Lord reigns.
 - The Lord has determined the destiny of the wicked and the righteous.
 - Take refuge in the Lord.



IMPORTANT POINTS: FORMING HEARTS OF THANKS

1. To “bless the LORD” is to respond to God’s blessings with a heart of thanksgiving for all his benefits.
2. We typically assume that praise is the ultimate expression of worship toward God—we expect that true worship will be characterized by intense emotion and heightened praise. But as the progression of psalms illustrates, the affection we must express first before we get to praise is actually something perhaps less flashy, less viscerally intense, and less directed to a particular feeling; the affection we must express first is thanksgiving.
3. Biblical singing avoids the extremes of emotionalism and intellectualism by expressing both the heart’s affection toward God and the reasons for those affections.



THOUGHTS OR
REFLECTIONS
