

**GOSPEL** of *Grace*  
FELLOWSHIP

***Psalms***

**Jesus Christ, Our All in All**

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**F-L-I-G-H-T**

F – The book of Psalms is a collection of songs, prayers, and poetry written by many authors. Of the 150 psalms, 73 are attributed to the poet and musician King David. Other psalms were written by Asaph (12), the Korahites (12), King Solomon (2), Moses (1), Heman (1), Hezekiah (1), Ethan (1). The remaining psalms are anonymous

The Psalms were written over a 1000-year period, beginning with Moses (c. 1450 BC) and ending with the Jewish captivity in Babylon (c. 585 BC). The Psalms were most likely collected during the time of Ezra.

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**F-L-I-G-H-T**

L – The Psalms are filled with lyrics that reflect almost every human experience and emotion on the spectrum. From the greatest sorrow and depression to the most thrilling expressions of joy and gladness, one theme in the book is constant: a complete dependence on the love and power of God.

I – Songs of Relationship (1-41), Songs of Redemption (42-72), Songs of Refuge (73-89), Songs of Rebellion's Cost (90-106), Songs of Revival (107-150)

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**F-L-I-G-H-T**

G – The book of Psalms plays an integral role in the grand unfolding of the gospel story. Jesus quoted the Psalms 11 times – more than any other book of the Bible. Furthermore, there are 17 messianic psalms that predicted the Messiah's birth, life, death, burial, resurrection, second coming, universal reign, and glories of his kingdom.

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### F-L-I-G-H-T

H – Though the book of Psalms was written over a period of about 1000 years, the individual songs refer to time periods that range from creation to consummation – from the beginning of time to the end. The authors of the psalms praised God for his creative acts, recalled the history of his people Israel, cried out for help and deliverance from their present enemies, and foretold the coming Messiah and the end of the age. The book of Psalms is truly universal in scope.

### F-L-I-G-H-T

T – **When you talk to God, you can – and should – be honest.** This is because, first of all, you can't fool him. But second, he can handle it. He knows your heart and what you're going through, so tell him the things you can't tell anyone else. **Anchor yourself to God through his Word.** Psalms 1 and 119 emphasize over and over the value and importance of knowing God's character and ways through Scripture – like a daily meal you can't afford to skip.

### F-L-I-G-H-T

T – **The Psalms are realistic.** Just because you are a believer doesn't mean you are not going to go through very dark valleys of the shadow of death, deep times of depression or hardship. To read many of the psalms is to watch the psalmist say in various ways at various times, "I want to crawl under a rock right now, but God is still in control and I will praise him." We should always come back to God's greatness and faithfulness, depending on him in all circumstances.

### To Whom Addressed

- To God: most psalms
- To other people: *Rejoice in the Lord, O you righteous! (33:1) Let the redeemed of the Lord say so. (107:2)*
- To self: *Bless the Lord, O my soul. (103:1)*
- To angelic beings: *Bless the Lord, O you his angels, you mighty ones who do his word. (103:20)*
- To people: from God, giving us his thoughts

### Trinity in Psalm 2

- **Holy Spirit:** (verses 1-5) *Why do the nations rage and the peoples plot in vain?...Then he will speak to them in his wrath, and terrify them in his fury, saying,*
- **Father:** (verse 6) *"As for me, I have set my King on Zion, my holy hill."*
- **Son:** (verses 7-9) *The LORD said to me, "You are my Son; today I have begotten you...You shall break them with a rod of iron and dash them in pieces like a potter's vessel."*
- **Holy Spirit:** (verses 10-12) *Now therefore, O kings, be wise; be warned, O rulers of the earth...Blessed are all who take refuge in him.*

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### "Worm" in Psalm 22

*But I am a worm and not a man, scorned by mankind and despised by the people. (Psalm 22:6)*

The Hebrew word (*to'at*) translated "worm" is also used to refer to the red dye made from that worm and to the cloth dyed with that red dye.

Blue, purple and scarlet (Ex. 25-28;35-36;38-39), cleansing leprosy (Lev. 14), red heifer (Num. 19)

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### "Worm" in Psalm 22

The crimson (or "scarlet") worm is a symbol of Jesus. The crimson worm was not recognized as a worm. The crimson worm stains both the wood it's attached to and its young red. The crimson worm feeds her young with her own body. When it dies, the crimson worm turns from red to white after three days.

*though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool (Isa. 1:18)*

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### Technical Terms in the Titles

- **Mizmor:** Musical accompaniment
- **Shir:** Vocal music
- **Maskil:** Didactic or contemplative
- **Mikhtam:** Song of covering, atonement
- **Tepillah:** Prayer
- **Tehillah:** Song of praise
- **Siggayon:** Wandering or irregular song

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### Musical Terms in the Titles

- **Lam-menasseah:** To the choir leader
- **Neginot:** With string instruments
- **Nehillot:** With wind instruments
- **Seminit:** With an 8-stringed lute or an octave lower than soprano
- **Alamot:** Soprano or high-pitched
- **Mahalat:** Song of lament

### Melody Indicators

- **Al Mut Lab-Ben:** Death of a son
- **Al Ayyalet Has-Sahar:** According to the hind of the morning
- **Susan or Al Sosnnim:** To the lilies
- **Al Tashet:** Do not destroy or corrupt
- **Al Yonat Elem Rehoqim:** According to a dove of silence those who are afar off

### Christ's Use of the Psalms

Christ's Use	Psalm	NT Reference
During his childhood	26:8;27:4	Luke 2:49
In the Sermon on the Mount	48:2;6:8	Matt. 5:35; 7:23
In teaching the multitude	78:2	Matt. 13:35
In cleansing the Temple	8:2	Matt. 21:16
In his reply to the priests	118:22,23	Matt. 21:42

### Christ's Use of the Psalms

Christ's Use	Psalm	NT Reference
In weeping over Jerusalem	91:4	Matt. 23:37
In answering the Jews	82:6	John 10:34
At the Last Supper probably sang the Hallel	136	Matt. 26:30
On the cross: "My God, why have you forsaken me?" "Into your hand I commit my spirit."	22:1 31:5	Matt. 27:46; Luke 23:46
After the resurrection	Psalms	Luke 24:44