

The Psalms

From Promise to Praise



Trinity Bible Church
Sunday School
Fall 2021

The Psalms

From Promise to Praise

*Praise Yahweh!
How blessed is the man who fears Yahweh,
Who greatly delights in His commandments.*

*He will not fear evil tidings;
His heart is steadfast, trusting in Yahweh.*

Psalm 112:1,7

Trinity Bible Church
Portland, Oregon
Fall 2021

Table of Contents

Introduction	3
Schedule	7
Scripture Memorization: Psalm 1 and Psalm 150	8
Reading the Psalms – Daily Schedule.	9
Hymn Memorization: “O Wherefore Do the Nations Rage”	10
Lesson 1: Introduction – The Way of Blessedness.	11
Psalms 1-2	
2: Covenant Psalm – The Reign of the Righteous King	12
Psalm 72	
3: Covenant Psalm – A Covenant Made in Lovingkindness and Faithfulness.	13
Psalm 89	
4: Covenant Psalm – Yahweh Remembers His Covenant Forever	14
Psalm 106	
5: Wisdom Psalm – Trust in Yahweh and Do Good	15
Psalm 37	
6: Wisdom Psalm – The Wisdom of Yahweh in His Word	16
Psalm 119:1-72	
7: Wisdom Psalm – Life in the Wisdom and Presence of Yahweh	17
Psalm 139	
8: Lament Psalm – A Lamentation from David	18
Psalm 22	
9: Lament Psalm – Crushed by God	19
Psalm 44	
10: Lament Psalm – Arise, O God, and Plead Your Own Case	20
Psalm 74	
11: Lament Psalm – Help Me, O Yahweh, My God	21
Psalm 109	
12: Trust Psalm – In God I Trust	22
Psalm 25	
13: Trust Psalm – A Strong Refuge in Yahweh.	23
Psalm 71	
14: Trust Psalms – Songs of Trust on the Way to Jerusalem	24
Psalms 128-131	
15: Thanksgiving Psalm – Give Thanks to Yahweh for His Lovingkindness.	25
Psalm 107	
16: Praise Psalms – It is Good to Praise Yahweh!.	26
Psalms 146-147	
17: Praise Psalms – Let All of God's Creation Praise Yahweh!	27
Psalms 148-150	
Appendix:	
The Psalms – 5 books and 6 categories.	28
Tables of Books – Authors, Categories, and Chapters	29

The Psalms: Instruction in the Way of the Righteous

*Let the word of Christ richly dwell within you,
with all wisdom teaching and admonishing one another
with psalms and hymns and spiritual songs,
singing with thankfulness in your hearts to God.*
Colossians 3:16 (NASB95)

The book of Psalms may be the best known Old Testament book in the Bible, both inside and outside of the believing community. It is the most quoted Old Testament book in the New Testament and the book most often quoted by Jesus in the Gospels. It has been a source of great comfort and encouragement for the people of God in times of affliction and trials. It is a great aid for the believer in praise, thanksgiving, and worship. At the same time, the book of Psalms is somewhat of a mystery. It is a book of songs written in Hebrew poetry which is very different from the rhyming poetry with which we are familiar in our day. Its 150 psalms are divided into five Books which have challenged Biblical scholars through the years. There are multiple human authors. King David wrote half of the psalms, while nearly a third were composed by anonymous authors. Moses and King Solomon contributed 1 and 2 psalms, respectively. The remaining psalms were written by little-known authors – Asaph, unnamed sons of Korah, and two Ezrahites named Ethan and Heman. The psalms were written over a span of 1000 years and then collected by an unknown editor in the days of Ezra and Nehemiah. Not surprisingly, many see the Psalms as a book of spiritually enriching poetry, randomly arranged, and without a unifying theme or message. Nothing could be further from the truth.

In reality, this book is well organized with a unifying purpose and message. Mark D. Futato, PhD, professor of Old Testament and Hebrew at the Reformed Theological Seminary in Orlando, Florida, has produced an excellent work on the psalms. In his book, Interpreting The Psalms: An Exegetical Handbook, he shows that the book of the Psalms is a book of instruction in prosperous living – a manual of holy living. The ultimate purpose of such a life is to be found in the coming King, the Anointed Son of God enthroned on Mount Zion in the eternal kingdom of righteousness. In this introduction, we will look at several features which the psalmist has used to teach this message.

The Introduction and Conclusion

The first two psalms in Book 1 are an introduction to the book of Psalms. These two psalms are set apart by being the only psalms in Book 1 which are not written by King David. The author is not identified but likely is the editor. In Psalm 1, he describes the path of sinners and the way of the righteous. The blessed man's life is guided by the instruction of Yahweh which is his guide into the way of the righteous. All who go there will prosper in all that they do. Psalm 2 opens with the nations raging against God's decree that His Anointed Son will be established as King upon Zion, "My holy mountain." Yahweh warns that all must bow before this coming King lest they perish. The message is that the promised blessing of Psalm 1 is not merely for those whose lives are centered upon the instruction of Yahweh, but that they must also put their trust in His Anointed Son: "How blessed are all who take refuge in Him."

