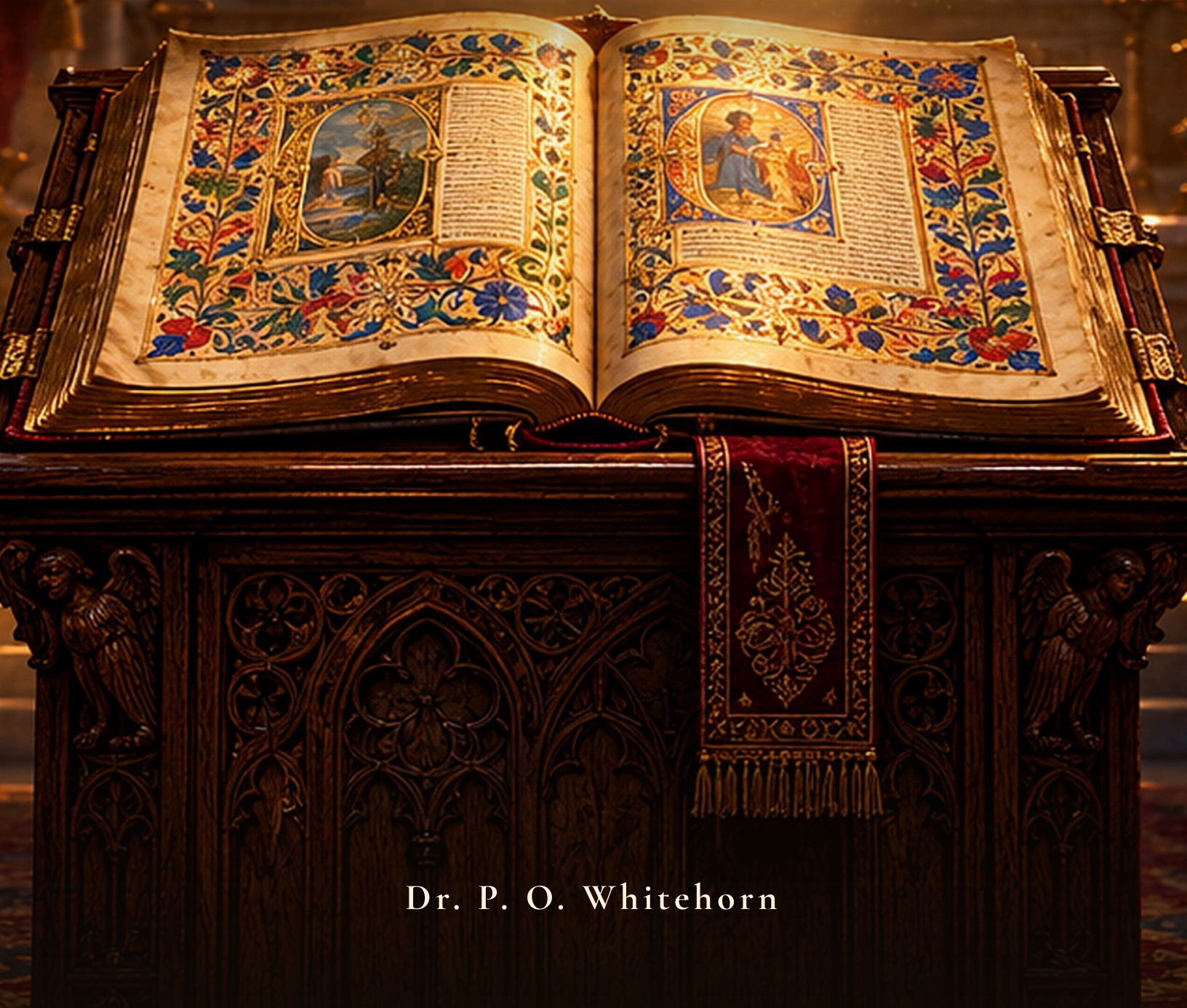


P S A L M S O N G

Companion Workbook

*All 150 Psalms · summaries, memory verses, Hebrew words, quizzes and
class questions*



Dr. P. O. Whitehorn

P S A L M S O N G

Companion Workbook

A study guide to the 150 Psalms, to read, print and use with the Psalm Song app

Dr. P. O. Whitehorn

Ives & Sebastian Press

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Memory verses for Psalms 1–25 are the author's own translation. All other Scripture is from the World English Bible, which is in the public domain. Hebrew text: the Westminster Leningrad Codex, with word data from the Open Scriptures Hebrew Bible (CC BY 4.0).

Download this book, or the pages for any single psalm, free at ispress.de/psalms/workbook.

How to use this workbook

Every psalm in this book has two pages. The first page tells you what the psalm is about: one sentence to remember it by, a picture word, a memory verse, one Hebrew word from the psalm, the way the psalm moves from start to finish, and the places where the New Testament quotes it. The second page is a worksheet: fill in the blanks, check yourself, talk it over, and write the psalm's message in your own words. The answers are printed upside down at the foot of each worksheet.

LISTEN FIRST

The Psalms were written to be heard. Each lesson has a code you can scan with your phone to hear that psalm sung, free, at ispress.de/psalms. In the **Psalm Song** app you can listen, read the psalm in English and in Hebrew, and play the Learn games that drill the same summaries, picture words and Hebrew words you will find here. Listen once before you read the page, and once more after you finish the worksheet.

ON YOUR OWN

Take one psalm a day. Read the psalm itself in your Bible, read the first page, then try the worksheet without looking back. Tick the boxes at the bottom of the worksheet as you go, and use the tracker at the back of the book to watch the whole Psalter fill in.

IN A CLASS

Hand out the two pages for one psalm (each psalm is its own download at ispress.de/psalms/workbook). Play the song, read the psalm aloud, and work through the first page together. Give the worksheet ten minutes, then use the three “Talk it over” questions for discussion. A class of an hour can do one psalm well, or two short ones.

A SIX-WEEK STARTER COURSE

1	Psalm 1	The two ways: where the whole book begins
2	Psalm 23	The Shepherd: trusting God in the valley
3	Psalm 51	Forgiveness: how to come back to God
4	Psalm 22	The cry from the cross
5	Psalm 90	Life is short: learning to number our days
6	Psalm 150	Praise: where the whole book ends

A YEAR IN THE PSALMS

Three psalms a week takes a class through all 150 in a year. The tables on the next pages show other ways in: by writer, by collection and by theme.

The shape of the Psalms

The Psalter is five books, and each of the first four ends with a short blessing of praise (41:13, 72:19, 89:52, 106:48). Psalm 150 closes the fifth and the whole book with one long Hallelujah.

Book I Psalms 1–41

Psalms 1–41: mostly David, mostly personal.

Book II Psalms 42–72

Psalms 42–72: Korah, then David, ending 'The prayers of David are ended.'

Book III Psalms 73–89

Psalms 73–89: Asaph and Korah; the crisis of the covenant.

Book IV Psalms 90–106

Psalms 90–106: Moses, and 'The LORD reigns.'

Book V Psalms 107–150

Psalms 107–150: return, ascent and praise.

SUNG OR PREACHED

Most psalms were sung, often back and forth between a leader and the people. A few are teaching psalms: sermons in poetry, meant to be heard and taken to heart. Each lesson tells you which kind the psalm is.

Cantillated 135

Sung: chanted back and forth between a leader and the people.

All the others.

Didactic 10

Preached: a teaching psalm, a sermon meant to be heard, not sung.

1, 14, 15, 32, 37, 49, 78, 112, 119, 127

Composite 5

Sung and preached: it moves from one mode into the other.

19, 27, 34, 89, 108

Who wrote the Psalms

Most psalms carry a heading that names a writer or a group of singers. The numbers below are the psalms that each name appears on.

Psalms of David 73

The shepherd king: about half the Psalter carries his name.

3, 4, 5, 6, 7, 8, 9, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 34, 35, 36, 37, 38, 39, 40, 41, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 68, 69, 70, 86, 101, 103, 108, 109, 110, 122, 124, 131, 133, 138, 139, 140, 141, 142, 143, 144, 145

Psalms of Asaph 12

David's worship leader (1 Chronicles 16:5). Hard questions, honest answers.

50, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83

Psalms of Moses 1

The oldest psalm, from the man of God.

90

Ethan the Ezrahite 1

A wise man (1 Kings 4:31): God's covenant with David.

89

Sons of Korah 11

Temple singers, descendants of the Korah who rebelled in Numbers 16. Grace for a rebel's family.

42, 44, 45, 46, 47, 48, 49, 84, 85, 87, 88

Psalms of Solomon 2

The king of wisdom and builder of the Temple.

72, 127

Heman the Ezrahite 1

A wise man (1 Kings 4:31) and a son of Korah: the darkest psalm.

88

No Name Given 50

Psalms with no author in their heading. The New Testament names David for Psalms 2 and 95.

1, 2, 10, 33, 43, 66, 67, 71, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 102, 104, 105, 106, 107, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 123, 125, 126, 128, 129, 130, 132, 134, 135, 136, 137, 146, 147, 148, 149, 150

Collections

Some psalms belong to families: groups sung together, written in the same form, or gathered around one subject.

Songs of Ascents 15

Pilgrims singing their way up to Jerusalem.

120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134

The Final Hallel 5

Every one begins and ends 'Hallelujah'.

146, 147, 148, 149, 150

The LORD Reigns 7

Yahweh Himself is King.

47, 93, 95, 96, 97, 98, 99

Psalms That Call for Justice 8

Prayers that hand vengeance to God.

35, 58, 59, 69, 83, 109, 137, 139

Creation Psalms 5

God seen in what He made.

8, 19, 29, 104, 148

The Egyptian Hallel 6

Sung at Passover. Jesus sang a hymn after the Last Supper (Matthew 26:30).

113, 114, 115, 116, 117, 118

Royal Psalms 11

The King on David's throne, fulfilled in Christ.

2, 18, 20, 21, 45, 72, 89, 101, 110, 132, 144

The Seven Penitential Psalms 7

The church's psalms of repentance.

6, 32, 38, 51, 102, 130, 143

Alphabet Psalms 9

Each line or stanza starts with the next Hebrew letter.

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

History Psalms 5

Israel's story retold.

78, 105, 106, 135, 136

Themes

When you need a psalm for a moment in life, start here.

God Will Not Abandon You ¹⁸

3, 22, 23, 30, 31, 41, 44, 56, 71, 91, 116, 121, 124, 125, 129, 138, 139, 142

Forgiveness & Repentance ¹³

6, 25, 32, 38, 51, 79, 85, 86, 99, 103, 106, 130, 143

God in Creation ¹⁶

8, 19, 29, 33, 65, 93, 96, 104, 114, 121, 134, 135, 136, 139, 147, 148

Crying Out in Distress ³⁴

5, 6, 10, 12, 13, 22, 28, 35, 38, 42, 43, 44, 55, 56, 60, 69, 70, 74, 77, 79, 80, 86, 88, 89, 102, 106, 109, 120, 123, 130, 137, 141, 142, 143

Justice on the Wicked ³³

7, 9, 10, 11, 17, 35, 36, 37, 50, 52, 53, 58, 59, 64, 68, 72, 73, 75, 76, 79, 82, 83, 92, 94, 97, 98, 101, 109, 129, 137, 140, 146, 149

Israel's Story ²¹

44, 60, 66, 68, 74, 77, 78, 80, 81, 83, 85, 89, 105, 106, 107, 111, 114, 126, 132, 135, 136

Life Is Short ⁵

39, 49, 90, 102, 103

The LORD Reigns ²⁴

2, 9, 24, 29, 33, 45, 46, 47, 67, 68, 72, 76, 82, 93, 96, 97, 98, 99, 100, 110, 113, 145, 146, 149

Refuge in Trouble ³⁸

3, 4, 5, 7, 11, 16, 17, 18, 20, 23, 27, 31, 34, 46, 54, 55, 56, 57, 59, 61, 62, 70, 91, 94, 107, 108, 115, 116, 118, 121, 123, 124, 125, 138, 140, 141, 142, 144

The King & the Messiah ¹⁷

2, 16, 18, 20, 21, 22, 24, 40, 45, 61, 69, 72, 89, 110, 118, 132, 144

God's Word ⁹

1, 12, 19, 50, 78, 81, 95, 119, 147

Praise & Thanksgiving ⁵⁸

8, 9, 18, 21, 28, 29, 30, 33, 34, 36, 40, 47, 48, 50, 52, 54, 57, 63, 65, 66, 67, 71, 75, 81, 84, 86, 87, 92, 95, 96, 98, 100, 103, 104, 105, 107, 108, 111, 112, 113, 115, 116, 117, 118, 122, 124, 126, 134, 135, 136, 138, 144, 145, 146, 147, 148, 149, 150

Zion & the House of God ²⁴

14, 15, 24, 26, 27, 42, 43, 46, 48, 65, 74, 76, 84, 87, 97, 99, 102, 122, 125, 128, 132, 133, 134, 137

The Two Ways ²⁴

1, 14, 15, 26, 37, 49, 52, 53, 73, 78, 90, 92, 94, 101, 111, 112, 115, 119, 127, 128, 131, 133, 139, 141

Enemies & Betrayal ¹¹

35, 41, 54, 55, 59, 64, 83, 109, 120, 129, 140

Waiting on God ²⁶

4, 13, 25, 27, 37, 38, 39, 40, 42, 43, 60, 62, 63, 80, 85, 88, 90, 95, 108, 120, 123, 126, 127, 130, 131, 143

I

I

Wisdom Instruction

Writer not named · Book I

PICTURE WORD

Tree

IN ONE SENTENCE



he person who delights in God's law, not the way of the wicked, is blessed like a fruitful tree.

Remember it: Psalm One: plant your roots in God's word and grow like a tree.

MEMORY VERSE

And he shall be like a tree planted by
streams of water
which yields its fruit in its season
and its leaf does not wither
and all that he does prospers

Psalm 1:3 · the author's translation

HEBREW WORD

אַשְׁרֵי

"blessed" · verse 1

In the Psalms: 26 times, in 19 psalms

אַשְׁרֵי, "blessed," is the very first word of the Psalter. It is a plural exclamation, something like "Oh, how happy!" It describes the flourishing life of someone walking God's way, and the same word returns in Psalm 2:12, framing the doorway into the whole book.

HOW THE PSALM MOVES

- 1-3 The blessed person rejects wicked counsel and delights in God's law.
- 4-5 The wicked blow away like chaff and cannot stand.
- 6 The LORD knows the righteous way; the wicked way perishes.

MY NOTES



Listen. Hear Psalm 1 in the **Psalm Song** app, or free at ispress.de/psalms/1.

Didactic. Preached: a teaching psalm, a sermon meant to be heard, not sung.

The Two Ways

God's Word

FILL IN THE BLANKS

The person who _____ in God's law, not the way of the _____, is blessed like a fruitful _____.

CHECK YOURSELF

- Where does the blessed person find delight?

☐ (A) In the counsel of the wicked	☐ (B) In Yahweh's law
☐ (C) In great riches	☐ (D) In the seat of scoffers
- What are the wicked compared to?

☐ (A) A tree by streams	☐ (B) A strong tower
☐ (C) Chaff the wind drives away	☐ (D) A lion in hiding
- When does the blessed person meditate on God's law?

☐ (A) Day and night	☐ (B) Only on the Sabbath
☐ (C) Once a year	☐ (D) Only in trouble

TALK IT OVER

1. Verse 1 moves from walking to standing to sitting. What does that progression warn us about?

2. What does it mean that the LORD "knows" the way of the righteous?

3. What "streams of water" keep your faith green during a dry season?

IN YOUR OWN WORDS: WHAT DOES PSALM 1 TEACH?

- | | |
|---|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 3 by heart | ☐ I know the picture word |

Answers: Blanks: delights · wicked · tree · Check yourself: 1. B (v. 2) · 2. C (v. 4) · 3. A (v. 2)

Royal Proclamation

Writer not named · Book I · Royal Psalms

11

PICTURE WORD

Crown

IN ONE SENTENCE



he nations rage against the LORD and his Anointed King, but God laughs, enthrones his Son, and blesses all who take refuge.

Remember it: Psalm Two: earth's kings rage, but God has crowned his Son.

MEMORY VERSE

Kiss the Son
lest He become angry
and you perish in the way
for His wrath may suddenly burn

Blessed are all who take refuge in Him

Psalm 2:12 · the author's translation

HEBREW WORD

מְשִׁיחוֹ

"his anointed" · verse 2

In the Psalms: ten times, in 8 psalms

מְשִׁיחוֹ, "his anointed," comes from a verb meaning to smear or pour oil. Israel anointed kings and priests to mark them as God's chosen servants. This is the word behind "Messiah," and its Greek translation gives us "Christ."

HOW THE PSALM MOVES

- 1-3 Nations and rulers plot to throw off the LORD's rule.
- 4-6 God laughs and declares he has set his King on Zion.
- 7-9 The King announces God's decree: "You are my son."
- 10-12 Rulers are warned to serve the LORD and honor the Son.

IN THE NEW TESTAMENT

- v. 1-2 → Acts 4:25-26 The church prays it: the rulers rage against the Lord's Anointed, Jesus.
- v. 7 → Acts 13:33 Paul: God fulfilled 'You are my Son' by raising Jesus.
- v. 7 → Hebrews 1:5 The Son is greater than the angels.
- v. 7 → Hebrews 5:5 Christ did not appoint Himself High Priest; the Father called Him Son.
- v. 9 → Revelation 2:27 The risen Christ shares His iron rule with those who overcome.

MY NOTES



Listen. Hear Psalm 2 sung in the **Psalm Song** app, or free at ispress.de/psalms/2.

Cantillated. Sung: chanted back and forth between a leader and the people.

The King & the Messiah

The LORD Reigns

FILL IN THE BLANKS

The nations _____ against the LORD and his Anointed King, but God _____, enthrones his Son, and blesses all who take _____.

CHECK YOURSELF

- How does the One who sits in the heavens respond to the plotting kings?

☐ (A) He hides	☐ (B) He laughs
☐ (C) He bargains with them	☐ (D) He falls silent
- Where has the LORD set his King?

☐ (A) On the throne of Egypt	☐ (B) By the river Jordan
☐ (C) In the wilderness	☐ (D) On his holy hill of Zion
- Who is called blessed at the end of the psalm?

☐ (A) All who take refuge in him	☐ (B) The kings of the earth
☐ (C) Those who break his bonds	☐ (D) The judges of the earth

TALK IT OVER

1. What do the nations want to break free from in verse 3?

2. Why would God laugh at the plans of powerful rulers?

3. Where do you see people today wanting to "cast off the cords" of God's rule?

IN YOUR OWN WORDS: WHAT DOES PSALM 2 TEACH?

- | | |
|--|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 12 by heart | ☐ I know the picture word |

Lament Turning

Psalms of David · Book I

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

PICTURE WORD

Shield

IN ONE SENTENCE

*Surrounded by many enemies, David lies down and sleeps in peace because the LORD is his shield and saves.***Remember it:** Psalm Three: with God my shield around me, I can sleep.

MEMORY VERSE

But You, O Yahweh, are a shield around me
my glory
and the lifter of my head

Psalm 3:3 · the author's translation

HEBREW WORD

מִגֶּן

"shield" · verse 3

In the Psalms: nineteen times, in 14 psalms

מִגֶּן, "shield," names the small shield a soldier carried into battle. David says the LORD is a shield "around me," protection on every side, not just in front. The same picture appears often in the Psalms for God guarding his people.

HOW THE PSALM MOVES

1-2 Enemies multiply and say God will not help him.

3-4 The LORD is his shield, and he answers prayer.

5-6 He sleeps, wakes, and refuses to fear the crowd.

7-8 He asks God to rise and save; salvation is the LORD's.

MY NOTES

**Listen.** Hear Psalm 3 sung in the **Psalm Song** app, or free at ispress.de/psalms/3.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

God Will Not Abandon You

FILL IN THE BLANKS

Surrounded by many _____, David lies down and _____ in peace because the LORD is his _____ and saves.

CHECK YOURSELF

1. What do many people say about David's soul?

- ☐ (A) He is the greatest king
- ☐ (C) He will rule forever

- ☐ (B) There is no help for him in God
- ☐ (D) He has sinned too much

2. Why could David lie down, sleep, and wake again?

- ☐ (A) His army stood guard
- ☐ (C) Yahweh sustains him

- ☐ (B) His enemies went home
- ☐ (D) He was in a strong city

3. To whom does salvation belong?

- ☐ (A) To the king
- ☐ (C) To the priests

- ☐ (B) To the strongest army
- ☐ (D) To Yahweh

TALK IT OVER

1. What three things does David call the LORD in verse 3?

2. What does it mean that God "lifts up my head"?

3. What keeps you awake at night, and how could this psalm help you rest?

IN YOUR OWN WORDS: WHAT DOES PSALM 3 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 3 by heart

- ☐ I can say what it teaches
- ☐ I know the picture word

Lament Exhortation

Psalms of David · Book I

"For the choir director, with stringed instruments, a Psalm of David"

PICTURE WORD

Pillow

IN ONE SENTENCE



n distress David prays, calls others to trust the LORD, and lies down in peace because God alone gives safety.

Remember it: Psalm Four: lay your head on God's peace like a pillow.

MEMORY VERSE

In peace together
I will lie down
and sleep
for You alone O Yahweh
make me dwell in safety

Psalm 4:8 · the author's translation

HEBREW WORD

בְּשָׁלוֹם

"in peace" · verse 8

In the Psalms: 27 times, in 19 psalms

שָׁלוֹם, "peace," comes from a root meaning whole or complete. It is more than the absence of trouble: it means wholeness, well-being, and everything being as it should. David lies down "in peace" while the trouble is still there, because the LORD alone keeps him safe.

HOW THE PSALM MOVES

- 1** David asks God to answer and relieve his distress.

- 2–5** He warns others to stop chasing lies and trust the LORD.

- 6–8** God's face gives gladness and safe, peaceful sleep.

IN THE NEW TESTAMENT

v. 4 → **Ephesians 4:26** Be angry and do not sin.

MY NOTES



Listen. Hear Psalm 4 sung in the **Psalm Song** app, or free at ispress.de/psalms/4.

Cantillated. Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Waiting on God

FILL IN THE BLANKS

In _____ David prays, calls others to trust the LORD, and lies down in _____ because God alone gives _____.

CHECK YOURSELF

1. What does David tell people to do on their beds?

- ☐ (A) Search their hearts and be still
- ☐ (C) Count their money

- ☐ (B) Plan their revenge
- ☐ (D) Sing loudly

2. What does David say God put in his heart?

- ☐ (A) Fear
- ☐ (C) Anger

- ☐ (B) Gladness
- ☐ (D) Pride

3. What does David compare his gladness to?

- ☐ (A) Victory in war
- ☐ (C) A wedding day

- ☐ (B) A royal feast
- ☐ (D) Increased grain and new wine

TALK IT OVER

1. Many ask, "Who will show us any good?" How does David answer them?

2. What does it mean to ask God to let "the light of your face" shine on us?

3. What habit could help you go to sleep trusting God instead of worrying?

IN YOUR OWN WORDS: WHAT DOES PSALM 4 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 8 by heart

- ☐ I can say what it teaches
- ☐ I know the picture word

Lament Participation

Psalms of David · Book I

"For the choir director, for flutes, a Psalm of David"

PICTURE WORD

Morning

IN ONE SENTENCE



Each morning David lays his prayer before a holy God who hates evil, asking to be led in righteousness.

Remember it: Psalm Five: each morning, lay your prayer out and watch for God.

MEMORY VERSE

O Yahweh
in the morning You hear my voice
in the morning I lay before You
and I watch

Psalm 5:3 · the author's translation

HEBREW WORD

בֹּקֶר

"morning" · verse 3

In the Psalms: eighteen times, in 14 psalms

בֹּקֶר, "morning," is the break of day, when Israel's priests offered the morning sacrifice. David says twice in verse 3 that he will pray "in the morning," then "watch expectantly," like a lookout scanning for an answer. Prayer opens the day before anything else does.

HOW THE PSALM MOVES

- 1-3 David brings his prayer to his King every morning.
- 4-6 God is holy; evil and lies cannot live with him.
- 7-8 By God's love David enters to worship and asks for guidance.
- 9-10 He describes deceitful enemies and asks God to judge them.
- 11-12 Those who take refuge in God rejoice under his favor.

IN THE NEW TESTAMENT

v. 9 → **Romans 3:13** Their throat is an open grave: all have sinned.

MY NOTES



Listen. Hear Psalm 5 sung in the **Psalm Song** app, or free at ispress.de/psalms/5.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Refuge in Trouble

FILL IN THE BLANKS

Each _____ David lays his prayer before a _____ God who hates evil, asking to be led in _____.

CHECK YOURSELF

- What does David do after laying his requests before God?

☐ (A) Goes back to sleep	☐ (B) Watches expectantly
☐ (C) Forgets about them	☐ (D) Asks someone else
- What is said about evil and God?

☐ (A) Evil can't live with him	☐ (B) God ignores evil
☐ (C) Evil is too strong for him	☐ (D) God enjoys a little evil
- With what does God surround the righteous?

☐ (A) Walls of stone	☐ (B) Many soldiers
☐ (C) Great wealth	☐ (D) Favor, as with a shield

TALK IT OVER

1. How does David describe the speech of his enemies in verse 9?

2. Why can David enter God's house only "in the abundance of your loving kindness"?

3. What would change if you gave God the first minutes of your morning?

IN YOUR OWN WORDS: WHAT DOES PSALM 5 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 3 by heart

- ☐ I can say what it teaches
- ☐ I know the picture word

Penitential Lament

Psalms of David · Book I · The Seven Penitential Psalms

"For the choir director, with stringed instruments, upon the eighth, a Psalm of David"

PICTURE WORD

Tears

IN ONE SENTENCE



Worn out and weeping, David begs the LORD for mercy and healing, and then knows his prayer is heard.

Remember it: Psalm Six: my tears soaked the bed, but the LORD heard my weeping.

MEMORY VERSE

Yahweh has heard my plea
Yahweh receives my prayer

Psalm 6:9 · the author's translation

HEBREW WORD

חַנּוּנִי

"have mercy on me" · verse 2

In the Psalms: 32 times, in 22 psalms

חַנּוּנִי, "have mercy on me," comes from a root meaning to be gracious, to show undeserved favor. The related noun means "grace" or "favor." The names Hannah and John both grow from this root. David asks for what he cannot earn: God's kindness to someone who is faint.

HOW THE PSALM MOVES

- 1-3 David begs God not to discipline in anger, but heal.
- 4-5 He asks God to return and save him for love's sake.
- 6-7 He describes nights of groaning and tears.
- 8-10 He knows the LORD has heard, and enemies will turn back.

IN THE NEW TESTAMENT

v. 8 → **Matthew 7:23** Jesus: 'Depart from me, you who work iniquity.'

MY NOTES



Listen. Hear Psalm 6 sung in the **Psalm Song** app, or free at ispress.de/psalms/6.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Forgiveness & Repentance

FILL IN THE BLANKS

Worn out and _____, David begs the LORD for _____ and _____, and then knows his prayer is heard.

CHECK YOURSELF

1. What does David say he does every night?

☐ (A) Sings praises

☐ (C) Plans battles

☐ (B) Floods his bed with tears

☐ (D) Sleeps soundly

2. For whose sake does David ask God to save him?

☐ (A) For his loving kindness' sake

☐ (C) For the army's sake

☐ (B) For David's good deeds

☐ (D) For the priests' sake

3. What has Yahweh heard?

☐ (A) The enemies' boasting

☐ (C) The songs of the temple

☐ (B) The trumpet of war

☐ (D) The voice of David's weeping

TALK IT OVER

1. What words show how worn out David is in body and soul?

2. What does this psalm teach about how God treats people who cry out to him?

3. Is it right for a believer to pray, "How long?" When have you prayed that?

IN YOUR OWN WORDS: WHAT DOES PSALM 6 TEACH?

☐ I listened to the song

☐ I can say verse 9 by heart

☐ I can say what it teaches

☐ I know the picture word

Lament Vindication

7
VII

Psalms of David · Book I

"A Shiggaion of David, which he sang to Yahweh concerning the words of Cush the Benjaminite"

PICTURE WORD

Lion

IN ONE SENTENCE

*unted like prey by a lion, David takes refuge in the righteous God who judges and defends the upright.***Remember it:** Psalm Seven: when the lion hunts, run to the righteous Judge.

MEMORY VERSE

O Yahweh my God
 in You I take refuge
 save me from all who pursue me
 and deliver me

Psalm 7:1 · the author's translation

HEBREW WORD

חֲסִיתִי

"I take refuge" · verse 1

In the Psalms: 25 times, in 20 psalms

חֲסִיתִי, "I take refuge," comes from a verb meaning to seek shelter, to hide oneself in a safe place. The Psalms use it for running to God as a chick hides under its mother's wings. David does not hide in a cave or fortress but in God himself.

HOW THE PSALM MOVES

- 1–2** David takes refuge in God from pursuers like a lion.
- 3–5** He declares his innocence and invites judgment if guilty.
- 6–11** He calls the righteous Judge to rise and defend the upright.
- 12–16** The wicked fall into the pit they dug.
- 17** David thanks and praises the LORD Most High.

MY NOTES

**Listen.** Hear Psalm 7 sung in the **Psalm Song** app, or free at ispress.de/psalms/7.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Justice on the Wicked

FILL IN THE BLANKS

Hunted like prey by a _____, David takes _____ in the righteous God who _____ and defends the upright.

CHECK YOURSELF

1. What does David fear his pursuers will do to his soul?

☐ (A) Tear it like a lion

☐ (B) Sell it as a slave

☐ (C) Lock it in prison

☐ (D) Drown it in a river

2. What happens to the man who digs a hole?

☐ (A) He finds treasure

☐ (B) He escapes

☐ (C) He falls into the pit he made

☐ (D) He hides his enemies

3. Where does David say his shield is?

☐ (A) In the king's armory

☐ (B) With God

☐ (C) In his own hand

☐ (D) Among his friends

TALK IT OVER

1. What does David ask God to do if he really is guilty (vv. 3-5)?

2. Why is it good news that God is a righteous judge?

3. How have you seen someone's own trouble "return to his own head"?

IN YOUR OWN WORDS: WHAT DOES PSALM 7 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 1 by heart

☐ I know the picture word

Refrain Praise

Psalms of David · Book I · Creation Psalms

“For the choir director, upon the Gittith, a Psalm of David”

IN ONE SENTENCE



he majestic LORD, whose glory fills the heavens, crowns tiny humanity with honor and gives us rule over creation.

Remember it: Psalm Eight: under the stars, God remembers little me.

MEMORY VERSE

What is man that You remember him
and the son of man that You care for him

Psalm 8:4 · the author's translation

HEBREW WORD

שִׁמְךָ

“your name” · verse 1

In the Psalms: 109 times, in 63 psalms

שִׁמְךָ, “your name,” uses the Hebrew word for name, which stands for a person's character and reputation. To praise God's name is to praise who he is. The psalm opens and closes with the same line about God's majestic name, wrapping humanity's honor inside God's greater glory.

HOW THE PSALM MOVES

- 1–2 The LORD's name is majestic; even infants silence his enemies.
- 3–4 Beside the stars, why does God care for man?
- 5–8 God crowns humans with glory and gives them rule over creation.
- 9 The opening praise of God's majestic name returns.

IN THE NEW TESTAMENT

- v. 2 → **Matthew 21:16** Jesus defends the children praising Him in the temple.
- v. 4–6 → **Hebrews 2:6–8** Jesus, made a little lower than the angels, is crowned with glory.
- v. 6 → **1 Corinthians 15:27** God has put all things under Christ's feet.

MY NOTES



Listen. Hear Psalm 8 sung in the **Psalm Song** app, or free at ispress.de/psalms/8.

Cantillated. Sung: chanted back and forth between a leader and the people.

God in Creation

Praise & Thanksgiving

FILL IN THE BLANKS

The _____ LORD, whose glory fills the _____, crowns tiny humanity with _____ and gives us rule over creation.

CHECK YOURSELF

1. From whose lips has God established strength?

- ☐ (A) Kings and princes
- ☐ (C) Priests and prophets

- ☐ (B) Babes and infants
- ☐ (D) Soldiers and captains

2. What does David consider when he wonders "what is man"?

- ☐ (A) The heavens, moon, and stars
- ☐ (C) His army

- ☐ (B) The temple in Zion
- ☐ (D) The great sea monsters

3. With what has God crowned man?

- ☐ (A) Gold and jewels
- ☐ (C) Wisdom and strength

- ☐ (B) Long life
- ☐ (D) Glory and honor

TALK IT OVER

1. Which creatures do verses 7-8 place under human care?

2. What does it tell you about God that he thinks of people so small?

3. How should being "crowned with glory" change the way we treat others and creation?

IN YOUR OWN WORDS: WHAT DOES PSALM 8 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 4 by heart

- ☐ I can say what it teaches
- ☐ I know the picture word

Judicial Progression

Psalms of David · Book I · Alphabet Psalms

"For the choir director, according to Muth Labben, a Psalm of David"

PICTURE WORD

Throne

IN ONE SENTENCE

*avid thanks the LORD who reigns on his throne, judges the nations justly, and never forgets the afflicted.***Remember it:** Psalm Nine: thank the King on the throne who never forgets the poor.

MEMORY VERSE

Those who know Your name trust in You
 for You do not forsake those who seek You
 O Yahweh

Psalm 9:10 · the author's translation

HEBREW WORD

אודה

"I will give thanks" · verse 1

In the Psalms: 67 times, in 44 psalms

אודה, "I will give thanks," comes from a root meaning to praise, thank, or openly acknowledge. Thanks in Hebrew is public: David will "tell of all your marvelous works." Leah named her son Judah from this root, saying, "This time I will praise the LORD."

HOW THE PSALM MOVES

- 1–2** David gives whole-hearted thanks and sings to the Most High.
- 3–6** God has judged the nations and upheld David's cause.
- 7–12** The LORD reigns, judges justly, and shelters the oppressed.
- 13–18** David asks mercy; the wicked are snared, the needy remembered.
- 19–20** He calls God to rise and remind nations they are men.

MY NOTES

**Listen.** Hear Psalm 9 sung in the **Psalm Song** app, or free at ispress.de/psalms/9.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

Justice on the Wicked

The LORD Reigns

FILL IN THE BLANKS

David thanks the LORD who reigns on his _____, judges the _____ justly, and never forgets the _____.

CHECK YOURSELF

1. What will the LORD be for the oppressed?

- ☐ (A) A distant ruler
☐ (C) A high tower

- ☐ (B) A strict judge only
☐ (D) A silent witness

2. Where are the nations caught?

- ☐ (A) In the pit and net they made
☐ (C) In the desert

- ☐ (B) In a great flood
☐ (D) In a fiery furnace

3. What is promised about the needy?

- ☐ (A) They will become kings
☐ (C) They will never suffer

- ☐ (B) They shall not always be forgotten
☐ (D) They will be rich soon

TALK IT OVER

1. How many times does David say "I will" in verses 1-2, and what does he promise?

2. What does verse 10 say about those who know God's name?

3. Who are the forgotten people around you that God has not forgotten?

IN YOUR OWN WORDS: WHAT DOES PSALM 9 TEACH?

- ☐ I listened to the song
☐ I can say verse 10 by heart

- ☐ I can say what it teaches
☐ I know the picture word

Lament Delay

Writer not named · Book I · Alphabet Psalms

IN ONE SENTENCE



he wicked hunt the weak and say God does not see, yet the LORD hears the afflicted and judges.

Remember it: Psalm Ten: the wicked set a trap, but God still sees and hears.

MEMORY VERSE

Why O Yahweh
do You stand far away
why do You hide in times of trouble

Psalm 10:1 · the author's translation

HEBREW WORD

לָמָּה

"why" · verse 1

In the Psalms: 66 times, in 41 psalms

לָמָּה, "why," is the first word of the psalm. It is an honest question asked to God, not about God behind his back. The same word opens the cry of Psalm 22:1. Psalms 9 and 10 together form one alphabetic poem, and the Greek Bible counts them as one psalm.

HOW THE PSALM MOVES

- I** The psalmist asks why the LORD stands far off.
- 2–11** The proud wicked hunt the helpless and say God won't see.
- 12–15** He calls God to rise, because God does see.
- 16–18** The LORD is King forever and hears the humble.

IN THE NEW TESTAMENT

v. 7 → Romans 3:14 Their mouth is full of cursing; all have sinned.

MY NOTES



Listen. Hear Psalm 10 sung in the **Psalm Song** app, or free at ispress.de/psalms/10.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Justice on the Wicked

FILL IN THE BLANKS

The wicked _____ the weak and say God does not see, yet the LORD
_____ the _____ and judges.

CHECK YOURSELF

- What does the wicked man say in his heart?

☐ (A) "God is watching me"	☐ (B) "God has forgotten. He will never see it"
☐ (C) "I must repent"	☐ (D) "I need help"
- What animal is the wicked compared to as he lies in wait?

☐ (A) A wolf	☐ (B) A serpent
☐ (C) A bear	☐ (D) A lion
- Whom does God help, according to verse 14?

☐ (A) The victim and the fatherless	☐ (B) The proud
☐ (C) The wealthy	☐ (D) Those who boast

TALK IT OVER

- List three things the wicked man says or thinks about God in this psalm.

- How does verse 14 answer the question of verse 1?

- When God seems far off, what can we still do?

IN YOUR OWN WORDS: WHAT DOES PSALM 10 TEACH?

- | | |
|---|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 1 by heart | ☐ I know the picture word |

Declarative Confidence

Psalms of David · Book I

"For the choir director, of David"

IN ONE SENTENCE



When foundations shake and enemies shoot arrows, the righteous LORD on his heavenly throne is the safe refuge.

Remember it: Psalm Eleven: when foundations crack, the LORD's throne still stands.

MEMORY VERSE

Yahweh is in His holy temple
 Yahweh
 His throne is in heaven
 His eyes see
 His eyelids test the sons of man

Psalm 11:4 · the author's translation

HEBREW WORD

צַדִּיק

"righteous" · verse 3

In the Psalms: 52 times, in 32 psalms

צַדִּיק, "righteous," describes someone who is right by God's standard and lives in line with it. In verse 3 the word names God's people; in verse 7 it describes the LORD himself. His people can be called righteous because they belong to a righteous God.

HOW THE PSALM MOVES

- 1-3 Friends urge flight because the foundations are shaking.
- 4-5 The LORD sits enthroned in heaven, examining everyone.
- 6-7 He judges the wicked; the upright will see his face.

MY NOTES



Listen. Hear Psalm 11 sung in the **Psalm Song** app, or free at ispress.de/psalms/11.

Cantillated. Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Justice on the Wicked

FILL IN THE BLANKS

When _____ shake and enemies shoot _____, the righteous LORD on his heavenly throne is the safe _____.

CHECK YOURSELF

1. What advice is given to David's soul?

- | | |
|--|---|
| ☐ (A) Fight back | ☐ (B) Flee as a bird to your mountain |
| ☐ (C) Hide in the temple | ☐ (D) Make peace with them |

2. Where is the LORD's throne?

- | | |
|--------------------------------------|---|
| ☐ (A) In heaven | ☐ (B) In Egypt |
| ☐ (C) On the sea | ☐ (D) In the valley |

3. What will the upright see?

- | | |
|---|--|
| ☐ (A) Their enemies' riches | ☐ (B) A great army |
| ☐ (C) His face | ☐ (D) The end of the world |

TALK IT OVER

1. What are the "foundations" being destroyed in verse 3?

2. What do God's eyes do in verse 4, and why is that comforting?

3. When everything seems unstable, what tempts you to "flee" instead of trust?

IN YOUR OWN WORDS: WHAT DOES PSALM 11 TEACH?

- | | |
|---|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 4 by heart | ☐ I know the picture word |

Lament Divine Pivot

Psalms of David · Book I

"For the choir director, upon the eighth, a Psalm of David"

PICTURE WORD

Silver

IN ONE SENTENCE



When lies and flattery fill the land, the LORD promises to rise for the needy, and his pure words last.

Remember it: Psalm Twelve: men's words are cheap; God's words are seven-times silver.

MEMORY VERSE

The words of Yahweh are pure words
like silver refined in a furnace on the earth
purified seven times

Psalm 12:6 · the author's translation

HEBREW WORD

אִמְרוֹת

"words" · verse 6

In the Psalms: 26 times, in 7 psalms

אִמְרוֹת, "words" or "sayings," comes from the common verb "to say." Here it means God's promises. Human lips flatter and lie, but God's sayings are like silver refined seven times: completely pure, with no impurity left.

HOW THE PSALM MOVES

- 1–4 The faithful vanish while lies and boasting fill the land.
- 5 The LORD promises to rise for the oppressed and needy.
- 6–8 God's pure words endure though the wicked strut about.

MY NOTES



Listen. Hear Psalm 12 sung in the **Psalm Song** app, or free at ispress.de/psalms/12.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

God's Word

FILL IN THE BLANKS

When lies and _____ fill the land, the LORD promises to rise for the _____, and his _____ words last.

CHECK YOURSELF

1. How do the people in verse 2 speak?

☐ (A) With honest hearts

☐ (C) With few words

☐ (B) With flattering lips and a double heart

☐ (D) In foreign tongues

2. How many times is the silver purified?

☐ (A) Three times

☐ (C) Seven times

☐ (B) Twelve times

☐ (D) Once

3. Why does the LORD say he will arise?

☐ (A) Because of the oppression of the weak

☐ (C) Because of a famine

☐ (B) Because the king asked

☐ (D) Because of the temple

TALK IT OVER

1. What do the boasters claim about their own lips in verse 4?

2. What does the picture of refined silver say about God's word?

3. Where do you hear flattery and spin today, and how do you test what is true?

IN YOUR OWN WORDS: WHAT DOES PSALM 12 TEACH?

☐ I listened to the song

☐ I can say verse 6 by heart

☐ I can say what it teaches

☐ I know the picture word

Answers: Blanks: flattery · needy · pure · Check yourself: 1. B (v. 2) · 2. C (v. 6) · 3. A (v. 5)

Lament Trust

Psalms of David · Book I

"For the choir director, a Psalm of David"

PICTURE WORD

Hidden Face

IN ONE SENTENCE

*David asks how long God will hide his face, then chooses to trust God's steadfast love and sing.***Remember it:** Psalm Thirteen: four times "How long?", then one song of trust.

MEMORY VERSE

But I
 in Your steadfast love have trusted
 my heart shall rejoice in Your salvation
 I will sing to Yahweh
 for He has dealt bountifully with me

Psalm 13:5 · the author's translation

HEBREW WORD

אָנָה

"how long" · verse 1

In the Psalms: seven times, in 3 psalms

אָנָה, "how long," is part of the phrase that rings four times in verses 1-2. It is the cry of someone who believes God will act but cannot see when. The question itself is an act of faith: David keeps talking to God while he waits.

HOW THE PSALM MOVES

- 1-2 David asks four times, "How long?"
- 3-4 He asks God to answer and give light to his eyes.
- 5-6 He chooses to trust God's love and sing.

MY NOTES

**Listen.** Hear Psalm 13 sung in the **Psalm Song** app, or free at ispress.de/psalms/13.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Waiting on God

FILL IN THE BLANKS

David asks how long God will _____ his face, then chooses to trust God's _____ love and _____.

CHECK YOURSELF

1. What does David ask God to give his eyes?

☐ (A) Tears

☐ (C) Light

☐ (B) Sleep

☐ (D) Rest

2. In what does David trust?

☐ (A) His army

☐ (C) His own wisdom

☐ (B) God's loving kindness

☐ (D) His friends

3. Why will David sing to Yahweh?

☐ (A) Because he has been good to me

☐ (C) Because it is a feast day

☐ (B) Because the enemy left

☐ (D) Because the king commanded it

TALK IT OVER

1. What four "How long" questions does David ask?

2. What changes in David between verse 4 and verse 5?

3. What helps you move from complaint to trust when God seems hidden?

IN YOUR OWN WORDS: WHAT DOES PSALM 13 TEACH?

☐ I listened to the song

☐ I can say verse 5 by heart

☐ I can say what it teaches

☐ I know the picture word

Corruption Declaration

Psalms of David · Book I

"For the choir director, of David"

PICTURE WORD

Fool

IN ONE SENTENCE

*he fool says there is no God, and all have turned bad, yet God shelters the poor and brings salvation from Zion.***Remember it:** Psalm Fourteen: the fool says "no God," but God is with the righteous.

MEMORY VERSE

The fool says in his heart
 "There is no God"
 They are corrupt
 their deeds are abominable
 there is no one who does good

Psalm 14:1 · the author's translation

HEBREW WORD

נָבִיל

"fool" · verse 1

In the Psalms: five times, in 4 psalms

נָבִיל, "fool," does not mean someone with low intelligence. It means someone morally and spiritually senseless, who lives as if God does not matter. In 1 Samuel 25 a man named Nabal fits his name: his own wife says folly is with him.

