

**Emotional Rock**

**Or**

**Emotional Wreck**



**June 20 – 24, 2016**

**Spiritual Growth Workshop**

**“Looking at 5 different types of Psalms  
for emotional health.”**

**Dinuba church of Christ**

## Emotional Rock or Emotional Wreck

Emotional Rock – “The blank stare”

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Emotional Wreck – “The wad of yarn”

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**THE THEME OF  
THE PSALMS**

**THE PSALMS ARE A SERIES OF DEVOTIONAL SONGS  
DESIGNED TO INSTRUCT MAN CONCERNING  
THE TWO CHOICES IN LIFE:**

1.

To live one's life  
pleasing to the Lord.

**KEY WORDS**

Righteous/ness(120 times)  
Hear/Obey (65 times)  
Save/Salvation (80 times)  
Praise (4 words 158 times)  
Mercy (93 times)

2.

To live one's life  
pleasing self.

**KEY WORDS**

Wicked/ness (77 times)  
Enemy (70 times)

**KEY ELEMENTS**

Soul (132 times)  
Heart (128 times)  
Face (36 times)  
Eye (54 times)

**Psalm 1 sets the stage for the entire group  
of Psalms. It clearly lets all mankind know they  
will have to answer to the Lord (732 times).**

**It ends with the thematic phrase:  
For the Lord knows the way of the righteous,  
but the way of the wicked will perish.**

# Confused



**Didactic Psalms**  
**Learning to deal with the hard and  
confusing things in life.**



## **DIDACTIC PSALMS**

- I. THEY ARE GENERALLY DIRECTED TOWARD MAN (RATHER THAN TO GOD) FOR PURPOSES OF EDIFICATION.**
- II. TOPICS TREATED IN DIDACTIC PSALMS:**
  - A. KNOWLEDGE (19, 119) AND FEAR (112, 128) OF THE LORD COUPLED WITH OBEDIENCE**
  - B. CONTRAST BETWEEN RIGHTEOUS AND WICKED (1, 14, 36).**
  - C. TRUST IN GOD (49, 91).**
  - D. JUSTICE IN SOCIETY (52, 82).**
  - E. BROTHERHOOD AMONG MEN (127, 133).**

**THESE PSALMS OF WISDOM PROVIDE BOTH  
PHYSICAL AND SPIRITUAL INSTRUCTION.**

**THEY SERVE TO AID THE STUDENT IN  
UNDERSTANDING A NUMBER OF TROUBLING  
EVENTS (PROSPERITY OF THE WICKED, THE  
SUFFERING OF THE RIGHTEOUS) AND IN  
OBTAINING A BETTER GRASP OF GOD AND HIS  
WORKS (WITH MAN, NATURE, NATIONS, KINGS  
AND HISTORY).**

# PSALM 1

- 1 How blessed is the man who does not walk in the counsel of the wicked,  
Nor stand in the path of sinners,  
Nor sit in the seat of scoffers!
- 2 But his delight is in the law of the LORD,  
And in His law he meditates day and night.
- 3 He will be like a tree *firmly* planted by streams of water,  
Which yields its fruit in its season  
And its leaf does not wither;  
And in whatever he does, he prospers.
- 4 The wicked are not so,  
But they are like chaff which the wind drives away.
- 5 Therefore the wicked will not stand in the judgment,  
Nor sinners in the assembly of the righteous.
- 6 For the LORD knows the way of the righteous,  
But the way of the wicked will perish.

## Extra Notes

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# PSALM 19

## *The Works and the Word of God.*

For the choir director. A Psalm of David.

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|---|--|----|--|
| 1 | The heavens are telling of the glory of<br>God;  |    | The commandment of the LORD is pure,<br>enlightening the eyes.   |
|   | And their expanse is declaring the work<br>of His hands.   | 9  | The fear of the LORD is clean, enduring<br>forever;  |
| 2 | Day to day pours forth speech,<br>And night to night reveals knowledge.  |    | The judgments of the LORD are true;<br>they are righteous altogether.  |
| 3 | There is no speech, nor are there words;<br>Their voice is not heard.  | 10 | They are more desirable than gold, yes,<br>than much fine gold;  |
| 4 | Their line has gone out through all the<br>earth,<br>And their utterances to the end of the<br>world.<br>In them He has placed a tent for the sun, |    | Sweeter also than honey and the<br>drippings of the honeycomb.   |
| 5 | Which is as a bridegroom coming out of<br>his chamber;<br>It rejoices as a strong man to run his<br>course.  | 11 | Moreover, by them Your servant is<br>warned;<br>In keeping them there is great reward.   |
| 6 | Its rising is from one end of the heavens,<br>And its circuit to the other end of them;<br>And there is nothing hidden from its<br>heat.           | 12 | Who can discern <i>his</i> errors? Acquit me<br>of hidden <i>faults</i> .  |
| 7 | The law of the LORD is perfect, restoring<br>the soul;<br>The testimony of the LORD is sure,<br>making wise the simple.                            | 13 | Also keep back Your servant from<br>presumptuous <i>sins</i> ;<br>Let them not rule over me;<br>Then I will be blameless,<br>And I shall be acquitted of great<br>transgression. |
| 8 | The precepts of the LORD are right,<br>rejoicing the heart;  | 14 | Let the words of my mouth and the<br>meditation of my heart<br>Be acceptable in Your sight,<br>O LORD, my rock and my Redeemer.  |

