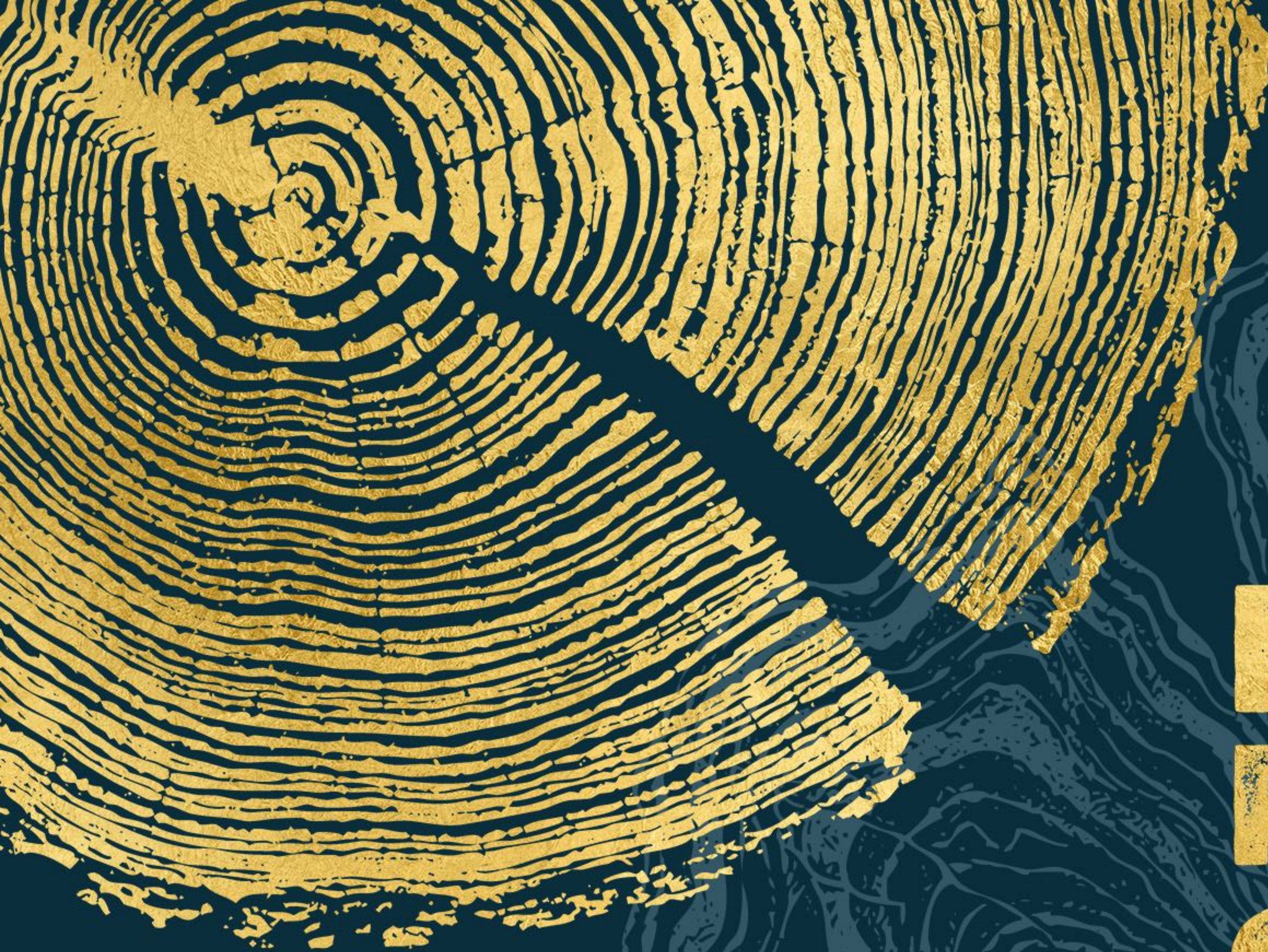




PSALMS FOR THE SOUL

 HOUSTON'S FIRST
BAPTIST CHURCH

BAND OF
BROTHERS
MEN'S MINISTRY

Warrior's Heart || Intro to Psalms for the Soul (September 10, 2026)

1. Kind of Literature...

- a. Title means ...