HOW THE PSALM MOVES

- 1-3 The fool denies God, and the LORD finds no one good.
- 4-6 Evildoers devour God's people, but God stands with the righteous.
- 7 A longing for salvation to come out of Zion.

IN THE NEW TESTAMENT

v. 1-3 → **Romans 3:10-12** There is none righteous, no, not one.

MY NOTES

**Listen.** Hear Psalm 14 in the **Psalm Song** app, or free at ispress.de/psalms/14.**Didactic.** Preached: a teaching psalm, a sermon meant to be heard, not sung.

The Two Ways

Zion & the House of God

FILL IN THE BLANKS

The _____ says there is no God, and all have turned bad, yet God shelters the _____ and brings salvation from _____.

CHECK YOURSELF

1. What does the fool say in his heart?

☐ (A) "There is no God"

☐ (B) "God is good"

☐ (C) "I am wise"

☐ (D) "I need help"

2. What was the LORD looking for when he looked down from heaven?

☐ (A) Gold and silver

☐ (B) Strong armies

☐ (C) Anyone who understood and sought God

☐ (D) A new king

3. Who is the refuge of the poor?

☐ (A) The king

☐ (B) The wise

☐ (C) Their neighbors

☐ (D) Yahweh

TALK IT OVER

1. How do verses 1 and 3 describe the whole human race?

2. What does it mean that "God is in the generation of the righteous"?

3. How can a person believe in God with their mouth but say "no God" with their life?

IN YOUR OWN WORDS: WHAT DOES PSALM 14 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 1 by heart

☐ I know the picture word

Righteous Standard

Psalms of David · Book I

"A Psalm of David"

PICTURE WORD

Holy Hill

IN ONE SENTENCE

*Whoever may live with the LORD on his holy hill walks blamelessly, speaks truth, and keeps his word.***Remember it:** Psalm Fifteen: God's guests keep their word even when it hurts.

MEMORY VERSE

O Yahweh
 who may dwell in Your tent
 who may abide upon Your holy mountain

Psalm 15:1 · the author's translation

HEBREW WORD

יָגוּר

"he will dwell" · verse 1

In the Psalms: six times, in 5 psalms

יָגוּר, "he will dwell," comes from a verb meaning to live as a guest or resident foreigner. The Hebrew of verse 1 says "sojourn in your tent." The question is who may be welcomed as a guest in God's own home, and the answer is a person whose life matches the Host.

HOW THE PSALM MOVES

- 1 Who may live with the LORD on his holy hill?
- 2–4 The answer: a life of integrity, truth, and kept promises.
- 5 Honest with money, he will never be shaken.

MY NOTES

**Listen.** Hear Psalm 15 in the **Psalm Song** app, or free at ispress.de/psalms/15.**Didactic.** Preached: a teaching psalm, a sermon meant to be heard, not sung.

The Two Ways

Zion & the House of God

FILL IN THE BLANKS

Whoever may live with the LORD on his _____ hill walks blamelessly, speaks _____, and keeps his _____.

CHECK YOURSELF

1. How does the guest of God keep an oath?

- | | |
|---|--|
| ☐ (A) Only when it is easy | ☐ (B) Even when it hurts |
| ☐ (C) Only before witnesses | ☐ (D) He never makes one |

2. What does the guest not do with his money?

- | | |
|---|---|
| ☐ (A) Give to the poor | ☐ (B) Pay his debts |
| ☐ (C) Lend it out for usury | ☐ (D) Bring an offering |

3. What is promised to the one who does these things?

- | | |
|--|--|
| ☐ (A) He shall never be shaken | ☐ (B) He will be rich |
| ☐ (C) He will be king | ☐ (D) He will live without trouble |

TALK IT OVER

1. Which of the qualities in verses 2-5 are about speech?

2. What does this psalm teach about what kind of God the LORD is?

3. Which line in this psalm is hardest for you to live out this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 15 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 1 by heart

☐ I know the picture word

Answers: Blanks: holy · truth · word · Check yourself: 1. B (v. 4) · 2. C (v. 5) · 3. A (v. 5)

Trust Delight

Psalms of David · Book I

"A Miktam of David"

IN ONE SENTENCE



David takes refuge in the LORD, his portion and joy, and trusts him with life, death, and the path of life.

Remember it: Psalm Sixteen: my boundary lines fall in pleasant places, and God is my portion.

MEMORY VERSE

You make known to me the path of life
fullness of joy is in Your presence
pleasures are at Your right hand
forever

Psalm 16:11 · the author's translation

HEBREW WORD

שָׁמְרָנִי

"preserve me" · verse 1

In the Psalms: 72 times, in 34 psalms

שָׁמְרָנִי, "preserve me," comes from the verb "to keep, guard, watch over." It is used for guarding a garden, keeping watch over a city, and the LORD as Israel's "keeper" in Psalm 121. David's first words ask God to stand guard over him.

HOW THE PSALM MOVES

- 1-4 David takes refuge in God, his only good, and rejects idols.
- 5-6 The LORD is his portion; his boundary lines are pleasant.
- 7-8 God counsels him, and with God at hand he stands firm.
- 9-11 Even death cannot hold him; God shows the path of life.

IN THE NEW TESTAMENT

- v. 8-11 → Acts 2:25-28 Peter at Pentecost: David spoke of the resurrection of Christ.
- v. 10 → Acts 13:35 Paul: God's Holy One did not see decay.

MY NOTES



Listen. Hear Psalm 16 sung in the **Psalm Song** app, or free at ispress.de/psalms/16.

Cantillated. Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

The King & the Messiah

FILL IN THE BLANKS

David takes refuge in the LORD, his _____ and _____, and trusts him with life, death, and the _____ of life.

CHECK YOURSELF

1. What does David have apart from the Lord?

☐ (A) Great wealth

☐ (C) Many friends

☐ (B) No good thing

☐ (D) A strong kingdom

2. Where have the lines fallen for David?

☐ (A) In pleasant places

☐ (C) By the sea

☐ (B) In the desert

☐ (D) In enemy land

3. What is found in God's presence?

☐ (A) Fear and trembling

☐ (C) Silence

☐ (B) Hard work

☐ (D) Fullness of joy

TALK IT OVER

1. What does David say God will not allow in verse 10?

2. What does it mean for the LORD himself to be someone's "portion" and "cup"?

3. What would it look like for you to set the LORD "always before" you?

IN YOUR OWN WORDS: WHAT DOES PSALM 16 TEACH?

☐ I listened to the song

☐ I can say verse 11 by heart

☐ I can say what it teaches

☐ I know the picture word

Lament Vindication

Psalms of David · Book I

"A prayer of David"

PICTURE WORD

Apple of Eye

IN ONE SENTENCE

*Innocent and pursued, David asks God to guard him like the apple of his eye and to satisfy him with God's face.***Remember it:** Psalm Seventeen: keep me as the apple of your eye.

MEMORY VERSE

Keep me as the apple of the eye
hide me in the shadow of Your wings

Psalm 17:8 · the author's translation

HEBREW WORD

צִדִּיק

"righteousness" · verse 1

In the Psalms: 49 times, in 27 psalms

צִדִּיק, "righteousness," means rightness, a just cause.

Verse 1 literally says, "Hear, LORD, righteousness."

David asks God to hear a case that is true and fair. The psalm ends with the same word: he will see God's face "in righteousness."

HOW THE PSALM MOVES

- 1-5 David presents his honest plea and tested heart.
- 6-9 He asks to be kept like the apple of God's eye.
- 10-12 Proud enemies surround him like a lurking lion.
- 13-15 He asks God to rise; he will be satisfied seeing God's face.

MY NOTES

**Listen.** Hear Psalm 17 sung in the **Psalm Song** app, or free at ispress.de/psalms/17.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Justice on the Wicked

FILL IN THE BLANKS

Innocent and pursued, David asks God to _____ him like the _____ of his eye and to satisfy him with God's _____.

CHECK YOURSELF

1. Under what does David ask God to hide him?

☐ (A) A great rock

☐ (C) A city wall

☐ (B) The shadow of your wings

☐ (D) A tent

2. What did God do when he visited David in the night?

☐ (A) Tried him and found nothing

☐ (C) Sent an angel

☐ (B) Gave him a dream

☐ (D) Rebuked him

3. With what will David be satisfied when he awakes?

☐ (A) Wealth

☐ (C) Seeing your form

☐ (B) Victory

☐ (D) A feast

TALK IT OVER

1. How does David contrast himself with "men of the world" in verses 14-15?

2. What does "apple of your eye" tell you about how God values his people?

3. What does it mean to be "satisfied" with God rather than with what this life offers?

IN YOUR OWN WORDS: WHAT DOES PSALM 17 TEACH?

☐ I listened to the song

☐ I can say verse 8 by heart

☐ I can say what it teaches

☐ I know the picture word

Answers: Blanks: apple · guard · face · Check yourself: 1. B (v. 8) · 2. A (v. 3) · 3. C (v. 15)

Ascending Petition

Psalms of David · Book I · Royal Psalms

"For the choir director, of the servant of Yahweh, David, who spoke to Yahweh the words of this song in the day Yahweh delivered him from the hand of all his enemies and from the hand of Saul"

IN ONE SENTENCE



he LORD, David's rock and fortress, rescues him from death, defeats his enemies, and exalts his anointed king.

Remember it: Psalm Eighteen: my Rock came down in the storm and pulled me out.

MEMORY VERSE

Yahweh is my rock
and my fortress
and my deliverer
my God
my rock in whom I take refuge
my shield
and the horn of my salvation
my stronghold

Psalm 18:2 · the author's translation

HEBREW WORD

סֶלַעַי

"my rock" · verse 2

In the Psalms: nine times, in 9 psalms

סֶלַעַי, "my rock," uses a word for a cliff or rocky crag, a high and hard place where no enemy can reach. Verse 2 uses two different Hebrew words for "rock," stacking pictures of safety. God is not just a shelter in the storm but solid ground under the feet.

HOW THE PSALM MOVES

- 1–3 David loves the LORD, his rock, fortress, and deliverer.
- 4–19 From death's cords he cries; God comes in storm and rescues.
- 20–30 God rewards faithfulness and lights his lamp.
- 31–45 God arms the king with strength and gives him victory.
- 46–50 The LORD lives; he shows loving kindness to his anointed.

IN THE NEW TESTAMENT

v. 49 → **Romans 15:9** The Gentiles will glorify God for His mercy.

MY NOTES



Listen. Hear Psalm 18 sung in the **Psalm Song** app, or free at ispress.de/psalms/18.

Cantillated. Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

The King & the Messiah

Praise & Thanksgiving

FILL IN THE BLANKS

The LORD, David's _____ and _____, rescues him from _____, defeats his enemies, and exalts his anointed king.

CHECK YOURSELF

1. From what did God draw David out?

- | | |
|--|--|
| ☐ (A) A deep pit | ☐ (B) Many waters |
| ☐ (C) A burning city | ☐ (D) A lion's den |

2. Why did God deliver him, according to verse 19?

- | | |
|--|--|
| ☐ (A) Because he was strong | ☐ (B) Because he paid a ransom |
| ☐ (C) Because his army was large | ☐ (D) Because he delighted in me |

3. What does God make David's feet like?

- | | |
|---|---|
| ☐ (A) Deer's feet | ☐ (B) Iron |
| ☐ (C) A lion's paws | ☐ (D) Eagle's wings |

TALK IT OVER

1. Count the names David gives God in verse 2. Which one stands out to you?

2. What do verses 7-15 show about God's power when he comes to rescue?

3. Verse 28 says God lights our darkness. Where do you need that today?

IN YOUR OWN WORDS: WHAT DOES PSALM 18 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 2 by heart

☐ I know the picture word

Revelation Transition

Psalms of David · Book I · Creation Psalms

"For the choir director, a Psalm of David"

PICTURE WORD

Sun

IN ONE SENTENCE



he heavens declare God's glory day and night, and his perfect law revives the soul and warns his servant.

Remember it: Psalm Nineteen: the sun shouts God's glory; his word revives my soul.

MEMORY VERSE

The heavens declare the glory of God
and the expanse proclaims the work of His
hands

Psalm 19:1 · the author's translation

HEBREW WORD

תּוֹרָה

"law of" · verse 7

In the Psalms: 36 times, in 9 psalms

תּוֹרָה, "law of," is the word torah, which means instruction or teaching, not just rules. It is linked to a verb meaning to teach, to point the way. Verses 7-9 give six names for God's word and six gifts it brings, from restoring the soul to enlightening the eyes.

HOW THE PSALM MOVES

1-6 The heavens and the sun speak of God's glory everywhere.

7-11 The LORD's law is perfect, sweeter than honey, richer than gold.

12-14 David asks forgiveness and pure words and thoughts.

IN THE NEW TESTAMENT

v. 4 → Romans 10:18 Their voice has gone out into all the earth: the gospel is preached.

MY NOTES



Listen. Hear Psalm 19 sung in the **Psalm Song** app, or free at ispress.de/psalms/19.

Composite. Sung and preached: it moves from one mode into the other.

God in Creation

God's Word

FILL IN THE BLANKS

The _____ declare God's glory day and night, and his perfect _____
_____ the soul and warns his servant.

CHECK YOURSELF

1. What do the heavens declare?

☐ (A) The glory of God	☐ (B) The coming of rain
☐ (C) The seasons	☐ (D) The king's power
2. What is the sun compared to?

☐ (A) A lamp in the temple	☐ (B) A shepherd
☐ (C) A bridegroom coming out of his room	☐ (D) A fire on the altar
3. What are God's ordinances sweeter than?

☐ (A) New wine	☐ (B) Fresh bread
☐ (C) Ripe figs	☐ (D) Honey and the honeycomb

TALK IT OVER

1. How does the psalm move from sky, to Scripture, to David's own heart?

2. What two ways has God made himself known in this psalm?

3. Pray verse 14 together. What words or thoughts would change if you meant it?

IN YOUR OWN WORDS: WHAT DOES PSALM 19 TEACH?

- | | |
|---|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 1 by heart | ☐ I know the picture word |

Communal Intercession

Psalms of David · Book I · Royal Psalms

"For the choir director, a Psalm of David"

PICTURE WORD

Chariots

IN ONE SENTENCE



he people pray that the LORD will answer his anointed king in battle, trusting God's name rather than chariots and horses.

Remember it: Psalm Twenty: some trust chariots, some horses; we trust his name.

MEMORY VERSE

These trust in chariots and these in horses
but we in the name of Yahweh our God will
remember

Psalm 20:7 · the author's translation

HEBREW WORD

יַעֲנֶה

"may he answer you" · verse 1

In the Psalms: 35 times, in 24 psalms

יַעֲנֶה, "may he answer you," comes from the verb "to answer, respond." The psalm opens and closes with this word: "May the LORD answer you" and "Let the King answer us." Prayer is not shouting into the dark. Israel expects the LORD to reply.

HOW THE PSALM MOVES

- 1-5 The people pray for their king on the day of battle.
- 6 One voice declares, "Now I know the LORD saves his anointed."
- 7-9 Trust in God's name, not chariots; save, LORD!

MY NOTES



Listen. Hear Psalm 20 sung in the **Psalm Song** app, or free at ispress.de/psalms/20.

Cantillated. Sung: chanted back and forth between a leader and the people.

The King & the Messiah

Refuge in Trouble

FILL IN THE BLANKS

The people pray that the LORD will answer his _____ king in battle, trusting God's name rather than _____ and _____.

CHECK YOURSELF

1. From where do the people ask God to send help?

☐ (A) From Egypt

☐ (C) From the sea

☐ (B) From the sanctuary and Zion

☐ (D) From the king's palace

2. What will the people set up in the name of their God?

☐ (A) Their banners

☐ (C) A golden statue

☐ (B) A new altar

☐ (D) Their tents

3. What happens to those who trust in chariots?

☐ (A) They win the battle

☐ (C) They become rich

☐ (B) They rise up and stand

☐ (D) They are bowed down and fallen

TALK IT OVER

1. Who is praying in this psalm, and for whom?

2. What does it mean to trust in God's "name"?

3. What are the "chariots and horses" people trust in today?

IN YOUR OWN WORDS: WHAT DOES PSALM 20 TEACH?

☐ I listened to the song

☐ I can say verse 7 by heart

☐ I can say what it teaches

☐ I know the picture word

Royal Praise

Psalms of David · Book I · Royal Psalms

"For the choir director, a Psalm of David"

PICTURE WORD

Gold Crown

IN ONE SENTENCE



he king rejoices in the LORD's strength, because God grants his desires, crowns him, and defeats his enemies.

Remember it: Psalm Twenty-One: the king wears a gold crown, but the strength is God's.

MEMORY VERSE

For the king trusts in Yahweh
and through the steadfast love of the Most
High
he shall not be shaken

Psalm 21:7 · the author's translation

HEBREW WORD

וּבִישׁוּעָתְךָ

"your salvation" · verse 1

In the Psalms: 45 times, in 33 psalms

וּבִישׁוּעָתְךָ, "in your salvation," uses a word meaning rescue, deliverance, or victory. It comes from the same root as the names Joshua and Jesus. The king's joy is not in his own victory but in the salvation the LORD gives.

HOW THE PSALM MOVES

1–7 The king rejoices in God's gifts: life, glory, a golden crown.

8–12 God's hand will find and defeat the king's enemies.

13 The people praise the LORD's strength.

MY NOTES



Listen. Hear Psalm 21 sung in the **Psalm Song** app, or free at ispress.de/psalms/21.

Cantillated. Sung: chanted back and forth between a leader and the people.

The King & the Messiah

Praise & Thanksgiving

FILL IN THE BLANKS

The king rejoices in the LORD's _____, because God grants his desires,
_____ him, and defeats his _____.

CHECK YOURSELF

1. What did God set on the king's head?

☐ (A) Oil

☐ (C) A helmet

☐ (B) A crown of fine gold

☐ (D) Ashes

2. What did the king ask of God?

☐ (A) Riches

☐ (C) Life

☐ (B) Many sons

☐ (D) Revenge

3. Why shall the king not be moved?

☐ (A) Through the loving kindness of the Most High

☐ (C) Because of his wealth

☐ (B) Because of his strong army

☐ (D) Because of his wisdom

TALK IT OVER

1. List the gifts God has given the king in verses 2-6.

2. Psalm 20 asked; Psalm 21 gives thanks. What does that pairing teach about God?

3. How do you remember to thank God after he answers a prayer?

IN YOUR OWN WORDS: WHAT DOES PSALM 21 TEACH?

☐ I listened to the song

☐ I can say verse 7 by heart

☐ I can say what it teaches

☐ I know the picture word

Lament Ascent

Psalms of David · Book I

"For the choir director, according to The Doe of the Dawn, a Psalm of David"

PICTURE WORD

Worm

IN ONE SENTENCE



orsaken, mocked, and pierced, the sufferer cries out to God, who rescues him so all nations will turn to the LORD.

Remember it: Psalm Twenty-Two: from "why forsaken?" to "he has done it."

MEMORY VERSE

My God my God why have You forsaken me
Far from my salvation are the words of my
groaning

Psalm 22:1 · the author's translation

HEBREW WORD

עֲזַבְתָּנִי

"you forsook me" · verse 1

In the Psalms: 22 times, in 13 psalms

עֲזַבְתָּנִי, "you forsook me," comes from a verb meaning to leave, abandon, let go. The psalmist feels utterly left alone, yet still says "my God." Jesus prayed these opening words from the cross, and the Gospels show the scenes of verses 7-8 and 18 fulfilled around him.

HOW THE PSALM MOVES

1-5 "Why have you forsaken me?" yet God saved our fathers.

6-11 Mocked and despised, he clings to God from birth.

12-18 Surrounded, pierced, his garments divided by lot.

19-21 He pleads for help, and God rescues him.

22-31 He praises God in the assembly; all nations will turn.

IN THE NEW TESTAMENT

v. 1 → **Matthew 27:46** Jesus cries it from the cross: 'My God, my God, why have you forsaken me?'

v. 8 → **Matthew 27:43** The mockers at the cross: 'He trusts in God; let God deliver him.'

v. 18 → **John 19:24** The soldiers cast lots for His clothing.

v. 22 → **Hebrews 2:12** Jesus is not ashamed to call us brothers.

MY NOTES



Listen. Hear Psalm 22 sung in the **Psalm Song** app, or free at ispress.de/psalms/22.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

The King & the Messiah

God Will Not Abandon You

FILL IN THE BLANKS

_____, mocked, and _____, the sufferer cries out to God, who rescues him so all _____ will turn to the LORD.

CHECK YOURSELF

1. What does the sufferer call himself in verse 6?

☐ (A) A king

☐ (C) A lion

☐ (B) A worm, and no man

☐ (D) A shepherd

2. What do the enemies do with his clothing?

☐ (A) Burn it

☐ (C) Cast lots for it

☐ (B) Wash it

☐ (D) Return it

3. What will all the ends of the earth do?

☐ (A) Remember and turn to Yahweh

☐ (C) Forget God

☐ (B) Make war

☐ (D) Build a tower

TALK IT OVER

1. Where does the psalm turn from crying out to praising?

2. How does verse 24 show that God had not truly turned away?

3. How does knowing Jesus prayed this psalm help you in your darkest moments?

IN YOUR OWN WORDS: WHAT DOES PSALM 22 TEACH?

☐ I listened to the song

☐ I can say verse 1 by heart

☐ I can say what it teaches

☐ I know the picture word

Declarative Stability

Psalms of David · Book I

"A Psalm of David"

PICTURE WORD

Shepherd

IN ONE SENTENCE

*he LORD is my shepherd who provides, guides, protects me even in death's shadow, and welcomes me to his house forever.***Remember it:** Twenty-three: the Shepherd walks me through the valley to his table.

MEMORY VERSE

Yahweh is my shepherd
I shall not lack

Psalm 23:1 · the author's translation

HEBREW WORD

רָעִי

"my shepherd" · verse 1

In the Psalms: seven times, in 5 psalms

רָעִי, "my shepherd," comes from a verb meaning to pasture, feed, and tend a flock. Kings in the ancient world were called shepherds of their people, and David himself was called from the sheep. The word is personal: not "a" shepherd, but "my" shepherd.

HOW THE PSALM MOVES

1-3 The LORD my shepherd provides rest, refreshment, and guidance.

4 Through death's dark valley he is with me.

5-6 The Host spreads a table and welcomes me home forever.

MY NOTES

**Listen.** Hear Psalm 23 sung in the **Psalm Song** app, or free at ispress.de/psalms/23.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

God Will Not Abandon You

FILL IN THE BLANKS

The LORD is my _____ who provides, guides, protects me even in death's _____, and welcomes me to his _____ forever.

CHECK YOURSELF

1. Where does the shepherd make me lie down?

☐ (A) In green pastures

☐ (C) In a cave

☐ (B) On a mountain

☐ (D) In the desert

2. Why will I fear no evil in the dark valley?

☐ (A) Because I am strong

☐ (C) Because I have a sword

☐ (B) Because the valley is short

☐ (D) Because you are with me

3. What shall follow me all the days of my life?

☐ (A) Enemies

☐ (C) Goodness and loving kindness

☐ (B) Trouble and sorrow

☐ (D) Wealth and honor

TALK IT OVER

1. Where does the psalm shift from talking about God to talking to him?

2. What does each picture (shepherd, guide, host) show about the LORD?

3. Which line of this psalm do you need most this week, and why?

IN YOUR OWN WORDS: WHAT DOES PSALM 23 TEACH?

☐ I listened to the song

☐ I can say verse 1 by heart

☐ I can say what it teaches

☐ I know the picture word

Dialogical Ascent

Psalms of David · Book I

"A Psalm of David"

IN ONE SENTENCE



he earth belongs to the LORD, and only clean hands and a pure heart may meet the King of glory.

Remember it: Psalm Twenty-Four: lift up the gates; the King of glory is coming in.

MEMORY VERSE

Lift up your heads, O gates
and be lifted up, ancient doors
that the King of glory may come in

Psalm 24:7 · the author's translation

HEBREW WORD

מֶלֶךְ

"King" · verse 7

In the Psalms: 67 times, in 35 psalms

מֶלֶךְ, "King," is the ordinary Hebrew word for a king. In verses 7-10 the title "King of glory" rings out five times as the gates are told to lift their heads. The answer to "Who is the King of glory?" is the LORD himself, strong and mighty in battle.

HOW THE PSALM MOVES

1-2 The whole earth and everyone in it belong to the LORD.

3-6 Only clean hands and a pure heart may ascend his hill.

7-10 The gates open wide for the King of glory.

IN THE NEW TESTAMENT

v. 1 → 1 Corinthians 10:26 The earth is the Lord's: eat with a clear conscience.

MY NOTES



Listen. Hear Psalm 24 sung in the **Psalm Song** app, or free at ispress.de/psalms/24.

Cantillated. Sung: chanted back and forth between a leader and the people.

The LORD Reigns

Zion & the House of God

The King & the Messiah

FILL IN THE BLANKS

The _____ belongs to the LORD, and only clean hands and a _____ heart may meet the King of _____.

CHECK YOURSELF

1. To whom does the earth belong?

☐ (A) To the kings

☐ (C) To no one

☐ (B) To Yahweh

☐ (D) To Jacob

2. Who may ascend Yahweh's hill?

☐ (A) The rich and powerful

☐ (C) Only priests

☐ (B) Anyone who wants

☐ (D) He who has clean hands and a pure heart

3. What are the gates told to do?

☐ (A) Lift up their heads

☐ (C) Stay silent

☐ (B) Close tight

☐ (D) Fall down

TALK IT OVER

1. What two questions are asked in this psalm, and how is each answered?

2. How do verses 8 and 10 describe the King of glory?

3. What "gates" in your life need to open for the King to come in?

IN YOUR OWN WORDS: WHAT DOES PSALM 24 TEACH?

☐ I listened to the song

☐ I can say verse 7 by heart

☐ I can say what it teaches

☐ I know the picture word

Lament Dependence

Psalms of David · Book I · Alphabet Psalms

“Of David”

IN ONE SENTENCE



David lifts up his soul, waits for God, and asks him to forgive his sins, teach him, and guide him.

Remember it: Psalm Twenty-Five: lift your soul, wait on God, and walk his path.

MEMORY VERSE

Make known to me Your ways, O Yahweh
Teach me Your paths

Psalm 25:4 · the author's translation

HEBREW WORD

קוֹיֵךְ

“those waiting for you” · verse 3

In the Psalms: seventeen times, in 10 psalms

קוֹיֵךְ, “those who wait for you,” comes from a verb meaning to wait with hope, to look eagerly for. A related noun for “hope” can also mean a cord, the same word used for Rahab’s scarlet cord. Waiting on God is hope stretched tight toward him. This psalm is also an alphabetic poem.

HOW THE PSALM MOVES

- 1–3 David lifts his soul to God and trusts not to be shamed.
- 4–7 He asks God to teach him and forget youthful sins.
- 8–15 The good LORD guides the humble and befriends those who fear him.
- 16–22 Lonely and troubled, he asks for rescue and forgiveness.

MY NOTES



Listen. Hear Psalm 25 sung in the **Psalm Song** app, or free at ispress.de/psalms/25.

Cantillated. Sung: chanted back and forth between a leader and the people.

Forgiveness & Repentance

Waiting on God

FILL IN THE BLANKS

David lifts up his _____, waits for God, and asks him to _____ his sins, teach him, and _____ him.

CHECK YOURSELF

1. What does David ask God not to remember?

- | | |
|--|---|
| ☐ (A) His good works | ☐ (B) The sins of his youth |
| ☐ (C) His enemies' names | ☐ (D) His promises |

2. Whom does God guide in justice and teach his way?

- | | |
|---------------------------------------|--------------------------------------|
| ☐ (A) The humble | ☐ (B) The proud |
| ☐ (C) The wealthy | ☐ (D) The mighty |

3. From what will God pluck David's feet?

- | | |
|-----------------------------------|-------------------------------------|
| ☐ (A) The mud | ☐ (B) The fire |
| ☐ (C) The net | ☐ (D) The river |

TALK IT OVER

1. Find three requests David makes about learning God's ways.

2. Why does David ask for pardon "for your name's sake" (v. 11)?

3. What does waiting on God look like in your daily life right now?

IN YOUR OWN WORDS: WHAT DOES PSALM 25 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 4 by heart

☐ I know the picture word

Declarative Confidence

Psalms of David · Book I

"By David."

IN ONE SENTENCE



David asks God to test him, pleads his integrity, loves God's house, and rejects the company of the wicked.

Remember it: Twenty-six: washed hands, whole heart, and a love for God's house.

MEMORY VERSE

Examine me, Yahweh, and prove me. Try my heart and my mind.

Psalm 26:2 · World English Bible

HEBREW WORD

בְּתָמִי

"my integrity" · verse 1

In the Psalms: seven times, in 6 psalms

בְּתָמִי comes from a root meaning "complete" or "whole." It describes a life that is all of one piece, the same word used for blameless Job. David is not claiming to be sinless; he is saying his heart is undivided toward the LORD.

HOW THE PSALM MOVES

- 1-3** David invites the LORD to examine his heart and life.
- 4-8** He refuses wicked company and loves the LORD's house.
- 9-12** He asks not to be swept away with sinners, and blesses.

MY NOTES



Listen. Hear Psalm 26 sung in the **Psalm Song** app, or free at ispress.de/psalms/26.

Cantillated. Sung: chanted back and forth between a leader and the people.

The Two Ways

Zion & the House of God

FILL IN THE BLANKS

David asks God to _____ him, pleads his _____, loves God's house, and rejects the _____ of the wicked.

CHECK YOURSELF

1. What does David ask the LORD to examine?

☐ (A) His heart and his mind

☐ (C) His army and his weapons

☐ (B) His house and his land

☐ (D) His friends and his family

2. Why does David wash his hands in innocence?

☐ (A) To prepare for battle

☐ (C) To go about the LORD's altar

☐ (B) To eat at the king's table

☐ (D) To bring a sacrifice of grain

3. What fills the right hand of the bloodthirsty men?

☐ (A) Swords

☐ (C) Bread

☐ (B) Bribes

☐ (D) Stones

TALK IT OVER

1. What does David refuse to do, and what does he choose to do instead?

2. Why would someone ask God to test them rather than avoid his examination?

3. Who are the people you sit with most often, and how do they shape your walk with God?

IN YOUR OWN WORDS: WHAT DOES PSALM 26 TEACH?

☐ I listened to the song

☐ I can say verse 2 by heart

☐ I can say what it teaches

☐ I know the picture word

Confidence to Lament

Psalms of David · Book I

"By David."

PICTURE WORD

Light

IN ONE SENTENCE



With the LORD as his light and salvation, David fears no army and longs only to dwell in God's house.

Remember it: Twenty-seven: the LORD my Light, so one thing I ask: his house.

MEMORY VERSE

Yahweh is my light and my salvation. Whom shall I fear? Yahweh is the strength of my life. Of whom shall I be afraid?

Psalm 27:1 · World English Bible

HEBREW WORD

אֹרִי

"my light" · verse 1

In the Psalms: nineteen times, in 18 psalms

אֹרִי means "my light." Light is the first thing God speaks into being in Genesis, and in Scripture it stands for life, guidance, and rescue from darkness. David does not say the LORD gives him light; he says the LORD is his light.

HOW THE PSALM MOVES

- 1-3 With the LORD as light, David fears no enemy.
- 4-6 His one desire is to dwell in the LORD's house.
- 7-12 He pleads for God not to hide his face.
- 13-14 He trusts he will see God's goodness, and says wait.

MY NOTES



Listen. Hear Psalm 27 sung in the **Psalm Song** app, or free at ispress.de/psalms/27.

Composite. Sung and preached: it moves from one mode into the other.

Refuge in Trouble

Waiting on God

Zion & the House of God

FILL IN THE BLANKS

With the LORD as his _____ and salvation, David fears no _____ and longs only to _____ in God's house.

CHECK YOURSELF

1. What is the one thing David asks of the LORD?

- | | |
|---|---|
| ☐ (A) To defeat every enemy | ☐ (B) To be made king |
| ☐ (C) To dwell in the LORD's house all his days | ☐ (D) To live a long life |

2. What happened to the evildoers who came to eat up his flesh?

- | | |
|--|---|
| ☐ (A) They stumbled and fell | ☐ (B) They made peace |
| ☐ (C) They ran to Egypt | ☐ (D) They were turned to stone |

3. Who will take David up if his father and mother forsake him?

- | | |
|--|---------------------------------------|
| ☐ (A) His brothers | ☐ (B) The LORD |
| ☐ (C) The king | ☐ (D) The priests |

TALK IT OVER

1. Why does David ask for only one thing in verse 4, and what does it reveal about him?

2. What does it mean that the LORD says "Seek my face"?

3. When is it hardest for you to wait for the LORD, and what helps you be strong?

IN YOUR OWN WORDS: WHAT DOES PSALM 27 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 1 by heart

☐ I know the picture word

Answers: Blanks: light · army · dwell · Check yourself: 1. C (v. 4) · 2. A (v. 2) · 3. B (v. 10)

Lament Turning

Psalms of David · Book I

"By David."

IN ONE SENTENCE



David cries to the LORD his rock for help, then praises him as strength and shepherd of his people.

Remember it: Twenty-eight: hands raised high, and the Rock has heard my cry.

MEMORY VERSE

Yahweh is my strength and my shield. My heart has trusted in him, and I am helped. Therefore my heart greatly rejoices. With my song I will thank him.

Psalm 28:7 · World English Bible

HEBREW WORD

שָׁמַע

"he has heard" · verse 6

In the Psalms: 79 times, in 54 psalms

שָׁמַע means "he has heard." The Hebrew verb means more than sound reaching the ear; it means paying attention and acting, and for people it can mean "obey," as in the great call of Deuteronomy 6:4. David's whole prayer turns on that one verb.

HOW THE PSALM MOVES

- 1-2 David calls on his rock not to stay silent.
- 3-5 He asks not to share the fate of the wicked.
- 6-7 He blesses the LORD for hearing his prayer.
- 8-9 He prays for God to shepherd and carry his people.

MY NOTES



Listen. Hear Psalm 28 sung in the **Psalm Song** app, or free at ispress.de/psalms/28.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Praise & Thanksgiving

FILL IN THE BLANKS

David cries to the LORD his _____ for help, then praises him as _____ and _____ of his people.

CHECK YOURSELF

1. Toward what does David lift his hands?

- | | |
|--|---|
| ☐ (A) The mountains | ☐ (B) The sky |
| ☐ (C) The LORD's Most Holy Place | ☐ (D) The king's palace |

2. What do the workers of iniquity speak with their neighbors?

- | | |
|-----------------------------------|----------------------------------|
| ☐ (A) Peace | ☐ (B) Curses |
| ☐ (C) Riddles | ☐ (D) Songs |

3. What does David ask God to be for his people?

- | | |
|---|--|
| ☐ (A) Their judge | ☐ (B) Their shepherd |
| ☐ (C) Their builder | ☐ (D) Their singer |

TALK IT OVER

1. How does David's tone change between verses 1 to 5 and verses 6 to 9?

2. What does it mean to call the LORD a rock who is not deaf?

3. How can you pray for your church or community as David prays for God's people?

IN YOUR OWN WORDS: WHAT DOES PSALM 28 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 7 by heart

☐ I know the picture word

Answers: Blanks: rock · strength · shepherd · Check yourself: 1. C (v. 2) · 2. A (v. 3) · 3. B (v. 9)

Refrain Praise

Psalms of David · Book I · Creation Psalms

"A Psalm by David."

PICTURE WORD

Thunder

IN ONE SENTENCE

*he thundering voice of the LORD shakes the wilderness, and God gives strength and peace to his people.***Remember it:** Twenty-nine: seven thunders of his voice, then peace for his people.

MEMORY VERSE

Yahweh will give strength to his people.
Yahweh will bless his people with peace.

Psalm 29:11 · World English Bible

HEBREW WORD

קול

"voice of" · verse 3

In the Psalms: 59 times, in 37 psalms

קול means "voice" or "sound," and it is also the Hebrew way to say thunder. The phrase "the voice of the LORD" rings seven times in this psalm like seven claps of a storm. The same voice that breaks cedars ends by blessing his people with peace.

HOW THE PSALM MOVES

- 1–2** The mighty are called to give the LORD glory.
-
- 3–9** The LORD's voice thunders over waters, forests, and wilderness.
-
- 10–11** The LORD reigns as King and gives his people peace.
-

MY NOTES

**Listen.** Hear Psalm 29 sung in the **Psalm Song** app, or free at ispress.de/psalms/29.**Cantillated.** Sung: chanted back and forth between a leader and the people.

God in Creation

The LORD Reigns

Praise & Thanksgiving

FILL IN THE BLANKS

The thundering _____ of the LORD shakes the _____, and God gives strength and _____ to his people.

CHECK YOURSELF

1. What trees does the LORD's voice break?

☐ (A) The oaks of Bashan

☐ (C) The palms of Jericho

☐ (B) The cedars of Lebanon

☐ (D) The olives of Gilead

2. What does everyone in the LORD's temple say?

☐ (A) Amen!

☐ (C) Glory!

☐ (B) Holy!

☐ (D) Hallelujah!

3. What will the LORD bless his people with?

☐ (A) Peace

☐ (C) Rain

☐ (B) Gold

☐ (D) Many children

TALK IT OVER

1. List the things the LORD's voice does in this psalm. Which picture strikes you most?

2. What does a thunderstorm teach about God's power and his kindness to his people?

3. Where do you need the LORD's strength and peace this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 29 TEACH?

☐ I listened to the song

☐ I can say verse 11 by heart

☐ I can say what it teaches

☐ I know the picture word

Answers: Blanks: voice · wilderness · peace · Check yourself: 1. B (v. 5) · 2. C (v. 9) · 3. A (v. 11)

Deliverance Turning

Psalms of David · Book I

"A Psalm. A Song for the Dedication of the Temple. By David."

PICTURE WORD

Dancing

IN ONE SENTENCE

*God lifts David from the pit and turns his mourning into dancing, because weeping lasts a night but joy comes.***Remember it:** Thirty: weeping for a night, dancing in the morning light.

MEMORY VERSE

For his anger is but for a moment. His favor
is for a lifetime. Weeping may stay for the
night, but joy comes in the morning.

Psalm 30:5 · World English Bible

HEBREW WORD

וַתִּרְפָּאֵנִי

"and you healed me" · verse 2

In the Psalms: seven times, in 7 psalms

וַתִּרְפָּאֵנִי means "and you healed me." The verb means to restore, mend, or make whole, and God names himself with it in Exodus 15:26: "I am the LORD who heals you." David's healing is the reason for the whole song.

HOW THE PSALM MOVES

- 1-3** David praises the LORD for healing him and lifting him up.
- 4-5** The saints are called to sing: joy comes in the morning.
- 6-10** David recalls his pride, his trouble, and his cry for mercy.
- 11-12** God turns mourning into dancing, so David will praise forever.

MY NOTES

**Listen.** Hear Psalm 30 sung in the **Psalm Song** app, or free at ispress.de/psalms/30.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

God Will Not Abandon You

FILL IN THE BLANKS

God lifts David from the pit and turns his _____ into _____, because weeping lasts a night but _____ comes.

CHECK YOURSELF

1. What did David say in his prosperity?

☐ (A) "I shall never be moved."

☐ (B) "I am the greatest king."

☐ (C) "I need no one."

☐ (D) "I will build a temple."

2. What happened when the LORD hid his face?

☐ (A) David went to war

☐ (B) David was troubled

☐ (C) David fell asleep

☐ (D) David wrote a song

3. What did God remove from David?

☐ (A) His crown

☐ (B) His sword

☐ (C) His sackcloth

☐ (D) His sandals

TALK IT OVER

1. What changed David from saying "I shall never be moved" to crying for mercy?

2. How does verse 5 describe the difference between God's anger and his favor?

3. Where have you seen God turn mourning into dancing in your life or someone else's?

IN YOUR OWN WORDS: WHAT DOES PSALM 30 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 5 by heart

☐ I know the picture word

Lament Resolution

Psalms of David · Book I

"For the Chief Musician. A Psalm by David."

PICTURE WORD

Into Your Hands

IN ONE SENTENCE

*David takes refuge in the LORD his rock, commits his spirit into God's hand, and urges all who hope to be strong.***Remember it:** Thirty-one: into your hands my spirit goes, my times are there too.

MEMORY VERSE

Into your hand I commend my spirit. You redeem me, Yahweh, God of truth.

Psalm 31:5 · World English Bible

HEBREW WORD

חֲסִיתִי

"take refuge" · verse 1

In the Psalms: 25 times, in 20 psalms

חֲסִיתִי means "I take refuge." The verb pictures running for shelter, as a chick hides under its mother's wings or a traveler ducks into a cave from a storm. It is a word of action: trust that moves toward God.

HOW THE PSALM MOVES

- 1–8** David takes refuge in his rock and commits his spirit.
- 9–13** He describes grief, scorn, and plots against his life.
- 14–18** He trusts: his times are in God's hand.
- 19–24** He praises God's goodness and calls the faithful to courage.

IN THE NEW TESTAMENT

v. 5 → Luke 23:46 Jesus' last words: 'Into your hands I commit my spirit.'

MY NOTES

**Listen.** Hear Psalm 31 sung in the **Psalm Song** app, or free at ispress.de/psalms/31.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

God Will Not Abandon You

FILL IN THE BLANKS

David takes _____ in the LORD his rock, commits his _____ into God's hand, and urges all who hope to be _____.

CHECK YOURSELF

1. What does David commit into the LORD's hand?

- ☐ (A) His kingdom
- ☐ (C) His sword

- ☐ (B) His spirit
- ☐ (D) His children

2. What does David say he has become like?

- ☐ (A) A green tree
- ☐ (C) Broken pottery

- ☐ (B) A roaring lion
- ☐ (D) A tall tower

3. What does David say is in God's hand?

- ☐ (A) His times
- ☐ (C) His crown

- ☐ (B) His enemies' gold
- ☐ (D) His harp

TALK IT OVER

1. What are the troubles David describes in verses 9 to 13?

2. Jesus prayed verse 5 on the cross. What does that show about trusting the Father?

3. What would change if you truly believed "my times are in your hand"?

IN YOUR OWN WORDS: WHAT DOES PSALM 31 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 5 by heart

☐ I know the picture word

Confession Instruction

Psalms of David · Book I · The Seven Penitential Psalms

"By David. A contemplative psalm."

IN ONE SENTENCE

*Blessed is the one whose sin is forgiven; David confesses, finds God as his hiding place, and calls the righteous to rejoice.***Remember it:** Thirty-two: confess, and the load is lifted; God becomes my hiding place.

MEMORY VERSE

I acknowledged my sin to you. I didn't hide my iniquity. I said, I will confess my transgressions to Yahweh, and you forgave the iniquity of my sin. Selah.

Psalm 32:5 · World English Bible

HEBREW WORD

נָשׁוּי

"forgiven" · verse 1

In the Psalms: 48 times, in 36 psalms

נָשׁוּי means "forgiven," from a verb meaning "to lift" or "to carry." Forgiveness in Hebrew is a burden lifted off and carried away, the same verb used when the scapegoat bears Israel's sins into the wilderness. David felt that weight leave him.

HOW THE PSALM MOVES

- 1-2** Blessed is the one whose sin is forgiven.
- 3-5** Silence crushed David until he confessed and was forgiven.
- 6-7** The godly should pray; God is a hiding place.
- 8-11** God promises to guide; don't be a stubborn mule; rejoice.

IN THE NEW TESTAMENT

v. 1-2 → Romans 4:7-8 Blessed is the one whose sin is forgiven: righteousness by faith.

MY NOTES

**Listen.** Hear Psalm 32 in the **Psalm Song** app, or free at ispress.de/psalms/32.**Didactic.** Preached: a teaching psalm, a sermon meant to be heard, not sung.

Forgiveness & Repentance

FILL IN THE BLANKS

Blessed is the one whose sin is _____; David _____, finds God as his _____ place, and calls the righteous to rejoice.

CHECK YOURSELF

1. What happened to David while he kept silent?

- ☐ (A) His bones wasted away
- ☐ (C) His enemies fled

- ☐ (B) He became rich
- ☐ (D) He slept well

2. What animals should we not be like?

- ☐ (A) The lion and the bear
- ☐ (C) The horse and the mule

- ☐ (B) The sheep and the goat
- ☐ (D) The dog and the pig

3. What surrounds the one who trusts in the LORD?

- ☐ (A) Many sorrows
- ☐ (C) Great waters

- ☐ (B) Loving kindness
- ☐ (D) Armed guards

TALK IT OVER

1. What did unconfessed sin do to David's body and spirit?

2. What does this psalm teach about how willing God is to forgive?

3. Why do people hide their sin, and what keeps you from honest confession?

IN YOUR OWN WORDS: WHAT DOES PSALM 32 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 5 by heart

- ☐ I can say what it teaches
- ☐ I know the picture word

Declarative Praise

Writer not named · Book I

PICTURE WORD

Harp

IN ONE SENTENCE



he righteous sing a new song to the LORD, whose word made the heavens and who rescues those who hope in him.