### Extra Notes

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## PSALM 52

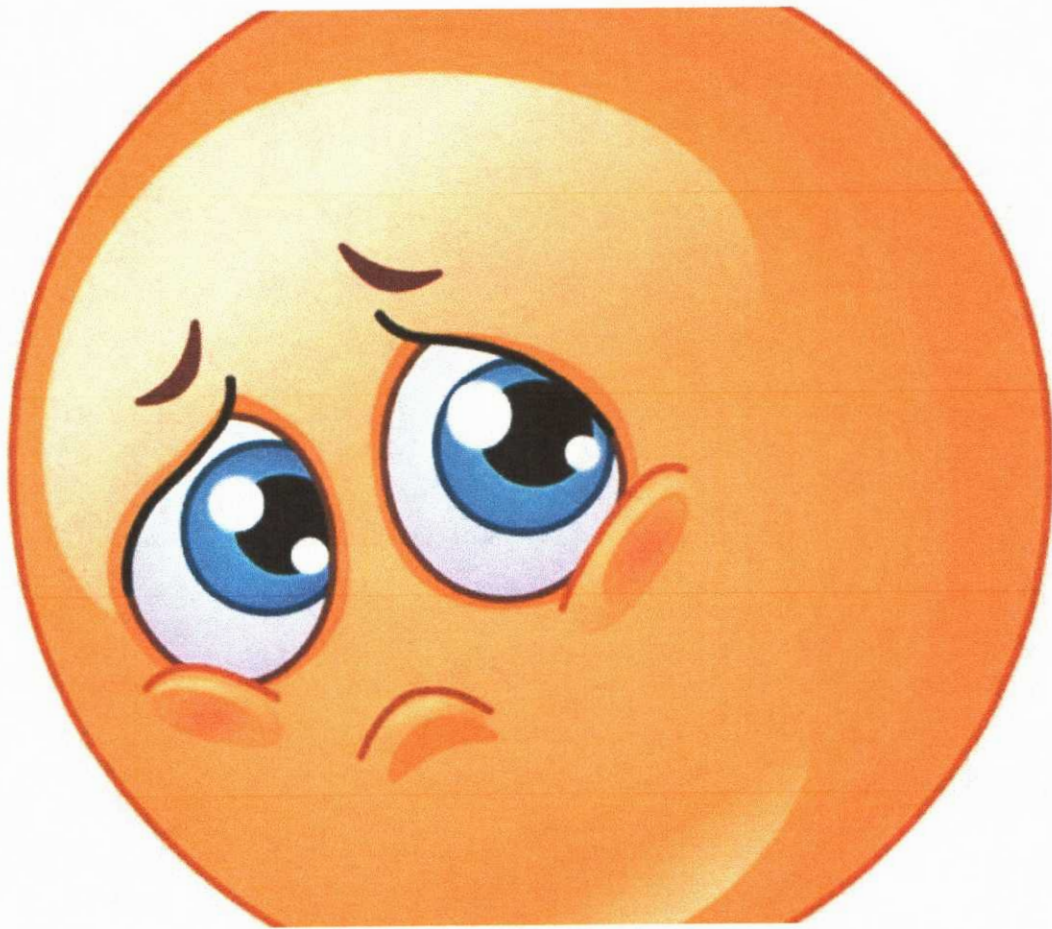
For the choir director. A Maskil of David, when Doeg the Edomite came and told Saul and said to him,  
"David has come to the house of Ahimelech."

- 1 Why do you boast in evil, O mighty man?  
The lovingkindness of God *endures* all day long.
- 2 Your tongue devises destruction,  
Like a sharp razor, O worker of deceit.
- 3 You love evil more than good,  
Falsehood more than speaking what is right. Selah.
- 4 You love all words that devour,  
O deceitful tongue.
- 5 But God will break you down forever;  
He will snatch you up and tear you away from *your* tent,  
And uproot you from the land of the living. Selah.
- 6 The righteous will see and fear,  
And will laugh at him, *saying*,
- 7 "Behold, the man who would not make God his refuge,  
But trusted in the abundance of his riches  
*And* was strong in his *evil* desire."
- 8 But as for me, I am like a green olive tree in the house of God;  
I trust in the lovingkindness of God forever and ever.
- 9 I will give You thanks forever, because You have done *it*,  
And I will wait on Your name, for *it is* good, in the presence of Your godly ones.

### Extra Notes



# Lonely



## **Praise Psalms**

**Remembering that we can't do it  
alone.**

## PSALMS OF PRAISE

THE PEOPLE OF ANCIENT ISRAEL  
FOUND MANY REASONS TO PRAISE GOD.  
THEIR PRAISE PSALMS USUALLY HAD  
THE FOLLOWING FEATURES:

- I. AN INTRODUCTION - WHICH INVITED PEOPLE TO COME AND PRAISE THE WORTHY GOD. THE INVITATION MIGHT BE OFFERED TO:
  - A. THE CONGREGATION IN THE SANCTUARY,
  - B. TO CHOIRS or
  - C. TO SOME PERSON OR GROUP.
  
- II. A MAIN SECTION - GIVING THE GROUNDS FOR PRAISE:
  - A. GOD'S GREAT ATTRIBUTES,
  - B. HIS HOLY WORD,
  - C. HIS VIRTUES (SUCH AS HIS LOVINGKINDNESS AND COMPASSION)  
or
  - D. HIS MIGHTY ACTS (SUCH AS HIS SALVATION ON BEHALF OF ISRAEL OR HIS GREAT WORK IN CREATION).
  
- III. A CONCLUSION - WHICH REPEATS WHY THIS PSALM OF PRAISE WAS A WORTHY AND LOGICAL THING TO DO.

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HYMNS CELEBRATING GOD AS CREATOR (8, 19, 29, 104).

HYMNS OF SACRED HISTORY (78, 81, 105, 106, 111, 114, 135, 136).

HYMNS OF THE KINGDOM (24, 47, 68, 75, 93, 95-100).

HYMNS OF ZION (46, 48, 76, 84, 87, 122, 137).

MIXED HYMNS (33, 103, 115, 133, 145-150).



# PSALM 8

For the choir director; on the Gittith. A Psalm of David.

- 1 O LORD, our Lord,  
How majestic is Your name in all the earth,  
Who have displayed Your splendor above the heavens!
- 2 From the mouth of infants and nursing babes You have established strength  
Because of Your adversaries,  
To make the enemy and the revengeful cease.
- 3 When I consider Your heavens, the work of Your fingers,  
The moon and the stars, which You have ordained;
- 4 What is man that You take thought of him,  
And the son of man that You care for him?
- 5 Yet You have made him a little lower than God,  
And You crown him with glory and majesty!
- 6 You make him to rule 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 through the paths of the seas.
- 9 O LORD, our Lord,  
How majestic is Your name in all the earth!