2. Why Read/Importance

- a. Most _____ OT book in NT
- b. P_____:
 - i. "We are in danger of losing the Psalter in our churches; indeed, many have already lost it, and so it is no accident that many people in our congregations do not know how to pray."
 - ii. "The Psalms are given to us to this end (the end of learning to pray), that we may learn to pray them in the name of Jesus Christ" Bonhoeffer
 - iii. In the same way Christ disciples asked him to teach them to pray, we come to the Psalms and see God's Word through the words and struggles of humanity.
- c. P_____:
- d. P_____:
 - i. There are dozens of prophecies throughout the Psalms
 - 1. His _____ (Ps. 16:10)
 - 2. _____ hands and feet (Psalm 22:16)
 - 3. No _____ bones (Ps. 34:20)
 - 4. _____ like Melchizedek (Ps. 110:4)
 - 5. Will be given _____ and gall to drink (Ps. 69:21)
- e. Intersection of H_____ and D_____:

3. Writers/Authorship

- a. Written over _____ years by a variety of authors (from _____ to post-exilic authors)
- b. David wrote at least _____
- c. Asaph wrote at least _____
- d. Sons of Korah wrote at least _____
- e. Solomon wrote at least _____
- f. Ethan wrote at least _____
- g. Heman wrote at least _____
- h. Moses wrote at least _____
- i. Anonymous wrote at most _____ (Orphanic Psalms)

4. Organization

- a. Book 1 (Chap. 1-41)→
- b. Book 2 (Chap. 42-72)→
- c. Book 3 (Chap. 73-89)→
- d. Book 4 (Chap. 90-106)→
- e. Book 5 (Chap. 107-150)→

5. Categories/Kinds

- | | |
|-----------------|-----------------------|
| a. Hymns | f. History |
| b. Laments | g. Wisdom |
| c. Thanksgiving | h. Ascents (120-134) |
| d. Confidence | i. Kingship/Messianic |
| e. Remembrance | j. Imprecatory |

6. Keys to Reading Hebrew Poetry

- a. Different from Western poetry that has a heritage of _____ & meter.
- b. Thought _____ keeps the poetry moving forward.
- c. Kinds of Parallelism
 - i. Synonymous Parallelism (most common)
 - 1. Second line simply _____ first line and thought (see Psalm 6:1; Ps. 103:10)
 - ii. Synthetic Parallelism
 - 1. Second line _____ first line (Ps. 46:1)
 - iii. Antithetical Parallelism
 - 1. Second line expresses the _____ of the first line (Ps. 37:21)
 - iv. Ascending Parallelism
 - 1. Succeeding lines repeat some words and _____ the thought (Ps. 22:4-5)
- d. Imagery
 - i. M_____
 - ii. S_____

7. Themes/Lessons

- i. Teach us to be _____ on God
- ii. Teach us to _____ God (and show us how)
- iii. Teach us to have _____ in God in our afflictions and to receive _____ from Him in our sorrows.
- iv. Teach us to have a _____ for God's cause (even the _____ of evil and judgment of evil-doers)
- v. Teach us to value and practice both public _____ and private _____

Discussion:

1. What is your favorite Psalm(s)?
2. Do you tend to think of the Psalms more as songs, prayers, poetry, or something else?
3. Which is easier for you personally: praising God, asking God for help, or being completely honest with God?
4. Have you ever found it difficult to pray because you did not know what to say?
5. Which is harder for you: telling God what you really feel, or trusting Him after you've told Him?
6. What is one thing that you would appreciate prayer for this coming week?



Colby, KS

St. Louis

Greenville, SC

Steamboat Springs



Highway Map of
UNITED STATES

FEATURING
MILEAGE AND DRIVING TIME
ALONG MAIN TRANSCONTINENTAL HIGHWAYS

0 50 100 150 200
MILES

LEGEND

To show a distance of 15 miles between
states and driving time of 1 hour and 45 minutes.
Driving time is based on an average speed of 40 miles per hour.
The distance between two points is shown in red.
The driving time between two points is shown in red.
The distance between two points is shown in red.
The driving time between two points is shown in red.

THE PRINCIPAL THROUGH-ROUTES ARE SHOWN IN RED

The highways	U.S. National Highways
Federal Road, State Road, County Road, Local Road	State and Federal Highways
National Road, State Road, County Road, Local Road	National Road, State Road, County Road, Local Road
National Road, State Road, County Road, Local Road	National Road, State Road, County Road, Local Road
National Road, State Road, County Road, Local Road	National Road, State Road, County Road, Local Road



1983 Nissan Sentra

**PSALMS
FOR THE
SOUL**

Seeing the destination
does not mean you
have arrived!



Praise the LORD, all nations!
Glorify Him, all peoples! For
His faithful love to us is great;
the LORD's faithfulness
endures forever. Hallelujah!