Remember it: Thirty-three: ten strings on the harp, one word made the stars.

MEMORY VERSE

By Yahweh's word, the heavens were made:
all their army by the breath of his mouth.

Psalm 33:6 · World English Bible

HEBREW WORD

בְּדָבָר

"word" · verse 6

In the Psalms: 73 times, in 32 psalms

בְּדָבָר means "by the word." The Hebrew noun means a spoken word, and also a "thing" or "matter," because when God speaks, things happen. The Ten Commandments are called the "ten words." Here God speaks, and the heavens stand.

HOW THE PSALM MOVES

- 1-3** The righteous are called to sing a new song.
- 4-9** The LORD's word made the heavens and the seas.
- 10-17** His plans stand; armies and horses cannot save.
- 18-22** His eye is on those who hope in him.

MY NOTES



Listen. Hear Psalm 33 sung in the **Psalm Song** app, or free at ispress.de/psalms/33.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

God in Creation

The LORD Reigns

FILL IN THE BLANKS

The righteous sing a new _____ to the LORD, whose _____ made the _____ and who rescues those who hope in him.

CHECK YOURSELF

1. How many strings does the harp have?

☐ (A) Three

☐ (B) Seven

☐ (C) Ten

☐ (D) Twelve

2. What is a vain thing for safety?

☐ (A) A horse

☐ (B) A wall

☐ (C) A shield

☐ (D) A tower

3. What happened when the LORD spoke?

☐ (A) The sea dried up

☐ (B) It was done

☐ (C) The mountains melted

☐ (D) The nations bowed

TALK IT OVER

1. What reasons does the psalm give for singing a new song to the LORD?

2. What does it tell us about God that he only had to speak to make the heavens?

3. What "horses" are you tempted to trust instead of the LORD?

IN YOUR OWN WORDS: WHAT DOES PSALM 33 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 6 by heart

☐ I know the picture word

Answers: Blanks: song · word · heavens · Check yourself: 1. C (v. 2) · 2. A (v. 17) · 3. B (v. 9)

Praise Instruction

34
XXXIV

Psalms of David · Book I · Alphabet Psalms

"By David; when he pretended to be insane before Abimelech, who drove him away, and he departed."

PICTURE WORD

Taste

IN ONE SENTENCE

*David praises the LORD who answered him and delivered him from fear, inviting everyone to taste and see that he is good.***Remember it:** Thirty-four: taste and see that the LORD is good.

MEMORY VERSE

Oh taste and see that Yahweh is good.
Blessed is the man who takes refuge in him.

Psalm 34:8 · World English Bible

HEBREW WORD

טַעַמוּ

"taste" · verse 8

In the Psalms: once

טַעַמוּ means "taste!" The same root also means good sense or judgment, and the psalm's heading uses it of David changing his behavior before Abimelech. David moves from faking a lack of sense to tasting the goodness of the LORD for real.

HOW THE PSALM MOVES

- 1-3** David will bless the LORD and invites others to join.
- 4-10** The LORD answered him; taste and see he is good.
- 11-14** David teaches the fear of the LORD: guard your tongue.
- 15-22** The LORD is near the brokenhearted and rescues the righteous.

IN THE NEW TESTAMENT

- v. 8 → 1 Peter 2:3** You have tasted that the Lord is good.
- v. 12-16 → 1 Peter 3:10-12** Whoever loves life must turn from evil and seek peace.
- v. 20 → John 19:36** Not one of His bones was broken.

MY NOTES

**Listen.** Hear Psalm 34 sung in the **Psalm Song** app, or free at ispress.de/psalms/34.**Composite.** Sung and preached: it moves from one mode into the other.

Praise & Thanksgiving

Refuge in Trouble

FILL IN THE BLANKS

David praises the LORD who answered him and delivered him from _____, inviting everyone to _____ and see that he is _____.

CHECK YOURSELF

1. Who encamps around those who fear the LORD?

(A) The LORD's angel

(B) The king's army

(C) The priests

(D) The young lions

2. Who does lack and suffer hunger?

(A) The humble

(B) The young lions

(C) The saints

(D) The children

3. To whom is the LORD near?

(A) The rich

(B) The strong

(C) Those with a broken heart

(D) The kings of the earth

TALK IT OVER

1. What instructions does David give in verses 11 to 14 for someone who loves life?

2. What does it mean to "taste and see" that God is good, rather than only hear about it?

3. When has God been near to you or someone you know with a broken heart?

IN YOUR OWN WORDS: WHAT DOES PSALM 34 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 8 by heart

☐ I know the picture word

Imprecatory Lament Turning

Psalms of David · Book I · Psalms That Call for Justice

"By David."

PICTURE WORD

Chaff

IN ONE SENTENCE



David asks the LORD to fight for him against false accusers who repaid his kindness with hatred, and promises to praise him.

Remember it: Thirty-five: let them blow like chaff, for God himself is my salvation.

MEMORY VERSE

Brandish the spear and block those who pursue me. Tell my soul, "I am your salvation."

Psalm 35:3 · World English Bible

HEBREW WORD

יְשַׁעְתֶּךָ

"salvation" · verse 3

In the Psalms: 45 times, in 33 psalms

יְשַׁעְתֶּךָ means "your salvation." The root means to rescue, deliver, or give room to someone hemmed in. It lives on in the names Joshua, Isaiah, and Jesus. David wants to hear God say to his soul, "I am your salvation."

HOW THE PSALM MOVES

1–10 David asks the LORD to fight his attackers like a warrior.

11–18 Friends he prayed for repaid his kindness with cruelty.

19–28 He asks God to vindicate him, and promises praise.

IN THE NEW TESTAMENT

v. 19 → **John 15:25** They hated me without a cause.

MY NOTES



Listen. Hear Psalm 35 sung in the **Psalm Song** app, or free at ispress.de/psalms/35.

Cantillated. Sung: chanted back and forth between a leader and the people.

Enemies & Betrayal

Justice on the Wicked

Crying Out in Distress

FILL IN THE BLANKS

David asks the LORD to _____ for him against false accusers who repaid his _____ with _____, and promises to praise him.

CHECK YOURSELF

- What does David want God to tell his soul?

☐ (A) "Be still."	☐ (B) "Run away."
☐ (C) "I am your salvation."	☐ (D) "You are forgiven."
- What did David wear when his enemies were sick?

☐ (A) Sackcloth	☐ (B) Royal robes
☐ (C) Armor	☐ (D) Linen
- What do the mockers say when they open their mouths?

☐ (A) "Peace! Peace!"	☐ (B) "Aha! Aha!"
☐ (C) "Woe! Woe!"	☐ (D) "Glory!"

TALK IT OVER

- How did David treat his enemies before they turned on him?

- What does it mean to ask the LORD to fight for you rather than fighting yourself?

- How can you respond when kindness is repaid with hatred? Jesus quoted verse 19.

IN YOUR OWN WORDS: WHAT DOES PSALM 35 TEACH?

- | | |
|---|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 3 by heart | ☐ I know the picture word |

Lament Turning

Psalms of David · Book I

"For the Chief Musician. By David, the servant of Yahweh."

PICTURE WORD

Fountain

IN ONE SENTENCE

*icked people plan evil without fearing God, but the LORD's steadfast love is vast, and with him is the fountain of life.***Remember it:** Thirty-six: his love reaches the skies; his fountain gives life.

MEMORY VERSE

For with you is the spring of life. In your light we will see light.

Psalm 36:9 · World English Bible

HEBREW WORD

חַסְדֵּךָ

"steadfast love" · verse 5

In the Psalms: 129 times, in 54 psalms

חַסְדֵּךָ means "your steadfast love." It is God's loyal, covenant kindness, love that keeps its promises and does not quit. The psalm sets this love against the wicked man's plots: it reaches the heavens, and people shelter under its wings.

HOW THE PSALM MOVES

1–4 The wicked flatter themselves and plot evil with no fear.**5–9** The LORD's love is vast, and with him is life.**10–12** David prays for God's love to continue and the proud to fall.

IN THE NEW TESTAMENT

v. 1 → Romans 3:18 There is no fear of God before their eyes.

MY NOTES

**Listen.** Hear Psalm 36 sung in the **Psalm Song** app, or free at ispress.de/psalms/36.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Justice on the Wicked

Praise & Thanksgiving

FILL IN THE BLANKS

Wicked people plan evil without fearing God, but the LORD's _____ love is vast,
and with him is the _____ of _____.

CHECK YOURSELF

1. Where does the wicked man plot iniquity?

(A) In the city gate

(B) On his bed

(C) In the temple

(D) In the field

2. What is God's righteousness like?

(A) The mountains of God

(B) The morning dew

(C) A tall cedar

(D) A running river

3. Where do the children of men take refuge?

(A) In strong cities

(B) In deep caves

(C) Under the shadow of God's wings

(D) Behind high walls

TALK IT OVER

1. How does the psalm describe the heart and habits of the wicked person?

2. What pictures does David use for God's love, and what does each one teach?

3. Where do you go to drink when you are spiritually thirsty?

IN YOUR OWN WORDS: WHAT DOES PSALM 36 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 9 by heart

☐ I know the picture word

Wisdom Instruction

Psalms of David · Book I · Alphabet Psalms

"By David."

IN ONE SENTENCE



Do not fret over evildoers; trust the LORD and delight in him, for the wicked fade and the meek inherit the land.

Remember it: Thirty-seven: don't fret, the grass will fade; delight in the LORD.

MEMORY VERSE

Also delight yourself in Yahweh, and he will give you the desires of your heart.

Psalms 37:4 · World English Bible

HEBREW WORD

וְהִתְעַנַּגְתָּ

"delight yourself" · verse 4

In the Psalms: twice

וְהִתְעַנַּגְתָּ means "and delight yourself." The verb means to take deep pleasure or enjoyment, the same command found in Isaiah 58:14. It is not a trick to get what we want; when the LORD is our delight, our desires begin to match his.

HOW THE PSALM MOVES

1–11 Don't fret; trust, delight, commit, and wait on the LORD.

12–22 The wicked plot but fall; the righteous are upheld.

23–31 The LORD steadies the steps of the righteous.

32–40 Wait for the LORD; the wicked vanish, he saves his people.

IN THE NEW TESTAMENT

v. 11 → **Matthew 5:5** Blessed are the meek, for they will inherit the earth.

MY NOTES



Listen. Hear Psalm 37 in the **Psalm Song** app, or free at ispress.de/psalms/37.

Didactic. Preached: a teaching psalm, a sermon meant to be heard, not sung.

The Two Ways

Waiting on God

Justice on the Wicked

FILL IN THE BLANKS

Do not _____ over evildoers; trust the LORD and _____ in him, for the wicked fade and the _____ inherit the land.

CHECK YOURSELF

1. What will the evildoers be cut down like?

(A) The grass

(C) The wheat

(B) The cedars

(D) The vines

2. What does the older psalmist say he has never seen?

(A) A rich man happy

(C) A king without enemies

(B) The righteous forsaken

(D) A storm in summer

3. What will the humble inherit?

(A) Great riches

(C) The land

(B) The throne

(D) A large house

TALK IT OVER

1. List the commands in verses 1 to 8. Which one is hardest for you?

2. Why does the LORD laugh at the wicked in verse 13?

3. What makes us fret over people who seem to get ahead by doing wrong?

IN YOUR OWN WORDS: WHAT DOES PSALM 37 TEACH?

☐ I listened to the song

☐ I can say verse 4 by heart

☐ I can say what it teaches

☐ I know the picture word

Answers: Blanks: fret · delight · meek · Check yourself: 1. A (v. 2) · 2. B (v. 25) · 3. C (v. 11)

Penitential Lament Turning

Psalms of David · Book I · The Seven Penitential Psalms

"A Psalm by David, for a memorial."

IN ONE SENTENCE



nder the weight of sin and sickness, David confesses and waits on the LORD, asking him not to forsake him.

Remember it: Thirty-eight: a heavy burden, but I wait in hope for my God.

MEMORY VERSE

For I hope in you, Yahweh. You will answer,
Lord my God.

Psalm 38:15 · World English Bible

HEBREW WORD

הוֹחֵלֵתִי

"hope, wait" · verse 15

In the Psalms: nineteen times, in 11 psalms

הוֹחֵלֵתִי means "I hope" or "I wait." The verb describes patient, expectant waiting, holding on until help comes. The same word appears in Psalm 130:5, "in his word I hope." David's body is failing, but his hope is still pointed at the LORD.

HOW THE PSALM MOVES

- 1–8** David feels God's hand heavy on him for his sin.
- 9–14** Friends stand far off, enemies plot, and David stays silent.
- 15–22** He hopes in the LORD, confesses, and cries for help.

MY NOTES



Listen. Hear Psalm 38 sung in the **Psalm Song** app, or free at ispress.de/psalms/38.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Forgiveness & Repentance

Waiting on God

FILL IN THE BLANKS

Under the weight of sin and _____, David confesses and _____ on the LORD, asking him not to _____ him.

CHECK YOURSELF

1. What does David say his iniquities are like?

☐ (A) A heavy burden

☐ (C) A sharp sword

☐ (B) A flowing river

☐ (D) A dark cloud

2. How do David's friends respond to his plague?

☐ (A) They nurse him

☐ (C) They pray for him

☐ (B) They stand aloof

☐ (D) They bring a doctor

3. How does David act toward those who speak against him?

☐ (A) He argues with them

☐ (C) Like a deaf and mute man

☐ (B) He curses them

☐ (D) He runs away

TALK IT OVER

1. How does David describe the effects of sin on his body and relationships?

2. Why does David still hope in the LORD while feeling his discipline?

3. How can we stay near friends who are suffering instead of standing far away?

IN YOUR OWN WORDS: WHAT DOES PSALM 38 TEACH?

☐ I listened to the song

☐ I can say verse 15 by heart

☐ I can say what it teaches

☐ I know the picture word

Contemplative Lament Turning

Psalms of David · Book I

"For the Chief Musician. For Jeduthun. A Psalm by David."

PICTURE WORD

Handbreadth

IN ONE SENTENCE

*David asks the LORD to show him how short life is, calling every person a breath, and waits for God alone.***Remember it:** Thirty-nine: a handbreadth of days, a breath of life; my hope is God.

MEMORY VERSE

"Yahweh, show me my end, what is the measure of my days. Let me know how frail I am.

Psalm 39:4 · World English Bible

HEBREW WORD

הָבֵל

"breath" · verse 5

In the Psalms: nine times, in 6 psalms

הָבֵל means "breath" or "vapor," like breath on a cold morning that is there and then gone. It is the word behind "vanity of vanities" in Ecclesiastes. David says every person, even at his best, is just a breath.

HOW THE PSALM MOVES

1-3 David tries silence, but his heart burns until he speaks.**4-6** He asks to know how short and frail life is.**7-11** His hope is in God; he asks for deliverance.**12-13** As a stranger, he asks God to hear and spare him.

MY NOTES

**Listen.** Hear Psalm 39 sung in the **Psalm Song** app, or free at ispress.de/psalms/39.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Life Is Short

Waiting on God

FILL IN THE BLANKS

David asks the LORD to show him how _____ life is, calling every person a _____, and waits for God _____.

CHECK YOURSELF

1. What does David say he will keep his mouth with?

(A) A bridle

(B) A lock

(C) A cloth

(D) A stone

2. What does David say God has made his days?

(A) Like the grass

(B) Hand widths

(C) Like the stars

(D) A thousand years

3. What does David call himself before God?

(A) A king

(B) A shepherd

(C) A stranger and a foreigner

(D) A servant of servants

TALK IT OVER

1. Why did David try to stay silent, and what happened when he did?

2. How does knowing life is short change the way David speaks to God?

3. If your life is a breath, what is worth giving it to?

IN YOUR OWN WORDS: WHAT DOES PSALM 39 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 4 by heart

☐ I know the picture word

Answers: Blanks: short · breath · alone · Check yourself: 1. A (v. 1) · 2. B (v. 5) · 3. C (v. 12)

Deliverance Lament Turning

Psalms of David · Book I

"For the Chief Musician. A Psalm by David."

IN ONE SENTENCE

*David waited for the LORD, who lifted him from the pit, gave him a new song, and teaches him God's will.***Remember it:** Forty: out of the miry clay, onto the rock, with a new song.

MEMORY VERSE

I delight to do your will, my God. Yes, your law is within my heart."

Psalm 40:8 · World English Bible

HEBREW WORD

קָוִיתִי

"wait" · verse 1

In the Psalms: seventeen times, in 10 psalms

קָוִיתִי means "I waited." Verse 1 doubles the verb, "waiting I waited," to show patient, stretched-out waiting. A related word means a cord stretched tight, like the scarlet cord Rahab hung from her window. Waiting on the LORD is hope pulled taut.

HOW THE PSALM MOVES

- 1-3 The LORD lifted David from the pit and gave a new song.
- 4-5 Blessed is the one who trusts; God's wonders are countless.
- 6-10 God wants obedience, and David proclaims his righteousness.
- 11-17 Surrounded by trouble, David asks God to hurry and help.

IN THE NEW TESTAMENT

v. 6-8 → **Hebrews 10:5-7** Christ comes to do God's will: His body, not animal sacrifices.

MY NOTES

**Listen.** Hear Psalm 40 sung in the **Psalm Song** app, or free at ispress.de/psalms/40.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Waiting on God

The King & the Messiah

Praise & Thanksgiving

FILL IN THE BLANKS

David _____ for the LORD, who lifted him from the _____, gave him a new _____, and teaches him God's will.

CHECK YOURSELF

1. Where did the LORD set David's feet?

☐ (A) On a rock

☐ (B) In a river

☐ (C) On a mountain

☐ (D) In a field

2. What did God not desire, according to verse 6?

☐ (A) A new song

☐ (B) Sacrifice and offering

☐ (C) A humble heart

☐ (D) Open ears

3. What does David say his iniquities are more than?

☐ (A) The stars of heaven

☐ (B) The sand of the sea

☐ (C) The hairs of his head

☐ (D) The leaves of the trees

TALK IT OVER

1. What did the LORD do for David in verses 1 to 3, and what happened as a result?

2. Hebrews 10 hears Christ speaking verses 6 to 8. What does that teach about Jesus?

3. What new song could you sing about what God has done for you?

IN YOUR OWN WORDS: WHAT DOES PSALM 40 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 8 by heart

☐ I know the picture word

Answers: Blanks: waited · pit · song · Check yourself: 1. A (v. 2) · 2. B (v. 6) · 3. C (v. 12)

Lament Turning

Psalms of David · Book I

"For the Chief Musician. A Psalm by David."

PICTURE WORD

Heel

IN ONE SENTENCE

*Blessed is the one who cares for the poor; though a close friend betrays David, the LORD upholds and raises him up.***Remember it:** Forty-one: the friend who shared my bread lifted his heel.

MEMORY VERSE

Yes, my own familiar friend, in whom I trusted, who ate bread with me, has lifted up his heel against me.

Psalm 41:9 · World English Bible

HEBREW WORD

עָקַב

"heel" · verse 9

In the Psalms: four times, in 4 psalms

עָקַב means "heel." Jacob got his name from grabbing Esau's heel at birth. To lift up the heel against someone is to kick like a mule, a picture of betrayal by someone close. Jesus applied this verse to Judas at the Last Supper.

HOW THE PSALM MOVES

- 1-3 Blessed is the one who cares for the poor.
- 4-9 Sick and slandered, David is betrayed by a close friend.
- 10-12 He asks the LORD to raise him up and uphold him.
- 13 A blessing closes Book One: Amen and amen.

IN THE NEW TESTAMENT

v. 9 → John 13:18 Judas: the one who ate my bread has lifted up his heel against me.

MY NOTES

**Listen.** Hear Psalm 41 sung in the **Psalm Song** app, or free at ispress.de/psalms/41.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Enemies & Betrayal

God Will Not Abandon You

FILL IN THE BLANKS

Blessed is the one who cares for the _____; though a close _____ betrays David, the LORD _____ and raises him up.

CHECK YOURSELF

1. What did David's familiar friend do?

- ☐ (A) Lifted up his heel against him
- ☐ (C) Healed his sickness

- ☐ (B) Brought him bread
- ☐ (D) Defended his name

2. What do David's enemies ask?

- ☐ (A) "Where is his God?"
- ☐ (C) "Who is his father?"

- ☐ (B) "When will he die, and his name perish?"
- ☐ (D) "Why is he king?"

3. How does David know the LORD delights in him?

- ☐ (A) He became rich
- ☐ (C) His enemy doesn't triumph over him

- ☐ (B) His friends returned
- ☐ (D) He was made king

TALK IT OVER

1. What is promised to the person who considers the poor?

2. How does Jesus' use of verse 9 help us understand his suffering?

3. How should a Christian respond when betrayed by someone close?

IN YOUR OWN WORDS: WHAT DOES PSALM 41 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 9 by heart

- ☐ I can say what it teaches
- ☐ I know the picture word

Refrain Lament Turning

Sons of Korah · Book II

"For the Chief Musician. A contemplation by the sons of Korah."

PICTURE WORD

Deer

IN ONE SENTENCE

*thirsting soul longs for God like a deer for water, and tells itself to hope in God and praise him.***Remember it:** Forty-two: as the deer pants for water, my soul pants for God.

MEMORY VERSE

As the deer pants for the water brooks, so
my soul pants after you, God.

Psalm 42:1 · World English Bible

HEBREW WORD

תַּעֲרַג

"pant, long" · verse 1

In the Psalms: twice

תַּעֲרַג means "pants" or "longs." It is a rare word for the deep panting of a thirsty animal, used also in Joel 1:20 for beasts of the field crying out in drought. It is not a mild wish; it is a desperate thirst only God can satisfy.

HOW THE PSALM MOVES

1-4 The soul thirsts for God and remembers worship in his house.**5** The psalmist tells his soul: hope in God.**6-10** Waves sweep over him, yet God's song is with him.**11** Again he tells his soul to hope and praise.

MY NOTES

**Listen.** Hear Psalm 42 sung in the **Psalm Song** app, or free at ispress.de/psalms/42.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Waiting on God

Zion & the House of God

FILL IN THE BLANKS

A thirsting soul longs for God like a _____ for _____, and tells itself to _____ in God and praise him.

CHECK YOURSELF

1. What have been the psalmist's food day and night?

☐ (A) His tears

☐ (C) Honey

☐ (B) Bread and wine

☐ (D) Manna

2. What do people continually ask him?

☐ (A) "Why are you sad?"

☐ (C) "Who is your king?"

☐ (B) "Where is your God?"

☐ (D) "When will you return?"

3. What calls to deep at the noise of God's waterfalls?

☐ (A) Thunder

☐ (C) Deep

☐ (B) Wind

☐ (D) Rain

TALK IT OVER

1. What does the psalmist remember about worshiping with the crowd?

2. What does it mean that the psalmist talks to his own soul and tells it to hope?

3. What do you say to yourself when you feel far from God?

IN YOUR OWN WORDS: WHAT DOES PSALM 42 TEACH?

☐ I listened to the song

☐ I can say verse 1 by heart

☐ I can say what it teaches

☐ I know the picture word

Answers Blanks: deer · water · hope · Check yourself: 1. A (v. 3) · 2. B (vv. 3, 10) · 3. C (v. 7)

Lament Turning

Writer not named · Book II

IN ONE SENTENCE



Wronged by deceitful people, the psalmist asks God for light and truth to lead him to the altar, and hopes in God.

Remember it: Forty-three: send your light and truth to lead me to the altar.

MEMORY VERSE

Oh, send out your light and your truth. Let them lead me. Let them bring me to your holy hill, to your tents.

Psalm 43:3 · World English Bible

HEBREW WORD

אֹרֶךְ

"light" · verse 3

In the Psalms: nineteen times, in 18 psalms

אֹרֶךְ means "your light." Here light and truth are sent out like two guides who take the traveler by the hand and lead him home to God's holy hill. Light in Scripture shows the way, as in Psalm 119:105.

HOW THE PSALM MOVES

1-2 The psalmist asks God to defend him against deceitful people.

3-4 He asks for light and truth to lead him to God's altar.

5 He tells his soul again: hope in God.

MY NOTES



Listen. Hear Psalm 43 sung in the **Psalm Song** app, or free at ispress.de/psalms/43.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Waiting on God

Zion & the House of God

FILL IN THE BLANKS

Wronged by deceitful people, the psalmist asks God for _____ and _____ to lead him to the _____, and hopes in God.

CHECK YOURSELF

1. What does the psalmist ask God to send out?

- ☐ (A) His light and his truth
- ☐ (C) His rain and his wind

- ☐ (B) His angels and his armies
- ☐ (D) His prophets and his priests

2. What does the psalmist call God at the altar?

- ☐ (A) My mighty fortress
- ☐ (C) My bright morning star

- ☐ (B) My exceeding joy
- ☐ (D) My hidden treasure

3. On what instrument will he praise God?

- ☐ (A) The trumpet
- ☐ (C) The harp

- ☐ (B) The cymbals
- ☐ (D) The flute

TALK IT OVER

1. What questions does the psalmist ask God in verse 2?

2. What does it mean for God's light and truth to lead us?

3. How does going to worship help when you feel rejected or down?

IN YOUR OWN WORDS: WHAT DOES PSALM 43 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 3 by heart

- ☐ I can say what it teaches
- ☐ I know the picture word

Communal Lament

Sons of Korah · Book II

"For the Chief Musician. By the sons of Korah. A contemplative psalm."

PICTURE WORD

Sheep

IN ONE SENTENCE

*Israel recalls how God gave the land, yet now suffers defeat and cries to him to rise up and redeem them.***Remember it:** Forty-four: sheep for the slaughter cry, "Rise up, LORD, redeem us!"

MEMORY VERSE

Rise up to help us. Redeem us for your loving kindness' sake.

Psalm 44:26 · World English Bible

HEBREW WORD

קוּמָה

"rise up" · verse 26

In the Psalms: 51 times, in 38 psalms

קוּמָה means "rise up!" It is the cry Moses raised whenever the ark set out: "Rise up, LORD, and let your enemies be scattered" (Numbers 10:35). Israel asks God to stand up and act, and appeals to his loving kindness.

HOW THE PSALM MOVES

1–8 Israel recalls how God, not their sword, gave them the land.**9–16** Now God seems to reject them, and they suffer shame.**17–22** They insist they have stayed faithful to his covenant.**23–26** They cry for God to wake up and redeem them.

IN THE NEW TESTAMENT

v. 22 → Romans 8:36 For your sake we are killed all day long, yet we are more than conquerors.

MY NOTES

**Listen.** Hear Psalm 44 sung in the **Psalm Song** app, or free at ispress.de/psalms/44.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Israel's Story

God Will Not Abandon You

FILL IN THE BLANKS

Israel recalls how God gave the _____, yet now suffers _____ and cries to him to rise up and _____ them.

CHECK YOURSELF

1. How did the fathers get the land?

- | | |
|--|---|
| ☐ (A) By their own sword | ☐ (B) By God's right hand and the light of his face |
| ☐ (C) By buying it | ☐ (D) By making treaties |

2. What does the psalmist say he will not trust in?

- | | |
|---------------------------------------|------------------------------------|
| ☐ (A) His bow | ☐ (B) His God |
| ☐ (C) His fathers | ☐ (D) His king |

3. What are God's people regarded as?

- | | |
|---|--|
| ☐ (A) Lions in the forest | ☐ (B) Stars of heaven |
| ☐ (C) Sheep for the slaughter | ☐ (D) Grass of the field |

TALK IT OVER

1. How does verse 9 turn the psalm in a new direction?

2. What does it teach that God's people may suffer even when faithful? See Romans 8:36.

3. How can you be honest with God when he seems silent or asleep?

IN YOUR OWN WORDS: WHAT DOES PSALM 44 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 26 by heart

- ☐ I can say what it teaches
- ☐ I know the picture word

Royal Liturgy

Sons of Korah · Book II · Royal Psalms

"For the Chief Musician. Set to 'The Lilies.' A contemplation by the sons of Korah. A wedding song."

IN ONE SENTENCE

*wedding song for the king, whose throne is forever and whose bride is honored, and whose name all generations remember.***Remember it:** Forty-five: a royal wedding, a forever throne, and a glorious bride.

MEMORY VERSE

Your throne, God, is forever and ever. A scepter of equity is the scepter of your kingdom.

Psalm 45:6 · World English Bible

HEBREW WORD

כִּסֵּאךָ

"throne" · verse 6

In the Psalms: eighteen times, in 11 psalms

כִּסֵּאךָ means "your throne." The Hebrew word means a seat of honor and royal authority. This throne is "forever and ever," which is why Hebrews 1:8 hears the Father saying these words to the Son. Only an eternal King fits this wedding song.

HOW THE PSALM MOVES

- 1-2** The poet writes a noble song for the king.
- 3-9** The king rides in majesty; his throne is forever.
- 10-15** The bride is called to leave home and come to the king.
- 16-17** The king's sons and name will be honored forever.

IN THE NEW TESTAMENT

v. 6-7 → Hebrews 1:8-9 The Father says to the Son: 'Your throne, O God, is forever.'

MY NOTES

**Listen.** Hear Psalm 45 sung in the **Psalm Song** app, or free at ispress.de/psalms/45.**Cantillated.** Sung: chanted back and forth between a leader and the people.

The King & the Messiah

The LORD Reigns

FILL IN THE BLANKS

A _____ song for the king, whose _____ is forever and whose _____ is honored, and whose name all generations remember.

CHECK YOURSELF

1. What does the poet say his tongue is like?

☐ (A) The pen of a skillful writer

☐ (C) A burning coal

☐ (B) A sharp sword

☐ (D) A silver trumpet

2. What is the scepter of the king's kingdom?

☐ (A) A scepter of iron

☐ (C) A scepter of equity

☐ (B) A scepter of gold

☐ (D) A scepter of cedar

3. What do the king's garments smell like?

☐ (A) Smoke and fire

☐ (C) Roses and lilies

☐ (B) Myrrh, aloes, and cassia

☐ (D) Olive oil

TALK IT OVER

1. What qualities of the king does the poet praise in verses 2 to 7?

2. How does Hebrews 1:8-9 show this psalm points to Jesus?

3. The church is called Christ's bride. What does verse 10 ask of her?

IN YOUR OWN WORDS: WHAT DOES PSALM 45 TEACH?

☐ I listened to the song

☐ I can say verse 6 by heart

☐ I can say what it teaches

☐ I know the picture word

Refrain Praise

Sons of Korah · Book II

"For the Chief Musician. By the sons of Korah. According to Alamoth."

PICTURE WORD

Fortress

IN ONE SENTENCE



od is our refuge and strength, so we need not fear when the earth shakes, for the LORD is with us.

Remember it: Forty-six: when mountains shake, be still; our fortress is God.

MEMORY VERSE

"Be still, and know that I am God. I will be exalted among the nations. I will be exalted on the earth."

Psalm 46:10 · World English Bible

HEBREW WORD

הִרְפוּ

"be still" · verse 10

In the Psalms: three times, in 3 psalms

הִרְפוּ means "be still." The verb means to let go, relax, let your hands drop. It is not mainly about quiet devotions; it is a command to stop striving and fighting, because God himself will be exalted among the nations.

HOW THE PSALM MOVES

1-3 God is our refuge, so we won't fear when earth shakes.

4-7 God's river gladdens his city; the LORD is with us.

8-11 Come see his works; be still and know he is God.

MY NOTES



Listen. Hear Psalm 46 sung in the **Psalm Song** app, or free at ispress.de/psalms/46.

Cantillated. Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

The LORD Reigns

Zion & the House of God

FILL IN THE BLANKS

God is our _____ and _____, so we need not fear when the earth _____, for the LORD is with us.

CHECK YOURSELF

1. What makes the city of God glad?

(A) A river and its streams

(B) A strong wall

(C) A great army

(D) A golden temple

2. When will God help the city?

(A) At noon

(B) At dawn

(C) At sunset

(D) At midnight

3. What does God burn in the fire?

(A) The idols

(B) The forests

(C) The chariots

(D) The fields

TALK IT OVER

1. What frightening events does the psalm describe, and how does the believer respond?

2. What does the repeated line in verses 7 and 11 teach about God?

3. Where in your life do you need to stop striving and be still?

IN YOUR OWN WORDS: WHAT DOES PSALM 46 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 10 by heart

☐ I know the picture word

Refrain Praise

Sons of Korah · Book II · The LORD Reigns

"For the Chief Musician. A Psalm by the sons of Korah."

IN ONE SENTENCE

*ll peoples are told to clap and shout to God, the great King who reigns over the nations.***Remember it:** Forty-seven: clap your hands, all nations; God reigns as King.

MEMORY VERSE

God reigns over the nations. God sits on his holy throne.

Psalm 47:8 · World English Bible

HEBREW WORD

מֶלֶךְ

"reigns" · verse 8

In the Psalms: six times, in 6 psalms

מֶלֶךְ means "reigns." It is the verb form of the word for king, so it means "rules as King." Israel's God is not a local god; he is King of all the earth, and even foreign princes gather as the people of Abraham's God.

HOW THE PSALM MOVES

1-4 All nations are called to clap and shout to the King.**5-7** God goes up with a shout; sing praises!**8-9** God reigns over the nations from his holy throne.

MY NOTES

**Listen.** Hear Psalm 47 sung in the **Psalm Song** app, or free at ispress.de/psalms/47.**Cantillated.** Sung: chanted back and forth between a leader and the people.

The LORD Reigns

Praise & Thanksgiving

FILL IN THE BLANKS

All peoples are told to _____ and shout to God, the great _____ who reigns over the _____.

CHECK YOURSELF

1. What are all the nations told to do with their hands?

☐ (A) Clap them

☐ (C) Fold them

☐ (B) Lift them

☐ (D) Wash them

2. With what sound has the LORD gone up?

☐ (A) Thunder

☐ (C) A trumpet

☐ (B) Many waters

☐ (D) Harps

3. How are we told to sing praises?

☐ (A) Quietly

☐ (C) In secret

☐ (B) With understanding

☐ (D) With tears

TALK IT OVER

1. How many times does verse 6 say "sing praises," and why repeat it?

2. What does it mean that God is King over all the earth, not one nation?

3. How might your worship change if you sang "with understanding"?

IN YOUR OWN WORDS: WHAT DOES PSALM 47 TEACH?

☐ I listened to the song

☐ I can say verse 8 by heart

☐ I can say what it teaches

☐ I know the picture word

Answers: Blanks: clap · King · nations · Check yourself: 1. A (v. 1) · 2. C (v. 5) · 3. B (v. 7)

Proclamation Zion Praise

Sons of Korah · Book II

“A Song. A Psalm by the sons of Korah.”

IN ONE SENTENCE



reat is the LORD in Zion, the city of God, whose towers stand firm and whose God guides us forever.

Remember it: Forty-eight: walk around Zion, count the towers, tell your children.

MEMORY VERSE

For this God is our God forever and ever.
He will be our guide even to death.

Psalm 48:14 · World English Bible

HEBREW WORD

צִיּוֹן

“Zion” · verse 2

In the Psalms: 38 times, in 31 psalms

צִיּוֹן means “Zion.” It was first the name of a fortress David captured in Jerusalem, then the hill of the temple, and finally a name for the city of God and his people. Here the towers are for counting, so the story can be told to children.

HOW THE PSALM MOVES

- 1–3 The LORD is great in Zion, his city.
- 4–8 Kings came, saw, trembled, and fled; God establishes Zion.
- 9–11 God’s people ponder his love and rejoice in his judgments.
- 12–14 Walk around Zion, count its towers, tell the next generation.

IN THE NEW TESTAMENT

v. 2 → **Matthew 5:35** Jerusalem is the city of the great King.

MY NOTES



Listen. Hear Psalm 48 sung in the **Psalm Song** app, or free at ispress.de/psalms/48.

Cantillated. Sung: chanted back and forth between a leader and the people.

Zion & the House of God

Praise & Thanksgiving

FILL IN THE BLANKS

Great is the LORD in _____, the city of God, whose _____ stand firm and whose God _____ us forever.

CHECK YOURSELF

1. What happened when the kings saw the city?

- | | |
|---|--|
| ☐ (A) They were amazed and hurried away | ☐ (B) They attacked it |
| ☐ (C) They made a treaty | ☐ (D) They bowed and worshiped |

2. What ships does God break with the east wind?

- | | |
|--|---|
| ☐ (A) Ships of Egypt | ☐ (B) Ships of Tarshish |
| ☐ (C) Ships of Tyre | ☐ (D) Ships of Sidon |

3. Why should the people number Zion's towers?

- | | |
|---|--|
| ☐ (A) To pay taxes | ☐ (B) To plan a war |
| ☐ (C) To tell the next generation | ☐ (D) To repair them |

TALK IT OVER

1. What makes Zion beautiful and safe in this psalm?

2. What does verse 14 promise about God's care for his people?

3. What stories of God's faithfulness should you tell the next generation?

IN YOUR OWN WORDS: WHAT DOES PSALM 48 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 14 by heart

☐ I know the picture word

Wisdom Instruction

Sons of Korah · Book II

"For the Chief Musician. A Psalm by the sons of Korah."

IN ONE SENTENCE



wealth cannot ransom anyone from death, so do not fear the rich, for God will redeem the psalmist from the grave.

Remember it: Forty-nine: no bank can ransom a soul; only God redeems from the grave.

MEMORY VERSE

But God will redeem my soul from the power of Sheol, for he will receive me. Selah.

Psalm 49:15 · World English Bible

HEBREW WORD

יִפְדֶּה

"redeem" · verse 7

In the Psalms: fourteen times, in 12 psalms

יִפְדֶּה means "redeem" or "ransom." The verb means to buy someone back by paying a price, as Israel redeemed its firstborn sons. No human payment is enough to buy a life back from death; only God can do it, and verse 15 says he will.

HOW THE PSALM MOVES

- 1-4 A call to all peoples to hear wisdom.
- 5-12 Riches cannot ransom a life from death.
- 13-15 Fools end in Sheol, but God redeems the psalmist.
- 16-20 Don't fear the rich; they carry nothing away.

MY NOTES



Listen. Hear Psalm 49 in the **Psalm Song** app, or free at ispress.de/psalms/49.

Didactic. Preached: a teaching psalm, a sermon meant to be heard, not sung.

Life Is Short

The Two Ways

FILL IN THE BLANKS

Wealth cannot _____ anyone from _____, so do not fear the rich, for God will redeem the psalmist from the _____.

CHECK YOURSELF

1. Who is told to listen to this psalm?

- | | |
|---|--|
| ☐ (A) Only the priests | ☐ (B) All peoples, low and high, rich and poor |
| ☐ (C) Only Israel's kings | ☐ (D) Only the young |

2. What do the foolish name after themselves?

- | | |
|--|--|
| ☐ (A) Their lands | ☐ (B) Their children |
| ☐ (C) Their cities | ☐ (D) Their cattle |

3. What will the rich man carry away when he dies?

- | | |
|------------------------------------|-------------------------------------|
| ☐ (A) His gold | ☐ (B) His glory |
| ☐ (C) Nothing | ☐ (D) His name |

TALK IT OVER

1. Why can't wealth buy anyone's way out of death?

2. What hope does verse 15 give about God's power over the grave?

3. How does this psalm challenge the way our culture admires the rich?

IN YOUR OWN WORDS: WHAT DOES PSALM 49 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 15 by heart

☐ I know the picture word

Covenant Courtroom Judgment

Psalms of Asaph · Book II

“A Psalm by Asaph.”

PICTURE WORD

Cattle

IN ONE SENTENCE



od summons his people to judgment, wanting thankful hearts and honest vows over empty sacrifices, and warns the wicked who forget him.

Remember it: Fifty: God owns the cattle on a thousand hills; he wants thanks.

MEMORY VERSE

Call on me in the day of trouble. I will deliver you, and you will honor me.”

Psalm 50:15 · World English Bible

HEBREW WORD

תודה

“thanksgiving” · verse 14

In the Psalms: twelve times, in 10 psalms

תודה means “thanksgiving.” It names both a thankful word and the thank offering brought to the temple. It comes from a root meaning to praise or confess openly. God owns every animal; what he asks for is grateful people who say so out loud.

HOW THE PSALM MOVES

1–6 God shines from Zion and summons his people to judgment.

7–15 God needs no animals; he wants thanks, vows, and prayer.

16–21 God accuses the wicked who quote his words but disobey.

22–23 A warning to those who forget God, and a promise.

MY NOTES



Listen. Hear Psalm 50 sung in the **Psalm Song** app, or free at ispress.de/psalms/50.

Cantillated. Sung: chanted back and forth between a leader and the people.

Justice on the Wicked

Praise & Thanksgiving

God's Word

FILL IN THE BLANKS

God summons his people to _____, wanting _____ hearts and honest _____ over empty sacrifices, and warns the wicked who forget him.

CHECK YOURSELF

1. How many hills does God own the cattle on?

(A) A hundred

(C) Ten thousand

(B) A thousand

(D) Seven

2. What does God tell his people to offer?

(A) The sacrifice of thanksgiving

(C) Gold and silver

(B) A bull from the stall

(D) A new temple

3. What did the wicked man think when God kept silent?

(A) That God was angry

(C) That God was just like him

(B) That God was asleep

(D) That God had left

TALK IT OVER

1. Why does God say he does not need bulls and goats?

2. What does God's courtroom scene reveal about what he truly wants from worshipers?

3. How can thanksgiving become a real offering in your daily life, not just words?

IN YOUR OWN WORDS: WHAT DOES PSALM 50 TEACH?

☐ I listened to the song

☐ I can say verse 15 by heart

☐ I can say what it teaches

☐ I know the picture word

Penitential Lament Turning

51
LI

Psalms of David · Book II · The Seven Penitential Psalms

“For the Chief Musician. A Psalm by David, when Nathan the prophet came to him, after he had gone in to Bathsheba.”

PICTURE WORD

Hyssop

IN ONE SENTENCE



After his great sin, David begs God for mercy, asking to be washed, given a clean heart, and restored to joy.

Remember it: Fifty-one: hyssop and snow, God scrubs a stained heart clean.

MEMORY VERSE

Create in me a clean heart, O God. Renew a right spirit within me.

Psalm 51:10 · World English Bible

HEBREW WORD

טָהוֹר

“clean, pure” · verse 10

In the Psalms: three times, in 3 psalms

טָהוֹר means “clean” or “pure,” the word used for clean animals, pure gold, and worshipers fit to stand before God. David does not ask God to touch up an old heart. He asks God to create a clean one, using a verb the Old Testament reserves for God's own work.

HOW THE PSALM MOVES

- 1–6 David confesses his sin and appeals to God's mercy.
- 7–12 He begs to be washed, given a clean heart, restored.
- 13–17 He vows to teach sinners and offers a broken spirit.
- 18–19 He prays for Zion and its rebuilt walls.

IN THE NEW TESTAMENT

v. 4 → **Romans 3:4** God is proved right when He speaks.

MY NOTES



Listen. Hear Psalm 51 sung in the **Psalm Song** app, or free at ispress.de/psalms/51.

Cantillated. Sung: chanted back and forth between a leader and the people.

Forgiveness & Repentance

FILL IN THE BLANKS

After his great sin, David begs God for _____, asking to be _____, given a _____ heart, and restored to joy.

CHECK YOURSELF

1. With what does David ask to be purified?

☐ (A) Olive oil

☐ (C) River water

☐ (B) Hyssop

☐ (D) Fire

2. What sacrifice will God not despise?

☐ (A) A spotless lamb

☐ (C) A broken and contrite heart

☐ (B) A thousand rams

☐ (D) A tenth of the harvest

3. What does David promise to do once he is restored?

☐ (A) Teach transgressors God's ways

☐ (C) Leave Jerusalem

☐ (B) Build a new temple

☐ (D) Fast for forty days

TALK IT OVER

1. David says "against you, and you only, I have sinned." Why does he treat sin first as a matter between himself and God?

2. What does this psalm show about God's willingness to forgive the worst sins?

3. What would it look like this week to ask God for a clean heart instead of just better behavior?

IN YOUR OWN WORDS: WHAT DOES PSALM 51 TEACH?

☐ I listened to the song

☐ I can say verse 10 by heart

☐ I can say what it teaches

☐ I know the picture word

Judicial Confidence

Psalms of David · Book II

"For the Chief Musician. A contemplation by David, when Doeg the Edomite came and told Saul, 'David has come to Abimelech's house.'"