In the psalms that follow, the psalmist sets out the course of life for the blessed man, and it is far from what he expected. He struggles with personal sin and attacks from enemies. The blessedness seems to be a distant dream, not a present reality. He wavers between despair and trust in the promise of God, and in the way of His wisdom. He is able to thank and praise Yahweh, but just when he seems to emerge with new trust in Yahweh, he plunges once again into the depths of despair. The cycles repeat time and time again. Gradually, the strength of his faith grows to emerge at the end in an outpouring of praise. The editor of the Psalms wants us to see and learn the nature of the way of the righteous. It is a life resting on the promises of Yahweh and living according to the wisdom of Yahweh. It is also a life in which the power of sin and those seeking the overthrow of the Anointed Son of Yahweh are directed against those who have put their trust in Him. When the psalmist ends, he calls all creation to praise Yahweh for His magnificent work of salvation. The King is enthroned on Zion with all those who put their trust in Him.

Genre or Categories of the Psalms

Bible scholars have recognized that there are several distinct genres or categories of psalms in the book of Psalms. These categories show the psalmist receiving instruction in God's plan of salvation and reacting to it as he deals with the promises of God in a fallen world where his experiences do not always seem to comport with the truth of these promises. The categories help us understand the progress of the instruction by the psalmist. Although there is not complete agreement as to all the potential categories, there is fundamental agreement on the main categories. The categorization is sometimes difficult because often the psalms will have elements of several categories in a single psalm.

The Psalms: Instruction in the Way of the Righteous (Continued)

For the purpose of this study, six categories have been selected. Most lists of categories will include these, although sometimes the names will vary among the commentators. By observing the categorization of the psalms, you will be better able to understand the instruction of the psalmist. The categories are as follows:

- 1. Covenant Psalms:** These psalms present some aspect of the plan of salvation as found in the Covenant promises of Scripture. The Covenant promises present the elements of the work of salvation from the initial promise in Genesis 3:15 to the enthronement of the Son of God in the eternal kingdom. These include the role of the patriarchs, the nation Israel, and the Davidic monarchy. In the Psalms, they provide instruction in God's manner of dealing with His people. Some Bible students make a special category of Royal Psalms for those which speak of the Davidic Monarchy. In this study, these psalms will be included in this Covenant category. An example of a Covenant Psalm is Psalm 2 where the Anointed Son of God, the coming King, is presented. There are 19 of these Covenant Psalms.
- 2. Wisdom Psalms:** In these psalms, we find a description of the blessed or prosperous life. Wisdom Psalms will also describe the way of the wicked as a contrast to the way of the righteous. Psalm 1 is an example of this category. The longest chapter in the Bible, Psalm 119, is also a Wisdom Psalm. There are only 15 Wisdom Psalms, but keep in mind that Psalm 119 is the equivalent of 10-20 or more typical psalms because of its great length.
- 3. Lament Psalms:** In these psalms, the psalmist is lamenting the fact that his experiences in life are vastly different from his expectations which he learned from the Covenant and Wisdom Psalms. The mood is of sadness or even anger. At times, he seems to be accusing God of neglect or unfaithfulness. Sometimes, he is lamenting because of his own failures and sins in what are called penitential psalms (included in this category). There are 37 of these Lament Psalms. Psalm 88 is an example of a psalm in this category.
- 4. Trust Psalms:** Here, the psalmist shows that he truly believes in Yahweh for his salvation. He has no place else to turn, despite being confronted by severe afflictions and trials. It is an essential part of coming to grips with the goodness and faithfulness of Yahweh when life seems to deny His truth or His presence. "My refuge and my fortress, My God in whom I trust!" declares the psalmist in Psalm 91, a very familiar Trust Psalm. There are 38 of these psalms.
- 5. Thanksgiving Psalms:** In these psalms, the psalmist expresses his thanksgiving to God for His character, His work of salvation, or His goodness. This category is sometimes difficult to differentiate from Praise Psalms. Some will combine Thanksgiving Psalms and Praise Psalms into a single category. However, these psalms display a more personal appreciation for Yahweh's faithfulness and love and will be separated from the Praise Psalms. Psalm 100 is a familiar Thanksgiving Psalm where the psalmist calls upon others to join him in thanksgiving. There are 9 of these psalms.
- 6. Praise Psalms:** In these psalms, the psalmist is excitedly describing the magnificence of Yahweh's person and ways. As noted, there can be an element of thanksgiving, and they often contain a call to "Praise Yahweh." The psalmist brings the book of Psalms to a triumphant conclusion with a series of five Praise Psalms which begin and end with a call to "Praise Yahweh." There are 32 Praise Psalms.

By observing these categories as you read The book of Psalms, you will learn the blessedness found in the paths of righteousness and in the lovingkindness and faithfulness of Yahweh. You will be instructed in the way of wisdom, and also join with the psalmist in facing the challenges to his faith in the goodness of our God. You will be comforted to learn how the psalmist comes to grow in faith despite the trials, and at the end, you will be able to join in thanksgiving and praise to Yahweh, the God of our salvation.