## Extra Notes

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# PSALM 136

*Thanks for the LORD's Goodness to Israel.*

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|----|---|----|--|
| 1  | Give thanks to the LORD, for He is good,<br>For His lovingkindness is everlasting.              | 14 | And made Israel pass through the midst<br>of it,<br>For His lovingkindness is everlasting;         |
| 2  | Give thanks to the God of gods,<br>For His lovingkindness is everlasting.                       | 15 | But He overthrew Pharaoh and his army<br>in the Red Sea,<br>For His lovingkindness is everlasting. |
| 3  | Give thanks to the Lord of lords,<br>For His lovingkindness is everlasting.                     | 16 | To Him who led His people through the<br>wilderness,<br>For His lovingkindness is everlasting;     |
| 4  | To Him who alone does great wonders,<br>For His lovingkindness is everlasting;                  | 17 | To Him who smote great kings,<br>For His lovingkindness is everlasting,                            |
| 5  | To Him who made the heavens with<br>skill,<br>For His lovingkindness is everlasting;            | 18 | And slew mighty kings,<br>For His lovingkindness is everlasting:                                   |
| 6  | To Him who spread out the earth above<br>the waters,<br>For His lovingkindness is everlasting;  | 19 | Sihon, king of the Amorites,<br>For His lovingkindness is everlasting,                             |
| 7  | To Him who made <i>the</i> great lights,<br>For His lovingkindness is everlasting:              | 20 | And Og, king of Bashan,<br>For His lovingkindness is everlasting,                                  |
| 8  | The sun to rule by day,<br>For His lovingkindness is everlasting,                               | 21 | And gave their land as a heritage,<br>For His lovingkindness is everlasting,                       |
| 9  | The moon and stars to rule by night,<br>For His lovingkindness is everlasting.                  | 22 | Even a heritage to Israel His servant,<br>For His lovingkindness is everlasting.                   |
| 10 | To Him who smote the Egyptians in<br>their firstborn,<br>For His lovingkindness is everlasting, | 23 | Who remembered us in our low estate,<br>For His lovingkindness is everlasting,                     |
| 11 | And brought Israel out from their midst,<br>For His lovingkindness is everlasting,              | 24 | And has rescued us from our<br>adversaries,<br>For His lovingkindness is everlasting;              |
| 12 | With a strong hand and an outstretched<br>arm,<br>For His lovingkindness is everlasting.        | 25 | Who gives food to all flesh,<br>For His lovingkindness is everlasting.                             |
| 13 | To Him who divided the Red Sea<br>asunder,<br>For His lovingkindness is everlasting,            | 26 | Give thanks to the God of heaven,<br>For His lovingkindness is everlasting.                        |

## Extra Notes



# PSALM 46

For the choir director. A Psalm of the sons of Korah, set to Alamoth. A Song.

- 1 God is our refuge and strength,  
A very present help in trouble.
- 2 Therefore we will not fear, though the earth should change  
And though the mountains slip into the heart of the sea;
- 3 Though its waters roar *and* foam,  
Though the mountains quake at its swelling pride. Selah.
- 4 There is a river whose streams make glad the city of God,  
The holy dwelling places of the Most High.
- 5 God is in the midst of her, she will not be moved;  
God will help her when morning dawns.
- 6 The nations made an uproar, the kingdoms tottered;  
He raised His voice, the earth melted.
- 7 The LORD of hosts is with us;  
The God of Jacob is our stronghold. Selah.
- 8 Come, behold the works of the LORD,  
Who has wrought desolations in the earth.
- 9 He makes wars to cease to the end of the earth;  
He breaks the bow and cuts the spear in two;  
He burns the chariots with fire.
- 10 "Cease *striving* and know that I am God;  
I will be exalted among the nations, I will be exalted in the earth."
- 11 The LORD of hosts is with us;  
The God of Jacob is our stronghold. Selah.

## Extra Notes

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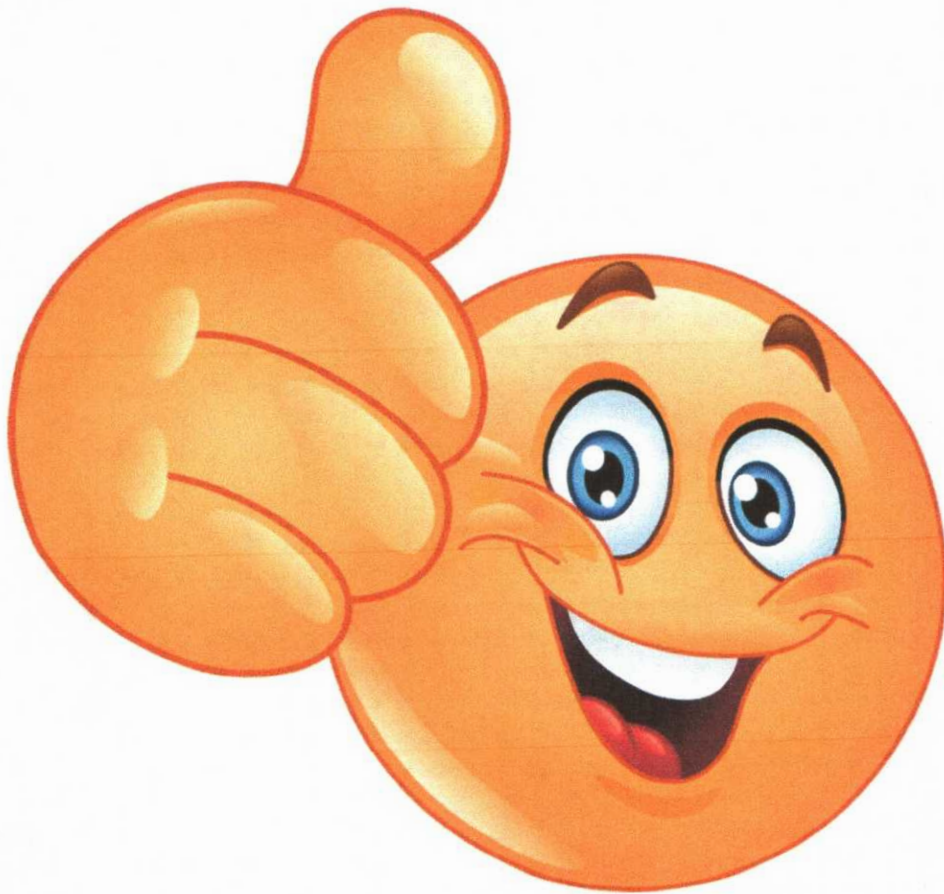
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# Thankful



**Thanksgiving Psalms**  
**Looking at the positive.**



## Thankfulness

1) **The basics of thankfulness** – “The healthy patient”

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2) **The problem of amnesia** – “The syndrome”

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3) **The solution** – “The prescription”

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## PSALMS OF THANKSGIVING

THESE WERE NORMALLY A PART OF FORMAL WORSHIP. THEY WERE USUALLY OFFERED BY A PERSON WHO RECEIVED SOME SPECIFIC BLESSING FROM GOD AND WHO IS NOW COMING TO THE SANCTUARY TO OFFER THANKS, PROBABLY WITH RELATIVES AND FRIENDS.

THIS TYPE OF PSALM WOULD USUALLY HAVE THE FOLLOWING ELEMENTS:

- I. AN INTRODUCTION - IN WHICH THE PERSON ACKNOWLEDGED THAT HE / SHE HAS SUFFERED IN THE PAST OR HAS HAD GENERAL MISFORTUNE.
- II. A DISCUSSION OF WHY HE IS NOW BEFORE GOD PRAISING HIM - HE HAS DELIVERED ME.
- III. A CONCLUDING WORD OF PRAISE - BECAUSE OF HIS CARE AND LOVE FOR ME I RECOGNIZE THE HAND OF GOD IN MY LIFE.