PICTURE WORD

Olive Tree

IN ONE SENTENCE

*he boastful man who trusts in riches will be uprooted, but the psalmist is like a green olive tree in God's house.***Remember it:** Fifty-two: the boaster is uprooted, but the olive tree stays green.

MEMORY VERSE

But as for me, I am like a green olive tree in
God's house. I trust in God's loving
kindness forever and ever.

Psalm 52:8 · World English Bible

HEBREW WORD

כַּזִּית

"olive" · verse 8

In the Psalms: twice, in 2 psalms

כַּזִּית is the olive tree, one of the longest-living and most useful trees in Israel, giving oil for lamps, food, and anointing. A green olive tree planted in God's house pictures a life rooted and fruitful year after year, the opposite of the boaster who is pulled up by the roots.

HOW THE PSALM MOVES

1-4 The psalmist confronts a boasting man with a lying tongue.**5-7** God will uproot him, and the righteous will see why.**8-9** The psalmist flourishes like an olive tree and gives thanks.

MY NOTES

**Listen.** Hear Psalm 52 sung in the **Psalm Song** app, or free at ispress.de/psalms/52.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Justice on the Wicked

The Two Ways

Praise & Thanksgiving

FILL IN THE BLANKS

The _____ man who trusts in _____ will be uprooted, but the psalmist is like a green _____ tree in God's house.

CHECK YOURSELF

1. What is the boaster's tongue compared to?

☐ (A) A broken bow

☐ (C) A roaring lion

☐ (B) A burning coal

☐ (D) A sharp razor

2. What did the uprooted man trust instead of God?

☐ (A) His army

☐ (C) His father's name

☐ (B) The abundance of his riches

☐ (D) Foreign kings

3. Where is the psalmist's green olive tree planted?

☐ (A) In God's house

☐ (C) On Mount Hermon

☐ (B) By the Jordan

☐ (D) In the king's garden

TALK IT OVER

1. What does the psalm say the boaster loves more than good and truth?

2. God's loving kindness "endures continually." How does that steady love answer a world of bragging and lies?

3. Where are you tempted to trust in money or reputation instead of God?

IN YOUR OWN WORDS: WHAT DOES PSALM 52 TEACH?

☐ I listened to the song

☐ I can say verse 8 by heart

☐ I can say what it teaches

☐ I know the picture word

Declarative Stability

Psalms of David · Book II

"For the Chief Musician. To the tune of "Mahalath." A contemplation by David."

IN ONE SENTENCE



he fool says in his heart there is no God, and no one does good, yet God will restore his people.

Remember it: Fifty-three: the fool's heart says "no God," but God still looks down.

MEMORY VERSE

The fool has said in his heart, "There is no God." They are corrupt, and have done abominable iniquity. There is no one who does good.

Psalm 53:1 · World English Bible

HEBREW WORD

נָבֵל

"fool" · verse 1

In the Psalms: five times, in 4 psalms

נָבֵל, "fool," describes moral folly, not a low IQ. It is the person who lives as if God does not matter. In 1 Samuel 25 a man named Nabal earns his name by insulting David, and his wife says folly is with him. Here the fool's problem starts in the heart.

HOW THE PSALM MOVES

- 1-3 The fool denies God, and no one does good.
- 4-5 Evildoers who devour God's people are struck with terror.
- 6 A longing for salvation to come out of Zion.

IN THE NEW TESTAMENT

v. 1-3 → **Romans 3:10-12** There is none who does good, no, not one.

MY NOTES



Listen. Hear Psalm 53 sung in the **Psalm Song** app, or free at ispress.de/psalms/53.

Cantillated. Sung: chanted back and forth between a leader and the people.

The Two Ways

Justice on the Wicked

FILL IN THE BLANKS

The _____ says in his _____ there is no God, and no one does good, yet God will _____ his people.

CHECK YOURSELF

1. What does the fool say in his heart?

(A) "God is far away."

(B) "God is angry."

(C) "There is no God."

(D) "I am righteous."

2. From where does God look down on the children of men?

(A) From Mount Sinai

(B) From heaven

(C) From the temple roof

(D) From the clouds of Zion

3. How do the workers of iniquity treat God's people?

(A) They eat them up as they eat bread

(B) They sell them as slaves

(C) They drive them into the desert

(D) They ignore them

TALK IT OVER

1. The psalm says no one does good, "no, not one." Why does Paul quote this in Romans 3?

2. What does it mean that God "looks down" to see who seeks him?

3. How can people who believe in God still live as practical atheists?

IN YOUR OWN WORDS: WHAT DOES PSALM 53 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 1 by heart

☐ I know the picture word

Lament Turning

54
LIV

Psalms of David · Book II

"For the Chief Musician. On stringed instruments. A contemplation by David, when the Ziphites came and said to Saul, 'Isn't David hiding himself among us?'"

PICTURE WORD

Helper

IN ONE SENTENCE

*etrayed by strangers who seek his life, David cries to God, who is his helper and upholds him, and he offers thanks.***Remember it:** Fifty-four: when strangers rise, my Helper holds my soul.

MEMORY VERSE

Behold, God is my helper. The Lord is the one who sustains my soul.

Psalm 54:4 · World English Bible

HEBREW WORD

עֲזָר

"helper" · verse 4

In the Psalms: seventeen times, in 14 psalms

עֲזָר means "helper," from a root meaning "to help, come to the aid of." The same root names the woman as a fitting help in Genesis 2. In the Psalms the word is usually used of God himself. A helper is not a junior partner but the one who supplies what is missing.

HOW THE PSALM MOVES

- 1-3 David pleads for rescue from violent strangers.
- 4-5 God is his helper who sustains him and repays evil.
- 6-7 He offers a freewill sacrifice and thanks for deliverance.

MY NOTES

**Listen.** Hear Psalm 54 sung in the **Psalm Song** app, or free at ispress.de/psalms/54.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Enemies & Betrayal

Praise & Thanksgiving

FILL IN THE BLANKS

_____ by _____ who seek his life, David cries to God, who is his
_____ and upholds him, and he offers thanks.

CHECK YOURSELF

1. Who has risen up against David?

☐ (A) His own sons

☐ (B) Philistine giants

☐ (C) Strangers and violent men

☐ (D) The priests

2. What does David call God in verse 4?

☐ (A) My shepherd

☐ (B) My shield

☐ (C) My judge

☐ (D) My helper

3. What kind of offering does David promise?

☐ (A) A freewill offering

☐ (B) A sin offering

☐ (C) A grain offering

☐ (D) A drink offering

TALK IT OVER

1. What do the attackers fail to do, according to verse 3?

2. David asks God to save him "by your name." What does God's name tell us about his character?

3. Who in your life needs to hear that God is their helper right now?

IN YOUR OWN WORDS: WHAT DOES PSALM 54 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 4 by heart

☐ I know the picture word

Betrayal Lament Turning

Psalms of David · Book II

"For the Chief Musician. On stringed instruments. A contemplation by David."

PICTURE WORD

Dove

IN ONE SENTENCE

*etrayed by a close friend, David wishes he could fly away like a dove, but casts his burden on the LORD.***Remember it:** Fifty-five: no dove's wings needed, cast your burden on the LORD.

MEMORY VERSE

Cast your burden on Yahweh and he will sustain you. He will never allow the righteous to be moved.

Psalm 55:22 · World English Bible

HEBREW WORD

יְהַבֵּךְ

"burden" · verse 22

In the Psalms: once

The Hebrew word for "burden" in verse 22 appears only here in the Bible. It comes from a root meaning "to give," so it suggests what has been given to you, your lot or load. Whatever life has handed you, you may hand it back to the LORD, who carries both it and you.

HOW THE PSALM MOVES

- 1-8** Terrified, David wishes for a dove's wings to fly away.
- 9-15** Violence fills the city, and a close friend has betrayed him.
- 16-21** He calls on God morning, noon, and night against smooth deceit.
- 22-23** Cast your burden on the LORD; he will sustain you.

MY NOTES

**Listen.** Hear Psalm 55 sung in the **Psalm Song** app, or free at ispress.de/psalms/55.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Enemies & Betrayal

Crying Out in Distress

Refuge in Trouble

FILL IN THE BLANKS

Betrayed by a close _____, David wishes he could fly away like a _____, but casts his _____ on the LORD.

CHECK YOURSELF

1. What does David wish he had?

☐ (A) Wings like a dove

☐ (C) A horse like the king's

☐ (B) A sword like Goliath's

☐ (D) A city wall

2. Who was it that insulted David?

☐ (A) A foreign king

☐ (C) His companion and familiar friend

☐ (B) An open enemy

☐ (D) A prophet

3. His words were softer than oil, yet they were what?

☐ (A) Honey to the lips

☐ (C) Empty air

☐ (B) Drawn swords

☐ (D) Broken promises

TALK IT OVER

1. Why does David say an enemy's insult would have been easier to endure than a friend's?

2. What promise does God make to the righteous in verse 22?

3. What burden would you hand to the LORD today if you truly believed he would carry it?

IN YOUR OWN WORDS: WHAT DOES PSALM 55 TEACH?

☐ I listened to the song

☐ I can say verse 22 by heart

☐ I can say what it teaches

☐ I know the picture word

Refrain Confidence

Psalms of David · Book II

"For the Chief Musician. To the tune of "Silent Dove in Distant Lands." A poem by David, when the Philistines seized him in Gath."

PICTURE WORD

Bottle

IN ONE SENTENCE

*When I am untrusting and afraid, David puts his trust in God, who counts his tears and keeps them in his bottle.***Remember it:** Fifty-six: every tear is kept in God's bottle.

MEMORY VERSE

When I am afraid, I will put my trust in you.

Psalm 56:3 · World English Bible

HEBREW WORD

אִירָא

"be afraid" · verse 3

In the Psalms: 46 times, in 34 psalms

אִירָא means "I am afraid," from the root used both for terror and for reverent fear of God. David does not pretend to be brave. He admits fear and makes it the moment of decision: "when I am afraid, I will trust." By verse 11 the same verb is negated: "I will not be afraid."

HOW THE PSALM MOVES

1-4 Enemies want to swallow David, but he trusts when afraid.**5-9** They twist his words; God counts his tears.**10-13** Trusting God's word, he keeps his vows and gives thanks.

MY NOTES

**Listen.** Hear Psalm 56 sung in the **Psalm Song** app, or free at ispress.de/psalms/56.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Crying Out in Distress

God Will Not Abandon You

FILL IN THE BLANKS

_____ and afraid, David puts his trust in God, who counts his _____
and keeps them in his _____.

CHECK YOURSELF

1. What does David do when he is afraid?

☐ (A) Runs to the hills

☐ (C) Calls his army

☐ (B) Puts his trust in God

☐ (D) Hides in silence

2. What do David's enemies do with his words?

☐ (A) Write them down

☐ (C) Praise them

☐ (B) Ignore them

☐ (D) Twist them

3. What does God put into his container?

☐ (A) David's tears

☐ (C) David's vows

☐ (B) David's songs

☐ (D) David's sins

TALK IT OVER

1. David asks twice, "What can man do to me?" What makes him able to ask it?

2. What does it say about God that he keeps a record of our tears?

3. What fear are you facing that needs to become a moment of trust?

IN YOUR OWN WORDS: WHAT DOES PSALM 56 TEACH?

☐ I listened to the song

☐ I can say verse 3 by heart

☐ I can say what it teaches

☐ I know the picture word

Refrain Praise

57
LVII

Psalms of David · Book II

"For the Chief Musician. To the tune of 'Do Not Destroy.' A poem by David, when he fled from Saul, in the cave."

PICTURE WORD

Cave

IN ONE SENTENCE

*iding in a cave, David takes refuge in the shadow of God's wings, and his steadfast heart sings praise to the nations.***Remember it:** Fifty-seven: in the cave, under God's wings, I will wake the dawn.

MEMORY VERSE

Be merciful to me, God, be merciful to me,
for my soul takes refuge in you. Yes, in the
shadow of your wings, I will take refuge,
until disaster has passed.

Psalm 57:1 · World English Bible

HEBREW WORD

כַּנְפֵּיךָ

"wings" · verse 1

In the Psalms: twelve times, in 12 psalms

כַּנֵּף means "wing," and it can also mean the edge or hem of a garment, as when Ruth asks Boaz to spread his wing over her. "The shadow of your wings" pictures a mother bird covering her young. David is in a cave, but his true shelter is closer than rock.

HOW THE PSALM MOVES

- 1-3 David takes refuge in the shadow of God's wings.
- 4-6 Among lions and nets, his enemies fall into their own pit.
- 7-II With a steadfast heart, he wakes the dawn with praise.

MY NOTES

**Listen.** Hear Psalm 57 sung in the **Psalm Song** app, or free at ispress.de/psalms/57.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Praise & Thanksgiving

FILL IN THE BLANKS

Hiding in a _____, David takes refuge in the shadow of God's _____, and his _____ heart sings praise to the nations.

CHECK YOURSELF

1. Where does David take refuge until disaster has passed?

(A) In the shadow of God's wings

(B) Behind the city gate

(C) In the king's tent

(D) Under the altar

2. What are his enemies' teeth compared to?

(A) Sharp stones

(B) Iron nails

(C) Spears and arrows

(D) Lion's claws

3. What does David say he will wake up?

(A) The sleeping city

(B) The dawn

(C) The priests

(D) His soldiers

TALK IT OVER

1. What happens to the people who dig a pit for David?

2. The refrain asks God to be exalted above the heavens. Why does David pray this from a cave?

3. What helps your heart stay steadfast when you are surrounded by trouble?

IN YOUR OWN WORDS: WHAT DOES PSALM 57 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 1 by heart

☐ I know the picture word

Imprecatory Judgment

Psalms of David · Book II · Psalms That Call for Justice

"For the Chief Musician. To the tune of "Do Not Destroy." A poem by David."

IN ONE SENTENCE

*Corrupt rulers poison the land like deaf cobras, but God judges the earth, and the righteous will be rewarded.***Remember it:** Fifty-eight: the cobra won't listen, but God judges the earth.

MEMORY VERSE

so that men shall say, "Most certainly there is a reward for the righteous. Most certainly there is a God who judges the earth."

Psalm 58:11 · World English Bible

HEBREW WORD

שֹׁפְטִים

"judging" · verse 11

In the Psalms: 32 times, in 21 psalms

שֹׁפְטִים comes from the root "to judge," which in Hebrew means more than handing down a verdict. It means to govern and to put things right. The psalm opens by asking whether human rulers judge rightly and closes with the answer: there is a God who truly judges the earth.

HOW THE PSALM MOVES

1-5 Unjust rulers speak lies, poisonous like a deaf cobra.**6-9** A prayer that God break their power and sweep them away.**10-11** The righteous are rewarded, for God judges the earth.

MY NOTES

**Listen.** Hear Psalm 58 sung in the **Psalm Song** app, or free at ispress.de/psalms/58.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Justice on the Wicked

FILL IN THE BLANKS

_____ rulers poison the land like deaf _____, but God judges the earth, and the righteous will be _____.

CHECK YOURSELF

1. What is the rulers' poison compared to?

- (A) Spoiled wine
(C) Bitter herbs

- (B) A deaf cobra
(D) A scorpion's sting

2. What does David ask God to break in their mouth?

- (A) Their tongues
(C) Their lips

- (B) Their teeth
(D) Their jaws

3. What will people say at the end?

- (A) "The wicked always win."
(C) "Kings are like gods."

- (B) "The king is just."
(D) "There is a reward for the righteous."

TALK IT OVER

1. What are the rulers doing with their hands on the earth, according to verse 2?

2. Why is it good news that there is a God who judges the earth?

3. How should Christians pray when leaders abuse power?

IN YOUR OWN WORDS: WHAT DOES PSALM 58 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 11 by heart

☐ I know the picture word

Answers: Blanks: Corrupt · cobras · rewarded · Check yourself: 1. B (v. 4) · 2. B (v. 6) · 3. D (v. 11)

Imprecatory Lament Turning

Psalms of David · Book II · Psalms That Call for Justice

"For the Chief Musician. To the tune of "Do Not Destroy." A poem by David, when Saul sent, and they watched the house to kill him."

PICTURE WORD

Dogs

IN ONE SENTENCE

*Dogs prowl the city to kill David, but God is his high tower, so he sings of his strength each morning.***Remember it:** Fifty-nine: dogs howl at night, but I sing from my high tower at dawn.

MEMORY VERSE

But I will sing of your strength. Yes, I will sing aloud of your loving kindness in the morning. For you have been my high tower, a refuge in the day of my distress.

Psalm 59:16 · World English Bible

HEBREW WORD

מִשְׁגָּב

"high tower" · verse 16

In the Psalms: thirteen times, in 8 psalms

מִשְׁגָּב, "high tower," comes from a root meaning "to be high, out of reach." It is a secure height that attackers cannot climb. The dogs circle the city at night, but David's safety is not in the city walls. God himself is the height they cannot reach.

HOW THE PSALM MOVES

- 1–5** David, innocent, asks deliverance from bloodthirsty men.
- 6–13** Enemies howl like dogs, but the LORD laughs at them.
- 14–17** While dogs prowl, David sings of God's strength each morning.

MY NOTES

**Listen.** Hear Psalm 59 sung in the **Psalm Song** app, or free at ispress.de/psalms/59.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Justice on the Wicked

Enemies & Betrayal

FILL IN THE BLANKS

_____ prowl the city to kill David, but God is his high _____, so he sings of his strength each _____.

CHECK YOURSELF

1. What do the enemies do at evening?

☐ (A) Set fires

☐ (B) Sleep at the gate

☐ (C) Howl like dogs and prowl the city

☐ (D) Sing drinking songs

2. What does Yahweh do at the boasting enemies?

☐ (A) Laughs at them

☐ (B) Weeps over them

☐ (C) Ignores them

☐ (D) Bargains with them

3. When does David sing aloud of God's loving kindness?

☐ (A) At noon

☐ (B) At midnight

☐ (C) In the evening

☐ (D) In the morning

TALK IT OVER

1. David says the attacks come "not for my disobedience, nor for my sin." How do you pray when trouble is undeserved?

2. What does it mean that God laughs at those who plot against him?

3. What "evening dogs" keep you up at night, and how could a morning song change that?

IN YOUR OWN WORDS: WHAT DOES PSALM 59 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 16 by heart

☐ I know the picture word

Communal Lament

Psalms of David · Book II

“For the Chief Musician. To the tune of “The Lily of the Covenant.” A teaching poem by David, when he fought with Aram Naharaim and with Aram Zobah, and Joab returned, and killed twelve thousand of Edom in the Valley of Salt.”

PICTURE WORD

Banner

IN ONE SENTENCE



After defeat, Israel asks God to restore them, and trusts that with God they will act valiantly against their foes.

Remember it: Sixty: under God's banner the beaten rise and act valiantly.

MEMORY VERSE

Through God we will do valiantly, for it is he who will tread down our adversaries.

Psalm 60:12 · World English Bible

HEBREW WORD

חֵיל

“valor, strength” · verse 12

In the Psalms: eighteen times, in 13 psalms

חֵיל means strength, valor, ability, and even wealth or an army. It is the word in “a woman of valor” in Proverbs 31. Israel has been shaken and defeated, yet the psalm ends with confidence: valor will come “through God,” not from soldiers alone.

HOW THE PSALM MOVES

1–5 After defeat, the people ask God to mend the broken land.

6–8 God speaks from his sanctuary, claiming the lands as his.

9–12 Human help is vain; through God they will act valiantly.

MY NOTES



Listen. Hear Psalm 60 sung in the **Psalm Song** app, or free at ispress.de/psalms/60.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Israel's Story

Waiting on God

FILL IN THE BLANKS

After _____, Israel asks God to _____ them, and trusts that with God they will act _____ against their foes.

CHECK YOURSELF

1. What has God made his people drink?

☐ (A) Living water

☐ (B) Bitter herbs

☐ (C) The wine that makes us stagger

☐ (D) Milk and honey

2. What does God call Moab?

☐ (A) My wash basin

☐ (B) My scepter

☐ (C) My helmet

☐ (D) My vineyard

3. What does the psalm say about the help of man?

☐ (A) It is enough

☐ (B) It is vain

☐ (C) It is slow

☐ (D) It is costly

TALK IT OVER

1. What has God given to those who fear him in verse 4, and why?

2. God claims every land by name. What does that say about his rule over nations?

3. After a defeat in your life, what would it mean to act valiantly "through God"?

IN YOUR OWN WORDS: WHAT DOES PSALM 60 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 12 by heart

☐ I know the picture word

Refuge Lament Turning

Psalms of David · Book II

"For the Chief Musician. For a stringed instrument. By David."

PICTURE WORD

Tower

IN ONE SENTENCE

*From earth's end, a weary king cries to God to lead him to a high rock and keep him forever.***Remember it:** Sixty-one: from the ends of the earth, lead me to the higher rock.

MEMORY VERSE

I will dwell in your tent forever. I will take
refuge in the shelter of your wings. Selah.

Psalm 61:4 · World English Bible

HEBREW WORD

בְּצוּר

"rock" · verse 2

In the Psalms: 26 times, in 19 psalms

צוּר means a great rock or cliff, a place high and solid. Moses' song calls God "the Rock" whose work is perfect. Here the weary singer asks to be led to "the rock that is higher than I." He cannot climb to safety by himself; God must lead him there.

HOW THE PSALM MOVES

1–4 From earth's end, he asks to be led to the higher rock.**5–8** God hears his vows, prolongs the king, and receives daily praise.

MY NOTES

**Listen.** Hear Psalm 61 sung in the **Psalm Song** app, or free at ispress.de/psalms/61.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

The King & the Messiah

FILL IN THE BLANKS

From earth's end, a _____ king cries to God to lead him to a high
_____ and keep him _____.

CHECK YOURSELF

1. From where does the psalmist call to God?

(A) From the end of the earth

(B) From the temple courts

(C) From a prison cell

(D) From the battlefield

2. What has God been to him against the enemy?

(A) A sharp sword

(B) A deep river

(C) A strong tower

(D) A swift horse

3. What will God do for the king?

(A) Give him gold

(B) Prolong his life

(C) Give him many sons

(D) Defeat Egypt

TALK IT OVER

1. Why does the psalmist need to be led to a rock "higher than I"?

2. What does the image of God's tent and wings say about how close he lets us come?

3. When your heart is overwhelmed, what keeps you from calling out to God?

IN YOUR OWN WORDS: WHAT DOES PSALM 61 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 4 by heart

☐ I know the picture word

Declarative Stability

Psalms of David · Book II

"For the Chief Musician. To Jeduthun. A Psalm by David."

IN ONE SENTENCE



My soul waits quietly for God alone, my rock and fortress, so I trust him and pour out my heart.

Remember it: Sixty-two: when others push the leaning wall, my soul rests quietly in God.

MEMORY VERSE

Trust in him at all times, you people. Pour out your heart before him. God is a refuge for us. Selah.

Psalm 62:8 · World English Bible

HEBREW WORD

דִּוְמָיָה

"silent rest" · verse 1

In the Psalms: four times, in 4 psalms

דִּוְמָיָה means silence or stillness. Verse 1 reads, literally, "Only toward God is my soul silence." It is not empty quiet but the hush of a soul that has stopped arguing and is waiting on God alone, while everyone around is shoving at a leaning wall.

HOW THE PSALM MOVES

- 1–4 My soul rests in God alone while liars push me down.
- 5–8 Wait in silence; trust him always and pour out your heart.
- 9–12 People are a breath; power and loving kindness belong to God.

IN THE NEW TESTAMENT

v. 12 → **Romans 2:6** God will repay each one according to his works.

MY NOTES



Listen. Hear Psalm 62 sung in the **Psalm Song** app, or free at ispress.de/psalms/62.

Cantillated. Sung: chanted back and forth between a leader and the people.

Waiting on God

Refuge in Trouble

FILL IN THE BLANKS

My soul waits _____ for God alone, my rock and _____, so I trust him and _____ out my heart.

CHECK YOURSELF

1. The attackers want to throw him down like what?

☐ (A) A broken jar

☐ (B) A leaning wall

☐ (C) An old tree

☐ (D) A stone idol

2. What are people of low and high degree, weighed in the balances?

☐ (A) Lighter than a breath

☐ (B) Heavier than gold

☐ (C) Equal to each other

☐ (D) Worth nothing to God

3. What should you not do if riches increase?

☐ (A) Give them away

☐ (B) Hide them

☐ (C) Boast about them

☐ (D) Set your heart on them

TALK IT OVER

1. What two things belong to God, according to verses 11 and 12?

2. What does it mean to pour out your heart before God, rather than tidy it up first?

3. Where do you most need to practice waiting in silence instead of pushing back?

IN YOUR OWN WORDS: WHAT DOES PSALM 62 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 8 by heart

☐ I know the picture word

Answers: Blanks: quietly · fortress · pour · Check yourself: 1. B (v. 3) · 2. A (v. 9) · 3. D (v. 10)

Desire Praise

Psalms of David · Book II

"A Psalm by David, when he was in the desert of Judah."

IN ONE SENTENCE

*In a dry and weary land, my soul thirsts for God, whose steadfast love is better than life itself.***Remember it:** Sixty-three: in a dry land, God's love tastes better than life.

MEMORY VERSE

Because your loving kindness is better than life, my lips shall praise you.

Psalm 63:3 · World English Bible

HEBREW WORD

צָמָאָה

"thirsts" · verse 1

In the Psalms: twice, in 2 psalms

צָמָאָה means "to thirst," the raw desert thirst of people with no water, as when Israel thirsted in the wilderness. David uses that bodily ache for his longing after God. His whole self, soul and flesh, wants God the way a parched throat wants water.

HOW THE PSALM MOVES

1–2 In a dry land, David thirsts for God he has seen.**3–8** God's love is better than life; he clings and is held.**9–11** His enemies fall, and the king rejoices in God.

MY NOTES

**Listen.** Hear Psalm 63 sung in the **Psalm Song** app, or free at ispress.de/psalms/63.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

Waiting on God

FILL IN THE BLANKS

In a dry and _____ land, my soul _____ for God, whose steadfast love is better than _____ itself.

CHECK YOURSELF

1. What is God's loving kindness better than?

(A) Gold

(C) Wine

(B) Life

(D) Victory

2. When does David remember God?

(A) On his bed in the night watches

(C) Before battle

(B) At the morning sacrifice

(D) At the city gate

3. What holds David up?

(A) His staff

(C) His own strength

(B) His friends

(D) God's right hand

TALK IT OVER

1. What does David say his soul will be satisfied with?

2. What does it say about God that he can be worth more than life itself?

3. What "dry and weary land" are you in, and how might it sharpen your thirst for God?

IN YOUR OWN WORDS: WHAT DOES PSALM 63 TEACH?

☐ I listened to the song

☐ I can say verse 3 by heart

☐ I can say what it teaches

☐ I know the picture word

Answers: Blanks: thirsts · weary · life · Check yourself: 1. B (v. 3) · 2. A (v. 6) · 3. D (v. 8)

Imprecatory Lament Turning

Psalms of David · Book II

"For the Chief Musician. A Psalm by David."

PICTURE WORD

Arrows

IN ONE SENTENCE



nemies shoot secret words like arrows at the innocent, but God shoots back and their own tongues ruin them.

Remember it: Sixty-four: they shoot word-arrows from the bushes, but God's arrow flies back.

MEMORY VERSE

But God will shoot at them. They will be suddenly struck down with an arrow.

Psalm 64:7 · World English Bible

HEBREW WORD

חֵץ

"arrow" · verse 7

In the Psalms: fourteen times, in 12 psalms

חֵץ is the ordinary word for an arrow. The wicked aim "deadly words" like arrows from hiding. Then the psalm turns on one word: "But God will shoot at them" with an arrow. The same weapon returns, and the plotters who said "who will see?" are struck suddenly.

HOW THE PSALM MOVES

1–6 Enemies sharpen tongues and plot secret ambushes.

7–8 God shoots back, and their own tongues ruin them.

9–10 All people fear; the righteous rejoice in the LORD.

MY NOTES



Listen. Hear Psalm 64 sung in the **Psalm Song** app, or free at ispress.de/psalms/64.

Cantillated. Sung: chanted back and forth between a leader and the people.

Enemies & Betrayal

Justice on the Wicked

FILL IN THE BLANKS

Enemies shoot _____ words like _____ at the innocent, but God shoots back and their own _____ ruin them.

CHECK YOURSELF

1. What do the wicked sharpen like a sword?

☐ (A) Their spears

☐ (C) Their tongue

☐ (B) Their plans

☐ (D) Their teeth

2. What do they say about their hidden snares?

☐ (A) "Who will see them?"

☐ (C) "The king commands it."

☐ (B) "God will help us."

☐ (D) "It is only a joke."

3. What ruins the wicked in the end?

☐ (A) A great flood

☐ (C) A foreign army

☐ (B) Their own tongues

☐ (D) Hunger

TALK IT OVER

1. How do the wicked describe their own plan in verse 6?

2. What does it say about God that he sees what is plotted in secret?

3. Have you ever been hurt by "arrow" words? How can this psalm guide your response?

IN YOUR OWN WORDS: WHAT DOES PSALM 64 TEACH?

☐ I listened to the song

☐ I can say verse 7 by heart

☐ I can say what it teaches

☐ I know the picture word

Declarative Praise

Psalms of David · Book II

"For the Chief Musician. A Psalm by David. A song."

IN ONE SENTENCE



od hears prayer, forgives sins, stills the seas, waters the earth, and crowns the year with overflowing harvest.

Remember it: Sixty-five: the God who hears prayer crowns the year with harvest.

MEMORY VERSE

You crown the year with your bounty. Your carts overflow with abundance.

Psalm 65:11 · World English Bible

HEBREW WORD

תַּפִּלָּה

"prayer" · verse 2

In the Psalms: 32 times, in 23 psalms

תַּפִּלָּה is the common Hebrew word for "prayer." God is named "you who hear prayer," and because he hears, "all men will come to you." The same word closes the next section of Psalms: "This ends the prayers of David" in Psalm 72:20.

HOW THE PSALM MOVES

- 1–4 Praise waits in Zion for the God who hears and atones.
- 5–8 God forms mountains, stills seas, and is hope of the earth.
- 9–13 God waters the land and crowns the year with harvest.

MY NOTES



Listen. Hear Psalm 65 sung in the **Psalm Song** app, or free at ispress.de/psalms/65.

Cantillated. Sung: chanted back and forth between a leader and the people.

God in Creation

Praise & Thanksgiving

Zion & the House of God

FILL IN THE BLANKS

God hears prayer, _____ sins, stills the _____, waters the earth, and crowns the year with overflowing _____.

CHECK YOURSELF

1. What did God do for our transgressions?

☐ (A) Counted them

☐ (C) Forgot them

☐ (B) Atoned for them

☐ (D) Punished them

2. What does God still?

☐ (A) The roaring of the seas

☐ (C) The songs of birds

☐ (B) The wind in the trees

☐ (D) The cries of the poor

3. With what does God crown the year?

☐ (A) With snow

☐ (C) With victory

☐ (B) With silence

☐ (D) With his bounty

TALK IT OVER

1. List the things God does to the land in verses 9 and 10.

2. This psalm puts forgiveness of sin and rain on the fields side by side. What does that say about God?

3. Where can you see God's goodness "crowning" this year of your life?

IN YOUR OWN WORDS: WHAT DOES PSALM 65 TEACH?

☐ I listened to the song

☐ I can say verse 11 by heart

☐ I can say what it teaches

☐ I know the picture word

Communal Thanksgiving

Writer not named · Book II

"For the Chief Musician. A song. A Psalm."

IN ONE SENTENCE



ll the earth shouts to God for his awesome works, who tested his people like silver and brought them to abundance.

Remember it: Sixty-six: through fire and water, refined like silver into abundance.

MEMORY VERSE

Come and hear, all you who fear God. I will declare what he has done for my soul.

Psalm 66:16 · World English Bible

HEBREW WORD

צִרְפָּתָנוּ

"refined us" · verse 10

In the Psalms: nine times, in 7 psalms

צִרַּךְ means "to refine," the work of melting metal so the dross separates from the silver. A goldsmith is named from this root. Israel's prison, burdens, fire, and water were not random pain but a refiner's work, and the fire led to "the place of abundance."

HOW THE PSALM MOVES

- 1-7** All the earth shouts; God turned the sea into dry land.
- 8-12** God tested his people like silver and brought them to abundance.
- 13-15** The singer brings offerings and pays vows made in distress.
- 16-20** Come and hear: God listened to my prayer.

MY NOTES



Listen. Hear Psalm 66 sung in the **Psalm Song** app, or free at ispress.de/psalms/66.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

Israel's Story

FILL IN THE BLANKS

All the earth _____ to God for his awesome works, who tested his people like _____ and brought them to _____.

CHECK YOURSELF

1. What did God turn the sea into?

- ☐ (A) A river of blood
- ☐ (C) A wall of ice

- ☐ (B) Dry land
- ☐ (D) A quiet lake

2. God refined his people as what is refined?

- ☐ (A) Silver
- ☐ (C) Bronze

- ☐ (B) Gold
- ☐ (D) Wheat

3. What would have kept the Lord from listening?

- ☐ (A) Forgetting a vow
- ☐ (C) Coming without a sacrifice

- ☐ (B) Praying too softly
- ☐ (D) Cherishing sin in his heart

TALK IT OVER

1. The psalm moves from "come and see" (v. 5) to "come and hear" (v. 16). What is the singer inviting people to?

2. How can a loving God also be a refiner who tests his people?

3. What has God brought you through that you could tell someone about this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 66 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 16 by heart

☐ I know the picture word

Answers: Blanks: shouts · silver · abundance · Check yourself: 1. B (v. 6) · 2. A (v. 10) · 3. D (v. 18)

Refrain Blessing Praise

Writer not named · Book II

"For the Chief Musician. With stringed instruments. A Psalm. A song."

IN ONE SENTENCE

*May God be gracious and bless us, so that his way is known and all the nations praise him.***Remember it:** Sixty-seven: God's shining face on us lights the way for every nation.

MEMORY VERSE

May God be merciful to us, bless us, and
cause his face to shine on us. Selah.

Psalm 67:1 · World English Bible

HEBREW WORD

יָאֵר

"shine" · verse 1

In the Psalms: sixteen times, in 13 psalms

יָאֵר, "cause to shine," comes from the word for light. "Cause his face to shine on us" echoes the priestly blessing in Numbers 6:25. A shining face is a smiling, favorable face. Israel asks for God's smile, not to keep it, but so that every nation will see it.

HOW THE PSALM MOVES

- 1–2** Bless us so your way is known on earth.
-
- 3–5** Let all peoples praise the God who judges with equity.
-
- 6–7** The earth yields its harvest; all its ends will fear him.
-

MY NOTES

**Listen.** Hear Psalm 67 sung in the **Psalm Song** app, or free at ispress.de/psalms/67.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

The LORD Reigns

FILL IN THE BLANKS

May God be _____ and bless us, so that his way is _____ and all the _____ praise him.

CHECK YOURSELF

1. What does the psalmist ask God to cause his face to do?

- | | |
|---|---|
| ☐ (A) Turn away | ☐ (B) Shine on us |
| ☐ (C) Look on the nations | ☐ (D) Hide from sin |

2. Why does Israel ask to be blessed?

- | | |
|--|---|
| ☐ (A) To defeat their enemies | ☐ (B) To become rich |
| ☐ (C) That God's way may be known on earth | ☐ (D) To rebuild the temple |

3. What has the earth done?

- | | |
|--|--|
| ☐ (A) Yielded its increase | ☐ (B) Trembled |
| ☐ (C) Dried up | ☐ (D) Opened its mouth |

TALK IT OVER

1. Which line repeats in this short psalm, and why do you think it repeats?

2. What does it mean that God judges the peoples "with equity"?

3. How could God's blessing in your life become a way for others to know him?

IN YOUR OWN WORDS: WHAT DOES PSALM 67 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 1 by heart

☐ I know the picture word

Processional Victory

Psalms of David · Book II

"For the Chief Musician. A Psalm by David. A song."

PICTURE WORD

Procession

IN ONE SENTENCE



God arises and scatters his enemies, fathers orphans, rides the heavens, marches into his sanctuary, and daily bears us up.

Remember it: Sixty-eight: God arises, the parade marches in, and he carries us daily.

MEMORY VERSE

Blessed be the Lord, who daily bears our burdens, even the God who is our salvation. Selah.

Psalm 68:19 · World English Bible

HEBREW WORD

יָקוּם

"let him arise" · verse 1

In the Psalms: 51 times, in 38 psalms

יָקוּם means "let him arise," from the root "to rise, stand up." The opening line echoes Moses' cry in Numbers 10:35 whenever the ark set out: "Rise up, LORD, and let your enemies be scattered." The whole psalm pictures God on the move, leading his people in procession.

HOW THE PSALM MOVES

- 1–6 Let God arise, scatter enemies, and father the fatherless.
- 7–18 God marches from Sinai, scatters kings, and ascends on high.
- 19–23 The Lord daily bears our burdens and rescues from death.
- 24–35 God's procession enters the sanctuary; kingdoms sing to him.

IN THE NEW TESTAMENT

v. 18 → **Ephesians 4:8** Christ ascended on high and gave gifts to His people.

MY NOTES



Listen. Hear Psalm 68 sung in the **Psalm Song** app, or free at ispress.de/psalms/68.

Cantillated. Sung: chanted back and forth between a leader and the people.

The LORD Reigns

Israel's Story

Justice on the Wicked

FILL IN THE BLANKS

God arises and _____ his enemies, fathers _____, rides the heavens, marches into his _____, and daily bears us up.

CHECK YOURSELF

1. The wicked perish before God as wax melts before what?

☐ (A) The sun	☐ (B) The fire
☐ (C) The wind	☐ (D) The rain
2. God is a father of whom?

☐ (A) The fatherless	☐ (B) The kings
☐ (C) The priests	☐ (D) The mighty
3. What does the Lord do daily?

☐ (A) Counts the stars	☐ (B) Judges the nations
☐ (C) Sends rain	☐ (D) Bears our burdens

TALK IT OVER

1. Who walks in God's procession in verses 25 to 27?
2. The same God rides the heavens and sets the lonely in families. What does that show about him?

3. Who around you is fatherless, widowed, or lonely, and how might God use you for them?

IN YOUR OWN WORDS: WHAT DOES PSALM 68 TEACH?

- | | |
|--|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 19 by heart | ☐ I know the picture word |

Imprecatory Lament Turning

Psalms of David · Book II · Psalms That Call for Justice

"For the Chief Musician. To the tune of "Lilies." By David."

IN ONE SENTENCE

*inking in deep waters, the zealous and hated sufferer cries to God for rescue, vowing thanks when he is saved.***Remember it:** Sixty-nine: up to my neck in deep waters, zeal for God's house consumes me.

MEMORY VERSE

For the zeal of your house consumes me. The reproaches of those who reproach you have fallen on me.

Psalm 69:9 · World English Bible

HEBREW WORD

קִנְיָה

"zeal" · verse 9

In the Psalms: three times, in 3 psalms

קִנְיָה means "zeal" or "jealousy," a burning passion that will not share what it loves. It is the root behind God's name as a jealous God in Exodus 20. The sufferer is so devoted to God's house that the passion burns him up, and John 2:17 applies this verse to Jesus cleansing the temple.

HOW THE PSALM MOVES

- 1-4 Sinking in deep waters, he is hated without a cause.
- 5-12 He bears reproach for God's sake; zeal for God's house consumes him.
- 13-21 He begs rescue; enemies give him vinegar for his thirst.
- 22-28 He asks God to bring justice on his persecutors.
- 29-36 He vows a song of thanks; God will save Zion.

IN THE NEW TESTAMENT

- v. 4 → **John 15:25** They hated me without a cause.
- v. 9 → **John 2:17** Jesus cleanses the temple: zeal for your house consumes me.
- v. 9 → **Romans 15:3** Christ did not please Himself; He bore our reproach.
- v. 21 → **Matthew 27:34** At the cross they give Him vinegar to drink.
- v. 22-23 → **Romans 11:9-10** Let their table become a snare: Israel's hardening.
- v. 25 → **Acts 1:20** Judas' place is left empty.

**Listen.** Hear Psalm 69 sung in the **Psalm Song** app, or free at ispress.de/psalms/69.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

The King & the Messiah

FILL IN THE BLANKS

Sinking in deep _____, the _____ and hated sufferer cries to God for rescue, vowing _____ when he is saved.

CHECK YOURSELF

1. How high have the waters come?

- ☐ (A) To my knees
- ☐ (C) Over my head

- ☐ (B) To my waist
- ☐ (D) Up to my neck

2. What does the zeal of God's house do to the psalmist?

- ☐ (A) Consumes him
- ☐ (C) Gives him rest

- ☐ (B) Makes him rich
- ☐ (D) Makes him proud

3. What was he given to drink in his thirst?

- ☐ (A) Water from the rock
- ☐ (C) Wine and milk

- ☐ (B) Vinegar
- ☐ (D) Nothing at all

TALK IT OVER

1. The New Testament quotes this psalm many times about Jesus. Which lines remind you of his suffering?

2. Why does a song of thanks please the LORD more than an ox or a bull?

3. When have you felt you were sinking, and what does this psalm teach you to pray then?

IN YOUR OWN WORDS: WHAT DOES PSALM 69 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 9 by heart

☐ I know the picture word

Urgent Lament

Psalms of David · Book II

"For the Chief Musician. By David. A reminder."

IN ONE SENTENCE

*short, urgent plea: God, hurry to rescue me, for I am poor and needy, and you are my help.***Remember it:** Seventy: a short prayer for a hurry-up God who will not delay.

MEMORY VERSE

But I am poor and needy. Come to me quickly, God. You are my help and my deliverer. Yahweh, don't delay.

Psalm 70:5 · World English Bible

HEBREW WORD

חֲשֵׁה

"hurry" · verse 1

In the Psalms: nine times, in 8 psalms

חֲשֵׁה means "hurry!" or "make haste!" It is a short, urgent command a person shouts when there is no time for a long prayer. The psalm opens and closes in that rush: "Hurry, God" and "Yahweh, don't delay." God welcomes even the shortest cry for help.

HOW THE PSALM MOVES

1-3 Hurry to help me; turn back those who mock.

4-5 Let seekers rejoice; I am poor and needy, don't delay.

MY NOTES

**Listen.** Hear Psalm 70 sung in the **Psalm Song** app, or free at ispress.de/psalms/70.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Refuge in Trouble

FILL IN THE BLANKS

A short, _____ plea: God, hurry to rescue me, for I am poor and _____, and you are my _____.

CHECK YOURSELF

1. What do the mockers say?

(A) "Where is your God?"

(B) "Aha! Aha!"

(C) "Run away!"

(D) "We have won!"

2. What do those who love God's salvation continually say?

(A) "Let God be exalted!"

(B) "How long, LORD?"

(C) "Save us now!"

(D) "Amen and amen!"

3. How does the psalmist describe himself?

(A) Strong and brave

(B) Old and gray

(C) Poor and needy

(D) Righteous and pure

TALK IT OVER

1. What two groups of people does this short psalm describe?

2. What does it say about God that he receives a prayer as short and urgent as this one?

3. Write your own five-line prayer for help in the pattern of Psalm 70.

IN YOUR OWN WORDS: WHAT DOES PSALM 70 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 5 by heart

☐ I know the picture word

Answers: Blanks: urgent · needy · help · Check yourself: 1. B (v. 3) · 2. A (v. 4) · 3. C (v. 5)

Aged Confidence

Writer not named · Book II

PICTURE WORD

Gray Hair

IN ONE SENTENCE



From youth to gray hair, I trust God, my rock, and ask him not to forsake me when I am old.

Remember it: Seventy-one: from cradle to gray hair, tell the next generation God is faithful.

MEMORY VERSE

Yes, even when I am old and gray-haired,
God, don't forsake me, until I have declared
your strength to the next generation, your
might to everyone who is to come.

Psalm 71:18 · World English Bible

HEBREW WORD

וְשֵׂיבָה

"gray hair" · verse 18

In the Psalms: twice, in 2 psalms

וְשֵׂיבָה means "gray hair" and so old age itself. Proverbs calls gray hair a crown of glory, and the Law tells Israel to rise before the gray-headed. Here the old singer asks for one more assignment: to declare God's strength to the generation still to come.

HOW THE PSALM MOVES

- 1-8 God has been my refuge and hope since birth.
- 9-13 Do not forsake me in old age while enemies plot.
- 14-18 I will keep hoping and tell the next generation.
- 19-24 Who is like you? I will praise you with harp and song.