The Five Books of the Psalms

A third element of the book of Psalms that helps us understand the message of the book is the division of the psalms into 5 separate books. They all end on a note of hope with the psalmist stating: "Blessed be Yahweh forever! Amen and Amen." Scholars have explained these five books by comparing the book of Psalms with the Pentateuch, called *Torah* in the Hebrew Bible. The Hebrew word, *torah*, can be translated as "law" or "instruction," depending on the context. In the wisdom literature, which includes the book of Psalms, when *torah* does not have the definite article in Hebrew, it should be translated, "instruction" or "teaching." The Pentateuch emphasizes the Law (*Torah*) of Moses but also contains instruction (*torah*) in the ways of God, particularly in the narrative sections. The five books of the Psalms are also instruction (*torah*) in the way of righteousness, but less often speak specifically of the Law (*Torah*) of Moses. The Law (*Torah*) of Moses is a special category of *torah* (instruction). By this line of thinking, both the five books of the Torah, and the five books of the Psalms are books of instruction in holy living.

Book 1 (Psalms 1-41) is a collection of psalms by David which he wrote to describe his experiences in a life of faith. These psalms are mostly first person accounts of David's experiences in the way of the

The Psalms: Instruction in the Way of the Righteous (Continued)

righteous as he anticipates the coming kingdom of the Anointed Son of God. At times, he writes directly to the reader to tell what he has learned. In this first book, psalms of lamentation and psalms of trust dominate. We learn from David that the life of faith is challenged by persecution from without and sin from within. The distress of these days is worsened when it seems that God is not paying attention or is even hiding. Relief is not in sight. David writes of these times with frankness that is sometimes shocking. But God is good. In due time, God's time, relief comes and David responds with psalms that express trust in the lovingkindness and faithfulness of his Savior God. As if to teach us the unpredictability of trials, the lament psalms appear randomly. The book ends with a psalm which summarizes the lessons of Book 1. It is a Lament Psalm. The trials of his faith will continue, but now David has learned to entrust himself to Yahweh. He writes of trust and confidence in the grace of Yahweh. He has learned that Yahweh delights in him and will not allow his enemy to triumph over him. He will bring David into His presence forever. David concludes this book:

*"Blessed be Yahweh, the God of Israel,
from everlasting to everlasting,
Amen and Amen."*

Book 2 (Psalms 42-72) continues the psalmists' struggle with the seeming contradiction between the promised blessing of the righteous way and the realities of life under assault by enemies of the faith. In this book however, the psalms change from the personal testimony of King David to psalms on behalf of the nation. David contributes less than half of the psalms, and he is joined by other named psalmists and a few anonymous psalmists. Together they address the trials of the nation which appear to pose a real threat to the realization of the coming of the promised King. Perils to the individual in Book 1 are now replaced by perils to the nation and its hope in the coming King. As in Book 1, the mood of the psalms turns from despair to Trust and Praise Psalms as we progress through the book. Finally, Book 2 closes with a psalm of Solomon. The king's son is on the throne. Solomon confirms that the hope of the nation remains even after the death of King David. The next in line is on the throne. The psalm is a revelation of the eternal Kingdom. With joy, the psalm ends:

*"Blessed be Yahweh God, the God of Israel,
who alone works wonders.
And blessed be His glorious name forever;
and may the whole earth be filled with His glory.
Amen, and Amen."*

Book 3 (Psalms 73-89) introduces us to psalmists who are associated with temple worship: Asaph, Sons of Korah, Ethan and Heman. They write all the psalms of this book except one, which David contributes. The book opens with a note of lament over the prosperity of the wicked. At first, the psalmist's faith is strengthened when he enters the temple of God where he sees the end of the wicked and realizes the blessedness of the presence of His Lord, Yahweh. However, his faith is immediately challenged by the destruction of Mount Zion and the Temple. This historical fact dominates this book. The psalms show the great desire of the psalmists for the presence of God in their midst. At the same time, they realize the justice of God in His wrath against the nation. They repeatedly wonder if God has rejected His people forever. They long for the presence of God among them again. Asaph reminds them, in a lengthy review of their history (Psalm 78), how they had repeatedly rewarded God's goodness with rebellion and idolatry. That period of their history ended when God removed His presence from Shiloh. But that was not the end. God re-established his presence on Mount Zion and gave them David to shepherd His people. In the next Psalm (Psalm 79) disaster strikes. Jerusalem and the Temple are in ruins. The previous lovingkindness of God was but a distant memory. At this point, a psalm of David (Psalm 86) is inserted. His reminder of the mercy, the grace, the faithfulness, and the lovingkindness of God gives them a strong message of hope. Despite this, the despair of the psalmist drops to the low point in the entire book of the Psalms, Psalm 88. There is no hint of hope in it. Book 3 ends with the next psalm which surprisingly begins with a glorious expression of trust in the Person and Work of Yahweh, the Holy one of Israel. The message is clear. He will never violate His covenant. However, the psalm ends with a devastating description of their current status – the destruction of Jerusalem – and a plaintive plea for the Lord to remember His former lovingkindnesses. Despite the hopelessness of their condition, the psalmist musters a thread of hope as he concludes:

*"Blessed be Yahweh forever!
Amen and Amen."*

Book 4 (Psalms 90-106) is a remarkable set of psalms which focus our attention upon Lord Yahweh, the Sovereign Savior. It is a wonderful display of the Person, Works, and Ways of God. Each psalm is an education in Theology Proper, the study of God. There are only two Lament Psalms, and even they display the grandeur of God more than the distress of the psalmist. The psalmists here are mostly anonymous, with two contributions from David and one from Moses. The book appropriately opens with

The Psalms: Instruction in the Way of the Righteous (Continued)

a psalm by Moses. He had a leading role in the revelation of Almighty God as Yahweh, the Savior. He also suffered as much as any with the trials of a rebellious nation. It was his own sin at the end that kept him from entering the Promised Land with the rest of the nation. The psalm is a great expression of faith and hope. Praise, thanksgiving, and trust dominate these psalms. The book ends with another review of Yahweh's faithfulness to His promise which He remembers, even in the face of severe rebellion. Despite their status as exiles among the nations, the psalmist ends on a high note of praise for Yahweh:

*"Blessed be Yahweh, the God of Israel,
From everlasting to everlasting,
And let all the people say, 'Amen.'
Praise Yahweh."*

Book 5 (Psalms 107-150) completes the book of Psalms. The psalmist begins with a call to give thanks to Yahweh who has redeemed them and gathered them from the nations. Although there are six psalms of lamentation, these are eclipsed by 30 psalms of trust, thanksgiving, and praise. The appearance of the lamentations indicates to us that the trials will continue. The mood of the believer is not focused upon these trials but rather upon the coming blessing. Paul said it well: "For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us" (Romans 8:18). This Book closes with a series of Praise Psalms in which the psalmist extolls God for His lovingkindness and faithfulness to His people through the centuries. The promise of blessedness is no longer in question.

Christ and the Believer

Finally, two more points are important. In John 5:39, Jesus said that the Old Testament Scriptures teach of Him. When Jesus met with His disciples after His resurrection, He told them that all things written about Him "in the Law of Moses and the Prophets and the Psalms must be fulfilled." The book of Psalms truly is about Christ. Some portions of the psalms are quite explicitly about Christ and are called Messianic Psalms. However, the entire book is about Christ. The life of Christ on earth was exactly as found in the book of Psalms. He trusted in the same promises and still faced the same trials as if these promises of God were null and void. In His life on earth, he learned to entrust Himself to the Father. He was in all things tested as we are and found that His Father was faithful when He raised Him, His Beloved Son, from the dead and highly exalted Him in heaven and in earth. The life of the Psalms is the life of Christ.

In a similar way, the book of Psalms is about you. It is a book of instructions in holy living in the light of the sure promise of the return of the King to establish the holy Kingdom of God on earth. Read them as if the editor who compiled this collection of Psalms into a book has done so for you. It will prepare you for living the life of faith in a fallen world. Although the individual psalms are written by many people over many years, they are ordered in a manner that speaks to you and instructs you in the life of faith on earth. They will lead you to understand the Everlasting Covenant of salvation and the righteous life it brings. In the times of trials and tribulations, it will show you examples of saints who struggled in the same way, but, in the end, were sustained by their faith in the God of their salvation. As you duplicate the process of moving from a life of lamentation to one of trust, you will understand and join the psalmists with thanksgiving and praise to the great God of our salvation. But we have an advantage as we read these psalms because we can view them through the lens of the New Testament record of Jesus Christ our Savior as our model for a life of trust in a fallen world. Learn from the psalmist — his doubts, his fears, and his distress — and follow as he leads you from a life of promise through lamentation to a life of praise. And rest in the truth that you are engaged in this battle *in Christ*.

Blessed be Yahweh and His Anointed Son, Jesus Christ, forever! Amen and Amen.

Schedule

Introduction

September 5, 2021 Lesson 1: The Way of Blessedness
Psalms 1-2

Covenant Psalms

September 12, 2021 Lesson 2: The Reign of the Righteous King
Psalm 72
September 19, 2021 Lesson 3: A Covenant Made in Lovingkindness and Faithfulness
Psalm 89
September 26, 2021 Lesson 4: Yahweh Remembers His Covenant Forever
Psalm 106

Wisdom Psalms

October 3, 2021 Lesson 5: Trust in Yahweh and Do Good
Psalm 37
October 10, 2021 Lesson 6: The Wisdom of Yahweh in His Word
Psalm 119:1-72
October 17, 2021 Lesson 7: Life in the Wisdom and Presence of Yahweh
Psalm 139

Lament Psalms

October 24, 2021 Lesson 8: A Lamentation from David
Psalm 22
October 31, 2021 Lesson 9: Crushed by God
Psalm 44
November 7, 2021 Lesson 10: Arise, O God, and Plead Your Own Case
Psalm 74
November 14, 2021 Lesson 11: Help Me, O Yahweh, My God
Psalm 109