### EXAMPLES

INDIVIDUAL (30, 34, 40, 52, 66, 92, 116, 138).  
COMMUNAL (65, 67, 107, 118, 124).



# PSALM 30

A Psalm; a Song at the Dedication of the House. A Psalm of David.

- 1 I will extol You, O LORD, for You have lifted me up,  
And have not let my enemies rejoice over me.
- 2 O LORD my God,  
I cried to You for help, and You healed me.
- 3 O LORD, You have brought up my soul from Sheol;  
You have kept me alive, that I would not go down to the pit.
- 4 Sing praise to the LORD, you His godly ones,  
And give thanks to His holy name.
- 5 For His anger is but for a moment,  
His favor is for a lifetime;  
Weeping may last for the night,  
But a shout of joy *comes* in the morning.
- 6 Now as for me, I said in my prosperity,  
“I will never be moved.”
- 7 O LORD, by Your favor You have made my mountain to stand strong;  
You hid Your face, I was dismayed.
- 8 To You, O LORD, I called,  
And to the Lord I made supplication:
- 9 “What profit is there in my blood, if I go down to the pit?  
Will the dust praise You? Will it declare Your faithfulness?”
- 10 “Hear, O LORD, and be gracious to me;  
O LORD, be my helper.”
- 11 You have turned for me my mourning into dancing;  
You have loosed my sackcloth and girded me with gladness,
- 12 That *my* soul may sing praise to You and not be silent.  
O LORD my God, I will give thanks to You forever.

## Extra Notes

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# PSALM 138

A Psalm of David.

- 1 I will give You thanks with all my heart;  
I will sing praises to You before the gods.
- 2 I will bow down toward Your holy temple  
And give thanks to Your name for Your lovingkindness and Your truth;  
For You have magnified Your word according to all Your name.
- 3 On the day I called, You answered me;  
You made me bold with strength in my soul.
- 4 All the kings of the earth will give thanks to You, O LORD,  
When they have heard the words of Your mouth.
- 5 And they will sing of the ways of the LORD,  
For great is the glory of the LORD.
- 6 For though the LORD is exalted,  
Yet He regards the lowly,  
But the haughty He knows from afar.
- 7 Though I walk in the midst of trouble, You will revive me;  
You will stretch forth Your hand against the wrath of my enemies,  
And Your right hand will save me.
- 8 The LORD will accomplish what concerns me;  
Your lovingkindness, O LORD, is everlasting;  
Do not forsake the works of Your hands.

## Extra Notes

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## PSALM 65

### Outline of Psalm 65: They gave thanks...

- For God hearing prayers (Verses 1-2)
- For God's forgiveness (Verse 3)
- For the privilege of worship (Verse 4)
- For God's answers to prayer (Verse 5)
- For God's creation (Verses 6-8)
- For abundant crops (Verses 9-13)

## PSALM 65

For the choir director. A Psalm of David. A Song.

- 1      There will be silence before You, *and* praise in Zion, O God,  
And to You the vow will be performed.
- 2      O You who hear prayer,  
To You all men come.
- 3      Iniquities prevail against me;  
As for our transgressions, You forgive them.
- 4      How blessed is the one whom You choose and bring near *to You*  
To dwell in Your courts.  
We will be satisfied with the goodness of Your house,  
Your holy temple.
- 5      By awesome *deeds* You answer us in righteousness, O God of our salvation,  
You who are the trust of all the ends of the earth and of the farthest sea;

### Extra Notes

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6 Who establishes the mountains by His strength,  
Being girded with might;  
7 Who stills the roaring of the seas,  
The roaring of their waves,  
And the tumult of the peoples.  
8 They who dwell in the ends *of the earth* stand in awe of Your signs;  
You make the dawn and the sunset shout for joy.  
9 You visit the earth and cause it to overflow;  
You greatly enrich it;  
The stream of God is full of water;  
You prepare their grain, for thus You prepare the earth.  
10 You water its furrows abundantly,  
You settle its ridges,  
You soften it with showers,  
You bless its growth.  
11 You have crowned the year with Your bounty,  
And Your paths drip *with* fatness.  
12 The pastures of the wilderness drip,  
And the hills gird themselves with rejoicing.  
13 The meadows are clothed with flocks  
And the valleys are covered with grain;  
They shout for joy, yes, they sing.

Extra Notes

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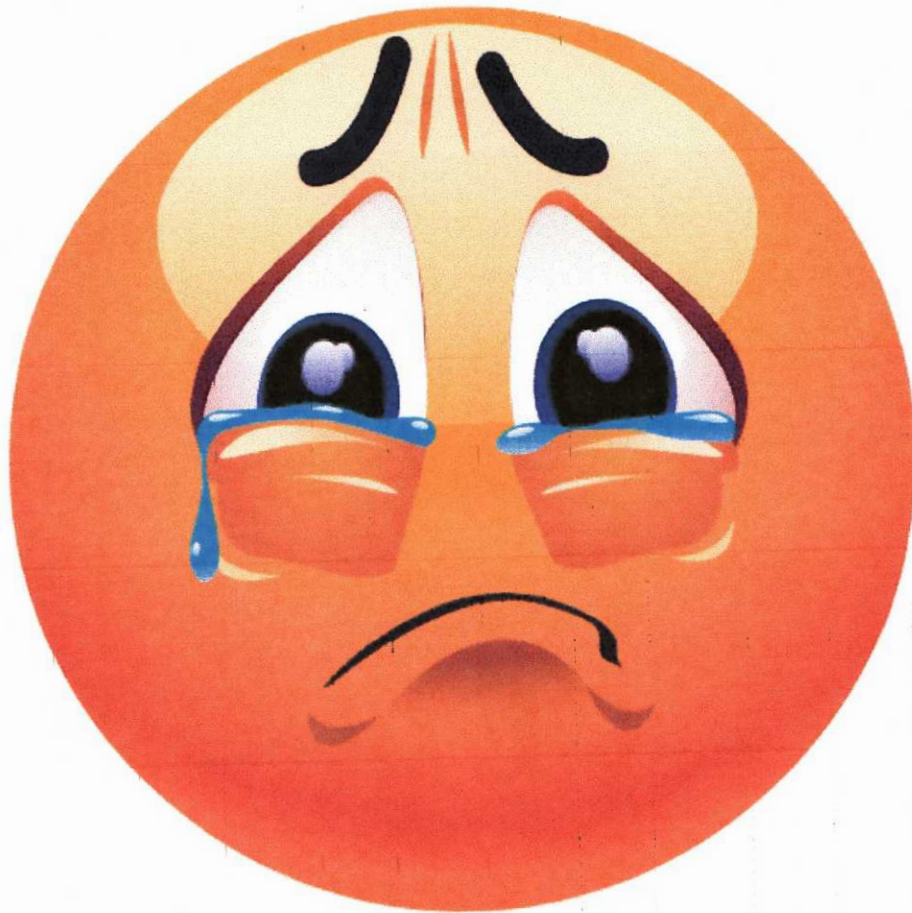
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# Grief



**The Individual Lament**  
**Grief is useful.**

For the choir director. A Psalm of David.