MY NOTES



Listen. Hear Psalm 71 sung in the **Psalm Song** app, or free at ispress.de/psalms/71.

Cantillated. Sung: chanted back and forth between a leader and the people.

God Will Not Abandon You

Praise & Thanksgiving

FILL IN THE BLANKS

From _____ to gray hair, I trust God, my _____, and ask him not to forsake me when I am _____.

CHECK YOURSELF

- Since when has the psalmist relied on God?

☐ (A) Since the womb	☐ (B) Since his wedding
☐ (C) Since the war	☐ (D) Since last year
- What do his enemies say about him?

☐ (A) "He is a liar."	☐ (B) "He is too old to fight."
☐ (C) "God has forsaken him."	☐ (D) "He has many friends."
- Why does he ask God not to forsake him when he is gray?

☐ (A) So he can rebuild his house	☐ (B) So he can see his enemies punished
☐ (C) So he can retire in peace	☐ (D) So he can declare God's strength to the next generation

TALK IT OVER

- Trace the stages of life the psalmist mentions, from womb to old age.
- What does this psalm teach about God's faithfulness over a whole lifetime?

- What older believer has told you of God's works, and whom will you tell?

IN YOUR OWN WORDS: WHAT DOES PSALM 71 TEACH?

- | | |
|--|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 18 by heart | ☐ I know the picture word |

Royal Blessing

Psalms of Solomon · Book II · Royal Psalms

"By Solomon."

IN ONE SENTENCE



prayer for the king to rule in justice, defend the poor, and reign from sea to sea, blessing all nations.

Remember it: Seventy-two: the King comes down like rain and rules from sea to sea.

MEMORY VERSE

He shall have dominion also from sea to sea,
from the River to the ends of the earth.

Psalm 72:8 · World English Bible

HEBREW WORD

וְצִדְקָתְךָ

"your righteousness" · verse 1

In the Psalms: 34 times, in 23 psalms

וְצִדְקָה, "righteousness," means doing what is right, especially setting things right for those who cannot defend themselves. The prayer asks God to give the king "your righteousness." A good king does not invent his own justice; he receives God's and uses it for the poor.

HOW THE PSALM MOVES

1-7 A prayer for the king to judge justly and refresh like rain.

8-11 May he rule from sea to sea as kings bow.

12-17 He rescues the needy, and his name endures forever.

18-20 Praise to the God of Israel; David's prayers end.

MY NOTES



Listen. Hear Psalm 72 sung in the **Psalm Song** app, or free at ispress.de/psalms/72.

Cantillated. Sung: chanted back and forth between a leader and the people.

The King & the Messiah

Justice on the Wicked

The LORD Reigns

FILL IN THE BLANKS

A prayer for the king to rule in _____, defend the _____, and reign from sea to sea, blessing all _____.

CHECK YOURSELF

- The king will come down like rain on what?

☐ (A) The dry desert	☐ (B) The mown grass
☐ (C) The olive trees	☐ (D) The city streets
- How far will the king's dominion reach?

☐ (A) From sea to sea	☐ (B) From Dan to Beersheba
☐ (C) To the Jordan	☐ (D) To the walls of Jerusalem
- What will be precious in the king's sight?

☐ (A) Sheba's gold	☐ (B) The kings' gifts
☐ (C) His own name	☐ (D) The blood of the poor

TALK IT OVER

1. What does this king do for the needy and the poor in verses 12 to 14?

2. Why do Christians read this royal psalm as a picture of Jesus' reign?

3. If God's king cares this much for the poor, what does that ask of his people?

IN YOUR OWN WORDS: WHAT DOES PSALM 72 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 8 by heart

- ☐ I can say what it teaches
- ☐ I know the picture word

Sanctuary Lament Turning

Psalms of Asaph · Book III

"A Psalm by Asaph."

PICTURE WORD

Slippery Feet

IN ONE SENTENCE



My feet nearly slip as I envy the wicked, until in God's sanctuary I see that nearness to God is my good.

Remember it: Seventy-three: my feet slipped in envy until God drew me near.

MEMORY VERSE

But it is good for me to come close to God.
I have made the Lord Yahweh my refuge,
that I may tell of all your works.

Psalm 73:28 · World English Bible

HEBREW WORD

קִרְבָּת

"nearness" · verse 28

In the Psalms: once

קִרְבָּה means "nearness," from the root "to draw near."
The same root gives the word for an offering, something brought near to God. Asaph envied what the wicked had. He ends by naming the one thing he truly needs: to be near God.

HOW THE PSALM MOVES

- 1-3** God is good, but Asaph nearly slipped from envy.
- 4-12** The wicked seem healthy, proud, and always at ease.
- 13-16** Was keeping my heart pure all in vain?
- 17-20** In God's sanctuary he sees the wicked's sudden end.
- 21-28** God holds his hand; nearness to God is his good.

MY NOTES



Listen. Hear Psalm 73 sung in the **Psalm Song** app, or free at ispress.de/psalms/73.

Cantillated. Sung: chanted back and forth between a leader and the people.

The Two Ways

Justice on the Wicked

FILL IN THE BLANKS

My feet nearly _____ as I _____ the wicked, until in God's
_____ I see that nearness to God is my good.

CHECK YOURSELF

1. What made Asaph envious?

- ☐ (A) The prosperity of the wicked
- ☐ (C) His brother's blessing

- ☐ (B) The king's palace
- ☐ (D) The priests' honor

2. What changed Asaph's view?

- ☐ (A) A dream at night
- ☐ (C) Entering God's sanctuary

- ☐ (B) Talking with friends
- ☐ (D) Reading the law

3. God is the strength of my heart and my what forever?

- ☐ (A) Shield
- ☐ (C) King

- ☐ (B) Song
- ☐ (D) Portion

TALK IT OVER

1. What did Asaph see in the sanctuary that he could not see before?

2. Asaph says God holds his right hand even when he acted like a brute beast. What does that say about God?

3. Whose life are you tempted to envy, and how would nearness to God change that?

IN YOUR OWN WORDS: WHAT DOES PSALM 73 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 28 by heart

☐ I know the picture word

Communal Lament

Psalms of Asaph · Book III

"A contemplation by Asaph."

PICTURE WORD

Ruins

IN ONE SENTENCE



he enemy has burned God's sanctuary, so the people ask how long and plead that he rise and defend his cause.

Remember it: Seventy-four: amid the ruins, ask how long, but God is King of old.

MEMORY VERSE

Arise, God! Plead your own cause.
Remember how the foolish man mocks you
all day.

Psalm 74:22 · World English Bible

HEBREW WORD

מִקְדָּשְׁךָ

"your sanctuary" · verse 7

In the Psalms: five times, in 5 psalms

מִקְדָּשׁ, "sanctuary," comes from the root "holy," meaning set apart for God. It is the holy place where God put his name. The tragedy is not only broken carvings but that "the dwelling place of your Name" was profaned. So the people ask God to defend his own cause.

HOW THE PSALM MOVES

1-3 Why have you rejected us? Remember your people and Zion.

4-11 Enemies smashed and burned the sanctuary; how long, God?

12-17 Yet God is King of old, Lord of sea and seasons.

18-23 Remember the mockers; arise and plead your own cause.

MY NOTES



Listen. Hear Psalm 74 sung in the **Psalm Song** app, or free at ispress.de/psalms/74.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Zion & the House of God

Israel's Story

FILL IN THE BLANKS

The enemy has _____ God's sanctuary, so the people ask how _____ and plead that he rise and _____ his cause.

CHECK YOURSELF

1. The enemies behaved like men wielding what?

☐ (A) Swords

☐ (C) Axes

☐ (B) Torches

☐ (D) Chariots

2. What is missing among the people?

☐ (A) Any prophet

☐ (C) Any king

☐ (B) Any bread

☐ (D) Any soldiers

3. Whose heads did God break in pieces?

☐ (A) The Philistines'

☐ (C) Pharaoh's

☐ (B) Leviathan's

☐ (D) Goliath's

TALK IT OVER

1. What has the enemy done to God's sanctuary, according to verses 3 to 8?

2. Why do the people remind God of his power over sea, day, and night in the middle of their grief?

3. How can remembering God's past works help you when your world looks like ruins?

IN YOUR OWN WORDS: WHAT DOES PSALM 74 TEACH?

☐ I listened to the song

☐ I can say verse 22 by heart

☐ I can say what it teaches

☐ I know the picture word

Dialogical Judgment

Psalms of Asaph · Book III

"For the Chief Musician. To the tune of 'Do Not Destroy.' A Psalm by Asaph. A song."

IN ONE SENTENCE

*God sets the appointed time and judges with equity, bringing down the proud and pouring out the cup of his wrath.***Remember it:** Seventy-five: the proud drink God's foaming cup; the humble are lifted up.

MEMORY VERSE

But God is the judge. He puts down one,
and lifts up another.

Psalm 75:7 · World English Bible

HEBREW WORD

כּוֹס

"cup" · verse 8

In the Psalms: five times, in 5 psalms

כּוֹס means "cup," and in the Bible a cup is a person's portion. It can be a cup of blessing, as in Psalm 23, or a cup of wrath, as in Isaiah and Jeremiah. Here God holds a foaming cup of judgment. Jesus prayed in the garden about drinking his Father's cup.

HOW THE PSALM MOVES

1-3 We give thanks; God sets the time and holds the earth's pillars.

4-8 Don't boast: God judges, and the wicked drink his cup.

9-10 I will sing forever; the righteous will be lifted up.

MY NOTES

**Listen.** Hear Psalm 75 sung in the **Psalm Song** app, or free at ispress.de/psalms/75.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Justice on the Wicked

Praise & Thanksgiving

FILL IN THE BLANKS

God sets the appointed time and judges with _____, bringing down the _____ and pouring out the _____ of his wrath.

CHECK YOURSELF

1. What does God firmly hold?

- ☐ (A) The earth's pillars
- ☐ (C) The stars

- ☐ (B) The sea's gates
- ☐ (D) The city walls

2. What does God do as judge?

- ☐ (A) Rewards the rich
- ☐ (C) Waits until the end

- ☐ (B) Puts down one and lifts up another
- ☐ (D) Lets kings decide

3. What is in Yahweh's hand?

- ☐ (A) A scepter
- ☐ (C) A scroll

- ☐ (B) A sword
- ☐ (D) A cup of foaming wine

TALK IT OVER

1. What does God tell the arrogant and the wicked in verses 4 and 5?

2. What does it mean that God chooses "the appointed time" for judgment?

3. Where do you look for exaltation, and what would it mean to let God lift you up?

IN YOUR OWN WORDS: WHAT DOES PSALM 75 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 7 by heart

☐ I know the picture word

Answers: Blanks: equity · proud · cup · Check yourself: 1. A (v. 3) · 2. B (v. 7) · 3. D (v. 8)

Declarative Praise

Psalms of Asaph · Book III

"For the Chief Musician. On stringed instruments. A Psalm by Asaph. A song."

Sleeping Soldiers

IN ONE SENTENCE

*In Salem God is known; he breaks weapons, silences warriors, and is feared by all the earth.***Remember it:** Seventy-six: in Salem, God puts the soldiers to sleep and the swords down.

MEMORY VERSE

You, even you, are to be feared. Who can stand in your sight when you are angry?

Psalm 76:7 · World English Bible

HEBREW WORD

בְּשָׁלֵם

"Salem" · verse 2

In the Psalms: once

שָׁלֵם is an old name for Jerusalem, the city where Melchizedek was king. It comes from the root meaning "whole" or "at peace," the same family as the word for peace. The city of peace is where God snaps the arrows and shields of war.

HOW THE PSALM MOVES

1-3 God is known in Zion, where he broke the weapons of war.**4-6** At his rebuke warriors and horses fall into a dead sleep.**7-10** God rises from heaven to judge and save the afflicted.**11-12** Keep your vows and bring gifts to the God kings fear.

MY NOTES

**Listen.** Hear Psalm 76 sung in the **Psalm Song** app, or free at ispress.de/psalms/76.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Zion & the House of God

Justice on the Wicked

The LORD Reigns

FILL IN THE BLANKS

In Salem God is known; he breaks _____, silences _____, and is _____ by all the earth.

CHECK YOURSELF

1. Where does the psalm say God's dwelling place is?

☐ (A) Zion

☐ (C) Sinai

☐ (B) Bethel

☐ (D) Hebron

2. What happens to chariot and horse at God's rebuke?

☐ (A) They flee to the sea

☐ (C) They are taken as plunder

☐ (B) They are cast into a dead sleep

☐ (D) They turn against Egypt

3. Whom did God arise to save when he judged?

☐ (A) The kings of the earth

☐ (C) All the afflicted ones of the earth

☐ (B) The valiant men

☐ (D) The princes of Judah

TALK IT OVER

1. What weapons does God break in verse 3, and what does that say about where real power lies?

2. Verse 9 says God judges in order to save the afflicted. How does that change how you think of God's judgment?

3. Verse 11 calls us to make vows and keep them. What promise to God do you need to fulfill?

IN YOUR OWN WORDS: WHAT DOES PSALM 76 TEACH?

☐ I listened to the song

☐ I can say verse 7 by heart

☐ I can say what it teaches

☐ I know the picture word

Lament Turning

Psalms of Asaph · Book III

"For the Chief Musician. To Jeduthun. A Psalm by Asaph."

PICTURE WORD

Sleepless Night

IN ONE SENTENCE

*In a sleepless night of distress, I remember God's wonders and the way he led his people through the sea.***Remember it:** Seventy-seven: in the sleepless night, remember the God who walked through the sea.

MEMORY VERSE

I will remember Yah's deeds; for I will remember your wonders of old.

Psalm 77:11 · World English Bible

HEBREW WORD

אֶזְכֹּר

"I will recall" · verse 11

In the Psalms: 54 times, in 31 psalms

זָכַר means to remember, but in the Bible remembering is more than recalling a fact. It is calling something to mind so that it shapes what you do, as when God "remembered Noah" and the waters went down. The sleepless singer turns the corner by deciding, "I will remember."

HOW THE PSALM MOVES

- 1-4** A sleepless sufferer cries to God and finds no comfort.
- 5-9** He asks whether the Lord has rejected and forgotten forever.
- 10-15** He chooses to remember God's wonders and redeeming arm.
- 16-20** The sea trembled as God led his flock through the waters.

MY NOTES

**Listen.** Hear Psalm 77 sung in the **Psalm Song** app, or free at ispress.de/psalms/77.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Israel's Story

FILL IN THE BLANKS

In a _____ night of distress, I remember God's _____ and the way he led his people through the _____.

CHECK YOURSELF

- What does the psalmist say God does to his eyelids?

☐ (A) Closes them in sleep	☐ (B) Holds them open
☐ (C) Fills them with tears	☐ (D) Lifts them to heaven
- What does the psalmist decide to appeal to?

☐ (A) The strength of Israel's army	☐ (B) His own good deeds
☐ (C) The years of the right hand of the Most High	☐ (D) The prophets of old
- By whose hand did God lead his people like a flock?

☐ (A) Joshua and Caleb	☐ (B) David and Solomon
☐ (C) Samuel and Eli	☐ (D) Moses and Aaron

TALK IT OVER

- List the questions in verses 7-9. Why do you think the Bible lets a believer ask them out loud?
- God's footsteps through the sea "were not known" (v. 19). What does it mean that God leads even when we cannot see his tracks?
- Which past act of God in your life could you deliberately remember during your next sleepless night?

IN YOUR OWN WORDS: WHAT DOES PSALM 77 TEACH?

- | | |
|--|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 11 by heart | ☐ I know the picture word |

Historical Instruction

Psalms of Asaph · Book III · History Psalms

“A contemplation by Asaph.”

IN ONE SENTENCE



ell the coming generation God's mighty works and Israel's rebellion, so they set their hope in him, who chose David.

Remember it: Seventy-eight: pass it down, so the next generation hopes in God and doesn't forget.

MEMORY VERSE

that they might set their hope in God, and
not forget God's deeds, but keep his
commandments,

Psalm 78:7 · World English Bible

HEBREW WORD

דִּוָּר

“generation” · verse 6

In the Psalms: 59 times, in 30 psalms

דִּוָּר means a generation, the circle of people living in one lifetime. This teaching psalm keeps saying it: the generation to come, the children not yet born, and the stubborn generation of the fathers. Faith is meant to pass from one generation to the next like a baton, not die with the one that saw the wonders.

HOW THE PSALM MOVES

1–8 Tell the next generation God's deeds so they trust and obey.

9–39 In the wilderness God provided, Israel doubted, God forgave.

40–55 They forgot the plagues of Egypt and the way into the land.

56–64 Rebellion in the land brings Shiloh's fall and judgment.

65–72 The Lord chooses Judah, Zion, and David the shepherd.

IN THE NEW TESTAMENT

v. 2 → **Matthew 13:35** Jesus speaks in parables, things hidden since the foundation of the world.

v. 24 → **John 6:31** Bread from heaven: Jesus is the true bread.

MY NOTES



Listen. Hear Psalm 78 in the **Psalm Song** app, or free at ispress.de/psalms/78.

Didactic. Preached: a teaching psalm, a sermon meant to be heard, not sung.

Israel's Story

God's Word

The Two Ways

FILL IN THE BLANKS

Tell the coming _____ God's mighty works and Israel's _____, so they set their _____ in him, who chose David.

CHECK YOURSELF

1. Why should the children be told God's works?

- | | |
|--|---|
| ☐ (A) So they can win battles | ☐ (B) So they set their hope in God and keep his commandments |
| ☐ (C) So they can build a temple | ☐ (D) So they will fear Egypt |

2. What did God rain down for the people to eat?

- | | |
|---------------------------------|--------------------------------------|
| ☐ (A) Manna | ☐ (B) Figs |
| ☐ (C) Honey | ☐ (D) Quail only |

3. Where did God take David from to shepherd Israel?

- | | |
|---|--|
| ☐ (A) The temple courts | ☐ (B) The army of Saul |
| ☐ (C) The sheepfolds | ☐ (D) The city of Hebron |

TALK IT OVER

1. Trace the pattern: God gives, the people forget, God disciplines, God is merciful. Where does it repeat in this psalm?

2. Verse 38 says God, being merciful, forgave and did not destroy. What does that show about his patience?

3. What specific story of God's faithfulness are you telling the children or young people in your life?

IN YOUR OWN WORDS: WHAT DOES PSALM 78 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 7 by heart

☐ I know the picture word

Communal Lament

Psalms of Asaph · Book III

“A Psalm by Asaph.”

PICTURE WORD

Flock

IN ONE SENTENCE



he nations have defiled God's temple, so his people, the flock of his pasture, plead for atonement and for his glory.

Remember it: Seventy-nine: the flock in the ruins asks God to cover their sin.

MEMORY VERSE

Help us, God of our salvation, for the glory of your name. Deliver us, and forgive our sins, for your name's sake.

Psalm 79:9 · World English Bible

HEBREW WORD

וְכִפֵּר

“atone” · verse 9

In the Psalms: three times, in 3 psalms

כִּפֵּר is the verb behind the Day of Atonement. It means to cover over or wipe clean, so that sin no longer stands between God and his people. Here no sacrifice can be offered in the ruined temple, so the people ask God himself to atone “for your name's sake.”

HOW THE PSALM MOVES

1–4 The nations have defiled the temple and slaughtered God's servants.

5–7 How long, LORD? Pour your anger on the nations instead.

8–12 Forgive our sins and act for the glory of your name.

13 Your flock will thank you forever, to every generation.

MY NOTES



Listen. Hear Psalm 79 sung in the **Psalm Song** app, or free at ispress.de/psalms/79.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Forgiveness & Repentance

Justice on the Wicked

FILL IN THE BLANKS

The nations have defiled God's _____, so his people, the _____ of his pasture, plead for _____ and for his glory.

CHECK YOURSELF

1. What have the nations done to Jerusalem?

- ☐ (A) Rebuilt its walls
- ☐ (C) Made it their capital

- ☐ (B) Laid it in heaps
- ☐ (D) Paid it tribute

2. What question do the nations ask?

- ☐ (A) Where is their God?
- ☐ (C) Why do they sing?

- ☐ (B) Who is their king?
- ☐ (D) When will they leave?

3. What do God's people promise to do forever?

- ☐ (A) Rebuild the altar
- ☐ (C) Give thanks and praise

- ☐ (B) Fight the nations
- ☐ (D) Return to Egypt

TALK IT OVER

1. What losses does the psalm describe in verses 1-4, and how do the people respond to them?

2. Why do you think the people appeal to God's name and glory rather than to their own goodness?

3. When we suffer, how can we ask God both for help and for forgiveness at the same time?

IN YOUR OWN WORDS: WHAT DOES PSALM 79 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 9 by heart

☐ I know the picture word

Refrain Lament Turning

Psalms of Asaph · Book III

"For the Chief Musician. To the tune of 'The Lilies of the Covenant.' A Psalm by Asaph."

PICTURE WORD

Vine

IN ONE SENTENCE



he Shepherd of Israel is asked to restore his ruined vine, shine his face, and save his people.

Remember it: Eighty: the broken vine prays, turn us again and shine your face.

MEMORY VERSE

Turn us again, God. Cause your face to shine, and we will be saved.

Psalm 80:3 · World English Bible

HEBREW WORD

הַשִּׁיבֵנוּ

"restore us" · verse 3

In the Psalms: 73 times, in 39 psalms

שׁוּב means to turn or return. It can describe a person turning back to God in repentance or God turning back to bless and restore. The refrain "Turn us again" rings three times here, and each time the cry grows fuller: God, then God of Armies, then the LORD God of Armies.

HOW THE PSALM MOVES

- 1-3 Shepherd of Israel, shine out and save us.
- 4-7 How long will you be angry while we drink tears?
- 8-13 God planted a vine from Egypt, now broken and ravaged.
- 14-19 Visit the vine, strengthen your man, turn us again.

MY NOTES



Listen. Hear Psalm 80 sung in the **Psalm Song** app, or free at ispress.de/psalms/80.

Cantillated. Sung: chanted back and forth between a leader and the people.

Israel's Story

Crying Out in Distress

Waiting on God

FILL IN THE BLANKS

The Shepherd of Israel is asked to _____ his ruined _____ ,
_____ his face, and save his people.

CHECK YOURSELF

1. What does the refrain ask God to cause to shine?

☐ (A) His sword

☐ (B) His face

☐ (C) The sun

☐ (D) His temple lamp

2. Where did God bring the vine out of?

☐ (A) Babylon

☐ (B) Assyria

☐ (C) Egypt

☐ (D) Lebanon

3. What ravages the vine?

☐ (A) The boar out of the wood

☐ (B) Locusts from the east

☐ (C) Frost in the night

☐ (D) The river in flood

TALK IT OVER

1. How does the picture of the vine tell Israel's story from Egypt to its ruin?

2. What does it mean that we can be saved simply when God "causes his face to shine"?

3. Where in your life or church do you need to pray "Turn us again" today?

IN YOUR OWN WORDS: WHAT DOES PSALM 80 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 3 by heart

☐ I know the picture word

Answers: Blanks: vine · shine · restore · Check yourself: 1. B (vv. 3, 7, 19) · 2. C (v. 8) · 3. A (v. 13)

Dialogical Proclamation

Psalms of Asaph · Book III

"For the Chief Musician. On an instrument of Gath. By Asaph."

IN ONE SENTENCE



God calls his people to sing at the festival and listen to him, promising to fill the mouth opened wide.

Remember it: Eighty-one: open your mouth wide, and God fills it with honey from the rock.

MEMORY VERSE

I am Yahweh, your God, who brought you up out of the land of Egypt. Open your mouth wide, and I will fill it.

Psalm 81:10 · World English Bible

HEBREW WORD

הִרְחֵב

"open wide" · verse 10

In the Psalms: six times, in 6 psalms

רחב means to be wide or broad, and here God commands, "Open your mouth wide." The picture is a hungry child or nestling stretching open to be fed. The same root gives the Bible's "broad place," the room God gives when he rescues. God promises to fill whatever trusting emptiness we bring.

HOW THE PSALM MOVES

- 1–5 Sing loudly and blow the trumpet at the appointed feast.
- 6–10 God recalls freeing his people and calls them to listen.
- 11–12 Israel would not listen, so God let them go.
- 13–16 If they listened, he would defeat enemies and feed them richly.

MY NOTES



Listen. Hear Psalm 81 sung in the **Psalm Song** app, or free at ispress.de/psalms/81.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

God's Word

Israel's Story

FILL IN THE BLANKS

God calls his people to sing at the _____ and _____ to him, promising to fill the _____ opened wide.

CHECK YOURSELF

1. When are they to blow the trumpet?

- | | |
|--|--|
| ☐ (A) At the New Moon and full moon on the feast day | ☐ (B) At sunrise each day |
| ☐ (C) Before every battle | ☐ (D) When the king is crowned |

2. What does God promise if they open their mouth wide?

- | | |
|--|--|
| ☐ (A) He will close it | ☐ (B) He will fill it |
| ☐ (C) He will teach it songs | ☐ (D) He will judge it |

3. What would God satisfy them with out of the rock?

- | | |
|---------------------------------|---------------------------------|
| ☐ (A) Water | ☐ (B) Oil |
| ☐ (C) Wine | ☐ (D) Honey |

TALK IT OVER

1. What did God do for his people according to verses 6-7?

2. Verse 13 shows God longing, "Oh that my people would listen." What does that reveal about God's heart?

3. What keeps you from listening to God, and what would "opening your mouth wide" look like this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 81 TEACH?

- | | |
|--|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 10 by heart | ☐ I know the picture word |

Judicial Dialogue

Psalms of Asaph · Book III

“A Psalm by Asaph.”

PICTURE WORD
Courtroom

IN ONE SENTENCE



od stands in the divine council and judges the unjust, commanding them to defend the weak, fatherless, and needy.

Remember it: Eighty-two: in God's courtroom, judges are judged by how they treat the weak.

MEMORY VERSE

“Defend the weak, the poor, and the fatherless. Maintain the rights of the poor and oppressed.

Psalm 82:3 · World English Bible

HEBREW WORD



“the weak” · verse 3

In the Psalms: five times, in 4 psalms

לַי describes someone low, thin, or brought down, with little standing or strength. God's law repeatedly tells his people to protect such people and not to tilt judgment against them. In this courtroom, the measure of every judge is how they treat the weak.

HOW THE PSALM MOVES

1–2 God takes his seat in the council and charges unjust judges.

3–4 Defend the weak, the fatherless, and the needy.

5–7 The judges walk in darkness and will die like men.

8 Arise, God, and judge the whole earth.

IN THE NEW TESTAMENT

v. 6 → **John 10:34** Jesus: 'Is it not written in your law, I said, you are gods?'

MY NOTES



Listen. Hear Psalm 82 sung in the **Psalm Song** app, or free at ispress.de/psalms/82.

Cantillated. Sung: chanted back and forth between a leader and the people.

Justice on the Wicked

The LORD Reigns

FILL IN THE BLANKS

God stands in the divine _____ and judges the _____, commanding them to defend the weak, _____, and needy.

CHECK YOURSELF

1. Where does God preside?

- ☐ (A) In the great assembly
- ☐ (C) In the king's palace

- ☐ (B) On Mount Sinai
- ☐ (D) At the city gate

2. What are the judges told to do for the weak and needy?

- ☐ (A) Tax them
- ☐ (C) Send them away

- ☐ (B) Rescue them
- ☐ (D) Teach them the law

3. What does verse 8 ask God to do?

- ☐ (A) Rest from his work
- ☐ (C) Judge the earth

- ☐ (B) Choose a new king
- ☐ (D) Build his house

TALK IT OVER

1. What exactly does God accuse the judges of in verse 2?

2. Jesus quotes verse 6 in John 10:34. What does this psalm teach about God as the final judge?

3. Who are the weak, fatherless, and needy near you, and how can you defend them?

IN YOUR OWN WORDS: WHAT DOES PSALM 82 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 3 by heart

☐ I know the picture word

Imprecatory Lament Turning

Psalms of Asaph · Book III · Psalms That Call for Justice

“A song. A Psalm by Asaph.”

IN ONE SENTENCE



nations conspire to wipe out Israel, so the psalmist asks God to scatter them like tumbleweed, that all know the Most High.

Remember it: Eighty-three: the plotting nations roll away like tumbleweed before the Most High.

MEMORY VERSE

that they may know that you alone, whose name is Yahweh, are the Most High over all the earth.

Psalm 83:18 · World English Bible

HEBREW WORD

כַּגְלִיגַל

“tumbleweed” · verse 13

In the Psalms: twice, in 2 psalms

כַּגְלִיגַל comes from a root meaning to roll, and it can mean a wheel or a whirling thing. Here it pictures a dry plant torn loose and rolled away by the wind. Enemies who seemed fixed and fearsome become as light as tumbleweed before God's storm.

HOW THE PSALM MOVES

- 1–4 God, don't stay silent; enemies plot to erase Israel.
- 5–8 A list of nations allied together against God.
- 9–12 Do to them as you did to Midian and Sisera.
- 13–18 Scatter them like tumbleweed so all know the Most High.

MY NOTES



Listen. Hear Psalm 83 sung in the **Psalm Song** app, or free at ispress.de/psalms/83.

Cantillated. Sung: chanted back and forth between a leader and the people.

Justice on the Wicked

Enemies & Betrayal

Israel's Story

FILL IN THE BLANKS

Nations _____ to wipe out Israel, so the psalmist asks God to scatter them like _____, that all know the _____ High.

CHECK YOURSELF

- What do the enemies want to happen to Israel's name?

☐ (A) That it be honored	☐ (B) That it be remembered no more
☐ (C) That it be changed	☐ (D) That it be written in Babylon
- What does the psalmist ask God to make the enemies like?

☐ (A) Stones in a wall	☐ (B) Sheep without a shepherd
☐ (C) Tumbleweed and chaff before the wind	☐ (D) Grass on the rooftops
- What is the goal stated in verse 18?

☐ (A) That they know the LORD alone is Most High over all the earth	☐ (B) That Israel rules them
☐ (C) That they pay tribute	☐ (D) That their land is empty

TALK IT OVER

- What does verse 16 hope will happen when the enemies are confused and ashamed?
- How does this psalm show that God, not his people, is the one who handles enemies?

- How can we pray honestly about people who oppose God without seeking personal revenge?

IN YOUR OWN WORDS: WHAT DOES PSALM 83 TEACH?

- | | |
|--|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 18 by heart | ☐ I know the picture word |

Processional Ascent

Sons of Korah · Book III

"For the Chief Musician. On an instrument of Gath. A Psalm by the sons of Korah."

PICTURE WORD

Sparrow

IN ONE SENTENCE

*How lovely is God's dwelling place; the soul longs for his courts, and one day there beats a thousand elsewhere.***Remember it:** Eighty-four: the sparrow found a home; one day with God beats a thousand.

MEMORY VERSE

For a day in your courts is better than a thousand. I would rather be a doorkeeper in the house of my God, than to dwell in the tents of wickedness.

Psalm 84:10 · World English Bible

HEBREW WORD

אַשְׁרֵי

"blessed" · verse 4

In the Psalms: 26 times, in 19 psalms

אַשְׁרֵי is an exclamation: "Oh, how happy!" or "How blessed!" It opens the whole Psalter in Psalm 1 and rings three times here, for those who live in God's house, those whose strength is in him, and the one who trusts him. Blessing is not luck; it is life lived near God.

HOW THE PSALM MOVES

1-4 The soul longs for God's house, where even sparrows nest.**5-7** Pilgrims find strength as they travel toward Zion.**8-9** A prayer for the anointed king.**10-12** One day in God's courts beats a thousand anywhere else.

MY NOTES

**Listen.** Hear Psalm 84 sung in the **Psalm Song** app, or free at ispress.de/psalms/84.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Zion & the House of God

Praise & Thanksgiving

FILL IN THE BLANKS

How _____ is God's dwelling place; the soul _____ for his courts, and one day there beats a _____ elsewhere.

CHECK YOURSELF

1. Which birds found a home near God's altars?

☐ (A) The eagle and the dove

☐ (C) The raven and the owl

☐ (B) The sparrow and the swallow

☐ (D) The stork and the heron

2. What do pilgrims make the valley of Weeping into?

☐ (A) A battlefield

☐ (C) A garden of roses

☐ (B) A place of springs

☐ (D) A city of refuge

3. What would the psalmist rather be in God's house?

☐ (A) A priest

☐ (C) A king

☐ (B) A singer

☐ (D) A doorkeeper

TALK IT OVER

1. What words in verses 1-2 show how deeply the psalmist longs for God?

2. Verse 11 calls God a sun and a shield. What does each picture say about him?

3. What "tents" or places tempt you, and why might one day with God be better?

IN YOUR OWN WORDS: WHAT DOES PSALM 84 TEACH?

☐ I listened to the song

☐ I can say verse 10 by heart

☐ I can say what it teaches

☐ I know the picture word

Communal Lament Turning

Sons of Korah · Book III

“For the Chief Musician. A Psalm by the sons of Korah.”

IN ONE SENTENCE

*God forgave his land before, so his people ask for revival, where love and truth meet and righteousness kisses peace.***Remember it:** Eighty-five: where God revives, righteousness and peace kiss each other.

MEMORY VERSE

Mercy and truth meet together.
 Righteousness and peace have kissed each other.

Psalm 85:10 · World English Bible

HEBREW WORD

נִשְׁקָו

“they kiss” · verse 10

In the Psalms: twice, in 2 psalms

נִשְׁקָו is the ordinary word for a kiss, the greeting of family and friends who meet. Here two of God's qualities greet each other: righteousness and peace. In God's salvation, doing right and being at peace are not rivals; they embrace like old friends reunited.

HOW THE PSALM MOVES

- 1-3 In the past the LORD forgave and turned from anger.
- 4-7 Revive us again and show us your loving kindness.
- 8-13 God speaks peace; love and truth meet, righteousness and peace kiss.

MY NOTES

**Listen.** Hear Psalm 85 sung in the **Psalm Song** app, or free at ispress.de/psalms/85.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Forgiveness & Repentance

Israel's Story

Waiting on God

FILL IN THE BLANKS

God _____ his land before, so his people ask for _____, where love and truth meet and righteousness kisses _____.

CHECK YOURSELF

1. What had God done with all his people's sin?

☐ (A) Covered it

☐ (C) Ignored it

☐ (B) Written it down

☐ (D) Sent it to Egypt

2. Why do they ask God to revive them again?

☐ (A) So their enemies would fear

☐ (C) So they can rebuild the walls

☐ (B) So his people may rejoice in him

☐ (D) So the harvest grows

3. What will God speak to his people?

☐ (A) Judgment

☐ (C) Peace

☐ (B) A riddle

☐ (D) A new law

TALK IT OVER

1. How does remembering God's past forgiveness in verses 1-3 give the people courage to pray in verses 4-7?

2. What does it tell us about God that mercy and truth, righteousness and peace, all meet in him?

3. Where do you or your church need revival, and what would it look like?

IN YOUR OWN WORDS: WHAT DOES PSALM 85 TEACH?

☐ I listened to the song

☐ I can say verse 10 by heart

☐ I can say what it teaches

☐ I know the picture word

Lament Dependence

Psalms of David · Book III

"A Prayer by David."

IN ONE SENTENCE



poor and needy servant asks God to bow his ear, forgive, and unite his heart to fear his name.

Remember it: Eighty-six: the great God bows his ear to the poor and needy.

MEMORY VERSE

Teach me your way, Yahweh. I will walk in your truth. Make my heart undivided to fear your name.

Psalm 86:11 · World English Bible

HEBREW WORD

אֶזְנוֹךָ

"your ear" · verse 1

In the Psalms: 22 times, in 21 psalms

אֶזְנָא means "ear." The servant asks God to bend down his ear, like a parent stooping to hear a small child. The verb "listen" or "give ear" in verse 6 comes from the same root. The great God of verse 10 is never too high to hear the poor and needy.

HOW THE PSALM MOVES

1-7 A poor servant asks God to hear, preserve, and bring joy.

8-13 No god is like the LORD; teach me and unite my heart.

14-17 Against the proud, show mercy and a sign of goodness.

MY NOTES



Listen. Hear Psalm 86 sung in the **Psalm Song** app, or free at ispress.de/psalms/86.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Forgiveness & Repentance

Praise & Thanksgiving

FILL IN THE BLANKS

A poor and _____ servant asks God to bow his ear, _____, and _____ his heart to fear his name.

CHECK YOURSELF

1. How does the psalmist describe himself in verse 1?

- ☐ (A) Rich and strong
☐ (C) Wise and old

- ☐ (B) Poor and needy
☐ (D) A mighty king

2. What does the psalmist ask God to do with his heart?

- ☐ (A) Make it undivided to fear his name
☐ (C) Make it proud

- ☐ (B) Make it hard against enemies
☐ (D) Make it rest

3. What does verse 15 say God is slow to?

- ☐ (A) Answer
☐ (C) Speak

- ☐ (B) Forgive
☐ (D) Anger

TALK IT OVER

1. What reasons does the psalmist give for why God should answer him?

2. Verse 15 echoes God's words to Moses in Exodus 34:6. What do we learn about God's character?

3. What divides your heart, and how could you pray verse 11 honestly this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 86 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 11 by heart

☐ I know the picture word

Declarative Zion Praise

Sons of Korah · Book III

"A Psalm by the sons of Korah; a Song."

IN ONE SENTENCE

*he LORD loves Zion, the city of God, and registers people of every nation as born there.***Remember it:** Eighty-seven: God writes every nation into Zion's birth record.

MEMORY VERSE

Glorious things are spoken about you, city of God. Selah.

Psalm 87:3 · World English Bible

HEBREW WORD

יָלַד

"was born" · verse 4

In the Psalms: nine times, in 7 psalms

יָלַד is the ordinary verb for giving birth, the word behind the Bible's family lists. Here God keeps a birth register and writes in Egypt, Babylon, Philistia, Tyre, and Ethiopia as "born there." Former enemies become citizens by birth, a bright glimpse of the nations brought into God's family.

HOW THE PSALM MOVES

1-3 The LORD loves Zion, the glorious city of God.**4-6** Foreign nations are recorded as born in Zion.**7** Singers and dancers say, all my springs are in you.

MY NOTES

**Listen.** Hear Psalm 87 sung in the **Psalm Song** app, or free at ispress.de/psalms/87.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Zion & the House of God

Praise & Thanksgiving

FILL IN THE BLANKS

The LORD _____ Zion, the city of God, and _____ people of every _____ as born there.

CHECK YOURSELF

1. What does the LORD love more than all the dwellings of Jacob?

- | | |
|---|---|
| ☐ (A) The gates of Zion | ☐ (B) The temple's gold |
| ☐ (C) The tribe of Levi | ☐ (D) The palace of David |

2. Which of these places is NOT named in verse 4?

- | | |
|------------------------------------|-----------------------------------|
| ☐ (A) Babylon | ☐ (B) Tyre |
| ☐ (C) Ethiopia | ☐ (D) Assyria |

3. What do the singers and dancers say?

- | | |
|---|--|
| ☐ (A) Zion is mighty | ☐ (B) All my springs are in you |
| ☐ (C) Our king reigns | ☐ (D) Peace be within your walls |

TALK IT OVER

1. What is surprising about the list of nations in verse 4?

2. What does this psalm reveal about God's plan for people outside Israel?

3. How should knowing God "writes up the peoples" change how your church welcomes outsiders?

IN YOUR OWN WORDS: WHAT DOES PSALM 87 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 3 by heart

☐ I know the picture word

Answers: Blanks: loves · registers · nation · Check yourself: 1. A (v. 2) · 2. D (v. 4) · 3. B (v. 7)

Unresolved Lament

Sons of Korah · Heman the Ezrahite · Book III

“A Song. A Psalm by the sons of Korah. For the Chief Musician. To the tune of “The Suffering of Affliction.” A contemplation by Heman, the Ezrahite.”

IN ONE SENTENCE

*he darkest lament: a suffering man cries to God day and night from the pit, and the psalm ends without relief.***Remember it:** Eighty-eight: from the deepest pit, keep praying, even before the light comes.

MEMORY VERSE

But to you, Yahweh, I have cried. In the morning, my prayer comes before you.

Psalm 88:13 · World English Bible

HEBREW WORD

בֹּר

“pit” · verse 4

In the Psalms: seven times, in 6 psalms

בֹּר is a dug pit, a cistern or well cut into rock. Joseph was thrown into one and Jeremiah was lowered into one, and the word also pictures the grave. This sufferer feels already counted among those going down. Yet he keeps praying to the God of his salvation from the bottom of it.

HOW THE PSALM MOVES

- 1–9** Crying day and night from the pit near death.
- 10–12** Do the dead praise you? Questions from the grave.
- 13–18** Still praying each morning, ending in darkness without relief.

MY NOTES

**Listen.** Hear Psalm 88 sung in the **Psalm Song** app, or free at ispress.de/psalms/88.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Waiting on God

FILL IN THE BLANKS

The _____ lament: a suffering man cries to God day and _____ from the pit, and the psalm ends without _____ .

CHECK YOURSELF

1. How does the psalmist address God in verse 1?

☐ (A) God of Armies

☐ (B) The God of my salvation

☐ (C) Shepherd of Israel

☐ (D) King of glory

2. When does his prayer come before God?

☐ (A) In the evening

☐ (B) At noon

☐ (C) In the morning

☐ (D) On the Sabbath

3. What has God put far from him?

☐ (A) Lover and friend

☐ (B) His enemies

☐ (C) His wealth

☐ (D) His home

TALK IT OVER

1. What words and pictures show how dark the psalmist's situation is?

2. Why might God include a prayer with no happy ending in his Word?

3. How can this psalm help you pray, or sit with someone, in long seasons of suffering?

IN YOUR OWN WORDS: WHAT DOES PSALM 88 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 13 by heart

☐ I know the picture word

Answers Blanks: darkest · night · relief · Check yourself: 1. B (v. 1) · 2. C (v. 13) · 3. A (v. 18)

Covenant Lament Collapse

Ethan the Ezrahite · Book III · Royal Psalms

“A contemplation by Ethan, the Ezrahite.”

IN ONE SENTENCE

*I will sing of the LORD's steadfast love; he swore an unbreakable covenant with David, though the king now seems rejected.***Remember it:** Eighty-nine: when the crown is in the dust, God's covenant love still stands.

MEMORY VERSE

Righteousness and justice are the
foundation of your throne. Loving kindness
and truth go before your face.

Psalm 89:14 · World English Bible

HEBREW WORD

חֶסֶד־י

“steadfast love” · verse 1

In the Psalms: 129 times, in 54 psalms

חֶסֶד־י is God's steadfast, loyal love, the love that keeps a covenant promise. The singer opens with it, and it comes back again and again as God swears to David. When the king seems cast off, the cry in verse 49 is, where is that love? The answer rests on God's oath.

HOW THE PSALM MOVES

1–4 I will sing of God's love and his covenant with David.

5–18 The LORD is incomparable, ruling sea, heavens, and earth.

19–37 God's oath: David's throne will endure forever.

38–51 Now the king seems rejected; how long, LORD?

52 Blessed be the LORD forever. Amen and Amen.

IN THE NEW TESTAMENT

v. 20 → Acts 13:22 God found David, a man after His heart; from him came Jesus.

MY NOTES

**Listen.** Hear Psalm 89 sung in the **Psalm Song** app, or free at ispress.de/psalms/89.**Composite.** Sung and preached: it moves from one mode into the other.

The King & the Messiah

Israel's Story

Crying Out in Distress

FILL IN THE BLANKS

I will sing of the LORD's _____ love; he swore an unbreakable _____ with David, though the king now seems _____.

CHECK YOURSELF

1. To whom did God swear a covenant?

☐ (A) Moses

☐ (B) Abraham

☐ (C) David

☐ (D) Solomon

2. What are the foundation of God's throne?

☐ (A) Righteousness and justice

☐ (B) Gold and silver

☐ (C) Armies and chariots

☐ (D) Fire and cloud

3. What would God do if David's children forsook his law?

☐ (A) Break the covenant

☐ (B) Punish their sin with the rod but keep his loving kindness

☐ (C) Choose another family

☐ (D) Forget them forever

TALK IT OVER

1. Compare God's promises in verses 28-37 with the complaint in verses 38-45. What changed?

2. How does Jesus, the Son of David (Acts 13:22-23), answer the question of verse 49?

3. When God's promises seem to have failed you, how can you still say "Blessed be the LORD"?

IN YOUR OWN WORDS: WHAT DOES PSALM 89 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 14 by heart

☐ I know the picture word

Reflective Lament Turning

Psalm of Moses · Book IV

"A Prayer by Moses, the man of God."

IN ONE SENTENCE

*he eternal God has been our dwelling place; teach us to number our short days and satisfy us with his love.***Remember it:** Ninety: number your days, and let God's love fill every morning.