Trust Psalms

November 21, 2021 Lesson 12: In God I Trust
Psalm 25
November 28, 2021 Lesson 13: A Strong Refuge in Yahweh
Psalm 71
December 5, 2021 Lesson 14: Songs of Trust on the Way to Jerusalem
Psalms 128-131

Thanksgiving Psalm

December 12, 2021 Lesson 15: Give Thanks to Yahweh for His Lovingkindness
Psalm 107

Praise Psalms

December 19, 2021 Lesson 16: It is Good to Praise Yahweh!
Psalms 146-147
December 26, 2021 Lesson 17: Let All of God's Creation Praise Yahweh!
Psalms 148-150

Scripture Memorization

Psalm 1

1. Blessed is the man
That walketh not in the counsel of the ungodly,
Nor standeth in the way of sinners,
Nor sitteth in the seat of the scornful.
2. But his delight is in the law of the LORD;
And in his law doth he meditate day and night.
3. And he shall be like a tree planted by the rivers of water,
That bringeth forth his fruit in his season;
His leaf also shall not wither;
And whatsoever he doeth shall prosper.
4. The ungodly are not so:
But are like the chaff which the wind driveth away.
5. Therefore the ungodly shall not stand in the judgment,
Nor sinners in the congregation of the righteous.
6. For the LORD knoweth the way of the righteous:
But the way of the ungodly shall perish.

Psalm 150

1. Praise ye the LORD.
Praise God in his sanctuary:
Praise him in the firmament of his power.
2. Praise him for his mighty acts:
Praise him according to his excellent greatness.
3. Praise him with the sound of the trumpet:
Praise him with the psaltery and harp.
4. Praise him with the timbrel and dance:
Praise him with stringed instruments and organs.
5. Praise him upon the loud cymbals:
Praise him upon the high sounding cymbals.
6. Let every thing that hath breath praise the LORD.
Praise ye the LORD.

The Psalms – Reading Schedule

September		October		November		December	
1	Psalms 1-2	1	Psalms 42-43	1	Psalm 80	1	Psalm 119:17-32
2	Psalms 3-4	2	Psalm 44	2	Psalm 81	2	Psalm 119:33-48
3	Psalms 5-6	3	Psalms 45-46	3	Psalms 82-83	3	Psalm 119:49-64
4	Psalms 7-8	4	Psalms 47-48	4	Psalms 84-85	4	Psalm 119:65-80
5	Psalm 9	5	Psalm 49	5	Psalms 86-87	5	Psalm 119:81-96
6	Psalm 10	6	Psalm 50	6	Psalm 88	6	Psalm 119:97-112
7	Psalms 11-12	7	Psalm 51	7	Psalm 89	7	Psalm 119:113-128
8	Psalms 13-14	8	Psalm 52	8	Psalm 90	8	Psalm 119:129-144
9	Psalms 15-16	9	Psalms 53-54	9	Psalm 91	9	Psalm 119:145-160
10	Psalm 17	10	Psalm 55	10	Psalms 92-93	10	Psalm 119:161-176
11	Psalm 18	11	Psalm 56	11	Psalm 94	11	Psalms 120-121
12	Psalm 19	12	Psalms 57-58	12	Psalm 95	12	Psalms 122-123
13	Psalms 20-21	13	Psalm 59	13	Psalm 96	13	Psalms 124-125
14	Psalm 22	14	Psalm 60	14	Psalm 97	14	Psalms 126-127
15	Psalms 23-24	15	Psalm 61	15	Psalms 98-99	15	Psalms 128-129
16	Psalms 25-26	16	Psalm 62	16	Psalms 100-101	16	Psalms 130-131
17	Psalm 27	17	Psalms 63-64	17	Psalm 102	17	Psalms 132-133
18	Psalms 28-29	18	Psalm 65	18	Psalm 103	18	Psalms 134-135
19	Psalm 30	19	Psalm 66	19	Psalm 104	19	Psalm 136
20	Psalm 31	20	Psalm 67	20	Psalm 105	20	Psalm 137
21	Psalm 32	21	Psalm 68	21	Psalm 106	21	Psalm 138
22	Psalm 33	22	Psalm 69	22	Psalm 107	22	Psalm 139
23	Psalm 34	23	Psalm 70	23	Psalm 108	23	Psalm 140
24	Psalm 35	24	Psalm 71	24	Psalm 109	24	Psalms 141-142
25	Psalm 36	25	Psalm 72	25	Psalms 110-111	25	Psalm 143
26	Psalm 37	26	Psalm 73	26	Psalms 112-113	26	Psalm 144
27	Psalm 38	27	Psalm 74	27	Psalms 114-115	27	Psalm 145
28	Psalm 39	28	Psalms 75-76	28	Psalms 116-117	28	Psalm 146
29	Psalm 40	29	Psalm 77	29	Psalm 118	29	Psalm 147
30	Psalm 41	30	Psalm 78	30	Psalms 119:1-16	30	Psalm 148
		31	Psalm 79			31	Psalms 149-150