1 How long, O LORD? Will You hide Your face from me?  
 How long will You hide Your face? \* \* \* \*

2 How long shall I take counsel in my soul,  
 Having sorrow in my heart all the day?  
 How long shall my enemy be above me?

3 Consider me, O LORD, for I have trouble;  
 My heart is vexed exceedingly.  
 Enlighten my eyes, O LORD, lest I sleep;  
 And my enemy will not say, I am shaken.  
 But I have trusted in Your lovingkindness,  
 My heart shall rejoice in Your salvation.

4 And my prayer is to You, O LORD,  
 My prayer is to You, O LORD,  
 For my iniquities do not cover me,  
 For my iniquities do not cover me,  
 For my iniquities do not cover me,  
 For my iniquities do not cover me.

**THIS PARTICULAR STYLE IS FELT TO BE THE MOST COMMON IN THE PSALMS**

\* \* \* \*

**THE INDIVIDUAL LAMENT HAS THE FOLLOWING ELEMENTS OR FORM:**

1. **An initial calling upon the Lord;**
2. **A complaint, specifying the occasion giving rise to the lament;**
3. **A prayer requesting the Lord to hear and respond with respect to the source of the lament;**
4. **The expression of wishes or desires concerning the fate of friends or enemies;**
5. **The grounds upon which the appeal to God is based; and**
6. **A concluding expression of confidence that the appeal will be heard and responded to by God.**

**Examples: Psalms 13, 17, 51, 73.**





# PSALM 17

A Prayer of David.

- |   |  |    |  |
|---|--|----|--|
| 1 | Hear a just cause, O LORD, give heed to my cry;<br>Give ear to my prayer, which is not from deceitful lips.  | 9  | From the wicked who despoil me,<br>My deadly enemies who surround me.  |
| 2 | Let my judgment come forth from Your presence;<br>Let Your eyes look with equity.  | 10 | They have closed their unfeeling <i>heart</i> ,<br>With their mouth they speak proudly.  |
| 3 | You have tried my heart;<br>You have visited <i>me</i> by night;<br>You have tested me and You find nothing;<br>I have purposed that my mouth will not transgress. | 11 | They have now surrounded us in our steps;<br>They set their eyes to cast <i>us</i> down to the ground.   |
| 4 | As for the deeds of men, by the word of Your lips<br>I have kept from the paths of the violent.  | 12 | He is like a lion that is eager to tear,<br>And as a young lion lurking in hiding places.  |
| 5 | My steps have held fast to Your paths.<br>My feet have not slipped.  | 13 | Arise, O LORD, confront him, bring him low;<br>Deliver my soul from the wicked with Your sword,  |
| 6 | I have called upon You, for You will answer me, O God;<br>Incline Your ear to me, hear my speech.  | 14 | From men with Your hand, O LORD,<br>From men of the world, whose portion is in <i>this</i> life,<br>And whose belly You fill with Your treasure; |
| 7 | Wondrously show Your lovingkindness,<br>O Savior of those who take refuge at Your right hand<br>From those who rise up <i>against them</i> .                       | 15 | They are satisfied with children,<br>And leave their abundance to their babes.   |
| 8 | Keep me as the apple of the eye;<br>Hide me in the shadow of Your wings  |    | As for me, I shall behold Your face in righteousness;<br>I will be satisfied with Your likeness when I awake.                                    |

## Extra Notes

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# PSALM 73

*The End of the Wicked Contrasted with That of the Righteous.*

A Psalm of Asaph.

1	Surely God is good to Israel, To those who are pure in heart!	9	They have set their mouth against the heavens, And their tongue parades through the earth.
2	But as for me, my feet came close to stumbling, My steps had almost slipped.	10	Therefore his people return to this place, And waters of abundance are drunk by them.
3	For I was envious of the arrogant <i>As I saw the prosperity of the wicked.</i>	11	They say, "How does God know? And is there knowledge with the Most High?"
4	For there are no pains in their death, And their body is fat.	12	Behold, these are the wicked; And always at ease, they have increased <i>in wealth.</i>
5	They are not in trouble <i>as other men</i> , Nor are they plagued like mankind.	13	Surely in vain I have kept my heart pure And washed my hands in innocence;
6	Therefore pride is their necklace; The garment of violence covers them.	14	For I have been stricken all day long And chastened every morning.
7	Their eye bulges from fatness; The imaginations of <i>their</i> heart run riot.	15	If I had said, "I will speak thus," Behold, I would have betrayed the generation of Your children.
8	They mock and wickedly speak of oppression; They speak from on high.	16	When I pondered to understand this,

## Extra Notes

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It was troublesome in my sight  
17 Until I came into the sanctuary of God;  
*Then* I perceived their end.  
18 Surely You set them in slippery places;  
You cast them down to destruction.  
19 How they are destroyed in a moment!  
They are utterly swept away by sudden  
terrors!  
20 Like a dream when one awakes,  
O Lord, when aroused, You will despise  
their form.  
21 When my heart was embittered  
And I was pierced within,  
22 Then I was senseless and ignorant;  
I was *like* a beast before You.  
23 Nevertheless I am continually with You;  
You have taken hold of my right hand.

24 With Your counsel You will guide me,  
And afterward receive me to glory.  
25 Whom have I in heaven *but* You?  
And besides You, I desire nothing on  
earth.  
26 My flesh and my heart may fail,  
But God is the strength of my heart and  
my portion forever.  
27 For, behold, those who are far from You  
will perish;  
You have destroyed all those who are  
unfaithful to You.  
28 But as for me, the nearness of God is my  
good;  
I have made the Lord GOD my refuge,  
That I may tell of all Your works.

### Extra Notes

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# Contentment



**Trust Psalms**  
**Reliance is key.**

**TRUST PSALMS**

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**A STUDY IN THE PSALMS**

**THIS PARTICULAR TYPE OF PSALM WAS USED TO  
SHOW GENUINE TRUST IN THE LORD**

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**THE TRUST PSALM HAS THE  
FOLLOWING ELEMENTS OR FORM:**

1. An expression of anxiety: 3:1-2
2. An expression of confidence: 3:3-4
3. The reaction to or the result of that confidence, which would be either:
  - a. A feeling of peace; and
  - b. A feeling of contentment. For example, in Psalm 3 it is sleep. No tossing and turning; 3:5-6
4. Often reflect on God's deliverance in times past: 3:7-8

**Examples: Psalms 3, 4, 5, 16, 23**



# PSALM 3

A Psalm of David, when he fled from Absalom his son.