MEMORY VERSE

So teach us to count our days, that we may
gain a heart of wisdom.

Psalm 90:12 · World English Bible

HEBREW WORD

יָמֵינוּ

"our days" · verse 9

In the Psalms: 115 times, in 61 psalms

יּוֹם is the everyday word for "day." Moses uses it to measure the shortness of human life: our days pass, our years end like a sigh. But he also prays for glad days and for morning love. Counting days is not gloom; it is learning to spend each one wisely.

HOW THE PSALM MOVES

1-2 From everlasting to everlasting, God is our dwelling place.**3-11** Our lives are brief like grass under God's anger.**12** Teach us to count our days for a wise heart.**13-17** Satisfy us with love and establish the work of our hands.

IN THE NEW TESTAMENT

v. 4 → 2 Peter 3:8 With the Lord a day is like a thousand years.

MY NOTES

**Listen.** Hear Psalm 90 sung in the **Psalm Song** app, or free at ispress.de/psalms/90.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Life Is Short

The Two Ways

Waiting on God

FILL IN THE BLANKS

The _____ God has been our dwelling place; teach us to _____ our short days and _____ us with his love.

CHECK YOURSELF

1. How long is a thousand years in God's sight?

(A) Like a lifetime

(B) Like yesterday when it is past

(C) Like a single hour of labor

(D) Like forty years

2. What does the psalm say the days of our years are?

(A) Fifty, or sixty

(B) Ninety

(C) Seventy, or by strength eighty

(D) One hundred twenty

3. What does Moses ask God to establish?

(A) The work of our hands

(B) The walls of the city

(C) The kingdom of David

(D) The tent of meeting

TALK IT OVER

1. What pictures does Moses use for how short human life is?

2. What does it mean to you that God has been our dwelling place "for all generations"?

3. If you truly counted your days, what would you start or stop doing this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 90 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 12 by heart

☐ I know the picture word

Answers: Blanks: eternal · number · satisfy · Check yourself: 1. B (v. 4) · 2. C (v. 10) · 3. A (v. 17)

Dialogical Confidence

Writer not named · Book IV

PICTURE WORD

Shelter

IN ONE SENTENCE



nyone who makes God their shelter rests under his wings, safe from every terror, and he promises rescue and long life.

Remember it: Ninety-one: under his wings, my shelter, I sleep without fear.

MEMORY VERSE

He will cover you with his feathers. Under his wings you will take refuge. His faithfulness is your shield and rampart.

Psalm 91:4 · World English Bible

HEBREW WORD

מַחֲסִי

“refuge” · verse 2

In the Psalms: twelve times, in 10 psalms

מַחֲסִי means a refuge, a shelter where you run from a storm or an enemy. It comes from the verb “take refuge,” used again in verse 4 for chicks under a mother bird’s wings. Trust in the Bible is pictured as running to hide in God himself.

HOW THE PSALM MOVES

1–2 Dwelling with the Most High, I call the LORD my refuge.

3–8 Under his wings you need not fear any terror.

9–13 Angels guard the one who makes God his dwelling.

14–16 God promises rescue, honor, long life, and salvation.

IN THE NEW TESTAMENT

v. 11–12 → Matthew 4:6 Satan quotes it to tempt Jesus; Jesus will not test God.

MY NOTES



Listen. Hear Psalm 91 sung in the **Psalm Song** app, or free at ispress.de/psalms/91.

Cantillated. Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

God Will Not Abandon You

FILL IN THE BLANKS

Anyone who makes God their _____ rests under his _____, safe from every terror, and he promises _____ and long life.

CHECK YOURSELF

1. What does the psalmist call the LORD in verse 2?

- | | |
|---|--|
| ☐ (A) My refuge and my fortress | ☐ (B) My shepherd and my guide |
| ☐ (C) My king and my judge | ☐ (D) My song and my strength |

2. Who will God put in charge of you?

- | | |
|---|--|
| ☐ (A) The priests | ☐ (B) His angels |
| ☐ (C) The king's guards | ☐ (D) Your neighbors |

3. What will God satisfy him with?

- | | |
|--|---|
| ☐ (A) Riches | ☐ (B) Honor among nations |
| ☐ (C) A great name | ☐ (D) Long life |

TALK IT OVER

1. List the dangers named in verses 3-6. What do they tell us about the world?

2. When Satan quoted verses 11-12, Jesus refused to test God. How should we read God's promises of protection?

3. What fear do you need to bring under God's wings today?

IN YOUR OWN WORDS: WHAT DOES PSALM 91 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 4 by heart

☐ I know the picture word

Declarative Praise

Writer not named · Book IV

“A Psalm. A song for the Sabbath day.”

IN ONE SENTENCE



It is good to thank the LORD, whose works are great; the wicked wither, but the righteous flourish like palms.

Remember it: Ninety-two: like a palm in God's courts, still fruitful in old age.

MEMORY VERSE

The righteous shall flourish like the palm tree. He will grow like a cedar in Lebanon.

Psalm 92:12 · World English Bible

HEBREW WORD

כַּתְמָר

“like a palm” · verse 12

In the Psalms: once

כַּתְמָר is the date palm, tall and straight, green in the desert, heavy with sweet fruit. Palm trees were carved on the walls of Solomon's temple. The righteous, planted in God's house, grow like that palm: rooted, upright, and still fruitful when they are old.

HOW THE PSALM MOVES

- 1–4 It is good to praise God morning and night.
- 5–9 The wicked spring up like grass but will perish.
- 10–15 The righteous flourish like palms and bear fruit in old age.

MY NOTES



Listen. Hear Psalm 92 sung in the **Psalm Song** app, or free at ispress.de/psalms/92.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

Justice on the Wicked

The Two Ways

FILL IN THE BLANKS

It is good to _____ the LORD, whose works are great; the wicked _____, but the righteous flourish like _____.

CHECK YOURSELF

- When does the psalmist proclaim God's loving kindness?

☐ (A) In the morning	☐ (B) At noon
☐ (C) On feast days only	☐ (D) At harvest
- What do the wicked spring up like?

☐ (A) Thorns	☐ (B) Weeds in the field
☐ (C) Grass	☐ (D) Mushrooms
- What will the righteous still do in old age?

☐ (A) Rest from work	☐ (B) Produce fruit
☐ (C) Rule the nations	☐ (D) Forget their troubles

TALK IT OVER

- How does verse 7 contrast with verses 12-14?
- Verse 15 says God is upright with no unrighteousness in him. How do flourishing believers show that?

- What does it look like to keep bearing fruit as you grow older?

IN YOUR OWN WORDS: WHAT DOES PSALM 92 TEACH?

- | | |
|--|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 12 by heart | ☐ I know the picture word |

Declarative Kingship Praise

Writer not named · Book IV · The LORD Reigns

PICTURE WORD

Floods

IN ONE SENTENCE



he LORD reigns in majesty from everlasting, stronger than the roaring floods, and his throne and his word stand firm.

Remember it: Ninety-three: the floods roar, but the LORD reigns higher.

MEMORY VERSE

Above the voices of many waters, the mighty breakers of the sea, Yahweh on high is mighty.

Psalms 93:4 · World English Bible

HEBREW WORD

מֶלֶךְ

“reigns” · verse 1

In the Psalms: six times, in 6 psalms

מֶלֶךְ means “he reigns” or “he is king,” from the same root as the word for king. The shout “The LORD reigns!” opens Psalms 93, 97, and 99 and is announced to the nations in Psalm 96. It is not a wish; it is a statement of who is on the throne.

HOW THE PSALM MOVES

- 1–2 The LORD reigns, robed in majesty, from everlasting.
- 3–4 The floods roar, but the LORD on high is mightier.
- 5 His statutes stand firm; holiness adorns his house.

MY NOTES



Listen. Hear Psalm 93 sung in the **Psalm Song** app, or free at ispress.de/psalms/93.

Cantillated. Sung: chanted back and forth between a leader and the people.

The LORD Reigns

God in Creation

FILL IN THE BLANKS

The LORD reigns in _____ from everlasting, stronger than the roaring
_____, and his throne and his _____ stand firm.

CHECK YOURSELF

1. What is the LORD clothed with?

☐ (A) Majesty

☐ (C) Fire

☐ (B) Light

☐ (D) Gold

2. What have lifted up their voice?

☐ (A) The mountains

☐ (C) The floods

☐ (B) The nations

☐ (D) The angels

3. What adorns God's house?

☐ (A) Cedar wood

☐ (C) Precious stones

☐ (B) Holiness

☐ (D) Songs

TALK IT OVER

1. What do the roaring floods picture, and how does the psalm answer them?

2. What does it mean for your faith that the LORD is "from everlasting"?

3. What is roaring in your life right now that needs to hear "The LORD reigns"?

IN YOUR OWN WORDS: WHAT DOES PSALM 93 TEACH?

☐ I listened to the song

☐ I can say verse 4 by heart

☐ I can say what it teaches

☐ I know the picture word

Judicial Lament Turning

Writer not named · Book IV

PICTURE WORD

Ear

IN ONE SENTENCE



God, the judge of the earth, will repay the proud who crush the weak, and he blesses those he disciplines and teaches.

Remember it: Ninety-four: the God who planted the ear hears every cry.

MEMORY VERSE

He who implanted the ear, won't he hear?
He who formed the eye, won't he see?

Psalm 94:9 · World English Bible

HEBREW WORD



"ear" · verse 9

In the Psalms: 22 times, in 21 psalms

אָזְנוֹ is the ear. The psalm asks a simple question: the One who planted the ear, can he not hear? The wicked say God does not see, but the Creator of every sense knows every cry of the widow and the orphan. The ear God made is proof he listens.

HOW THE PSALM MOVES

1-7 Judge of the earth, rise up against the proud who crush.

8-11 Fools, the One who made ear and eye hears and sees.

12-15 Blessed is the one God disciplines and teaches.

16-23 The LORD held me up and will cut off the wicked.

IN THE NEW TESTAMENT

v. 11 → 1 Corinthians 3:20 The Lord knows the thoughts of the wise are futile.

MY NOTES



Listen. Hear Psalm 94 sung in the **Psalm Song** app, or free at ispress.de/psalms/94.

Cantillated. Sung: chanted back and forth between a leader and the people.

Justice on the Wicked

Refuge in Trouble

The Two Ways

FILL IN THE BLANKS

God, the _____ of the earth, will repay the proud who crush the _____, and he blesses those he _____ and teaches.

CHECK YOURSELF

1. Whom do the wicked kill and murder?

- | | |
|--|---|
| ☐ (A) The priests and prophets | ☐ (B) The kings and princes |
| ☐ (C) The widow, the alien, and the fatherless | ☐ (D) The soldiers |

2. What do the wicked say about God?

- | | |
|---|---|
| ☐ (A) Yah will not see | ☐ (B) God is too strong |
| ☐ (C) God will forgive us | ☐ (D) God lives in Zion |

3. What held the psalmist up when his foot was slipping?

- | | |
|--|--|
| ☐ (A) His friends | ☐ (B) The LORD's loving kindness |
| ☐ (C) His own strength | ☐ (D) The law of Moses |

TALK IT OVER

1. What arguments does the psalmist use in verses 8-11 to answer people who think God doesn't notice?

2. How can being disciplined by God be called a blessing (v. 12)?

3. When your foot is slipping, how does verse 18-19 encourage you?

IN YOUR OWN WORDS: WHAT DOES PSALM 94 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 9 by heart

☐ I know the picture word

Processional Exhortation

Writer not named · Book IV · The LORD Reigns

PICTURE WORD

Kneeling

IN ONE SENTENCE



ome, sing and kneel to the LORD, our Rock and Maker, and listen to his voice today instead of hardening your heart.

Remember it: Ninety-five: kneel before the Rock today, and keep your heart soft.

MEMORY VERSE

for he is our God. We are the people of his pasture, and the sheep in his care. Today, oh that you would hear his voice!

Psalm 95:7 · World English Bible

HEBREW WORD

לְצוֹר

“rock” · verse 1

In the Psalms: 26 times, in 19 psalms

לְצוֹר is a rock, a cliff or mass of stone, firm and unmoving, a place to stand and to hide. In the wilderness at Massah and Meribah, water poured from a rock. So the psalm that calls God “the rock of our salvation” ends by warning against hearts as hard as stone.

HOW THE PSALM MOVES

- 1–5 Come, sing to the Rock, the great King over creation.
- 6–7 Kneel before our Maker; we are his sheep.
- 8–11 Today hear his voice; don’t harden your heart like the wilderness.

IN THE NEW TESTAMENT

- v. 7–11 → **Hebrews 3:7–11** Today, if you hear His voice, do not harden your hearts.
- v. 7–8 → **Hebrews 4:7** Hebrews names David as the writer and calls it ‘Today.’
- v. 11 → **Hebrews 4:3** The rest God promised is still open: enter it by faith.

MY NOTES



Listen. Hear Psalm 95 sung in the **Psalm Song** app, or free at ispress.de/psalms/95.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

God’s Word

Waiting on God

FILL IN THE BLANKS

Come, sing and _____ to the LORD, our _____ and Maker, and listen to his voice _____ instead of hardening your heart.

CHECK YOURSELF

1. What is God called in verse 1?

- ☐ (A) The rock of our salvation
☐ (C) The light of the world

- ☐ (B) The shepherd of our souls
☐ (D) The king of glory

2. What are we, according to verse 7?

- ☐ (A) Servants of the king
☐ (C) Stones in his house

- ☐ (B) The people of his pasture and sheep in his care
☐ (D) Strangers in the land

3. For how long was God grieved with that generation?

- ☐ (A) Seven years
☐ (C) Forty years

- ☐ (B) Twelve years
☐ (D) Seventy years

TALK IT OVER

1. How does the psalm move from joyful singing to a solemn warning?

2. Hebrews 3-4 uses this psalm to speak of God's rest. What does God want for his people?

3. What would it mean for you to hear God's voice "today" and not harden your heart?

IN YOUR OWN WORDS: WHAT DOES PSALM 95 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 7 by heart

☐ I know the picture word

Declarative Universal Praise

Writer not named · Book IV · The LORD Reigns

PICTURE WORD

New Song

IN ONE SENTENCE



ing a new song and declare the LORD's glory to the nations, for he made the heavens and comes to judge.

Remember it: Ninety-six: sing a new song, all the earth, for the King is coming.

MEMORY VERSE

Sing to Yahweh a new song! Sing to Yahweh,
all the earth.

Psalm 96:1 · World English Bible

HEBREW WORD

חדש

"new" · verse 1

In the Psalms: six times, in 6 psalms

חדש means "new," from the same root as the new moon and the new month. A new song answers a fresh act of God, often a new rescue. The command is for all the earth, so every nation, and every generation, gets to add its own new verse of praise.

HOW THE PSALM MOVES

- 1–6** Sing a new song and declare his glory among nations.
- 7–9** Families of nations, give the LORD glory and worship.
- 10–13** The LORD reigns; all creation rejoices as he comes to judge.

MY NOTES



Listen. Hear Psalm 96 sung in the **Psalm Song** app, or free at ispress.de/psalms/96.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

The LORD Reigns

God in Creation

FILL IN THE BLANKS

Sing a _____ song and declare the LORD's _____ to the nations, for he made the _____ and comes to judge.

CHECK YOURSELF

- Who is told to sing to the LORD in verse 1?

☐ (A) The priests	☐ (B) All the earth
☐ (C) The kings	☐ (D) The children
- What are all the gods of the peoples?

☐ (A) Angels	☐ (B) Kings
☐ (C) Idols	☐ (D) Stars
- What will the trees of the woods do?

☐ (A) Sing for joy	☐ (B) Bow down
☐ (C) Be cut down	☐ (D) Wither

TALK IT OVER

- What reasons does the psalm give for singing to the LORD?
- Why is God's coming to judge described as good news that makes creation sing?

- What "new song" could you sing this week for something God has recently done?

IN YOUR OWN WORDS: WHAT DOES PSALM 96 TEACH?

- | | |
|---|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 1 by heart | ☐ I know the picture word |

Theophanic Declarative Praise

Writer not named · Book IV · The LORD Reigns

PICTURE WORD

Wax

IN ONE SENTENCE

*he LORD reigns over all the earth in righteousness, idols are shamed, and light is sown for those who love him.***Remember it:** Ninety-seven: mountains melt like wax, but light is sown for the righteous.

MEMORY VERSE

The mountains melt like wax at the presence of Yahweh, at the presence of the Lord of the whole earth.

Psalm 97:5 · World English Bible

HEBREW WORD

כֶּדֶוֹנֶג

“wax” · verse 5

In the Psalms: three times, in 3 psalms

כֶּדֶוֹנֶג is wax, the soft substance that melts near a flame. It appears only a few times in the Bible, always for something that cannot hold its shape before heat. Even the mountains, the firmest thing people know, melt like wax at the presence of the Lord of the whole earth.

HOW THE PSALM MOVES

1–5 The LORD reigns; fire and lightning go before him, mountains melt.

6–9 Idol worshipers are shamed while Zion rejoices.

10–12 Those who love the LORD hate evil and receive light.

MY NOTES



Listen. Hear Psalm 97 sung in the **Psalm Song** app, or free at ispress.de/psalms/97.

Cantillated. Sung: chanted back and forth between a leader and the people.

The LORD Reigns

Justice on the Wicked

Zion & the House of God

FILL IN THE BLANKS

The LORD reigns over all the earth in _____, _____ are shamed, and light is _____ for those who love him.

CHECK YOURSELF

1. What is around the LORD?

- ☐ (A) Clouds and darkness
- ☐ (C) Gold and jewels

- ☐ (B) Angels and trumpets
- ☐ (D) Rivers and trees

2. Who is shamed?

- ☐ (A) Those who mourn
- ☐ (C) Those who sing

- ☐ (B) Those who serve engraved images
- ☐ (D) Those who fast

3. What are those who love the LORD told to do?

- ☐ (A) Build altars
- ☐ (C) Hate evil

- ☐ (B) Leave Zion
- ☐ (D) Make vows

TALK IT OVER

1. How do fire, lightning, and melting mountains describe God's presence?

2. What does it mean that righteousness and justice are the foundation of his throne?

3. Verse 11 says light is sown like seed. How have you seen God's light grow slowly in hard places?

IN YOUR OWN WORDS: WHAT DOES PSALM 97 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 5 by heart

☐ I know the picture word

Refrain Praise

Writer not named · Book IV · The LORD Reigns

"A Psalm."

IN ONE SENTENCE



ing a new song to the LORD, whose salvation the earth has seen, and let creation shout as he comes to judge.

Remember it: Ninety-eight: rivers clap and mountains sing, for the earth has seen salvation.

MEMORY VERSE

Make a joyful noise to Yahweh, all the earth!
Burst out and sing for joy, yes, sing praises!

Psalm 98:4 · World English Bible

HEBREW WORD

יְשׁוּעָתוֹ

"his salvation" · verse 2

In the Psalms: 45 times, in 33 psalms

יְשׁוּעָה means salvation, rescue, deliverance, or victory. The name Jesus shares this root, meaning "the LORD saves." Three times in three verses this psalm says God has worked, made known, and shown his salvation so that "all the ends of the earth" have seen it.

HOW THE PSALM MOVES

- 1-3 Sing a new song; God has shown his salvation.
- 4-6 All the earth, shout and play before the King.
- 7-9 Sea, rivers, and mountains celebrate as he comes to judge.

MY NOTES



Listen. Hear Psalm 98 sung in the **Psalm Song** app, or free at ispress.de/psalms/98.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

The LORD Reigns

Justice on the Wicked

FILL IN THE BLANKS

Sing a new song to the LORD, whose _____ the earth has seen, and let
_____ as he comes to judge.

CHECK YOURSELF

1. What has God's right hand and holy arm worked?

☐ (A) Salvation

☐ (B) Judgment

☐ (C) A great city

☐ (D) A new law

2. Who has seen the salvation of our God?

☐ (A) Only Israel

☐ (B) Only the priests

☐ (C) All the ends of the earth

☐ (D) The kings of Egypt

3. What are the rivers told to do?

☐ (A) Overflow

☐ (B) Clap their hands

☐ (C) Run dry

☐ (D) Turn back

TALK IT OVER

1. Which instruments and parts of creation join the praise in verses 4-8?

2. Why would God's coming to judge with equity make creation glad?

3. How can your life make God's salvation "known" to people around you?

IN YOUR OWN WORDS: WHAT DOES PSALM 98 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 4 by heart

☐ I know the picture word

Answers: Blanks: salvation · creation · shout · Check yourself: 1. A (v. 1) · 2. C (v. 3) · 3. B (v. 8)

Refrain Holiness Praise

Writer not named · Book IV · The LORD Reigns

PICTURE WORD
Cherubim

IN ONE SENTENCE

*he holy LORD reigns in Zion, loves justice, answered Moses and Aaron, forgave his people, and calls us to worship him.***Remember it:** Ninety-nine: holy, holy, holy, the King among the cherubim answers when called.

MEMORY VERSE

Exalt Yahweh, our God. Worship at his holy hill, for Yahweh, our God, is holy!

Psalm 99:9 · World English Bible

HEBREW WORD

קדוש

“holy” · verse 3

In the Psalms: fifteen times, in 11 psalms

קדוש means holy, set apart, utterly other than anything made. The refrain “He is Holy!” sounds three times here, much like the angels’ threefold “Holy” in Isaiah 6. Yet this holy God answers when his people call and forgives them. Holiness here draws near; it does not stay away.

HOW THE PSALM MOVES

- 1–3 The LORD reigns among the cherubim; he is holy.
- 4–5 The mighty King loves justice; worship at his footstool.
- 6–9 He answered Moses, Aaron, and Samuel, forgave, and is holy.

MY NOTES

**Listen.** Hear Psalm 99 sung in the **Psalm Song** app, or free at ispress.de/psalms/99.**Cantillated.** Sung: chanted back and forth between a leader and the people.

The LORD Reigns

Zion & the House of God

Forgiveness & Repentance

FILL IN THE BLANKS

The _____ LORD reigns in Zion, loves _____, answered Moses and Aaron, _____ his people, and calls us to worship him.

CHECK YOURSELF

1. Where does the LORD sit enthroned?

- | | |
|--|---|
| ☐ (A) On the seas | ☐ (B) Among the cherubim |
| ☐ (C) On Mount Sinai | ☐ (D) In the clouds of Bashan |

2. Who is named among those who call on his name?

- | | |
|----------------------------------|----------------------------------|
| ☐ (A) Elijah | ☐ (B) Joshua |
| ☐ (C) Samuel | ☐ (D) Isaiah |

3. How did God speak to Moses and Aaron?

- | | |
|--|--|
| ☐ (A) In the pillar of cloud | ☐ (B) In a dream |
| ☐ (C) By a prophet | ☐ (D) Through the king |

TALK IT OVER

1. Where does the psalm cry "He is holy," and what reason stands beside each cry?

2. Verse 8 says God forgave yet also punished their deeds. How do both fit together in God?

3. How should God's holiness shape the way we worship on Sunday?

IN YOUR OWN WORDS: WHAT DOES PSALM 99 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 9 by heart

☐ I know the picture word

Answers: Blanks: holy · justice · forgive · Check yourself: 1. B (v. 1) · 2. C (v. 6) · 3. A (v. 7)

Refrain Entrance Praise

Writer not named · Book IV

“A Psalm of thanksgiving.”

PICTURE WORD

Pasture

IN ONE SENTENCE



Enter his gates with thanks and joy, for the LORD is God, we are his sheep, and his kindness lasts forever.

Remember it: One hundred: we're his sheep, so enter his gates with thanks.

MEMORY VERSE

Know that Yahweh, he is God. It is he who has made us, and we are his. We are his people, and the sheep of his pasture.

Psalm 100:3 · World English Bible

HEBREW WORD

צֶמֶד

“flock” · verse 3

In the Psalms: sixteen times, in 13 psalms

צֶמֶד is the Hebrew word for a flock, sheep and goats together, the small animals a shepherd leads and feeds. Israel often called itself the flock of God's pasture. We did not make ourselves; we belong to the Shepherd who made us, and that is the reason for the joy.

HOW THE PSALM MOVES

- 1–2 Shout for joy and serve the LORD gladly.
- 3 Know the LORD is God; we are his sheep.
- 4–5 Enter his gates with thanks; his love endures forever.

MY NOTES



Listen. Hear Psalm 100 sung in the **Psalm Song** app, or free at ispress.de/psalms/100.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

The LORD Reigns

FILL IN THE BLANKS

Enter his _____ with thanks and joy, for the LORD is God, we are his
_____, and his _____ lasts forever.

CHECK YOURSELF

1. How are we to serve the LORD?

- | | |
|--|---|
| ☐ (A) With fear | ☐ (B) With gladness |
| ☐ (C) With sacrifice | ☐ (D) With silence |

2. Who made us, according to verse 3?

- | | |
|---------------------------------------|------------------------------------|
| ☐ (A) Our fathers | ☐ (B) The LORD |
| ☐ (C) The earth | ☐ (D) The king |

3. What endures to all generations?

- | | |
|--|--|
| ☐ (A) His faithfulness | ☐ (B) The temple |
| ☐ (C) The kingdom | ☐ (D) The law of Moses |

TALK IT OVER

1. What commands does this short psalm give, and what reasons follow them?

2. What does it mean that "we are his" and not our own?

3. How could you "enter his gates with thanksgiving" at church or home this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 100 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 3 by heart

☐ I know the picture word

Royal Vow

Psalms of David · Book IV · Royal Psalms

"A Psalm by David."

IN ONE SENTENCE



he king vows to sing of kindness and justice, to walk blamelessly at home, and to banish the slanderer and deceiver.

Remember it: One-oh-one: a clean house starts with a clean heart.

MEMORY VERSE

I will be careful to live a blameless life.
When will you come to me? I will walk
within my house with a blameless heart.

Psalm 101:2 · World English Bible

HEBREW WORD

תָּמִים

"blameless" · verse 2

In the Psalms: twelve times, in 7 psalms

תָּמִים means "whole" or "complete," with nothing missing. It describes the unblemished animal fit for sacrifice and the call to Abram, "walk before me and be blameless." The king wants a whole life with no hidden rooms, the same person at home as in public.

HOW THE PSALM MOVES

- 1-2 The king vows to sing and live a blameless life
- 3-4 He refuses vile things and keeps a perverse heart far away
- 5-8 He silences liars, welcomes the faithful, and cleanses the city

MY NOTES



Listen. Hear Psalm 101 sung in the **Psalm Song** app, or free at ispress.de/psalms/101.

Cantillated. Sung: chanted back and forth between a leader and the people.

The Two Ways

Justice on the Wicked

FILL IN THE BLANKS

The king vows to sing of _____ and justice, to walk _____ at home, and to banish the _____ and deceiver.

CHECK YOURSELF

1. What does the king say he will set before his eyes?

☐ (A) No vile thing

☐ (B) The wealth of the nations

☐ (C) The faces of his enemies

☐ (D) Images of his victories

2. Whom does the king want to dwell with him?

☐ (A) The arrogant and conceited

☐ (B) The faithful of the land

☐ (C) Foreign princes

☐ (D) Wise men from the east

3. How often will he cut off the wicked from the LORD's city?

☐ (A) Once a year

☐ (B) Every Sabbath

☐ (C) Morning by morning

☐ (D) At the new moon

TALK IT OVER

1. The king starts with his own house before the land. Why do you think he begins there?

2. What does this psalm show about what the LORD loves and what he will not tolerate?

3. What "vile things" are easy to set before our eyes today, and how can we keep them out?

IN YOUR OWN WORDS: WHAT DOES PSALM 101 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 2 by heart

☐ I know the picture word

Answers: Blanks: kindness · blamelessly · slanderer · Check yourself: 1. A (v. 3) · 2. B (v. 6) · 3. C (v. 8)

Lament Turning

102

CII

Writer not named · Book IV · The Seven Penitential Psalms

"A Prayer of the afflicted, when he is overwhelmed and pours out his complaint before Yahweh."

PICTURE WORD

Pelican

IN ONE SENTENCE

*suffering man pours out his distress, wasting away like a lonely bird, yet knows the eternal LORD will rebuild Zion.***Remember it:** One-oh-two: a lonely pelican sings to the God who never changes.

MEMORY VERSE

Hear my prayer, Yahweh! Let my cry come to you.

Psalm 102:1 · World English Bible

HEBREW WORD

לְקָאָת

"pelican" · verse 6

In the Psalms: once

לְקָאָת names a bird listed among the unclean birds in Leviticus and pictured in the prophets haunting ruined, empty places. Translators disagree on exactly which bird it is: pelican or owl. Either way, the picture is a creature far from home, alone in the wilderness, just as the sufferer feels.

HOW THE PSALM MOVES

1–11 A sufferer begs to be heard as his days fade like smoke**12–17** But the eternal LORD will arise and rebuild Zion**18–22** Future generations will praise the God who hears prisoners**23–28** Heaven and earth wear out, but God stays the same

IN THE NEW TESTAMENT

v. 25–27 → **Hebrews 1:10–12** The Son made heaven and earth; He remains the same.

MY NOTES

**Listen.** Hear Psalm 102 sung in the **Psalm Song** app, or free at ispress.de/psalms/102.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Zion & the House of God

Life Is Short

FILL IN THE BLANKS

A suffering man pours out his _____, wasting away like a lonely _____, yet knows the _____ LORD will rebuild Zion.

CHECK YOURSELF

1. What does the psalmist say his days consume away like?

☐ (A) Water

☐ (B) Wax

☐ (C) Dust

☐ (D) Smoke

2. What do the LORD's servants take pleasure in?

☐ (A) Zion's stones

☐ (B) The temple gold

☐ (C) The king's palace

☐ (D) The fields of Israel

3. What will happen to the heavens and the earth?

☐ (A) They will last forever

☐ (B) They will wear out like a garment

☐ (C) They will be sold

☐ (D) They will be hidden

TALK IT OVER

1. Which pictures of suffering in verses 3-11 seem most vivid to you, and why?

2. Hebrews 1 applies verses 25-27 to the Son. What does that tell us about Jesus?

3. How can God's unchanging nature comfort someone whose life feels like it is withering?

IN YOUR OWN WORDS: WHAT DOES PSALM 102 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 1 by heart

☐ I know the picture word

Refrain Praise

Psalms of David · Book IV

"By David."

IN ONE SENTENCE



My soul, bless the LORD, who forgives all my sins, heals me, and shows compassion as high and wide as heaven.

Remember it: One-oh-three: east from west, that's how far my sins flee.

MEMORY VERSE

As far as the east is from the west, so far has he removed our transgressions from us.

Psalm 103:12 · World English Bible

HEBREW WORD

הַסֵּלִיחַ

"the forgiver" · verse 3

In the Psalms: twice, in 2 psalms

הִלַּח means "to forgive" or "to pardon." In the Old Testament this verb always has God as its subject; people are never said to do it. Forgiveness of this kind belongs to the LORD, which is why the psalmist lists it first among his benefits.

HOW THE PSALM MOVES

1-5 My soul, bless the LORD and remember all his benefits

6-14 The LORD is merciful and removes our sins far away

15-18 Our days are grass, but his love is everlasting

19-22 Angels, armies, and all his works, bless the LORD

MY NOTES



Listen. Hear Psalm 103 sung in the **Psalm Song** app, or free at ispress.de/psalms/103.

Cantillated. Sung: chanted back and forth between a leader and the people.

Forgiveness & Repentance

Praise & Thanksgiving

Life Is Short

FILL IN THE BLANKS

My soul, bless the LORD, who _____ all my sins, _____ me, and shows _____ as high and wide as heaven.

CHECK YOURSELF

1. Like what bird is the believer's youth renewed?

☐ (A) The dove

☐ (B) The sparrow

☐ (C) The eagle

☐ (D) The stork

2. How far has the LORD removed our transgressions from us?

☐ (A) As far as the sea is deep

☐ (B) As far as the east is from the west

☐ (C) As far as Egypt from Canaan

☐ (D) As high as the mountains

3. What does the LORD remember about how we are made?

☐ (A) That we are dust

☐ (B) That we are strong

☐ (C) That we are wise

☐ (D) That we are kings

TALK IT OVER

1. Verses 3-5 list God's benefits. Which one do you most need to remember this week?

2. What does the picture of a father's compassion (v. 13) teach about how God treats us?

3. Why do you think the psalmist has to tell his own soul to praise? When do you need to?

IN YOUR OWN WORDS: WHAT DOES PSALM 103 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 12 by heart

☐ I know the picture word

104

CIV

Creation Refrain Praise

Writer not named · Book IV · Creation Psalms

PICTURE WORD
Chariot Clouds

IN ONE SENTENCE



less the LORD, whose majesty clothes the heavens, who set earth's foundations and waters and feeds every creature in his wisdom.

Remember it: One-oh-four: God rides the clouds and feeds the lions their supper.

MEMORY VERSE

Yahweh, how many are your works! In wisdom, you have made them all. The earth is full of your riches.

Psalm 104:24 · World English Bible

HEBREW WORD

רוּחַ

“wind” · verse 3

In the Psalms: 39 times, in 26 psalms

רוּחַ means “wind,” “breath,” or “spirit,” moving air you cannot see but can feel. In verse 3 the LORD walks on the wings of the wind; in verse 29 he takes away creatures’ breath; in verse 30 he sends his Spirit and they are created. One word ties the sky, every breath, and new life to God.

HOW THE PSALM MOVES

- 1–9 The LORD clothed in light sets the earth and the waters
- 10–18 Springs, grass, trees, and mountains feed every creature
- 19–23 Moon and sun set times for animals and people
- 24–30 Sea creatures and all life wait on God’s hand and breath
- 31–35 The psalmist vows to sing to the LORD all his life

IN THE NEW TESTAMENT

v. 4 → Hebrews 1:7 God makes His angels winds and His servants flames of fire.

MY NOTES



Listen. Hear Psalm 104 sung in the **Psalm Song** app, or free at ispress.de/psalms/104.

Cantillated. Sung: chanted back and forth between a leader and the people.

God in Creation

Praise & Thanksgiving

FILL IN THE BLANKS

Bless the LORD, whose _____ clothes the heavens, who set earth's _____ and waters and feeds every _____ in his wisdom.

CHECK YOURSELF

1. What does the LORD use as his chariot?

- (A) The sun
- (B) The stars
- (C) The lightning
- (D) The clouds

2. What gift does the psalmist say makes the heart of man glad?

- (A) Wine (B) Gold
(C) Rain (D) Music

3. What happens when the LORD sends out his Spirit?

- Ⓐ The seas dry up
- Ⓑ Creatures are created and the ground is renewed
- Ⓒ The mountains fall
- Ⓓ The night ends forever

TALK IT OVER

1. List the animals named in this psalm. What does their variety say about the world God made?

2. Verse 27 says all creatures wait on God for food. What does that teach about God's care?

3. How could noticing creation this week turn into praise, as it does for this psalmist?

IN YOUR OWN WORDS: WHAT DOES PSALM 104 TEACH?

- ☐ I listened to the song ☐ I can say what it teaches
☐ I can say verse 24 by heart ☐ I know the picture word

105
CV

Historical Declarative Praise

Writer not named · Book IV · History Psalms

PICTURE WORD

Promised Land

IN ONE SENTENCE



Give thanks and tell the nations how God kept his covenant with Abraham, rescued Israel from Egypt, and gave them the land.

Remember it: One-oh-five: from Abraham to the Promised Land, God keeps his word.

MEMORY VERSE

He has remembered his covenant forever,
the word which he commanded to a
thousand generations,

Psalm 105:8 · World English Bible

HEBREW WORD

בְּרִיתוֹ

"his covenant" · verse 8

In the Psalms: 21 times, in 13 psalms

בְּרִית means "covenant," a binding promise sealed by oath. Hebrew speaks of "cutting" a covenant, recalling the animals cut in two when God bound himself to Abram. The psalm says God remembers his covenant forever, so Israel's whole history becomes a story of a promise kept.

HOW THE PSALM MOVES

- 1–7 Give thanks, seek the LORD, and remember his wonders
- 8–15 God's covenant with Abraham, Isaac, and Jacob protects the wanderers
- 16–25 Joseph goes ahead, and Israel grows strong in Egypt
- 26–38 Moses and Aaron bring plagues on Egypt
- 39–45 God guides, feeds, and gives his people the land

MY NOTES



Listen. Hear Psalm 105 sung in the **Psalm Song** app, or free at ispress.de/psalms/105.

Cantillated. Sung: chanted back and forth between a leader and the people.

Israel's Story

Praise & Thanksgiving

FILL IN THE BLANKS

Give thanks and tell the _____ how God kept his _____ with Abraham, _____ Israel from Egypt, and gave them the land.

CHECK YOURSELF

1. Who was sent ahead and sold as a slave?

☐ (A) Moses

☐ (B) Aaron

☐ (C) Joseph

☐ (D) Jacob

2. What did God give the people when they asked for food?

☐ (A) Fish from the Nile

☐ (B) Quail and bread from the sky

☐ (C) Figs and grapes

☐ (D) Wheat from Egypt

3. Why did God bring his people into the land?

☐ (A) To make them rich

☐ (B) To punish the nations

☐ (C) To build an army

☐ (D) That they might keep his statutes and laws

TALK IT OVER

1. Why does the psalm keep saying "remember"? What is Israel supposed to remember?

2. How does Joseph's story (vv. 17-22) show God working through hard years?

3. What stories of God's faithfulness in your life or church should you tell the next generation?

IN YOUR OWN WORDS: WHAT DOES PSALM 105 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 8 by heart

☐ I know the picture word

IN ONE SENTENCE



Israel's story is one of rebellion and sin, yet the LORD saves again and again for his name's sake.

Remember it: One-oh-six: we rebelled at the Red Sea, but God saves for his name.

MEMORY VERSE

We have sinned with our fathers. We have committed iniquity. We have done wickedly.

Psalm 106:6 · World English Bible

HEBREW WORD

חָטָאנוּ

"we have sinned" · verse 6

In the Psalms: nine times, in 7 psalms

חָטָא means "to sin," and its root picture is missing a target. Judges 20 uses it of slingers who could hit a hair and "not miss." Verse 6 says "we have sinned with our fathers," a confession that the people today have missed the mark just as Israel did.

HOW THE PSALM MOVES

- 1–5 Praise the LORD and ask him to remember me
- 6–12 Our fathers rebelled at the Red Sea, yet God saved them
- 13–33 In the wilderness they craved, envied, worshiped a calf, and grumbled
- 34–46 In the land they served idols, yet God heard their cry
- 47–48 Save us and gather us, so we can praise you

MY NOTES



Listen. Hear Psalm 106 sung in the **Psalm Song** app, or free at ispress.de/psalms/106.

Cantillated. Sung: chanted back and forth between a leader and the people.

Israel's Story

Forgiveness & Repentance

Crying Out in Distress

FILL IN THE BLANKS

Israel's story is one of _____ and sin, yet the LORD _____ again and again for his _____ sake.

CHECK YOURSELF

1. What did the people make at Horeb?

- ☐ (A) A golden calf
- ☐ (C) A stone altar

- ☐ (B) A bronze snake
- ☐ (D) A tower

2. Who stood in the breach to turn away God's wrath?

- ☐ (A) Aaron
- ☐ (C) Moses

- ☐ (B) Joshua
- ☐ (D) Caleb

3. What did Phinehas do?

- ☐ (A) Built the tabernacle
- ☐ (C) Struck the rock

- ☐ (B) Stood up and executed judgment, and the plague stopped
- ☐ (D) Led the people across the Jordan

TALK IT OVER

1. The people "soon forgot his works" (v. 13). Why do people forget what God has done so quickly?

2. Verse 8 says God saved them "for his name's sake." What does that reveal about why God saves?

3. What would honest confession, like verse 6, look like for a church or nation today?

IN YOUR OWN WORDS: WHAT DOES PSALM 106 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 6 by heart

☐ I know the picture word

Answers: Blanks: rebellion · saves · name's · Check yourself: 1. A (v. 19) · 2. C (v. 23) · 3. B (v. 30)

107
CVII

Refrain Thanksgiving

Writer not named · Book V

PICTURE WORD

Calm Sea

IN ONE SENTENCE



he redeemed give thanks that when they cried out in trouble, wandering, prison, sickness, or storm, the LORD rescued them.

Remember it: One-oh-seven: four times they cried, four times the LORD rescued.

MEMORY VERSE

Then they cried to Yahweh in their trouble,
and he delivered them out of their
distresses.

Psalm 107:6 · World English Bible

HEBREW WORD

וַיִּצְעֲקוּ

"they cried out" · verse 6

In the Psalms: five times, in 4 psalms

וַיִּצְעֲקוּ means "to cry out" in distress, a loud cry for help, not a polite request. Its noun is used when God says he has heard Israel's cry in Egypt. The refrain "they cried to the LORD in their trouble" rings four times (vv. 6, 13, 19, 28, twice with a sister verb), and each time the LORD answers.

HOW THE PSALM MOVES

- 1-3 Let the redeemed say so: his love endures forever
- 4-9 Lost wanderers cry out and are led home
- 10-22 Prisoners and the sick cry out and are rescued
- 23-32 Sailors in a storm cry out, and he stills the sea
- 33-43 God turns lands around; the wise consider his love

MY NOTES



Listen. Hear Psalm 107 sung in the **Psalm Song** app, or free at ispress.de/psalms/107.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

Refuge in Trouble

Israel's Story

FILL IN THE BLANKS

The _____ give thanks that when they cried out in trouble, wandering, _____, sickness, or _____, the LORD rescued them.

CHECK YOURSELF

1. What did the wanderers in the desert not find?

☐ (A) Water

☐ (C) A guide

☐ (B) A city to live in

☐ (D) Gold

2. What does the LORD do to the storm?

☐ (A) Makes it a calm

☐ (C) Sends it to Egypt

☐ (B) Makes it stronger

☐ (D) Hides it in a cave

3. Who should pay attention to these things?

☐ (A) The princes

☐ (C) The fools

☐ (B) The sailors

☐ (D) Whoever is wise

TALK IT OVER

1. The psalm describes four kinds of trouble. Which one sounds most like a season you have been through?

2. What does the repeated pattern of crying out and rescue show about the LORD?

3. Verse 2 says, "Let the redeemed say so." How can you tell someone what God has done for you?

IN YOUR OWN WORDS: WHAT DOES PSALM 107 TEACH?

☐ I listened to the song

☐ I can say verse 6 by heart

☐ I can say what it teaches

☐ I know the picture word

Praise to Oracle

Psalms of David · Book V

"A Song. A Psalm by David."

IN ONE SENTENCE



y heart is steady, so I will sing and wake the dawn, and ask God's help because only he brings victory.

Remember it: One-oh-eight: wake up, harp! My song gets up before the sun.

MEMORY VERSE

For your loving kindness is great above the heavens. Your faithfulness reaches to the skies.

Psalm 108:4 · World English Bible

HEBREW WORD

שָׁחַר

"dawn" · verse 2

In the Psalms: four times, in 4 psalms

שָׁחַר is "dawn," the first light before sunrise. In verse 2 the singer turns the usual order around: instead of the dawn waking him, he says, "I will wake up the dawn." His praise starts before the day does, so morning arrives to the sound of his harp.

HOW THE PSALM MOVES

1–5 With a steady heart, I will wake the dawn with praise

6–9 God speaks from his sanctuary: the lands are mine

10–13 Human help is useless; with God we will do valiantly

MY NOTES



Listen. Hear Psalm 108 sung in the **Psalm Song** app, or free at ispress.de/psalms/108.

Composite. Sung and preached: it moves from one mode into the other.

Praise & Thanksgiving

Refuge in Trouble

Waiting on God

FILL IN THE BLANKS

My heart is _____, so I will sing and wake the _____, and ask God's help because only he brings _____.

CHECK YOURSELF

1. What instruments does the psalmist call to wake up?

☐ (A) Trumpet and drum

☐ (C) Harp and lyre

☐ (B) Flute and cymbal

☐ (D) Horn and timbrel

2. What does God call Judah?

☐ (A) My scepter

☐ (C) My helmet

☐ (B) My wash pot

☐ (D) My sandal

3. According to verse 12, the help of man is what?

☐ (A) Strong

☐ (C) Slow

☐ (B) Enough

☐ (D) Vain

TALK IT OVER

1. This psalm joins parts of Psalms 57 and 60. Why might a new song reuse older ones?

2. What does verse 4 say about how big God's love and faithfulness are?

3. Where are you tempted to trust human help instead of God? What would trusting God look like?

IN YOUR OWN WORDS: WHAT DOES PSALM 108 TEACH?

☐ I listened to the song

☐ I can say verse 4 by heart

☐ I can say what it teaches

☐ I know the picture word

Imprecatory Lament Turning

Psalms of David · Book V · Psalms That Call for Justice

"For the Chief Musician. A Psalm by David."