O Wherefore Do the Nations Rage

From Psalm 2
The Psalter, 1912

Lowell Mason, 1830

1. O where-fore do the na-tions rage, And kings and rul - ers strive in vain,
2. Their strength is weak-ness in the sight Of him who sits en - throned a - bove;
3. By God's de-cree his Son re - ceives The na - tions for his her - i - tage;
4. Be wise, ye rul - ers of the earth, And serve the Lord with god - ly fear;
5. De - lay not, lest his an - ger rise, And ye should per - ish in your way;

A - gainst the Lord of earth and heav'n To o - ver-throw Mes - si - ah's reign?
He speaks, and judg-ments fall on them Who tempt his wrath and scorn his love.
The con-qu'ring Christ su-preme shall reign As King of kings, from age to age.
With rev - 'rent joy con - fess the Son While yet in mer - cy he is near.
Lo, all that put their trust in him Are blest in - deed, and blest for aye. A-men.

The musical score is written for a two-part setting (Soprano and Bass) in 2/2 time, with a key signature of two flats (B-flat and E-flat). The melody is simple and hymn-like, with the lyrics written below the notes. The score is divided into two systems, each with a treble and bass staff. The first system contains the first five verses, and the second system contains the concluding verse and the 'A-men'.

Lesson 1: The Way of Blessedness

Introduction to the Psalms – Psalms 1-2

MEMORY: Psalm 1:1

HYMN: “O Wherefore Do the Nations Rage”

Psalm 1 – A Wisdom Psalm

1. What does not bring blessedness?

2. What is the pathway to blessedness?

3. How does the psalmist use the image of a tree to teach about blessedness?

4. What contrasting pictures are used to describe the wicked and the righteous?

Psalm 2 – A Covenant Psalm

5. Why are the nations in an uproar?

6. How does the Lord respond to the nations?

7. What is the decree of Yahweh?

8. What response is the psalmist seeking?

9. Do you agree with the assigned categories for these psalms? Why or why not?

Lesson 2: The Reign of the Righteous King

A Covenant Psalm – Psalm 72

MEMORY: Psalm 1:1-2

HYMN: “O Wherefore Do the Nations Rage”

1. How does the psalmist characterize the reign of this king?
2. How does the psalmist use geography to characterize the reign of this king?
3. What should the people expect from this king and how should they respond to him?
4. What is the extent in the earth of this king's reign?
5. What kinds of people will receive special attention, and what will it be?
6. How does the psalmist want the people to respond to this king?
7. What does the psalmist desire from the land?
8. How does the psalmist praise Yahweh, the God of Israel?
9. Do you agree that this is a covenant psalm? Why or why not?

Lesson 3: A Covenant Made in Lovingkindness and Faithfulness

A Covenant Psalm – Psalm 89

MEMORY: Psalm 1:1-3

HYMN: “O Wherefore Do the Nations Rage”

1. What attributes of God are mentioned in this psalm, and how many times for each one?
2. How is the greatness of Yahweh described in this psalm?
3. What are the Covenant promises, and what is their duration?
4. What does the psalmist say about creation, and why does he speak of it?
5. How does the psalmist describe the blessed people?
6. What will happen if the King's sons forsake God's Law?
7. Why is the psalmist alarmed in verses 38 to 45?
8. At the end, what questions does the psalmist ask, and what does he ask Yahweh to do?
9. What other categories in the psalms are also found in this Covenant Psalm?

Lesson 4: Yahweh Remembers His Covenant Forever

A Covenant Psalm – Psalm 106

MEMORY: Psalm 1:1-4

HYMN: “O Wherefore Do the Nations Rage”

1. The psalmist begins with a note of hope. What is the basis for his hope, and what does he want?
2. What happened to the nation at the Red Sea?
3. What happened when the people forgot the works of Yahweh at the Red Sea?
4. What does the psalmist say about the events at Horeb?
5. What happened when they “despised the pleasant land” and then sinned at Baal-peor?
6. What happened at the waters of Meribah?
7. What did the people do when they got into the Promised Land?
8. What happened when Yahweh's anger was kindled?
9. How did Yahweh respond to their cry of distress, and how did the psalmist respond to Yahweh?

Lesson 5: Trust in Yahweh and Do Good

A Wisdom Psalm – Psalm 37

MEMORY: Psalm 1:1-5

HYMN: “O Wherefore Do the Nations Rage”

1. Why should we not fret about those who do evil?
2. How should we respond to Yahweh?
3. What does the psalmist say about the righteous?
4. What does the psalmist say about a person's steps or way?
5. What does the psalmist say about waiting for Yahweh, and what does it mean?
6. What does the psalmist tell us that Yahweh does?
7. What does Yahweh say about the land in this psalm?
8. What personal experiences does the psalmist mention in this psalm?
9. What eternal (forever) hope does this psalm proclaim?