1 O LORD, how my adversaries have increased!

Many are rising up against me.

2 Many are saying of my soul,

“There is no deliverance for him in God.”

Selah.

3 But You, O LORD, are a shield about me,

My glory, and the One who lifts my head.

4 I was crying to the LORD with my voice,

And He answered me from His holy mountain.

Selah.

5 I lay down and slept;

I awoke, for the LORD sustains me.

6 I will not be afraid of ten thousands of people

Who have set themselves against me round about.

7 Arise, O LORD; save me, O my God!

For You have smitten all my enemies on the cheek;

You have shattered the teeth of the wicked.

8 Salvation belongs to the LORD;

Your blessing *be* upon Your people!

Selah.

## Extra Notes

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# PSALM 16

A Mikhtam of David.

- 1 Preserve me, O God, for I take refuge in You.
- 2 I said to the LORD, "You are my Lord;  
I have no good besides You."
- 3 As for the saints who are in the earth,  
They are the majestic ones in whom is all my delight.
- 4 The sorrows of those who have bartered for another *god* will be multiplied;  
I shall not pour out their drink offerings of blood,  
Nor will I take their names upon my lips.
- 5 The LORD is the portion of my inheritance and my cup;  
You support my lot.
- 6 The lines have fallen to me in pleasant places;  
Indeed, my heritage is beautiful to me.
- 7 I will bless the LORD who has counseled me;  
Indeed, my mind instructs me in the night.
- 8 I have set the LORD continually before me;  
Because He is at my right hand, I will not be shaken.
- 9 Therefore my heart is glad and my glory rejoices;  
My flesh also will dwell securely.
- 10 For You will not abandon my soul to Sheol;  
Nor will You allow Your Holy One to undergo decay.
- 11 You will make known to me the path of life;  
In Your presence is fullness of joy;  
In Your right hand there are pleasures forever.

## Extra Notes

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Christopher Roberts

May 7, 2013

### Psalm 23

There are many texts of scripture that are well known. Some texts are well known usually because of the deep and powerful meaning that is found within them. Other texts of scripture are well known because of the wonderful application that they have in today's society. They are found in movies and books alike. One of the most quoted books is that of Psalms. The Psalms contain a great source of comfort and knowledge that is useful for today. One of the most well-known of these is Psalm 23. This Psalm has both a deep meaning and a wonderful application.

The 23<sup>rd</sup> Psalm is under the classification of a trust Psalm. It is one of the many Psalms which were written by David. This Psalm is known by some to be "The Pearl of Psalms" (Cloer 298). This is likely because of its popularity and subject matter. The essence of this Psalm is a trust in the Lord. It talks about a man and how he lives his life with God (298). It portrays this idea by using the illustration of the Lord being a shepherd. Studying the 23<sup>rd</sup> Psalm can aid us in growing our trust in the Lord. In this study, there will be a thorough breakdown of Psalm 23. This breakdown will help one to better understand what the Lord does for people and how they should trust in Him. The 23<sup>rd</sup> Psalm portrays six main characteristics of the Lord as our shepherd.

The first characteristic of the Lord that is portrayed is that He is our shepherd. This is the starting point of the Psalm. The first verse states, "The Lord is my shepherd, I shall not want" (Psalm 23:1). The word Lord is the tetragrammaton name for God. God's personal name, "Yahweh" shows His covenant love towards the believer in the Psalm. This name for God simply shows how much care He has for this believer. The next part of the verse is that the Lord is his shepherd.

The Lord being his shepherd shows many points about the characteristic of God. This phrase shows right off the bat that there is a relationship between the believer and the Lord. This relationship is one that is deep and still productive. Both the believer and the Lord have a part in this relationship. They each have to continue working at it for the relationship to last (Keller 17).

A shepherd is a person who herds and takes care of sheep. The Lord is taking care of this believer. A shepherd is one who will do anything to keep his sheep safe. There is a level of total commitment to the sheep on the shepherd's behalf. By looking at this phrase another way, one can understand that a shepherd lives with his flock. A shepherd is everything to his flock. The believer in this Psalm sees the Lord as everything; God is above all else (Kidner 110). God's family is in a living relationship with Him in which He watches over His family completely.

The second phrase in verse one states, "I shall not want" (Psalm 23:1). This phrase can seem confusing when read through quickly. Why would someone want to deny the Lord as his or her shepherd? However, this phrase is connected with the first part of the verse. It is merely stating that because the Lord is his shepherd, he should not worry (Hembree 4). By using the word "worry," one can see the connection between the two phrases. The believer does not need to worry about anything. To connect it back to the word "want," one could say that because the Lord is his shepherd he could not want anything more or extra. However, this is not the only characteristic of the Lord that is portrayed.

The second characteristic of the Lord that is portrayed is that the Lord is a comforter. This characteristic is shown in verse two which states, "He makes me lie down in green pastures; He leads me beside quiet waters" (Psalm 23:2). This verse continues with the illustration of a shepherd. A shepherd has many responsibilities when it comes to his sheep. One of these responsibilities is to ensure that the sheep had fresh grass upon which to graze. This shepherd is making sure that the sheep are comfortable and have everything they need to stay healthy. The



Lord is making the believer lie down in green pastures. Green pastures are those which have luscious green grass all over the place. They are the top of the line when it comes to pastures. The Lord is going to make sure that the believer has the very best quality of life as possible. This is showing how the Lord is ensuring that the believer is comfortable and has an infinite supply of food (Cloer 300). The Lord is taking care of the believer.

This verse continues with the phrase "He leads me beside quiet waters." The Lord is leading the believer next to these "quiet waters." The phrase "quiet waters" can have two possible meanings which both still apply. The first is that sheep will not drink from rushing or moving waters. They are terrified of this kind of water and will blatantly refuse to drink (Hembree 5). This being said, they need to be led by the shepherd to waters that are not going to keep the sheep from drinking. These waters need to be still so that the sheep feel at ease and can drink from it. When applied to the Lord, He is one who makes sure that the believer is comforted by being led to calmer areas. The believer's life is going to be taken care of. The Lord is the great comforter in that He makes sure that the believer can rely on Him to keep him out of the rough waters.

The other possible meaning of the phrase "quiet waters" is that sheep need to drink. If sheep get thirsty enough, they will wonder off and seek out water to drink. Sometimes they will find water that has been churned up for one reason or another. These waters are no longer pure because the sediment has been mixed in with it. The shepherd leads his sheep next to waters that are not churned up with sediment or filled with other items. These waters have had time to let the dirt and grime settle to the bottom leaving only the best water at the top (Keller 49). When applied to verse 2, the Lord is going to make sure that the believer is going to be next to the best of the best. The believer is in the ultimate area of comfort and bliss because of the Lord as his shepherd and comforter. No matter what interpretation one takes, the Lord is going to take care of and meet

every need of the believer. However, there is another characteristic of the Lord as shepherd that is portrayed.