IN ONE SENTENCE

*Falsely accused and hated for his love, the psalmist prays, asks justice on accusers, and trusts the LORD to save the poor.***Remember it:** One-oh-nine: the accuser stood at my right hand, but so does God.

MEMORY VERSE

For he will stand at the right hand of the needy, to save him from those who judge his soul.

Psalm 109:31 · World English Bible

HEBREW WORD

אֲבִיוֹן

"needy" · verse 16

In the Psalms: 23 times, in 18 psalms

אֲבִיוֹן means "needy" or "poor," someone who lacks what he needs and has no one to defend him. It often pairs with "poor" as "poor and needy." The accuser hunted the needy (v. 16), the psalmist calls himself needy (v. 22), and the LORD stands at the needy one's right hand (v. 31).

HOW THE PSALM MOVES

1–5 Lied about and repaid hatred for love, the psalmist prays

6–20 He asks God to bring justice on the merciless accuser

21–29 Poor and fading, he asks the LORD to save him

30–31 He will praise the LORD, who stands beside the needy

IN THE NEW TESTAMENT

v. 8 → Acts 1:20 Let another take his office: Matthias replaces Judas.

MY NOTES

**Listen.** Hear Psalm 109 sung in the **Psalm Song** app, or free at ispress.de/psalms/109.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Enemies & Betrayal

Crying Out in Distress

Justice on the Wicked

FILL IN THE BLANKS

_____ accused and hated for his love, the psalmist prays, asks justice on _____, and trusts the LORD to save the _____.

CHECK YOURSELF

1. What did his enemies give him in return for his love?

☐ (A) Gifts

☐ (C) Silence

☐ (B) Hatred and evil

☐ (D) A crown

2. What does the psalmist say he is like as he fades?

☐ (A) A burning torch

☐ (C) A dry well

☐ (B) A falling star

☐ (D) An evening shadow

3. Where does the LORD stand to save the needy?

☐ (A) At his right hand

☐ (C) Behind the city wall

☐ (B) Far off on the mountain

☐ (D) In the courtroom door

TALK IT OVER

1. What wrongs has the accuser done, according to verses 16-18?

2. The psalmist hands his anger over to God instead of taking revenge. What does that say about God as judge?

3. When you are falsely accused, how can verse 28, "They may curse, but you bless," steady you?

IN YOUR OWN WORDS: WHAT DOES PSALM 109 TEACH?

☐ I listened to the song

☐ I can say verse 31 by heart

☐ I can say what it teaches

☐ I know the picture word

Dialogical Royal Oracle

Psalms of David · Book V · Royal Psalms

"A Psalm by David."

PICTURE WORD

Footstool

IN ONE SENTENCE



he LORD tells David's Lord to sit at his right hand, and swears he is a priest forever who will judge nations.

Remember it: One-ten: sit at my right hand, King and Priest forever.

MEMORY VERSE

Yahweh has sworn, and will not change his mind: "You are a priest forever in the order of Melchizedek."

Psalm 110:4 · World English Bible

HEBREW WORD

כֹּהֵן

"priest" · verse 4

In the Psalms: five times, in 4 psalms

כֹּהֵן means "priest," one who stands between God and the people, offering sacrifice and blessing. The word first appears in the Bible for Melchizedek, king of Salem and priest of God Most High. In Israel kings were not priests, so a king who is also a priest forever, by God's oath, points to Christ.

HOW THE PSALM MOVES

1-3 The LORD seats David's Lord at his right hand to rule

4 God swears: you are a priest forever like Melchizedek

5-7 The Lord at his right hand judges kings and nations

IN THE NEW TESTAMENT

v. 1 → **Matthew 22:44** Jesus: how can the Christ be David's son if David calls Him Lord?

v. 1 → **Acts 2:34-35** Peter: Jesus is exalted at God's right hand.

v. 1 → **Hebrews 1:13** To which angel did God ever say, 'Sit at my right hand'?

v. 4 → **Hebrews 5:6** A priest forever after the order of Melchizedek.

v. 4 → **Hebrews 7:17-21** Christ's priesthood stands on God's oath.

MY NOTES



Listen. Hear Psalm 110 sung in the **Psalm Song** app, or free at ispress.de/psalms/110.

Cantillated. Sung: chanted back and forth between a leader and the people.

The King & the Messiah

The LORD Reigns

FILL IN THE BLANKS

The LORD tells David's Lord to sit at his _____ hand, and swears he is a _____ forever who will judge _____.

CHECK YOURSELF

1. What will the LORD make of the enemies?

☐ (A) A wall

☐ (C) A footstool for your feet

☐ (B) Servants

☐ (D) Dust in the wind

2. In what order is he a priest forever?

☐ (A) The order of Aaron

☐ (C) The order of Levi

☐ (B) The order of Melchizedek

☐ (D) The order of Moses

3. What will he drink of on the way?

☐ (A) The brook

☐ (C) The cup of wrath

☐ (B) Wine

☐ (D) Rain

TALK IT OVER

1. Jesus asked how David could call his own son "Lord" (Matt 22:44). How would you answer?

2. God swore an oath and "will not change his mind" (v. 4). Why does that matter for our salvation?

3. If Jesus is both King and Priest right now, how should that shape your prayers this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 110 TEACH?

☐ I listened to the song

☐ I can say verse 4 by heart

☐ I can say what it teaches

☐ I know the picture word

Acrostic Declarative Praise

Writer not named · Book V · Alphabet Psalms

IN ONE SENTENCE



od's works are great, faithful and just, he provides for those who fear him,
and fearing him begins wisdom.

Remember it: One-eleven: great works, holy name, and wisdom starts with awe.

MEMORY VERSE

The fear of Yahweh is the beginning of wisdom. All those who do his work have a good understanding. His praise endures forever!

Psalm 111:10 · World English Bible

HEBREW WORD

יִרְאַת

"fear of" · verse 10

In the Psalms: eight times, in 8 psalms

יִרְאַת means "fear" in the sense of awe and reverence, the trembling respect of a creature before its holy Maker. Proverbs uses the same phrase: "The fear of the LORD is the beginning of wisdom." After listing God's works, the psalm says the right response is not fright but worshipful awe that leads to obedience.

HOW THE PSALM MOVES

- 1-4 I will give thanks for the LORD's great works
- 5-9 He feeds, keeps covenant, and sends redemption to his people
- 10 Fearing the LORD is where wisdom begins

MY NOTES



Listen. Hear Psalm 111 sung in the **Psalm Song** app, or free at ispress.de/psalms/111.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

The Two Ways

Israel's Story

FILL IN THE BLANKS

God's _____ are great, faithful and just, he _____ for those who fear him, and fearing him begins _____.

CHECK YOURSELF

1. Who ponders the LORD's works?

(A) All the nations

(B) The kings of the earth

(C) All those who delight in them

(D) The priests alone

2. What has he given to those who fear him?

(A) Food

(B) Armies

(C) Silver

(D) Long hair

3. What is the beginning of wisdom?

(A) Reading many books

(B) The fear of the LORD

(C) Old age

(D) Good teachers

TALK IT OVER

1. Verse 2 says God's works are "pondered" by those who delight in them. Which work of God do you most love to ponder?

2. What does it mean to fear the LORD in a healthy way? How is it different from being terrified?

3. How could you begin a decision this week with the fear of the LORD?

IN YOUR OWN WORDS: WHAT DOES PSALM III TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 10 by heart

☐ I know the picture word

Wisdom Instruction

Writer not named · Book V · Alphabet Psalms

PICTURE WORD

Dawning Light

IN ONE SENTENCE



he one who fears the LORD and gives generously is blessed, stands firm without fear, and has light in the darkness.

Remember it: One-twelve: the generous giver has a sunrise inside the dark.

MEMORY VERSE

He will not be afraid of evil news. His heart is steadfast, trusting in Yahweh.

Psalm 112:7 · World English Bible

HEBREW WORD

זָרַח

“dawns” · verse 4

In the Psalms: twice, in 2 psalms

זָרַח means “to rise” or “to shine,” used of the sun coming up, as when the sun rose on Jacob after he wrestled with God. Isaiah promises the LORD will rise upon his people like dawn. Here light dawns in the darkness for the upright: their troubles are real, but morning comes.

HOW THE PSALM MOVES

- 1–3 Blessed is the one who fears the LORD and loves his commands
- 4–6 Light dawns for the gracious who lend and act justly
- 7–9 He fears no bad news and gives freely to the poor
- 10 The wicked watch, grind their teeth, and fade away

IN THE NEW TESTAMENT

v. 9 → 2 Corinthians 9:9 He has given to the poor: God loves a cheerful giver.

MY NOTES



Listen. Hear Psalm 112 in the **Psalm Song** app, or free at ispress.de/psalms/112.

Didactic. Preached: a teaching psalm, a sermon meant to be heard, not sung.

The Two Ways

Praise & Thanksgiving

FILL IN THE BLANKS

The one who fears the LORD and gives _____ is blessed, stands _____ without fear, and has light in the _____.

CHECK YOURSELF

1. What does the blessed man delight greatly in?

☐ (A) His wealth

☐ (C) His land

☐ (B) His children

☐ (D) The LORD's commandments

2. What will he not be afraid of?

☐ (A) Hard work

☐ (C) The night

☐ (B) Evil news

☐ (D) Long journeys

3. What has he done for the poor?

☐ (A) He has given to them

☐ (C) He has judged them

☐ (B) He has ignored them

☐ (D) He has hired them

TALK IT OVER

1. This is a teaching psalm. Make a list of the habits it describes in the person who fears the LORD.

2. Paul quotes verse 9 about giving (2 Cor 9:9). What does generosity reveal about the heart of God?

3. How can a steady heart (v. 7) help you face bad news this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 112 TEACH?

☐ I listened to the song

☐ I can say verse 7 by heart

☐ I can say what it teaches

☐ I know the picture word

Unison Declarative Praise

Writer not named · Book V · The Egyptian Hallel

PICTURE WORD

Ash Heap

IN ONE SENTENCE



raise the LORD's name everywhere, for though he is high above all, he stoops to lift the poor from the dust.

Remember it: One-thirteen: the God above the heavens stoops to the ash heap.

MEMORY VERSE

He raises up the poor out of the dust, and
lifts up the needy from the ash heap,

Psalm 113:7 · World English Bible

HEBREW WORD

מֵעָפָר

"from dust" · verse 7

In the Psalms: thirteen times, in 12 psalms

עָפָר means "dust" or loose dirt. Adam was formed from the dust, and to dust he returns, so it is the lowest place a person can sit. Hannah's song uses the same words: God "raises up the poor out of the dust." The highest God reaches to the lowest place.

HOW THE PSALM MOVES

- 1-3 Praise the LORD's name from sunrise to sunset

- 4-6 The LORD is high above all, yet he stoops down

- 7-9 He lifts the poor from the dust and blesses the barren

MY NOTES



Listen. Hear Psalm 113 sung in the **Psalm Song** app, or free at ispress.de/psalms/113.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

The LORD Reigns

FILL IN THE BLANKS

Praise the LORD's name _____, for though he is high above all, he
_____ to lift the _____ from the dust.

CHECK YOURSELF

1. How long is the LORD's name to be praised each day?

☐ (A) Only in the morning

☐ (C) Only on feast days

☐ (B) From the rising of the sun to its going down

☐ (D) At midnight

2. Where does he lift up the needy from?

☐ (A) The sea

☐ (C) The ash heap

☐ (B) The prison

☐ (D) The mountain

3. What does he do for the barren woman?

☐ (A) Gives her a field

☐ (C) Makes her a princess

☐ (B) Sends her to the temple

☐ (D) Settles her as a joyful mother of children

TALK IT OVER

1. What two things does the psalm say about God's position and God's actions?

2. How does God "stooping down" (v. 6) point us toward the coming of Jesus?

3. Who is sitting "in the dust" in your community, and how might you help lift them?

IN YOUR OWN WORDS: WHAT DOES PSALM 113 TEACH?

☐ I listened to the song

☐ I can say verse 7 by heart

☐ I can say what it teaches

☐ I know the picture word

II4

CXIV

Refrain Exodus Praise

Writer not named · Book V · The Egyptian Hallel

PICTURE WORD

Skipping Rams

IN ONE SENTENCE



When Israel left Egypt, the sea fled and mountains skipped like rams before the God who turns rock into water.

Remember it: One-fourteen: the sea ran, the mountains skipped, and the rock poured water.

MEMORY VERSE

The mountains skipped like rams, the little hills like lambs.

Psalm 114:4 · World English Bible

HEBREW WORD

כְּאַיִלִּים

“like rams” · verse 4

In the Psalms: three times, in 2 psalms

אֵיל means “ram,” the strong male sheep, like the ram God provided in Abraham’s place. The same word can also describe mighty leaders. Here heavy, solid mountains skip like rams and hills like lambs, as if the whole landscape jumped at God’s presence.

HOW THE PSALM MOVES

- 1–2 Israel leaves Egypt and becomes God’s sanctuary
- 3–6 The sea flees and the mountains skip; why?
- 7–8 Tremble, earth, before the God who makes rock into water

MY NOTES



Listen. Hear Psalm 114 sung in the **Psalm Song** app, or free at ispress.de/psalms/114.

Cantillated. Sung: chanted back and forth between a leader and the people.

Israel’s Story

God in Creation

FILL IN THE BLANKS

When Israel left Egypt, the _____ fled and mountains skipped like _____ before the God who turns _____ into water.

CHECK YOURSELF

1. What became God's sanctuary when Israel left Egypt?

☐ (A) Judah

☐ (C) Sinai

☐ (B) Egypt

☐ (D) Babylon

2. Which river was driven back?

☐ (A) The Nile

☐ (C) The Jordan

☐ (B) The Euphrates

☐ (D) The Tigris

3. What did God turn the flint into?

☐ (A) A sword

☐ (C) Bread

☐ (B) A spring of waters

☐ (D) A wall

TALK IT OVER

1. The psalm asks the sea and mountains why they moved. What answer does verse 7 give?

2. What does creation's reaction teach us about the power of God's presence?

3. Where do you need God to turn something hard, like flint, into a spring this season?

IN YOUR OWN WORDS: WHAT DOES PSALM 114 TEACH?

☐ I listened to the song

☐ I can say verse 4 by heart

☐ I can say what it teaches

☐ I know the picture word

Dialogical Refrain Praise

Writer not named · Book V · The Egyptian Hallel

IN ONE SENTENCE



Give glory to the LORD alone, because idols are lifeless, those who trust them become like them, but God helps and blesses.

Remember it: One-fifteen: idols have eyes that can't see; our God sees and helps.

MEMORY VERSE

You who fear Yahweh, trust in Yahweh! He is their help and their shield.

Psalm 115:11 · World English Bible

HEBREW WORD

עֲצֵבֵיהֶם

“their idols” · verse 4

In the Psalms: four times, in 3 psalms

עֲצָב means “idol” and comes from a root meaning to shape or fashion. It is a made thing, carved and plated by human hands. The psalm describes idols' mouths, eyes, ears, noses, hands, and feet that all do nothing, and warns that those who trust them become just as lifeless.

HOW THE PSALM MOVES

- 1-3 Not to us but to your name, LORD, give glory
- 4-8 Idols have mouths and eyes but cannot speak or see
- 9-15 Trust the LORD, our help and shield, who blesses
- 16-18 The living will bless the LORD forever

MY NOTES



Listen. Hear Psalm 115 sung in the **Psalm Song** app, or free at ispress.de/psalms/115.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

The Two Ways

Refuge in Trouble

FILL IN THE BLANKS

Give _____ to the LORD alone, because idols are _____, those who trust them become like them, but God helps and _____.

CHECK YOURSELF

1. What are the idols of the nations made from?

- ☐ (A) Wood and stone
- ☐ (C) Iron and bronze

- ☐ (B) Clay and straw
- ☐ (D) Silver and gold

2. What will happen to those who make idols?

- ☐ (A) They will grow rich
- ☐ (C) They will see visions

- ☐ (B) They will become like them
- ☐ (D) They will rule nations

3. What does the psalm call the LORD three times?

- ☐ (A) Their help and their shield
- ☐ (C) Their rock and tower

- ☐ (B) Their king and priest
- ☐ (D) Their light and song

TALK IT OVER

1. What is the difference between the living God and the idols, according to verses 3-7?

2. Verse 1 refuses glory for ourselves. Why does God alone deserve the glory?

3. What modern idols promise much but cannot see, hear, or help? How do we become like them?

IN YOUR OWN WORDS: WHAT DOES PSALM 115 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 11 by heart

☐ I know the picture word

IN ONE SENTENCE



he LORD heard me when death surrounded me and saved me, so I lift the cup of salvation and keep my vows.

Remember it: One-sixteen: saved from death, I raise the cup of salvation.

MEMORY VERSE

I will take the cup of salvation, and call on Yahweh's name.

Psalm 116:13 · World English Bible

HEBREW WORD

כּוֹס

"cup" · verse 13

In the Psalms: five times, in 5 psalms

כּוֹס means "cup," the drinking cup at a meal. Scripture uses it for a person's portion in life: "my cup runs over" in Psalm 23, or the cup of wrath for the wicked. Here the rescued one lifts "the cup of salvation," thanking God publicly for the portion he has been given.

HOW THE PSALM MOVES

1-4 I love the LORD, who heard me when death surrounded me

5-11 The gracious LORD saved me, so my soul can rest

12-19 I will lift the cup of salvation and keep my vows

IN THE NEW TESTAMENT

v. 10 → 2 Corinthians 4:13 I believed, therefore I spoke.

MY NOTES



Listen. Hear Psalm 116 sung in the **Psalm Song** app, or free at ispress.de/psalms/116.

Cantillated. Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Praise & Thanksgiving

God Will Not Abandon You

FILL IN THE BLANKS

The LORD heard me when _____ surrounded me and saved me, so I lift the _____ of salvation and keep my _____.

CHECK YOURSELF

1. Why does the psalmist love the LORD?

☐ (A) Because he is rich

☐ (B) Because he listens to his voice

☐ (C) Because he won a battle

☐ (D) Because he built the temple

2. What does he tell his soul to return to?

☐ (A) Its rest

☐ (B) Its home

☐ (C) Its work

☐ (D) Its youth

3. Where will he pay his vows?

☐ (A) In secret

☐ (B) On a mountain

☐ (C) In the presence of all his people

☐ (D) In the wilderness

TALK IT OVER

1. Verse 12 asks, "What will I give to the LORD?" What answers does the psalm give?

2. What does verse 15 say about how God views the death of his faithful people?

3. How can you give thanks to God "in the presence of all his people" this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 116 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 13 by heart

☐ I know the picture word

Unison Declarative Praise

Writer not named · Book V · The Egyptian Hallel

PICTURE WORD

Nations

IN ONE SENTENCE



raise the LORD, all nations and peoples, because his kindness toward us is great and his truth lasts forever.

Remember it: One-seventeen: the shortest psalm calls every nation to praise.

MEMORY VERSE

For his loving kindness is great toward us.

Yahweh's faithfulness endures forever.

Praise Yah!

Psalm 117:2 · World English Bible

HEBREW WORD

וְאֱמֶת

"truth" · verse 2

In the Psalms: 37 times, in 28 psalms

אֱמֶת means "truth" or "faithfulness," something firm you can lean on. It comes from the same root as "amen," the word that says "this is solid, this is so." God's truth is not only correct; it is reliable forever, which is why every nation can trust it.

HOW THE PSALM MOVES

- 1 All nations and peoples, praise the LORD
- 2 His love toward us is great; his faithfulness lasts forever

IN THE NEW TESTAMENT

v. 1 → **Romans 15:11** Praise the Lord, all you Gentiles.

MY NOTES



Listen. Hear Psalm 117 sung in the **Psalm Song** app, or free at ispress.de/psalms/117.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

FILL IN THE BLANKS

Praise the LORD, all _____ and peoples, because his _____ toward us is great and his truth lasts _____.

CHECK YOURSELF

1. Who is called to praise the LORD?

- | | |
|---|---|
| ☐ (A) Only Israel | ☐ (B) Only the priests |
| ☐ (C) The angels only | ☐ (D) All nations and peoples |

2. What is great toward us?

- | | |
|---|-------------------------------------|
| ☐ (A) His loving kindness | ☐ (B) His anger |
| ☐ (C) His temple | ☐ (D) His army |

3. What endures forever?

- | | |
|---|---|
| ☐ (A) The nations | ☐ (B) The LORD's faithfulness |
| ☐ (C) The mountains | ☐ (D) Our praise |

TALK IT OVER

1. This psalm is only two verses. What reason does it give for praise?

2. Paul quotes verse 1 in Romans 15:11. What does it show about God's plan for the Gentiles?

3. How does your church welcome people from other nations to praise God together?

IN YOUR OWN WORDS: WHAT DOES PSALM 117 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 2 by heart

☐ I know the picture word

118

Processional Thanksgiving

Writer not named · Book V · The Egyptian Hallel

CXVIII

PICTURE WORD
Cornerstone

IN ONE SENTENCE

*ive thanks, for his kindness lasts forever; the LORD rescued me from surrounding enemies, and the rejected stone became the cornerstone.***Remember it:** One-eighteen: the stone they threw away became the cornerstone.

MEMORY VERSE

The stone which the builders rejected has become the cornerstone.

Psalm 118:22 · World English Bible

HEBREW WORD

אֶבֶן

"stone" · verse 22

In the Psalms: three times, in 3 psalms

אֶבֶן means "stone," whether a building block, an altar stone, or the stone Jacob set up at Bethel. Isaiah speaks of a tested, precious cornerstone laid in Zion. Builders threw this stone away, but God made it the stone that holds the whole building together. Jesus and the apostles applied this verse to him.

HOW THE PSALM MOVES

- 1-4 Everyone say it: his loving kindness endures forever
- 5-14 Surrounded by nations, I called, and the LORD helped me
- 15-21 Shouts of victory; open the gates of righteousness
- 22-29 The rejected stone becomes the cornerstone; blessed is he who comes

IN THE NEW TESTAMENT

- v. 6 → Hebrews 13:6 The Lord is my helper; I will not fear.
- v. 22-23 → Matthew 21:42 The stone the builders rejected has become the cornerstone.
- v. 22 → Acts 4:11 Peter before the council: Jesus is the rejected stone.
- v. 22 → 1 Peter 2:7 Precious to those who believe; a stumbling stone to others.
- v. 26 → Matthew 21:9 The crowds at the Triumphal Entry: 'Blessed is He who comes in the name of the Lord!'
- v. 26 → Matthew 23:39 Jesus: you will not see me again until you say it.

**Listen.** Hear Psalm 118 sung in the **Psalm Song** app, or free at ispress.de/psalms/118.**Cantillated.** Sung: chanted back and forth between a leader and the people.

The King & the Messiah

Refuge in Trouble

Praise & Thanksgiving

FILL IN THE BLANKS

Give thanks, for his kindness lasts forever; the LORD rescued me from _____
enemies, and the _____ stone became the _____.

CHECK YOURSELF

1. The psalmist says it is better to take refuge in the LORD than to trust in whom?

☐ (A) Angels

☐ (B) Prophets

☐ (C) Princes

☐ (D) Priests

2. What did the nations surround him like?

☐ (A) Bees

☐ (B) Lions

☐ (C) Waves

☐ (D) Wolves

3. Whose doing is the cornerstone?

☐ (A) The builders'

☐ (B) The king's

☐ (C) The priests'

☐ (D) The LORD's

TALK IT OVER

1. The crowds shouted verse 26 when Jesus entered Jerusalem. What were they saying about him?

2. What does it mean that God made the rejected stone the cornerstone? What does that say about God's ways?

3. Verse 6 asks, "What can man do to me?" Where do you need that confidence today?

IN YOUR OWN WORDS: WHAT DOES PSALM 118 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 22 by heart

☐ I know the picture word

Answers: Blanks: surrounding · rejected · cornerstone · Check yourself: 1. C (v. 9) · 2. A (v. 12) · 3. D (v. 23)

119

CXIX

Torah Instruction

Writer not named · Book V · Alphabet Psalms

PICTURE WORD

Lamp

IN ONE SENTENCE



blesed is the one who keeps God's word; the psalmist treasures it, obeys it, seeks God wholeheartedly, and asks for rescue.

Remember it: One-nineteen: the longest psalm, a lamp for every step.

MEMORY VERSE

Your word is a lamp to my feet, and a light for my path.

Psalm 119:105 · World English Bible

HEBREW WORD

נֵר

“lamp” · verse 105

In the Psalms: three times, in 3 psalms

נֵר means “lamp,” a small clay oil lamp held in the hand at night. The same word names the lamps kept burning in the tabernacle. A hand lamp lights only the next few steps, not the whole road. Verse 105 opens the stanza of the Hebrew letter נ, and God’s word gives enough light for the next step.

HOW THE PSALM MOVES

- 1–24 Blessed are those who walk in the LORD's law
- 25–48 Revive me, teach me, and set my heart free
- 49–72 God's word comforts me in affliction and is worth more than gold
- 73–96 Faint and persecuted, I hope in your settled word
- 97–120 How I love your law; it is a lamp to my feet
- 121–144 Your words give light and are righteous forever
- 145–160 I call by night and day; all your words are truth
- 161–176 Great peace for lovers of your law; seek your lost sheep

MY NOTES



Listen. Hear Psalm 119 in the **Psalm Song** app, or free at ispress.de/psalms/119.

Didactic. Preached: a teaching psalm, a sermon meant to be heard, not sung.

God's Word

The Two Ways

FILL IN THE BLANKS

Blessed is the one who _____ God's word; the psalmist _____ it, obeys it, seeks God wholeheartedly, and asks for _____.

CHECK YOURSELF

1. How can a young man keep his way pure?

☐ (A) By living according to God's word

☐ (B) By leaving the city

☐ (C) By obeying his elders

☐ (D) By gaining riches

2. What does the psalmist say God's word is to his feet?

☐ (A) A shield

☐ (B) A road

☐ (C) A lamp

☐ (D) A gate

3. In the last verse, the psalmist says he has gone astray like what?

☐ (A) A wandering star

☐ (B) A lost sheep

☐ (C) A broken reed

☐ (D) A wild donkey

TALK IT OVER

1. The psalmist uses many words for Scripture: law, statutes, precepts, testimonies. What do these names suggest about God's word?

2. What does this psalm teach about God as a teacher who wants to be known?

3. Verse 11 says, "I have hidden your word in my heart." What verse could you memorize this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 119 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 105 by heart

☐ I know the picture word

Lament Ascent

Writer not named · Book V · Songs of Ascents

"A Song of Ascents."

IN ONE SENTENCE



Surrounded by lying lips and people who want war, the psalmist cries out to the LORD for rescue and longs for peace.

Remember it: One-twenty: I'm for peace, but lying tongues want war.

MEMORY VERSE

In my distress, I cried to Yahweh. He answered me.

Psalm 120:1 · World English Bible

HEBREW WORD

שָׁקֵר

"lie" · verse 2

In the Psalms: 22 times, in 14 psalms

שָׁקֵר means "lie" or "falsehood," something empty that deceives. The ninth commandment forbids being a "false witness" using this word. The psalmist is wounded by lying lips, and the punishment fits: the tongue that shot words like arrows will meet the sharp arrows of the mighty.

HOW THE PSALM MOVES

- 1-2** In distress I cried, and the LORD answered me
- 3-4** The lying tongue will meet sharp arrows and burning coals
- 5-7** I live among haters of peace; I am for peace

MY NOTES



Listen. Hear Psalm 120 sung in the **Psalm Song** app, or free at ispress.de/psalms/120.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Enemies & Betrayal

Waiting on God

FILL IN THE BLANKS

Surrounded by _____ lips and people who want _____, the psalmist cries out to the LORD for rescue and longs for _____.

CHECK YOURSELF

1. What does the psalmist ask to be delivered from?

- | | |
|---------------------------------------|---|
| ☐ (A) Wild beasts | ☐ (B) Lying lips and a deceitful tongue |
| ☐ (C) Hunger | ☐ (D) Sickness |

2. What kind of coals are mentioned?

- | | |
|---|--|
| ☐ (A) Coals of cedar | ☐ (B) Coals of oak |
| ☐ (C) Coals of olive wood | ☐ (D) Coals of juniper |

3. When the psalmist speaks for peace, what are they for?

- | | |
|-----------------------------------|------------------------------------|
| ☐ (A) War | ☐ (B) Trade |
| ☐ (C) Silence | ☐ (D) Feasting |

TALK IT OVER

1. This is the first Song of Ascents. Why might a pilgrim journey begin with feeling far from home?

2. What does verse 1 teach us about how the LORD treats those who cry to him?

3. How can Christians be people of peace in a world where words are often used as weapons?

IN YOUR OWN WORDS: WHAT DOES PSALM 120 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 1 by heart

☐ I know the picture word

Dialogical Ascent

Writer not named · Book V · Songs of Ascents

"A Song of Ascents."

IN ONE SENTENCE



he LORD, who made heaven and earth, is the sleepless keeper who guards his people day and night, now and forever.

Remember it: One-twenty-one: look past the hills to the Keeper who never sleeps.

MEMORY VERSE

My help comes from Yahweh, who made heaven and earth.

Psalm 121:2 · World English Bible

HEBREW WORD

ישמר

"keeps" · verse 7

In the Psalms: 72 times, in 34 psalms

שמר means "to keep," "to guard," or "to watch over," like a watchman on the wall or a shepherd with a flock. Adam was put in the garden to work it and keep it, and the priestly blessing says, "The LORD bless you and keep you." This short psalm uses the word six times.

HOW THE PSALM MOVES

- 1-2 My help comes from the LORD, maker of heaven and earth
- 3-4 Your keeper never slumbers or sleeps
- 5-8 The LORD keeps you day and night, now and forever

MY NOTES



Listen. Hear Psalm 121 sung in the **Psalm Song** app, or free at ispress.de/psalms/121.

Cantillated. Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

God Will Not Abandon You

God in Creation

FILL IN THE BLANKS

The LORD, who made heaven and earth, is the sleepless _____ who guards his people day and _____, now and _____.

CHECK YOURSELF

1. Where does the psalmist's help come from?

☐ (A) The hills

☐ (B) The king

☐ (C) The LORD, who made heaven and earth

☐ (D) The temple

2. What will the one who keeps Israel never do?

☐ (A) Slumber or sleep

☐ (B) Speak

☐ (C) Travel

☐ (D) Judge

3. What will the LORD keep in verse 8?

☐ (A) Your house and land

☐ (B) Your money

☐ (C) Your enemies

☐ (D) Your going out and your coming in

TALK IT OVER

1. Count how many times the psalm says "keep" or "keeper." What is the psalm repeating, and why?

2. Why does it matter that our helper is the one who made heaven and earth?

3. What daily comings and goings could you hand over to the LORD's keeping this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 121 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 2 by heart

☐ I know the picture word

Answers Blanks: keeper · night · forever · Check yourself: 1. C (v. 2) · 2. A (v. 4) · 3. D (v. 8)

Processional Arrival

Psalms of David · Book V · Songs of Ascents

"A Song of Ascents. By David."

PICTURE WORD

Jerusalem

IN ONE SENTENCE



ilgrims rejoice to go up to the LORD's house in Jerusalem, where David's throne stands, and they pray for the city's peace.

Remember it: One-twenty-two: glad to go up, praying peace on Jerusalem.

MEMORY VERSE

Pray for the peace of Jerusalem. Those who love you will prosper.

Psalm 122:6 · World English Bible

HEBREW WORD

שָׁלוֹם

"peace" · verse 6

In the Psalms: 27 times, in 19 psalms

שָׁלוֹם means "peace," but more than the absence of war: wholeness, completeness, everything as it should be. In Hebrew, verse 6 sings with repeated sounds, and the sound of the word is heard in the city's name, Jerusalem. The pilgrims pray that the city of God will live up to its name.

HOW THE PSALM MOVES

1-2 I was glad to go to the LORD's house

3-5 Jerusalem, where tribes give thanks and David's thrones stand

6-9 Pray for Jerusalem's peace and seek her good

MY NOTES



Listen. Hear Psalm 122 sung in the **Psalm Song** app, or free at ispress.de/psalms/122.

Cantillated. Sung: chanted back and forth between a leader and the people.

Zion & the House of God

Praise & Thanksgiving

FILL IN THE BLANKS

Pilgrims _____ to go up to the LORD's house in Jerusalem, where David's _____ stands, and they pray for the city's _____.

CHECK YOURSELF

1. When was the psalmist glad?

☐ (A) When the harvest came

☐ (C) When the king returned

☐ (B) When they said, "Let's go to the LORD's house"

☐ (D) When the war ended

2. Whose thrones are set in Jerusalem for judgment?

☐ (A) The thrones of David's house

☐ (C) The thrones of the elders

☐ (B) The thrones of the priests

☐ (D) The thrones of the nations

3. For whose sake will he say, "Peace be within you"?

☐ (A) The king's

☐ (C) His brothers' and companions'

☐ (B) The soldiers'

☐ (D) The merchants'

TALK IT OVER

1. Why was the psalmist glad to go to the LORD's house? What made worship a joy?

2. What does God's choice of a city for his house teach about his desire to dwell with people?

3. How can you "seek the good" (v. 9) of your church family and your town this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 122 TEACH?

☐ I listened to the song

☐ I can say verse 6 by heart

☐ I can say what it teaches

☐ I know the picture word

Communal Lament

Writer not named · Book V · Songs of Ascents

"A Song of Ascents."

IN ONE SENTENCE



With eyes fixed on the enthroned LORD like servants watching their master's hand, the scorned people plead for mercy.

Remember it: One-twenty-three: eyes on the Master's hand until mercy comes.

MEMORY VERSE

Behold, as the eyes of servants look to the hand of their master, as the eyes of a maid to the hand of her mistress, so our eyes look to Yahweh, our God, until he has mercy on us.

Psalm 123:2 · World English Bible

HEBREW WORD

חַנּוּן

"have mercy" · verse 2

In the Psalms: 32 times, in 22 psalms

חַנּוּן means "to be gracious" or "to show favor," giving kindness that is not earned. Its noun is the "favor" Noah found in the LORD's eyes, and the priestly blessing asks that the LORD "be gracious to you." The psalm repeats the plea three times: have mercy, have mercy, have mercy.

HOW THE PSALM MOVES

1-2 Our eyes look to the LORD like servants to a master

3-4 Have mercy, for we are full of the proud's contempt

MY NOTES



Listen. Hear Psalm 123 sung in the **Psalm Song** app, or free at ispress.de/psalms/123.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Waiting on God

Refuge in Trouble

FILL IN THE BLANKS

With eyes fixed on the _____ LORD like servants watching their
_____ hand, the scorned people plead for _____.

CHECK YOURSELF

1. Where does the LORD sit?

☐ (A) On the mountain

☐ (B) In the temple court

☐ (C) In the heavens

☐ (D) By the river

2. The eyes of servants look to what?

☐ (A) The hand of their master

☐ (B) The door of the house

☐ (C) The road ahead

☐ (D) Their wages

3. Whose scoffing has filled their soul?

☐ (A) Their children's

☐ (B) The priests'

☐ (C) The soldiers'

☐ (D) Those who are at ease

TALK IT OVER

1. What picture does verse 2 paint? What do servants watch for in their master's hand?

2. What does it mean that God "sits in the heavens" while we wait below?

3. When people treat you with contempt, how can looking to God change your response?

IN YOUR OWN WORDS: WHAT DOES PSALM 123 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 2 by heart

☐ I know the picture word

Refrain Deliverance

Psalms of David · Book V · Songs of Ascents

"A Song of Ascents. By David."

IN ONE SENTENCE

*If the LORD had not been on our side, enemies would have swallowed us, but he broke the trap.***Remember it:** One-twenty-four: the trap snapped, the bird flew free, the LORD helped.

MEMORY VERSE

Our help is in Yahweh's name, who made heaven and earth.

Psalm 124:8 · World English Bible

HEBREW WORD

עֲזָרָנוּ

"our help" · verse 8

In the Psalms: eleven times, in 8 psalms

עֲזָרָא means "help," strong aid from someone who can do what you cannot. The word is used of Eve as a fitting "helper," but most often it is used of God himself as Israel's help. Verse 8 matches Psalm 121: our help is from the LORD who made heaven and earth.

HOW THE PSALM MOVES

1-5 If the LORD had not been on our side, we'd be swallowed

6-7 Blessed be the LORD: the snare is broken, we escaped

8 Our help is in the name of the LORD

MY NOTES

**Listen.** Hear Psalm 124 sung in the **Psalm Song** app, or free at ispress.de/psalms/124.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Praise & Thanksgiving

God Will Not Abandon You

FILL IN THE BLANKS

If the LORD had not been on our _____, enemies would have _____ us, but he broke the _____.

CHECK YOURSELF

1. What would the enemies have done to us alive?

- | | |
|---------------------------------------|---|
| ☐ (A) Sold us | ☐ (B) Swallowed us up |
| ☐ (C) Captured us | ☐ (D) Ignored us |

2. Our soul escaped like a bird out of what?

- | | |
|--|-----------------------------------|
| ☐ (A) A cage | ☐ (B) A storm |
| ☐ (C) The fowler's snare | ☐ (D) A nest |

3. Where is our help?

- | | |
|--|---|
| ☐ (A) In Yahweh's name | ☐ (B) In our walls |
| ☐ (C) In our army | ☐ (D) In our wisdom |

TALK IT OVER

1. The psalm asks Israel to imagine what would have happened without God. Why is that a useful exercise?

2. What does the picture of a broken snare show about how God rescues?

3. Think of a time you escaped a "trap." How could you say verse 8 out loud as thanksgiving?

IN YOUR OWN WORDS: WHAT DOES PSALM 124 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 8 by heart

☐ I know the picture word

Answers: Blanks: side · swallowed · trap · Check yourself: 1. B (v. 3) · 2. C (v. 7) · 3. A (v. 8)

Declarative Confidence

Writer not named · Book V · Songs of Ascents

*"A Song of Ascents."*PICTURE WORD
Mountains

IN ONE SENTENCE

*Those who trust the LORD are as unshakable as Mount Zion, for he surrounds his people as mountains surround Jerusalem.***Remember it:** One-twenty-five: mountains ring Jerusalem, and the LORD rings his people.

MEMORY VERSE

As the mountains surround Jerusalem, so
Yahweh surrounds his people from this time
forward and forever more.

Psalm 125:2 · World English Bible

HEBREW WORD

סָבִיב

"around" · verse 2

In the Psalms: nineteen times, in 15 psalms

סָבִיב means "around" or "all around," surrounding on every side. Zechariah uses it when the LORD promises to be a wall of fire around Jerusalem. In verse 2 it appears twice: the mountains are around Jerusalem, and the LORD is around his people, a ring that does not break.

HOW THE PSALM MOVES

1-2 Those who trust the LORD are steady as Mount Zion**3** Wickedness will not rule the land of the righteous**4-5** Do good to the upright; peace be on Israel

MY NOTES

**Listen.** Hear Psalm 125 sung in the **Psalm Song** app, or free at ispress.de/psalms/125.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Zion & the House of God

God Will Not Abandon You

FILL IN THE BLANKS

Those who _____ the LORD are as _____ as Mount Zion, for he surrounds his people as mountains surround _____.

CHECK YOURSELF

1. What are those who trust in the LORD like?

☐ (A) A tree by the water

☐ (C) A strong tower

☐ (B) Mount Zion, which can't be moved

☐ (D) An eagle in flight

2. What won't remain over the land of the righteous?

☐ (A) The rain

☐ (C) The temple

☐ (B) The clouds

☐ (D) The scepter of wickedness

3. What is the final blessing of the psalm?

☐ (A) Peace be on Israel

☐ (C) Bless the LORD, my soul

☐ (B) Joy to the world

☐ (D) Amen and amen

TALK IT OVER

1. What two pictures of mountains does the psalm use, and what does each one teach?

2. What does it mean that the LORD "surrounds" his people? How is that different from just being nearby?

3. When life feels shaky, what practices help you stand like Mount Zion?

IN YOUR OWN WORDS: WHAT DOES PSALM 125 TEACH?

☐ I listened to the song

☐ I can say verse 2 by heart

☐ I can say what it teaches

☐ I know the picture word

Communal Lament Turning

Writer not named · Book V · Songs of Ascents

"A Song of Ascents."

PICTURE WORD

Sheaves

IN ONE SENTENCE



After the LORD restores his people from exile they laugh with joy, and those who sow in tears will reap with songs.

Remember it: One twenty-six: sow your tears, and carry home armfuls of sheaves.

MEMORY VERSE

Those who sow in tears will reap in joy.

Psalm 126:5 · World English Bible

HEBREW WORD

בְּדִמְעָה

"in tears" · verse 5

In the Psalms: eight times, in 7 psalms

בְּדִמְעָה means "in tears," built on the Hebrew noun for a single tear, a drop that falls. The psalm sets that falling tear beside falling seed: sorrow placed in the LORD's hands is planted, not wasted, and it comes back as harvest.

HOW THE PSALM MOVES

1-3 Remembering the joyful, dreamlike return to Zion

4 A prayer for restoration again, like desert streams

5-6 Tears sown as seed come home as joyful sheaves

MY NOTES



Listen. Hear Psalm 126 sung in the **Psalm Song** app, or free at ispress.de/psalms/126.

Cantillated. Sung: chanted back and forth between a leader and the people.

Israel's Story

Waiting on God

Praise & Thanksgiving

FILL IN THE BLANKS

After the LORD restores his people from _____ they _____ with joy,
and those who sow in tears will _____ with songs.

CHECK YOURSELF

- When the LORD brought back the captives to Zion, the people were like those who...

☐ (A) dream	☐ (B) sleep
☐ (C) mourn	☐ (D) fight
- What did the nations say about Israel?

☐ (A) They will soon fall again	☐ (B) The LORD has done great things for them
☐ (C) Their gods have failed them	☐ (D) They are a proud people
- The restoration the people ask for is compared to...

☐ (A) rain on the mountains	☐ (B) the dew of Hermon
☐ (C) streams in the Negev	☐ (D) a river in Babylon

TALK IT OVER

- What do the people remember, and what do they still ask for in verses 4-6?
- What does this psalm show about how the LORD treats our tears?

- What "seed" are you sowing in tears right now, and what harvest do you hope for?

IN YOUR OWN WORDS: WHAT DOES PSALM 126 TEACH?

- | | |
|---|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 5 by heart | ☐ I know the picture word |

Wisdom Instruction

Psalms of Solomon · Book V · Songs of Ascents

"A Song of Ascents. By Solomon."

IN ONE SENTENCE



Unless the LORD builds the house and guards the city, human work is useless, and children are his gift.

Remember it: One twenty-seven: if the LORD doesn't build it, the builders waste their bricks.

MEMORY VERSE

Unless Yahweh builds the house, they who build it labor in vain. Unless Yahweh watches over the city, the watchman guards it in vain.

Psalm 127:1 · World English Bible

HEBREW WORD

בָּנָה

"builds" · verse 1

In the Psalms: twelve times, in 10 psalms

בָּנָה means "he builds." The same verb is used for building walls, cities, and also families, as when Israel's patriarchs are said to have "built" the house of Israel (Ruth 4:11). That is why one short psalm can move from building a house to the gift of children.

HOW THE PSALM MOVES

1–2 Without the LORD, building, guarding, and long hours are vain

3–5 Children are the LORD's gift, like arrows in a quiver

MY NOTES



Listen. Hear Psalm 127 in the **Psalm Song** app, or free at ispress.de/psalms/127.

Didactic. Preached: a teaching psalm, a sermon meant to be heard, not sung.

The Two Ways

Waiting on God

FILL IN THE BLANKS

Unless the LORD builds the _____ and guards the city, human work is _____, and children are his _____.

CHECK YOURSELF

1. Unless the LORD watches over the city, the watchman...

(A) falls asleep

(C) is blamed

(B) must call for help

(D) guards it in vain

2. What does the LORD give to his loved ones?

(A) Sleep

(C) Long life

(B) Gold

(D) Victory

3. Children of one's youth are compared to...

(A) olive shoots

(C) stars in the sky

(B) arrows in the hand of a mighty man

(D) pillars of a palace

TALK IT OVER

1. What kinds of work does the psalm call vain without the LORD?

2. What does the line about sleep say about God's care for his people?

3. Where are you rising early and staying up late in your own strength?

IN YOUR OWN WORDS: WHAT DOES PSALM 127 TEACH?

☐ I listened to the song

☐ I can say verse 1 by heart

☐ I can say what it teaches

☐ I know the picture word

Pilgrim Blessing

Writer not named · Book V · Songs of Ascents

"A Song of Ascents."

IN ONE SENTENCE



he person who fears the LORD and walks in his ways enjoys fruitful work, a flourishing family, and blessing from Zion.