Lesson 6: The Wisdom of Yahweh in His Word

A Wisdom Psalm – Psalm 119:1-72

MEMORY: Psalm 1:1-6

HYMN: “O Wherefore Do the Nations Rage”

ALEPH (119:1-8)

1. What is the place of God's Word in the blessed life?

BET (119:9-16)

2. How did the psalmist plan to keep his way pure?

GIMMEL (119:17-24)

3. What requests did the psalmist make?

DALET (119:25-32)

4. What is the faithful way?

HEY (119:33-40)

5. What did the psalmist ask Yahweh to do?

VAV (119:41-48)

6. What was the psalmist's response to the lovingkindness and salvation of Yahweh?

ZAYIN (119:49-56)

7. What did the psalmist want Yahweh to remember, and what did the psalmist remember?

HETH (119:57-64)

8. What is the psalmist's personal testimony in this text?

TET (119:65-72)

9. How did the psalmist's experiences in life affect his view of the Word of God?

Lesson 7: Life in the Wisdom and Presence of Yahweh

A Wisdom Psalm – Psalm 139

MEMORY: Psalm 150:1 and review

HYMN: “O Wherefore Do the Nations Rage”

1. What does Yahweh know about us?
2. Why is the omniscience of Yahweh so wonderful?
3. What is the extent of the presence of Yahweh?
4. What comfort did the psalmist find in the omnipresence of Yahweh?
5. What particular works of God did the psalmist find so wonderful?
6. What did the psalmist find to be so precious about the thoughts of God?
7. Why did the psalmist ask God to slay the wicked?
8. Whom does the psalmist hate?
9. What requests did the psalmist make at the end of this psalm?

Lesson 8: A Lamentation from David

A Lament Psalm – Psalm 22

MEMORY: Psalm 150:1-2 and review HYMN: “O Wherefore Do the Nations Rage”

1. What was David's complaint, and why did he expect a response?

2. Why did David feel “like a worm and not a man”?

3. How did David describe his relationship with God?

4. How did David describe his suffering?

5. What did David call for Yahweh to do?

6. What did David plan to do when Yahweh responded to his cry for help?

7. What did David say about praise?

8. What did David expect to result from his deliverance?

9. What difference does it make to us that portions of this psalm come up in the life of Jesus?

Lesson 9: Crushed by God

A Lament Psalm – Psalm 44

MEMORY: Psalm 150:1-3 and review HYMN: “O Wherefore Do the Nations Rage”

1. What had the psalmist heard about the history of the fathers?

2. What request did the psalmist make?

3. What role did the psalmist expect he would play if God answered his request?

4. What accusation did the psalmist make against God?

5. What impact did this have on the psalmist?

6. What defense did the psalmist make to God?

7. What did the psalmist mean when he said, “For your sake we are killed all the day long”?

8. What did the psalmist ask God to do, and what was the basis for his request?

9. What is the usefulness of the message of this psalm for us today?

Lesson 10: Arise, O God, and Plead Your Own Case

A Lament Psalm – Psalm 74

MEMORY: Psalm 150:1-4 and review HYMN: “O Wherefore Do the Nations Rage”

1. How did the psalmist describe those whom God had rejected?
2. What was the situation that led to the psalmist's complaint?
3. What did the psalmist miss as he viewed this destruction?
4. What complaint did the psalmist make about the enemy?
5. What deeds of deliverance did the psalmist remember about God?
6. What is the significance of the psalmist's reference to the natural world?
7. What did the psalmist ask Yahweh to remember about the enemy?
8. Why did the psalmist ask Yahweh to “consider the covenant”?
9. What request did the psalmist make at the end of the psalm?

Lesson 11: Help Me, O Yahweh, My God

A Lament Psalm – Psalm 109

MEMORY: Psalm 150:1-5 and review HYMN: “O Wherefore Do the Nations Rage”

1. What indication is there of the condition of David's relationship with God as the psalm opens?
2. What problem was David facing?
3. What judgment against his adversary did David want to be rendered?
4. What punishments did David want his adversary to face?
5. What penalty did David request for his adversaries' parents and posterity?
6. What additional accusations did David make against his adversary?
7. What was the basis for David's appeal to the Lord God for relief?
8. What did David ask God to do in the name of Yahweh?
9. What was David's response to Yahweh at the end of the psalm?

Lesson 12: In God I Trust

A Trust Psalm – Psalm 25

MEMORY: Psalm 150:1-6 and review HYMN: “O Wherefore Do the Nations Rage”

1. What was David's concern about being ashamed?

2. What request did David make about the ways of God?

3. What did David want Yahweh to remember?

4. What did David want Yahweh to forget?

5. What did David say about Yahweh when He asked Him to forgive his iniquities?

6. What did David say about those who fear Yahweh?

7. What was David's condition, and what did he want from Yahweh?

8. What did David request concerning his enemies?

9. What were David's final requests for himself and Israel?

Lesson 13: A Strong Refuge in Yahweh

A Trust Psalm – Psalm 71

MEMORY: Review

HYMN: “O Wherefore Do the Nations Rage”

1. What was the psalmist's hope when he took refuge in Yahweh?
2. How did the psalmist summarize his life when he asked Yahweh not to forsake him?
3. What did the psalmist say about his enemies?
4. What did the psalmist want God to do to the adversaries of his soul?
5. What impact on the life of the psalmist showed his hope in the Lord Yahweh?
6. What did the psalmist learn from his youth, and what did he want to continue into his old age?
7. What led the psalmist to cry out, “O God, who is like You?”
8. How did the psalmist manifest his trust in God as he looked to the future?
9. How did the psalmist plan to praise God?