The third characteristic of the Lord that is portrayed is that He is a guide. This characteristic is found in verse three which states, "He restores my soul; He guides me in the paths of righteousness for His name's sake" (Psalm 23:3). The first phrase about restoring the soul can also be related to sheep. Every now and again, a sheep will go astray and break away from everyone else. This sheep sometimes will begin to wander into an area where there are predators. The sheep's life is in danger. The shepherd has a responsibility to make sure that all the sheep stay together. The shepherd would bring this wandering sheep back, and in essence save its life from the surrounding predators.

There will be times when the believer will stray away from the Lord. The Lord as his shepherd brings him back safely which restores his soul. The Lord will guide the believer in the paths of righteousness just as a shepherd does his sheep. The Lord does this because the believer is His. He does it "for His name's sake." The Lord is there to guide the believer the right way the entire time. This shows how the Lord is a guide. This shows the Lord's third characteristic as a shepherd.

The fourth characteristic of the Lord that is portrayed is that the Lord is a protector. This is shown in verse four which states, "Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff they comfort me" (Psalm 23:4). The believer at this point is walking through a place that would normally be scary and dangerous. Sheep have to sometimes be led through places that are dangerous and risky. The shepherd is there to make sure that all of the sheep remain safe throughout the trip. He can do this because he already knows what is going on and how to navigate through the hard places so that the sheep are protected (Young 62).



A shepherd also holds a rod and a staff. Both of these were for the purpose of protecting the flock. The rod is a spear like object that would be used to fight off any predators that may try to come for the sheep. Also, the staff was a very long piece of wood with a hook on the end that fit perfectly around the necks of the sheep. This staff would be used to pull the sheep up or out of danger and back to safety (Keller 92).

The believer states that he does not have to be afraid of anything evil. He says that he may be going through a bad time, but he knows that the Lord will pull him out of any danger that may arise. The Lord is with him and is looking out for him as his protector. The believer finds comfort in the Lord's rod and staff. This is because he knows that these tools are used to ensure his safety. The Lord is the believer's protector, but there is another characteristic of the Lord that is found in addition to this.

The fifth characteristic of the Lord that is portrayed is that the Lord is a sanctuary. This characteristic is found in verse 5 which states, "You prepare a table before me in the presence of my enemies; You have anointed my head with oil; My cup overflows" (Psalm 23:5). This shows how the believer is safe with the Lord.

When it comes to sheep, they sometimes have to stop and eat in places which are not the best choice for the shepherd. However, he has no choice, so he lets them stop and eat. He first prepares the ground by removing any poisonous plants that the sheep might eat. These sheep are eating in a place which is surrounded by predators that are watching and wanting to come get one of the sheep. Even though this is the case, the shepherd keeps the predators away in a way that the sheep do not notice or get startled (Cloer 302). They feel like they are in the best place ever because the shepherd is trying to make them feel that way.

The Lord has prepared a place for the believer on earth. Even though the believer may be in the midst of worldly views and influences, the Lord has created a sanctuary where the believer

can remain safe. The believer is fully trusting in God which keeps him safe from all of these influences. The Lord helps those who trust in Him remain safe from influences as long as they remain fully trusting in Him. In addition to this characteristic, there is one final characteristic left of the Lord as a shepherd.

The sixth characteristic of the Lord that is portrayed is that the Lord is a home. This characteristic is shown in verse six which states, "Surely goodness and lovingkindness will follow me all the days of my life, and I will dwell in the house of the Lord forever" (Psalm 23:6). The sheep that remain in the presence of their shepherd will always remain safe from harm. These sheep must however not wonder off if they want to continue receiving the blessings of the shepherd (Cloer 309).

The believer is stating that he wants all of what he has experienced with the Lord to continue forever. The word "lovingkindness" is that of God's covenant love. This is the type of love that He was showing throughout the Psalm. The believer wants this to continue. He makes a statement that he "will remain in the house of the Lord forever." When one is fully trusting in the Lord, then the Lord will be his or her shepherd and show the same lovingkindness to them. The Lord is a home for those who fully trust in Him.

There have been six characteristics that have been looked at regarding the Lord. By looking at the 23<sup>rd</sup> Psalm, one can come to understand to fully trust in the Lord. Also, one can realize all of the blessings and care that come when that full trust is shown. This study has helped to better look at the kindness that God portrays upon those who trust in him. He is a shepherd to His children.



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## Outline

### **Introduction:**

- A. Psalm 23 is a psalm which shows how to trust in God fully
- B. This Psalm shows the relationship between a shepherd and a believer of God.
- C. There are six characteristics of the Lord that are portrayed.

### **Body:**

- I. The Lord is a Shepherd (verse 1)**
- II. The Lord is a comforter (verse 2)**
- III. The Lord is a guide (verse 3)**
- IV. The Lord is a protector (verse 4)**
- V. The Lord is a sanctuary (verse 5)**
- VI. The Lord is a home (verse 6)**

### **Conclusion:**

- A. The six characteristics of God have been looked at in Psalm 23.
- B. Those who fully believe and trust in God will receive God's care in return.



ALPHABETIC

9 - 10 - 25 - 34 - 37 - 111 - 112  
119 - 145

COMFORT

77 - (Lamentation)\*  
114 - Encouragement

COMPLAINT

31 - (Praise)  
41 - of enemies and false friends  
(Sickness)  
42-43 - Away from God, cf 82  
(Didactic)  
74 - (Exile)  
79 - (Exile)  
84 - companion to 42-43  
88 - Most mournful of the Psalms

CONSOLATION

46 - of God (God and Jehovah)

DIDACTIC

1 - Righteous and Wicked contrasted  
36 - Wickedness of man and goodness  
of God  
42-43 - (Complaint)  
49 - Vanity of riches  
52 - Boastful tongue (Tongue)

EXILE

74 - Destruction of Jerusalem (vv. 1-11)  
(Complaint)  
79 - Babylonian destruction  
(Complaint)  
102 - Sufferer in exile (Suffering)  
126 - Return from Exile (Ascents)  
137 - Sorrows of the Exiles (Zion)  
147 - Dedication of walls - return

EVANGELISTIC

67 - Let the Nations praise Jehovah

GOD - JEHOVAH

11 - Rules - a refuge and defense  
(Trust)  
12 - Helper against the treacherous  
(Tongue, Word of God)  
16 - Deliverer in death (Refuge)  
23 - Shepherd, host  
34 - Provider and Deliverer  
46 - Consolation - refuge of His people