Psalm 117

Kind of Literature

The Hebrew title “Tehillim” (תְּהִלִּים) means “Praise Songs.”

Two primary ways the Psalms are viewed & used:

1. Songs (1 Samuel 16:23)

2. Prayers

Why Read the Psalms?

1. Most quoted OT book in the New Testament.

2. Prayer

3. Praises

Why Read the Psalms?

4. Prophecy

1. His resurrection (Ps. 16:10)
2. Pierced hands and feet (Psalm 22:16)
3. No broken bones (Ps. 34:20)
4. Priesthood like Melchizedek (Ps. 110:4)
5. Will be given vinegar and gall to drink (Ps. 69:21)

Why Read the Psalms?

5. Intersection of Humanity and Divinity!

HEBREWS 4:14-16

Therefore, since we have a great high priest who has passed through the heavens—Jesus the Son of God—let us hold fast to the confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but One who has been tested in every way as we are, yet without sin. Therefore let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us at the proper time.

Writers / Authorship

1. Written over 900 years by a variety of authors (from Moses to post-exilic authors)
2. David-73 (Davidic)
3. Asaph-12
4. Sons of Korah-10
5. Solomon-2
6. Ethan-1
7. Heman-1
8. Moses-1
9. Anonymous-50 (Orphanic)

Organization

1. Book 1 (Chap. 1-41)
2. Book 2 (Chap. 42-72)
3. Book 3 (Chap. 73-89)
4. Book 4 (Chap. 90-106)
5. Book 5 (Chap. 107-150)

Organization

1. Book 1 (Chap. 1-41) —> Genesis: Emphasis of man to God “Songs of Relationship”
2. Book 2 (Chap. 42-72) —> Exodus: Deliverance from God “Songs of Redemption”
3. Book 3 (Chap. 73-89) —> Leviticus: Sanctuary of God “Songs of Refuge”
4. Book 4 (Chap. 90-106) —> Numbers: Rebellion against God “Songs of Repercussion”
5. Book 5 (Chap. 107-150) —> Deuteronomy: Praise & Worship “Songs of Revival”

Doxologies

- Psalm 41:13 “May Yahweh, the God of Israel, be praised from everlasting to everlasting. Amen and amen.”
- Psalm 72:19 “May His glorious name be praised forever; the whole earth is filled with His glory. Amen and amen. ²⁰ The prayers of David son of Jesse are concluded.”
- Psalm 89:52 “May the Lord be praised forever. Amen & amen.”
- Psalm 106:48 “May Yahweh, the God of Israel, be praised from everlasting to everlasting. Let all the people say, “Amen!Hallelujah!”
- Psalm 150:6 “Let everything that breathes praise the Lord.
Hallelujah!

Categories / Kinds

1. Hymns
2. Laments
3. Thanksgiving
4. Confidence
5. Remembrance
6. Historical
7. Wisdom
8. Ascents (120-134)
9. Kingship / Messianic
10. Imprecatory

Keys to Reading Hebrew Poetry

1. Different from Western poetry that has a heritage of rhyming & meter.
2. Thought Parallelism keeps the poetry moving forward.
3. Kinds of Parallelism:
 1. **Synonymous** (most common) —> 2nd line restates/reinforces first line & thought (Ps. 6:1; Ps. 103:10)
 2. **Synthetic** —> 2nd line carries further & expands first line.(Ps. 1:3)
 3. **Antithetical** —> 2nd line expresses the opposite of the first line (Ps. 37:21)
 4. **Ascending** —> Succeeding lines repeat some words & intensifies the thought (Ps. 22:4-5)

Keys to Reading Hebrew Poetry

3. Imagery:

1. Metaphors (eg Ps. 23:1...the LORD is my shepherd...)

2. Similes (Ps. 42:1...as a deer...)

Themes / Lessons

1. Teach us to be focused on God
2. Teach us to Praise God (and show us how)
3. Teach us to have faith in God in our afflictions and to receive comfort from Him in our sorrows.
4. Teach us to have a zeal for God's cause (even the destruction of evil and judgment of evil-doers)
5. Teach us to value and practice both public worship and private devotion

Tips & Reminders

1. Read like an artist!
2. Notice Figures of speech. Metaphors...Simile.
3. Turn truths into prayers.
4. Pay attention to the superscription at top of each Psalm. Gives biblical context.

Discussion Questions

1. What is your favorite Psalm(s)?
2. Do you tend to think of the Psalms more as songs, prayers, poetry, or something else?
3. Which is easier for you personally: praising God, asking God for help, or being completely honest with God?
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