Lesson 14: Songs of Trust on the Way to Jerusalem

Trust Psalms – Psalms 128-131

MEMORY: Review

HYMN: “O Wherefore Do the Nations Rage”

Psalm 128

1. How is one blessed who fears Yahweh?

2. What benediction is announced from Zion?

Psalm 129

3. What had the psalmist learned from persecutions?

4. What should happen to those who hate Zion?

Psalm 130

5. What did the psalmist want when he cried out to Yahweh from the depths?

6. What does it mean to wait for the Lord Yahweh?

7. Why can we hope in Yahweh?

Psalm 131

8. What was David's attitude toward himself in this Song of Ascents?

9. Why did David compare himself to a weaned child?

Lesson 15: Give Thanks to Yahweh for His Lovingkindness Thanksgiving Psalm – Psalm 107

MEMORY: Review

HYMN: “O Wherefore Do the Nations Rage”

1. How did the psalmist express his thanksgiving for the goodness of Yahweh?

2. How did the wilderness wandering of Israel lead to thanksgiving?

3. Why can those in darkness because of their rebellion against God give thanks to Yahweh?

4. Why will fools in rebellion against God give thanks to Yahweh?

5. What works of Yahweh did those who went to sea encounter?

6. What cause for thanksgiving did the sailors have?

7. What does Yahweh do to the land because of the wickedness of the inhabitants?

8. How does Yahweh deal with the hungry?

9. How are the upright to respond to the ways of Yahweh?

Lesson 16: It is Good to Praise Yahweh!

Praise Psalms – Psalms 146-147

MEMORY: Review

HYMN: “O Wherefore Do the Nations Rage”

Psalm 146

1. What does the psalmist call for the reader to do, and what example does he set for us?
2. Why should we not trust in man?
3. What did the psalmist tell about Yahweh, the God of Jacob, to encourage us to hope in Him?
4. What final truth about Yahweh leads the psalmist to call us to praise God?

Psalm 147

5. What did the psalmist say about praising God?
6. How does Yahweh show that He is great and abundant in strength?
7. Why should we sing to Yahweh with thanksgiving and praise?
8. Why did the psalmist call Jerusalem to praise Yahweh God?
9. What unique blessings granted to Israel are a cause for the nation to praise Yahweh?

Lesson 17: Let All of God's Creation Praise Yahweh!

Praise Psalms – Psalms 148-150

MEMORY: Review

HYMN: “O Wherefore Do the Nations Rage”

Psalm 148

1. What, or who, is called upon to praise Yahweh in the heavens, and why?
2. What, or who, is called upon to praise Yahweh on the earth, and why?
3. Why should the name of Yahweh be praised?

Psalm 149

4. How is Israel called upon to praise Yahweh?
5. Why should Israel praise Yahweh?
6. Why are the godly ones to praise Yahweh?

Psalm 150

7. Where are we to praise God, and for what reason?
8. How are we to praise Yahweh?
9. What have you learned about praising Yahweh from these final psalms in the book of Psalms?

The Psalms 5 Books and 6 Categories

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

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

Categories

C = Covenant L = Lament P = Praise Th = Thanksgiving T = Trust W = Wisdom

¹ Psalms of ascent – a collection of fifteen psalms to sing while going up to Jerusalem

² Penitential psalms – seven psalms of confession of sin

³ Royal psalms – Twelve psalms of Yahweh the king

Authors of the Psalms in Each Book								
	David	Asaph	Sons of Korah	Solomon	Ethan the Ezrahite	Heman the Ezrahite	Moses	Anonymous
Book 1 (1-41)	38 ⁺							3
Book 2 (42-72)	18	1	8	1				3
Book 3 (73-89)	1	11	4*		1	1*		
Book 4 (90-106)	2						1	14
Book 5 (107-150)	15			1				28
Totals (150)	74	12	12*	2	1	1*	1	48

⁺ In Book 1, Psalms 9 and 10, although listed as two separate psalms, are a single Psalm by David. In the Septuagint they appear as one psalm.

* Psalm 88 is counted twice because it is attributed to both the sons of Korah and Heman the Ezrahite

Number of Psalms in Each Category and Book in The Psalms						
	Covenant	Wisdom	Lament	Trust	Thanks	Praise
Book 1 (1-41)	3	6	13	14	1	4
Book 2 (42-72)	3	3	9	9		7
Book 3 (73-89)	5	1	7	2	1	1
Book 4 (90-106)	2	1	2	2	2	8
Book 5 (107-150)	6	4	6	11	5	12
Totals (150)	19	15	37	38	9	32

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