47 - God, the King of the Earth  
(Praise)

50 - Judge (Judgement)  
62 - Refuge from tyranny  
63 - The soul satisfied in God  
81 - Goodness of God  
90 - God's eternity (Man)  
97 - Power and Dominion  
104 - Care over His works  
115 - Idols contrasted  
135 - Idols contrasted (Hallelujah)  
139 - Omnipotence, Omniscience, etc

HALLELUJAH

106 - (Historical)  
111 - (Alphabetical) - Jehovah prai  
for His goodness  
113 - Praised for exalting the  
humble  
135 - Vanity of idols (Idols)  
146 - 147 - 148 - 149 - 150 - Prais

HISTORICAL

68 - Sinai to Sanctuary (Praise)  
78 - Canaan to David  
105 - Abraham to Canaan  
106 - Israel's sins - to Babylon  
(Hallelujah)  
136 - Creation to Canaan (Liturgica

IDOLS

115 - (God)  
135 - (God)

IMPRECATORY

35 - Treatment from a professed  
friend  
58 - Prayer for punishment of wicke  
69 - Cry of a sufferer for truth  
(Messianic)  
83 - God implored to confound enemi  
109 - Cry for vengeance

JUDGMENT

50 - Judge and Judgment (God)  
82 - Rebuke of unjust judgment

KING

101 - Right conduct of a king

LITURGICAL

91 - Responsive reading (Trust)  
95 - (Praise)

\* Parenthesis indicates that this Psalm is found also under the heading in the parenthesis.



- 118 - Responsive (Thanksgiving)
- 136 - Responsive reading (Historical)

LAMENTATION

- 12 - In midst of prevailing falsehood
- 60 - Defeat in Battle
- 77 - Lament and expostulation with God (Comfort)

MAN

- 8 - Dignity and frailty of man
- 14 - Folly and Wickedness (cf. 53)
- 15 - Zion-dweller
- 39 - Vanity of life (Tongue)
- 62 - Companion to 39
- 53 - Folly and weakness
- 90 - Frailty and brevity of life

MEDITATION

- 119 - (Word of God) (Alphabetic)

MESSIANIC

- 2 - Reign of Jehovah's anointed
- 16 - vv. 8-10 Death - Life
- 22 - Crucifixion and victory
- 45 - Marriage of the King
- 69 - By some - Sufferer for truth (Imprecatory)
- 89 - The covenant with David
- 110 - At the right hand of God - King and Priest (cf. 2 Sam. 7:11-14; 2 Sam. 23:1-7)

PENITENTIAL

- 6 - Prayer for mercy - cry of grief
- 32 - Rejoicing after forgiveness
- 38 - Sickness, pain, repentance (Sickness)
- 51 - David's sin and repentance

PRAISE

- 8 - God's greatness (Man)
- 18 - Praise for giving victory
- 19 - Works and word of God
- 24 - King of glory entering Zion
- 33 - For deliverance
- 40 - Praise and prayer for help
- 47 - To God, King of whole earth (God)
- 75 - Praise in anticipation of deliverance
- 87 - Praise of Zion
- 92 - Praise for Jehovah's goodness
- 93 - For majesty of Jehovah
- 95 - Praise and warning (Liturgical)

- 96 - Call to worship
- 98 - To Jehovah for His righteousness
- 99 - Holy, Holy, Holy
- 103 - For mercy
- 107 - For deliverance from manifold (Thanksgiving)
- 108 - (combination 57, 60)
- 117 - Shortest in Psalms - probably a doxology
- 145 - 146 - 147 - 148 - 149 - 150 (Hallelujah)

PRAYER AND PETITION

- 5 - For protection against the Wicked
- 7 - For protection or defense
- 10 - For overthrow of the wicked
- 13 - For help in affliction
- 20 - For the King
- 25 - For protection and guidance
- 26 - For protection, guidance, pardon
- 28 - For help, and thanksgiving for answer
- 35 - For rescue from enemies
- 40 - For help, and thanksgiving
- 44 - Reverse in war
- 54 - Trouble
- 55 - For destruction of the wicked
- 57 - For rescue from persecution
- 58 - For punishment of the wicked (Imprecatory)
- 59 - For deliverance from enemies
- 61 - Confidence in God's protection
- 64 - For deliverance from secret enemies
- 70 - A cry for help (40:13-17)
- 71 - Prayer of a grey-haired saint
- 80 - For help as the nation totters
- 83 - Against enemies (Imprecatory)
- 85 - For mercy on the nation
- 86 - Supplication and trust
- 88 - To be saved from death (Complaint)
- 94 - That the people be avenged
- 102 - For Zion (Exile) (Zion)
- 140 - For protection against persecutors
- 141 - For sanctification and protection
- 142 - For help in trouble
- 143 - For deliverance and guidance
- 144 - For rescue

SICKNESS

- 30 - Thanksgiving for recovery (Thanksgiving)
- 38 - (Penitential)
- 41 - (Complaint)
- 116 - Thanksgiving for recovery (Thanksgiving)



SONGS OF ASCENTS

120-134

SUFFERING

- 73 - Problem of prosperity of wicked
- 102 - Suffering in Babylon (Exile)

THANKSGIVING

- 9 - For God's justice (Alphabetic)
- 21 - For deliverance
- 30 - For recovery, deliverance from death (Sickness)
- 48 - For deliverance (Zion)
- 65 - For abundant favor
- 66 - For national and personal deliverance
- 76 - For deliverance from Sennacherib
- 95 - Praise and thanksgiving
- 100 - Call to world to praise and give thanks
- 107 - For deliverance from manifold troubles (Praise)
- 116 - Praise and thanksgiving for deliverance from death
- 118 - For Jehovah's goodness - Responsive (Liturgical)
- 138 - For Jehovah's favor

TONGUE

- 39 - The vanity of life (Man)
- 52 - Futility of boasting (Didactic)

TRUST

- 3 - Morning prayer of trust
- 4 - Evening prayer of trust
- 27 - A fierce trust in God
- 37 - Security of those who trust in God
- 91 - Security (Dev. Reading)

WORD OF GOD

- 12 - Word of God vs. word of man (Tongue, Jehovah)
- 19 - Works and Word of God (Praise)
- 119 - Law of God (Meditation)

ZION

- 15 - Citizen of Zion (Man)
- 24 - King of Glory entering Zion (Praise)
- 48 - Beauty and glory of Zion (Thanksgiving)
- 84 - Longing for worship in Zion (Complaint) - companion 42-43

- 87 - Privilege of Citizenship in Zion (Praise)
- 102 - Prayer for Mercy on Zion (Exile, Prayer, Suffering)
- 132 - Jehovah's choice of Zion (Ascents)