Remember it: One twenty-eight: fear the LORD, and olive shoots will circle your table.

MEMORY VERSE

Blessed is everyone who fears Yahweh, who walks in his ways.

Psalm 128:1 · World English Bible

HEBREW WORD

יִרְאֵה

"fears" · verse 1

In the Psalms: 27 times, in 19 psalms

יִרְאֵה means "one who fears." In the Bible the fear of the LORD is reverent awe that leads to obedience, not cringing terror; Proverbs calls it the beginning of wisdom. Here it is paired with walking in his ways, so this fear shows up in everyday steps.

HOW THE PSALM MOVES

1–4 Whoever fears the LORD enjoys his labor, wife, and children

5–6 A blessing from Zion for long life, grandchildren, and peace

MY NOTES



Listen. Hear Psalm 128 sung in the **Psalm Song** app, or free at ispress.de/psalms/128.

Cantillated. Sung: chanted back and forth between a leader and the people.

The Two Ways

Zion & the House of God

FILL IN THE BLANKS

The person who fears the LORD and walks in his ways enjoys _____ work, a flourishing _____, and blessing from _____.

CHECK YOURSELF

1. The wife of the one who fears the LORD is like...

- ☐ (A) a strong tower
- ☐ (C) a fruitful vine

- ☐ (B) a cedar tree
- ☐ (D) a morning star

2. The children are like what around the table?

- ☐ (A) Arrows
- ☐ (C) Candles

- ☐ (B) Lambs
- ☐ (D) Olive shoots

3. What does the psalm hope the blessed person will see?

- ☐ (A) His children's children
- ☐ (C) The ark return

- ☐ (B) The fall of his enemies
- ☐ (D) Great riches

TALK IT OVER

1. What two things describe the blessed person in verse 1?

2. What does this psalm reveal about the LORD's interest in ordinary home life?

3. How does reverence for God show up at your kitchen table?

IN YOUR OWN WORDS: WHAT DOES PSALM 128 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 1 by heart

☐ I know the picture word

Communal Confidence with Imprecation

Writer not named · Book V · Songs of Ascents

"A Song of Ascents."

PICTURE WORD

Furrows

IN ONE SENTENCE

*hough Israel has been cruelly plowed under since youth, the righteous LORD cuts the cords of the wicked and frees his people.***Remember it:** One twenty-nine: they plowed my back, but the LORD cut the cords.

MEMORY VERSE

Yahweh is righteous. He has cut apart the cords of the wicked.

Psalm 129:4 · World English Bible

HEBREW WORD

צַדִּיק

"righteous" · verse 4

In the Psalms: 52 times, in 32 psalms

צַדִּיק means "righteous," one who is in the right and does what is right. Applied to the LORD, it means he never ignores wrong. Israel's enemies plowed long furrows on its back, but the righteous LORD cut the ropes that harnessed the plow.

HOW THE PSALM MOVES

1-3 Israel recalls long affliction, like plowing on its back

4 The righteous LORD cuts the cords of the wicked

5-8 Zion's haters wither like rooftop grass, unblessed

MY NOTES

**Listen.** Hear Psalm 129 sung in the **Psalm Song** app, or free at ispress.de/psalms/129.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Justice on the Wicked

God Will Not Abandon You

Enemies & Betrayal

FILL IN THE BLANKS

Though Israel has been cruelly _____ under since youth, the righteous LORD cuts the _____ of the wicked and _____ his people.

CHECK YOURSELF

1. How long had Israel been afflicted?

☐ (A) Since the exile

☐ (C) For forty years

☐ (B) From my youth

☐ (D) Seven times

2. What did the plowers do?

☐ (A) Planted thorns

☐ (C) Plowed on my back and made long furrows

☐ (B) Burned the fields

☐ (D) Stole the harvest

3. The enemies of Zion are wished to be like...

☐ (A) chaff in the wind

☐ (C) smoke

☐ (B) a broken pot

☐ (D) grass on the housetops

TALK IT OVER

1. What picture does the psalm use for Israel's suffering, and how does it end?

2. What does it mean to you that the LORD is righteous?

3. Where have you been afflicted again and again, yet not overcome?

IN YOUR OWN WORDS: WHAT DOES PSALM 129 TEACH?

☐ I listened to the song

☐ I can say verse 4 by heart

☐ I can say what it teaches

☐ I know the picture word

Individual Lament Turning to Communal
Hope

Writer not named · Book V · Songs of Ascents · The Seven Penitential Psalms

*"A Song of Ascents."*PICTURE WORD
Watchman

IN ONE SENTENCE

*From the depths I cry to the LORD, who forgives and redeems, and I wait for him like watchmen for morning.***Remember it:** One thirty: from the depths I wait, like a watchman for dawn.

MEMORY VERSE

But there is forgiveness with you, therefore
you are feared.

Psalm 130:4 · World English Bible

HEBREW WORD

הַסְּלִיחָה

"forgiveness" · verse 4

In the Psalms: once

הַסְּלִיחָה means "forgiveness." Its verb in the Old Testament always has God as the one who forgives; people never do this kind of forgiving. Verse 4 says this forgiveness makes him feared: grace does not cheapen the LORD but draws us to worship him.

HOW THE PSALM MOVES

- 1-2 A cry to the LORD from the depths
- 3-4 No one could stand, but forgiveness is with him
- 5-6 Waiting for the LORD more than watchmen for morning
- 7-8 Israel urged to hope in his love and redemption

MY NOTES

**Listen.** Hear Psalm 130 sung in the **Psalm Song** app, or free at ispress.de/psalms/130.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Forgiveness & Repentance

Waiting on God

Crying Out in Distress

FILL IN THE BLANKS

From the _____ I cry to the LORD, who forgives and _____, and I wait for him like watchmen for _____.

CHECK YOURSELF

1. If the LORD kept a record of sins...

☐ (A) who could stand?

☐ (B) only the priests could stand

☐ (C) we would all repent

☐ (D) the nations would fear

2. Why is the LORD feared?

☐ (A) Because of his anger

☐ (B) Because there is forgiveness with him

☐ (C) Because of his power over armies

☐ (D) Because he is far away

3. The psalmist longs for the Lord more than...

☐ (A) the deer longs for water

☐ (B) a child longs for its mother

☐ (C) watchmen long for the morning

☐ (D) farmers long for rain

TALK IT OVER

1. How does the psalm move from "I" to "Israel" by the end?

2. What does verse 4 teach about the link between forgiveness and fearing God?

3. What does waiting for the LORD look like in your week?

IN YOUR OWN WORDS: WHAT DOES PSALM 130 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 4 by heart

☐ I know the picture word

Individual Confidence Turning to Communal Hope

Psalms of David · Book V · Songs of Ascents

"A Song of Ascents. By David."

IN ONE SENTENCE



My heart is humble and my soul is calm as a weaned child, so I hope in the LORD.

Remember it: One thirty-one: a weaned child rests quiet, and so does my soul.

MEMORY VERSE

Surely I have stilled and quieted my soul,
like a weaned child with his mother, like a
weaned child is my soul within me.

Psalm 131:2 · World English Bible

HEBREW WORD

נָגַם

"weaned child" · verse 2

In the Psalms: ten times, in 9 psalms

נָגַם means "weaned." The root also means to deal fully with someone, and weaning is the finished stage of nursing. A weaned child sits with its mother content, no longer crying for milk; so the soul rests near the LORD for who he is, not for what it can get.

HOW THE PSALM MOVES

- 1 A heart not proud, not reaching for things too great
- 2 A soul stilled like a weaned child with its mother
- 3 Israel urged to hope in the LORD forever

MY NOTES



Listen. Hear Psalm 131 sung in the **Psalm Song** app, or free at ispress.de/psalms/131.

Cantillated. Sung: chanted back and forth between a leader and the people.

Waiting on God

The Two Ways

FILL IN THE BLANKS

My heart is _____ and my soul is _____ as a weaned child, so I
_____ in the LORD.

CHECK YOURSELF

1. The psalmist says he does not concern himself with...

☐ (A) the poor

☐ (C) the temple

☐ (B) his enemies

☐ (D) great matters, or things too wonderful

2. His soul is stilled like...

☐ (A) a weaned child with his mother

☐ (C) a bird in its nest

☐ (B) a lamb in a field

☐ (D) a ship in a harbor

3. How long is Israel to hope in the LORD?

☐ (A) Until morning

☐ (C) Until the king returns

☐ (B) From this time forward and forever

☐ (D) Seven days

TALK IT OVER

1. What two things does the psalmist say he is not, in verse 1?

2. What does the picture of a weaned child say about our relationship with God?

3. What "great matters" do you need to put down so your soul can be still?

IN YOUR OWN WORDS: WHAT DOES PSALM 131 TEACH?

☐ I listened to the song

☐ I can say verse 2 by heart

☐ I can say what it teaches

☐ I know the picture word

Royal Processional

Writer not named · Book V · Songs of Ascents · Royal Psalms

"A Song of Ascents."

IN ONE SENTENCE

*he LORD swears to David to keep his throne secure and chooses Zion as his home, promising a shining crown.***Remember it:** One thirty-two: David sought a home for God; God swore a throne for David.

MEMORY VERSE

Yahweh has sworn to David in truth. He will not turn from it: "I will set the fruit of your body on your throne.

Psalm 132:11 · World English Bible

HEBREW WORD

בְּצִיּוֹן

"Zion" · verse 13

In the Psalms: 38 times, in 31 psalms

צִיּוֹן is "Zion," first the stronghold David captured (2 Samuel 5:7), then the name for the temple hill and Jerusalem itself. Verse 13 says the LORD chose it and desired it. David vowed to find the LORD a home; the LORD answers that he has chosen one himself.

HOW THE PSALM MOVES

- 1-5 David's vow to find a dwelling for the LORD
- 6-10 The people bring the ark and pray for the anointed
- 11-12 The LORD swears to keep David's son on the throne
- 13-18 The LORD chooses Zion and promises blessing and a crown

IN THE NEW TESTAMENT

v. 11 → Acts 2:30 God swore to seat one of David's descendants on his throne: Christ.

MY NOTES

**Listen.** Hear Psalm 132 sung in the **Psalm Song** app, or free at ispress.de/psalms/132.**Cantillated.** Sung: chanted back and forth between a leader and the people.

The King & the Messiah

Zion & the House of God

Israel's Story

FILL IN THE BLANKS

The LORD _____ to David to keep his _____ secure and chooses Zion as his home, promising a shining _____.

CHECK YOURSELF

- What did David vow not to do until he found a place for the LORD?

☐ (A) Eat bread	☐ (B) Fight his enemies
☐ (C) Go up into his bed or sleep	☐ (D) Wear his crown
- What did the LORD swear to David?

☐ (A) He would never face war	☐ (B) He would build the temple himself
☐ (C) He would make him a priest	☐ (D) He would set the fruit of his body on his throne
- What will the LORD make bud in Zion?

☐ (A) The horn of David	☐ (B) An almond rod
☐ (C) A fig tree	☐ (D) A new altar

TALK IT OVER

- What did David promise, and what did the LORD promise in return?
- Acts 2:30 links verse 11 to Christ; what does that show about God's oaths?

- How does God's faithfulness to David encourage you to trust his promises?

IN YOUR OWN WORDS: WHAT DOES PSALM 132 TEACH?

- | | |
|--|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 11 by heart | ☐ I know the picture word |

Communal Celebration

Psalms of David · Book V · Songs of Ascents

"A Song of Ascents. By David."

IN ONE SENTENCE



How good and pleasant it is when brothers live together in unity, like flowing oil and dew, where the LORD commands blessing.

Remember it: One thirty-three: unity runs down like oil and falls like Hermon's dew.

MEMORY VERSE

See how good and how pleasant it is for
brothers to live together in unity!

Psalm 133:1 · World English Bible

HEBREW WORD

יחד

"together" · verse 1

In the Psalms: thirteen times, in 11 psalms

יחד means "together," as one. It is related to the Hebrew words for "one" and describes people acting side by side with a single heart. The psalm's pictures both flow downward, oil and dew, because unity is a gift that comes down from the LORD.

HOW THE PSALM MOVES

- 1 How good and pleasant is brothers' unity
- 2 Unity is like oil flowing down Aaron's beard
- 3 Unity is like Hermon's dew; there the LORD commands blessing

MY NOTES



Listen. Hear Psalm 133 sung in the **Psalm Song** app, or free at ispress.de/psalms/133.

Cantillated. Sung: chanted back and forth between a leader and the people.

Zion & the House of God

The Two Ways

FILL IN THE BLANKS

How good and pleasant it is when brothers live together in _____, like flowing
_____ and _____, where the LORD commands blessing.

CHECK YOURSELF

1. Whose beard does the oil run down?

☐ A David's

☐ B Aaron's

☐ C Moses'

☐ D Solomon's

2. The dew is from which mountain?

☐ A Sinai

☐ B Carmel

☐ C Hermon

☐ D Zion

3. What blessing does the LORD give there?

☐ A Rain in its season

☐ B Victory in battle

☐ C Full barns

☐ D Life forever more

TALK IT OVER

1. What two pictures describe unity, and what do they have in common?

2. What does it mean that the LORD gives his blessing where his people live in unity?

3. What is one practical step toward unity in your church or family?

IN YOUR OWN WORDS: WHAT DOES PSALM 133 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 1 by heart

☐ I know the picture word

Night Antiphon

Writer not named · Book V · Songs of Ascents

"A Song of Ascents."

IN ONE SENTENCE

*N*ight-shift servants of the LORD are urged to lift their hands and bless him, and he blesses them from Zion.**Remember it:** One thirty-four: lift your hands at night; the Maker blesses back.

MEMORY VERSE

Lift up your hands in the sanctuary. Praise Yahweh!

Psalm 134:2 · World English Bible

HEBREW WORD

וּבִרְכוֹ

"bless" · verse 2

In the Psalms: 75 times, in 43 psalms

וּבִרְכוֹ means "bless." When people bless the LORD they praise and honor him; when the LORD blesses people he gives them good. This tiny psalm runs both ways: the servants bless the LORD in verses 1-2, and he blesses them from Zion in verse 3.

HOW THE PSALM MOVES

1-2 Night servants in the LORD's house are called to praise**3** A blessing from the Maker of heaven and earth

MY NOTES

**Listen.** Hear Psalm 134 sung in the **Psalm Song** app, or free at ispress.de/psalms/134.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

Zion & the House of God

God in Creation

FILL IN THE BLANKS

Night-shift servants of the LORD are urged to lift their _____ and bless him, and he _____ them from _____.

CHECK YOURSELF

1. When do these servants stand in the LORD's house?

☐ (A) By night

☐ (B) At dawn

☐ (C) At noon

☐ (D) On feast days

2. What are they told to lift up in the sanctuary?

☐ (A) Their voices

☐ (B) Their hands

☐ (C) Their lamps

☐ (D) Their offerings

3. The one who blesses from Zion is the one who...

☐ (A) led Israel from Egypt

☐ (B) chose David

☐ (C) made heaven and earth

☐ (D) built the temple

TALK IT OVER

1. Who is addressed in this psalm, and what are they told to do?

2. What does the title "he who made heaven and earth" add to the blessing?

3. Who serves unseen in your church, and how can you bless them?

IN YOUR OWN WORDS: WHAT DOES PSALM 134 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 2 by heart

☐ I know the picture word

Answers: Blanks: hands · blesses · Zion · Check yourself: 1. A (v. 1) · 2. B (v. 2) · 3. C (v. 3)

Liturgical Hallelujah

Writer not named · Book V · History Psalms

PICTURE WORD

Lightning

IN ONE SENTENCE



raise the LORD, great above all gods, who chose Israel and beat her foes, while lifeless idols make their makers like them.

Remember it: One thirty-five: the LORD makes lightning; idols can't even blink.

MEMORY VERSE

The idols of the nations are silver and gold,
the work of men's hands.

Psalm 135:15 · World English Bible

HEBREW WORD

גָּדוֹל

"great" · verse 5

In the Psalms: 30 times, in 23 psalms

גָּדוֹל means "great," large in size or importance. Verse 5 says the LORD is great above all gods, and the psalm proves it: he does whatever he pleases in sky and sea, while idols, for all their silver and gold, cannot even breathe.

HOW THE PSALM MOVES

- 1-4 Servants called to praise the LORD who chose Jacob

- 5-7 The LORD is great over gods and rules the weather

- 8-14 He struck Egypt and kings, giving Israel their land

- 15-18 Idols cannot speak, see, or hear, and neither can their makers

- 19-21 All Israel's houses called to bless the LORD

MY NOTES



Listen. Hear Psalm 135 sung in the **Psalm Song** app, or free at ispress.de/psalms/135.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

Israel's Story

God in Creation

FILL IN THE BLANKS

Praise the LORD, great above all gods, who _____ Israel and beat her
_____, while _____ idols make their makers like them.

CHECK YOURSELF

1. What does the LORD bring out of his treasures?

☐ (A) Gold

☐ (B) Snow

☐ (C) Manna

☐ (D) The wind

2. Which two kings does the psalm name?

☐ (A) Sihon and Og

☐ (B) Pharaoh and Nebuchadnezzar

☐ (C) Saul and Agag

☐ (D) Ahab and Jezebel

3. Those who make idols will...

☐ (A) be rich

☐ (B) become like them

☐ (C) be forgiven

☐ (D) rule nations

TALK IT OVER

1. What does the psalm say the LORD has done, and what can idols do?

2. How does verse 6 change the way you think about God's power?

3. What modern "idols" can make people as deaf and blind as they are?

IN YOUR OWN WORDS: WHAT DOES PSALM 135 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 15 by heart

☐ I know the picture word

I36

CXXXVI

Refrain Litany

Writer not named · Book V · History Psalms

PICTURE WORD

Echo

IN ONE SENTENCE



Give thanks to the LORD, whose steadfast love endures forever, as shown in creation, rescue from Egypt, and daily provision.

Remember it: One thirty-six: twenty-six times over, his steadfast love endures forever.

MEMORY VERSE

Give thanks to Yahweh, for he is good, for his loving kindness endures forever.

Psalm 136:1 · World English Bible

HEBREW WORD

חַסְדּוֹ

"his steadfast love" · verse 1

In the Psalms: 129 times, in 54 psalms

חַסְדּוֹ is the LORD's "steadfast love," his loyal, covenant-keeping kindness that does not quit. Every one of the psalm's 26 verses ends with it, so creation, the Exodus, conquest, and supper on the table are all told as chapters of one unfailing love.

HOW THE PSALM MOVES

1-3 Give thanks to the good God of gods and Lord of lords

4-9 He made the heavens, the earth, and the lights

10-16 He brought Israel out of Egypt and through the sea

17-22 He struck kings and gave their land to Israel

23-26 He remembers us, rescues us, and feeds every creature

MY NOTES



Listen. Hear Psalm 136 sung in the **Psalm Song** app, or free at ispress.de/psalms/136.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

God in Creation

Israel's Story

FILL IN THE BLANKS

Give thanks to the LORD, whose _____ love endures forever, as shown in
_____, rescue from Egypt, and daily _____.

CHECK YOURSELF

1. The sun was made to...

(A) light the temple

(C) rule by day

(B) guide sailors

(D) mark the feasts

2. What did the LORD do to the Red Sea?

(A) Dried it with fire

(C) Turned it to blood

(B) Filled it with fish

(D) Divided it apart

3. To whom does the LORD give food?

(A) To every creature

(C) To the priests

(B) Only to Israel

(D) To the kings

TALK IT OVER

1. What events does the psalm list as reasons to give thanks?

2. Why do you think the same refrain is repeated after every line?

3. Write your own line of thanks that ends with "his steadfast love endures forever."

IN YOUR OWN WORDS: WHAT DOES PSALM 136 TEACH?

☐ I listened to the song

☐ I can say verse 1 by heart

☐ I can say what it teaches

☐ I know the picture word

Exile Lament

Writer not named · Book V · Psalms That Call for Justice

PICTURE WORD

Willows

IN ONE SENTENCE



xiles weeping by Babylon's rivers refuse to sing Zion's songs for captors, vow never to forget Jerusalem, and cry for justice.

Remember it: One thirty-seven: harps on the willows, but Jerusalem never forgotten.

MEMORY VERSE

If I forget you, Jerusalem, let my right hand forget its skill.

Psalm 137:5 · World English Bible

HEBREW WORD

בְּזָכְרֵנוּ

“when we remembered” · verse 1

In the Psalms: 54 times, in 31 psalms

בְּזָכְרֵנוּ means “when we remembered.” In Hebrew, to remember is more than recalling a fact; it is holding something in mind so that it shapes what you do. The exiles remember Zion (v. 1), vow to remember Jerusalem (v. 6), and ask the LORD to remember Edom’s cruelty (v. 7).

HOW THE PSALM MOVES

1–4 Exiles weep in Babylon and refuse to sing Zion’s songs

5–6 A vow never to forget Jerusalem

7–9 A raw cry for justice against Edom and Babylon

MY NOTES



Listen. Hear Psalm 137 sung in the **Psalm Song** app, or free at ispress.de/psalms/137.

Cantillated. Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Zion & the House of God

Justice on the Wicked

FILL IN THE BLANKS

Exiles _____ by Babylon's rivers refuse to sing Zion's songs for captors, vow never to _____ Jerusalem, and cry for _____.

CHECK YOURSELF

1. Where did the exiles hang their harps?

(A) On the city walls

(C) In the temple

(B) On the willows

(D) On the palm trees

2. What did their captors demand?

(A) Gold and silver

(C) One of the songs of Zion

(B) Their firstborn

(D) A new king

3. Which people said, "Raze it! Raze it"?

(A) The Philistines

(C) The Assyrians

(B) The Egyptians

(D) The children of Edom

TALK IT OVER

1. Why do the exiles refuse to sing, and what do they vow instead?

2. What does it mean to bring even our anger and grief honestly to the LORD?

3. What does it mean for you to sing the LORD's song in a "foreign land"?

IN YOUR OWN WORDS: WHAT DOES PSALM 137 TEACH?

☐ I listened to the song

☐ I can say verse 5 by heart

☐ I can say what it teaches

☐ I know the picture word

Individual Thanksgiving

Psalms of David · Book V

"By David."

IN ONE SENTENCE



thank the LORD with my whole heart, for he answers, stoops to the lowly, and will complete his work.

Remember it: One thirty-eight: whole-hearted thanks, for the LORD will finish what he started.

MEMORY VERSE

Yahweh will fulfill that which concerns me.
Your loving kindness, Yahweh, endures
forever. Don't forsake the works of your
own hands.

Psalm 138:8 · World English Bible

HEBREW WORD

לִּדְבָרְךָ

"your steadfast love" · verse 2

In the Psalms: 129 times, in 54 psalms

לִּדְבָרְךָ means "your steadfast love," the LORD's loyal covenant kindness. Verse 2 pairs it with his truth, and verse 8 says it endures forever. Because his love does not quit, David can pray that the LORD will not abandon the work of his own hands.

HOW THE PSALM MOVES

- 1-3 Whole-hearted thanks because the LORD answered and gave strength
- 4-6 The kings of the earth will praise the high LORD
- 7-8 In trouble, the LORD will revive and finish his work

MY NOTES



Listen. Hear Psalm 138 sung in the **Psalm Song** app, or free at ispress.de/psalms/138.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

Refuge in Trouble

God Will Not Abandon You

FILL IN THE BLANKS

I thank the LORD with my _____ heart, for he answers, stoops to the _____, and will _____ his work.

CHECK YOURSELF

1. What happened in the day the psalmist called?

- | | |
|--|--|
| ☐ (A) The LORD answered him | ☐ (B) He was ignored |
| ☐ (C) The temple was rebuilt | ☐ (D) His enemies fled |

2. Though the LORD is high, he looks after...

- | | |
|---------------------------------------|-------------------------------------|
| ☐ (A) the kings | ☐ (B) the lowly |
| ☐ (C) the priests | ☐ (D) the proud |

3. What does the psalmist ask at the end?

- | | |
|---|---|
| ☐ (A) To be made king | ☐ (B) Send rain on the land |
| ☐ (C) Don't forsake the works of your own hands | ☐ (D) Destroy the nations |

TALK IT OVER

1. What reasons does David give for thanking the LORD?

2. What does verse 6 tell us about how the LORD treats the lowly and the proud?

3. What unfinished work in your life do you trust the LORD to complete?

IN YOUR OWN WORDS: WHAT DOES PSALM 138 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 8 by heart

- ☐ I can say what it teaches
- ☐ I know the picture word

Individual Confidence (Searched and Known)

139
CXXXIX

Psalms of David · Book V · Psalms That Call for Justice

"For the Chief Musician. A Psalm by David."

PICTURE WORD

Dawn Wings

IN ONE SENTENCE



he LORD searches and knows me fully, is present everywhere, formed me in the womb, and I ask him to lead me.

Remember it: One thirty-nine: on dawn's wings or in the dark, his hand still holds me.

MEMORY VERSE

I will give thanks to you, for I am fearfully and wonderfully made. Your works are wonderful. My soul knows that very well.

Psalm 139:14 · World English Bible

HEBREW WORD

חִקְרָתִּי

"you searched me" · verse 1

In the Psalms: three times, in 2 psalms

חִקְרָתִּי means "you have searched me." The verb is used for scouts exploring a land and for searching something out thoroughly. The psalm begins with the LORD's searching as a fact (v. 1) and ends with David inviting it as a prayer (v. 23).

HOW THE PSALM MOVES

- 1-6 The LORD knows me completely: thoughts, words, and ways
- 7-12 No place or darkness hides me from his presence
- 13-18 He knit me together and wrote my days
- 19-22 A cry against the wicked who hate God
- 23-24 Search me and lead me in the everlasting way

MY NOTES



Listen. Hear Psalm 139 sung in the **Psalm Song** app, or free at ispress.de/psalms/139.

Cantillated. Sung: chanted back and forth between a leader and the people.

God in Creation

The Two Ways

God Will Not Abandon You

FILL IN THE BLANKS

The LORD _____ and knows me fully, is present everywhere, formed me in the _____, and I ask him to _____ me.

CHECK YOURSELF

- What does the psalmist say he would take to settle in the uttermost parts of the sea?

☐ (A) A ship	☐ (B) A chariot
☐ (C) The clouds	☐ (D) The wings of the dawn
- Where were the psalmist's days written?

☐ (A) In your book	☐ (B) On the temple wall
☐ (C) On stone tablets	☐ (D) In the stars
- The thoughts of God are more in number than...

☐ (A) the stars	☐ (B) the sand
☐ (C) the leaves	☐ (D) the waves

TALK IT OVER

- How does the psalm move from "you know me" to "search me"?

- What does verses 13-16 teach about how God values each human life?

- Which part of being fully known by God comforts or unsettles you most?

IN YOUR OWN WORDS: WHAT DOES PSALM 139 TEACH?

- | | |
|--|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 14 by heart | ☐ I know the picture word |

Individual Lament

Psalms of David · Book V

"For the Chief Musician. A Psalm by David."

IN ONE SENTENCE

*Surrounded by violent, slanderous enemies, I ask the LORD to protect me, trusting that he defends the afflicted and needy.***Remember it:** One forty: viper tongues strike, but the LORD covers my head.

MEMORY VERSE

I know that Yahweh will maintain the cause
of the afflicted, and justice for the needy.

Psalm 140:12 · World English Bible

HEBREW WORD

עֲכָשׁוּב

"viper" · verse 3

In the Psalms: once

עֲכָשׁוּב means "viper" and appears only here in the Old Testament. Paul quotes this line in Romans 3:13 to show that sin poisons human speech. The enemies here wound with words, so the danger David faces comes through tongues as much as through weapons.

HOW THE PSALM MOVES

- 1–5 A plea for rescue from violent men with viper tongues
- 6–8 "You are my God"; the LORD covers my head in battle
- 9–11 Let the wicked fall into their own mischief
- 12–13 Confidence that the LORD defends the afflicted and needy

IN THE NEW TESTAMENT

v. 3 → **Romans 3:13** The poison of vipers is under their lips.

MY NOTES

**Listen.** Hear Psalm 140 sung in the **Psalm Song** app, or free at ispress.de/psalms/140.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Enemies & Betrayal

Justice on the Wicked

FILL IN THE BLANKS

Surrounded by _____, slanderous enemies, I ask the LORD to _____
me, trusting that he defends the afflicted and _____.

CHECK YOURSELF

1. What is under the enemies' lips?

☐ (A) Honey

☐ (B) A sharp sword

☐ (C) Viper's poison

☐ (D) Smoke

2. What did the proud hide for the psalmist?

☐ (A) A treasure

☐ (B) A letter

☐ (C) A sword

☐ (D) A snare

3. On the day of battle, the LORD covered the psalmist's...

☐ (A) head

☐ (B) shield

☐ (C) eyes

☐ (D) feet

TALK IT OVER

1. How do the enemies attack, and what does David ask the LORD to do?

2. What does verse 12 show about whose side the LORD takes?

3. How can words today act like poison, and how should believers respond?

IN YOUR OWN WORDS: WHAT DOES PSALM 140 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 12 by heart

☐ I know the picture word

Evening Prayer

Psalms of David · Book V

"A Psalm by David."

PICTURE WORD

Incense

IN ONE SENTENCE



pray that my prayer rises like incense and that the LORD guards my lips and heart from the wicked's traps.

Remember it: One forty-one: let my prayer rise like incense, and guard my lips.

MEMORY VERSE

Let my prayer be set before you like incense;
the lifting up of my hands like the evening
sacrifice.

Psalm 141:2 · World English Bible

HEBREW WORD

קִטְרֶת

"incense" · verse 2

In the Psalms: twice, in 2 psalms

קִטְרֶת means "incense," the sweet smoke burned on the tabernacle altar each morning and evening (Exodus 30:7-8). David asks that his prayer rise like it. Revelation later pictures the prayers of the saints as incense before God's throne.

HOW THE PSALM MOVES

- 1-2 Prayer rising like incense and evening sacrifice
- 3-5 Guard my mouth and heart; let the righteous correct me
- 6-7 The wicked judges fall; scattered bones at Sheol's mouth
- 8-10 Eyes on the LORD; keep me from their traps

MY NOTES



Listen. Hear Psalm 141 sung in the **Psalm Song** app, or free at ispress.de/psalms/141.

Cantillated. Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

The Two Ways

Crying Out in Distress

FILL IN THE BLANKS

I pray that my prayer rises like _____ and that the LORD guards my
_____ and heart from the wicked's _____.

CHECK YOURSELF

1. The lifting up of hands is compared to...

☐ (A) the morning star	☐ (B) the evening sacrifice
☐ (C) the sound of trumpets	☐ (D) a burning lamp
2. What does the psalmist ask the LORD to set before his mouth?

☐ (A) A seal	☐ (B) A cup
☐ (C) A watch	☐ (D) A bridle
3. Correction from the righteous is like...

☐ (A) a sharp arrow	☐ (B) rain in summer
☐ (C) a heavy stone	☐ (D) oil on the head

TALK IT OVER

1. What dangers does David ask the LORD to guard him from, inside and out?

2. What does the incense picture suggest about how God receives our prayers?

3. How do you receive correction from a righteous friend?

IN YOUR OWN WORDS: WHAT DOES PSALM 141 TEACH?

- ☐ I listened to the song ☐ I can say what it teaches
☐ I can say verse 2 by heart ☐ I know the picture word

Answers Blanks: incense · lips · traps · Check yourself: 1. B (v. 2) · 2. C (v. 3) · 3. D (v. 5)

Cave Lament

Psalms of David · Book V

"A contemplation by David, when he was in the cave. A Prayer."

PICTURE WORD

Prison

IN ONE SENTENCE

*lone and trapped, I pour out my complaint to the LORD, my refuge, and ask him to free me from prison.***Remember it:** One forty-two: no one cares, so I pour it all out to my refuge.

MEMORY VERSE

I cried to you, Yahweh. I said, "You are my refuge, my portion in the land of the living."

Psalm 142:5 · World English Bible

HEBREW WORD

מַחְסִי

"my refuge" · verse 5

In the Psalms: twelve times, in 10 psalms

מַחְסִי means "my refuge," a shelter where one runs for cover from storm or attack. In verse 4 David says refuge has fled from him; in verse 5 he names the LORD himself as his refuge. When every human shelter is gone, the LORD remains.

HOW THE PSALM MOVES

1-2 Crying aloud and pouring out complaint to the LORD**3-4** Overwhelmed, trapped, and no one cares**5-7** The LORD is my refuge; bring me out of prison

MY NOTES

**Listen.** Hear Psalm 142 sung in the **Psalm Song** app, or free at ispress.de/psalms/142.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Refuge in Trouble

God Will Not Abandon You

FILL IN THE BLANKS

_____ and trapped, I pour out my _____ to the LORD, my refuge,
and ask him to free me from _____.

CHECK YOURSELF

1. What does the psalmist pour out before the LORD?

- ☐ (A) His complaint
☐ (C) Water

- ☐ (B) Oil
☐ (D) Wine

2. When he looks to his right, what does he find?

- ☐ (A) His army
☐ (C) His brothers

- ☐ (B) No one who is concerned for him
☐ (D) A hidden road

3. He calls the LORD his refuge and his...

- ☐ (A) shield in battle
☐ (C) portion in the land of the living

- ☐ (B) song in the night
☐ (D) light in darkness

TALK IT OVER

1. How does David describe his situation before he calls the LORD his refuge?

2. What does it say about God that we may tell him our complaints honestly?

3. Who around you feels that "no one cares for my soul," and how can you help?

IN YOUR OWN WORDS: WHAT DOES PSALM 142 TEACH?

- ☐ I listened to the song
☐ I can say verse 5 by heart

- ☐ I can say what it teaches
☐ I know the picture word

Penitential Lament

Psalms of David · Book V · The Seven Penitential Psalms

“A Psalm by David.”

IN ONE SENTENCE



For no one living is righteous, so I thirst for the LORD, ask rescue from enemies, and ask him to teach me.

Remember it: One forty-three: my soul is parched ground, thirsting for the LORD's rain.

MEMORY VERSE

I spread out my hands to you. My soul
thirsts for you, like a parched land. Selah.

Psalm 143:6 · World English Bible

HEBREW WORD

עֵיֶפָה

“weary” · verse 6

In the Psalms: twice, in 2 psalms

עֵיֶפָה means “weary” or faint, used of a tired, thirsty traveler and of dry, exhausted ground. David says his soul thirsts for God like such a land. Cracked earth cannot water itself; it can only wait for rain.

HOW THE PSALM MOVES

1–2 Hear me, but don't judge me, for no one is righteous

3–6 Crushed by enemies, I remember and thirst for God

7–10 Answer quickly, show me the way, teach me your will

11–12 Revive me and deal with my enemies for your name

MY NOTES



Listen. Hear Psalm 143 sung in the **Psalm Song** app, or free at ispress.de/psalms/143.

Cantillated. Sung: chanted back and forth between a leader and the people.

Forgiveness & Repentance

Crying Out in Distress

Waiting on God

FILL IN THE BLANKS

No one living is _____, so I _____ for the LORD, ask rescue from enemies, and ask him to _____ me.

CHECK YOURSELF

- Why does the psalmist ask the LORD not to enter into judgment with him?

☐ (A) Because he is a king	☐ (B) Because his enemies are worse
☐ (C) Because he has offered a sacrifice	☐ (D) Because no man living is righteous in God's sight
- His soul thirsts for God like...

☐ (A) a parched land	☐ (B) a deer for water
☐ (C) a desert flower	☐ (D) a dry well
- When does he ask to hear the LORD's loving kindness?

☐ (A) At night	☐ (B) In the morning
☐ (C) At noon	☐ (D) On the Sabbath

TALK IT OVER

- What does David remember in verse 5, and why might that help him?

- What does verse 2 teach about our standing before God?

- Which request in verses 8-10 do you most need to pray this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 143 TEACH?

- | | |
|---|--|
| ☐ I listened to the song | ☐ I can say what it teaches |
| ☐ I can say verse 6 by heart | ☐ I know the picture word |

Royal Song

Psalms of David · Book V · Royal Psalms

"By David."

IN ONE SENTENCE



he LORD my rock trains me for battle and saves his king, so I sing a new song and long for blessing.

Remember it: One forty-four: man is a breath, but my rock plays a ten-string song.

MEMORY VERSE

I will sing a new song to you, God. On a ten-stringed lyre, I will sing praises to you.

Psalm 144:9 · World English Bible

HEBREW WORD

צוּרִי

"my rock" · verse 1

In the Psalms: 26 times, in 19 psalms

צוּרִי means "my rock," a great cliff or boulder that does not move. Moses calls the LORD "the Rock" in Deuteronomy 32. David opens with this title and then admits that man is only a breath and a shadow: the frail one stands on the unmoving one.

HOW THE PSALM MOVES

- 1-4 Blessed be my rock; yet man is a passing breath
- 5-8 Come down and rescue me from deceitful foreigners
- 9-11 A new song to the God who rescues David
- 12-15 Hope for thriving children, full barns, and peace

MY NOTES



Listen. Hear Psalm 144 sung in the **Psalm Song** app, or free at ispress.de/psalms/144.

Cantillated. Sung: chanted back and forth between a leader and the people.

The King & the Messiah

Refuge in Trouble

Praise & Thanksgiving

FILL IN THE BLANKS

The LORD my _____ trains me for _____ and saves his king, so I sing
a _____ song and long for blessing.

CHECK YOURSELF

1. Man is compared to...

- ☐ (A) a cedar
☐ (C) a breath

- ☐ (B) a mountain
☐ (D) a river

2. On what instrument will the psalmist sing praises?

- ☐ (A) A trumpet
☐ (C) A flute

- ☐ (B) A tambourine
☐ (D) A ten-stringed lyre

3. The daughters are compared to...

- ☐ (A) pillars carved to adorn a palace
☐ (C) lilies of the field

- ☐ (B) olive shoots
☐ (D) morning stars

TALK IT OVER

1. What titles does David give the LORD in verses 1-2?

2. How do verses 3-4 make God's care for us more amazing?

3. What picture of a blessed community in verses 12-15 do you long to see?

IN YOUR OWN WORDS: WHAT DOES PSALM 144 TEACH?

- ☐ I listened to the song
☐ I can say verse 9 by heart

- ☐ I can say what it teaches
☐ I know the picture word

Acrostic Praise

Psalms of David · Book V · Alphabet Psalms

"A praise psalm by David."

IN ONE SENTENCE

*will praise the LORD every day, for he is gracious, near to all who call, and his kingdom lasts forever.***Remember it:** One forty-five: the King's open hand feeds every living thing, every day.

MEMORY VERSE

Yahweh is near to all those who call on him,
to all who call on him in truth.

Psalm 145:18 · World English Bible

HEBREW WORD

מְלִכּוּתְךָ

"your kingdom" · verse 11

In the Psalms: six times, in 3 psalms

מְלִכּוּתְךָ means "your kingdom," built on the word for king. This psalm is an alphabet poem, and verses 11-13 all speak of his kingdom; their first letters, read backward, spell the Hebrew word for "king." The King sits at the center of the psalm.

HOW THE PSALM MOVES

1-7 Daily praise for the LORD's unsearchable greatness and goodness

8-13 He is gracious, merciful, and his kingdom is everlasting

14-20 He upholds, feeds, and stays near all who call

21 Let all flesh bless his holy name forever

MY NOTES

**Listen.** Hear Psalm 145 sung in the **Psalm Song** app, or free at ispress.de/psalms/145.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

The LORD Reigns

FILL IN THE BLANKS

I will praise the LORD every day, for he is _____, _____ to all who call, and his _____ lasts forever.

CHECK YOURSELF

1. What will one generation do for another?

☐ (A) Build the temple

☐ (C) Pay its debts

☐ (B) Commend your works

☐ (D) Choose a king

2. The LORD is gracious, merciful, slow to anger, and...

☐ (A) quick to judge

☐ (C) of great loving kindness

☐ (B) far from sinners

☐ (D) hidden from view

3. What does the LORD do with his hand?

☐ (A) Strikes the nations

☐ (C) Closes the heavens

☐ (B) Writes the law

☐ (D) Opens it and satisfies every living thing

TALK IT OVER

1. List the things the psalm says the LORD is and does.

2. What does verse 18 teach about who God draws near to?

3. What work of God will you tell to the next generation this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 145 TEACH?

☐ I listened to the song

☐ I can say verse 18 by heart

☐ I can say what it teaches

☐ I know the picture word

I 46

CXLVI

Hallelujah Hymn

Writer not named · Book V · The Final Hallel

PICTURE WORD

Blind Eyes

IN ONE SENTENCE



Do not trust princes who die; praise the LORD, who made heaven, keeps faith, frees prisoners, opens blind eyes, and reigns forever.

Remember it: One forty-six: princes die; the LORD opens blind eyes and reigns forever.

MEMORY VERSE

Don't put your trust in princes, in a son of man in whom there is no help.

Psalm 146:3 · World English Bible

HEBREW WORD

תִּבְטָחוּ

"trust" · verse 3

In the Psalms: 46 times, in 33 psalms

תִּבְטָחוּ means "trust," to lean your weight on something and feel secure. The psalm warns against leaning on princes, who return to dust, and points to the LORD, who keeps truth forever. Trust is only as safe as the one it rests on.

HOW THE PSALM MOVES

- 1-2 I will praise the LORD as long as I live
- 3-4 Don't trust princes, who die and whose plans perish
- 5-9 Happy are those helped by the faithful Maker who frees
- 10 The LORD reigns forever in Zion

IN THE NEW TESTAMENT

v. 6 → Acts 4:24 The church prays to the God who made heaven, earth and sea.

MY NOTES



Listen. Hear Psalm 146 sung in the **Psalm Song** app, or free at ispress.de/psalms/146.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

The LORD Reigns

Justice on the Wicked

FILL IN THE BLANKS

Do not trust _____ who die; praise the LORD, who made heaven, keeps faith, frees _____, opens blind eyes, and _____ forever.

CHECK YOURSELF

1. What happens to a prince when his spirit departs?

- | | |
|---|---|
| ☐ (A) He returns to the earth and his thoughts perish | ☐ (B) He goes to heaven |
| ☐ (C) His son forgets him | ☐ (D) His kingdom grows |

2. Whom does the LORD preserve?

- | | |
|---------------------------------------|--|
| ☐ (A) The proud | ☐ (B) The foreigners |
| ☐ (C) The princes | ☐ (D) The rich |

3. How long will the LORD reign?

- | | |
|---|--|
| ☐ (A) Until the Messiah comes | ☐ (B) Until the temple falls |
| ☐ (C) Forever | ☐ (D) For a thousand years |

TALK IT OVER

1. What things does the psalm say the LORD does for the needy in verses 7-9?

2. What does it mean that the LORD "keeps truth forever"?

3. Where are people today tempted to put their trust in "princes"?

IN YOUR OWN WORDS: WHAT DOES PSALM 146 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 3 by heart

- ☐ I can say what it teaches
- ☐ I know the picture word

Hallelujah Hymn in Three Stanzas

Writer not named · Book V · The Final Hallel

PICTURE WORD

Snow

IN ONE SENTENCE



raise the LORD, who rebuilds Jerusalem, heals the brokenhearted, names the stars, feeds creation, and sends his word to Jacob.

Remember it: One forty-seven: he names the stars and bandages the brokenhearted.

MEMORY VERSE

He heals the broken in heart, and binds up their wounds.

Psalm 147:3 · World English Bible

HEBREW WORD

הַרְפֵּא

“healer” · verse 3

In the Psalms: seven times, in 7 psalms

הַרְפֵּא means “the one who heals.” The same root gives the Hebrew word for a doctor, and in Exodus 15:26 the LORD calls himself the one who heals Israel. Here the great God who counts the stars bends down to bandage broken hearts.

HOW THE PSALM MOVES

1–6 He rebuilds Jerusalem, heals hearts, and names the stars

7–11 He feeds creation and delights in those who fear him

12–18 He blesses Zion and sends snow, frost, and his word

19–20 He gave his word to Jacob as to no other

MY NOTES



Listen. Hear Psalm 147 sung in the **Psalm Song** app, or free at ispress.de/psalms/147.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

God in Creation

God's Word

FILL IN THE BLANKS

Praise the LORD, who rebuilds Jerusalem, _____ the brokenhearted, names the _____, feeds creation, and sends his _____ to Jacob.

CHECK YOURSELF

1. What does the LORD do for the broken in heart?

- | | |
|---|--|
| ☐ (A) Makes them forget | ☐ (B) Sends them home |
| ☐ (C) Gives them gold | ☐ (D) Heals them and binds up their wounds |

2. The LORD does not delight in the strength of...

- | | |
|-------------------------------------|------------------------------------|
| ☐ (A) the horse | ☐ (B) the lion |
| ☐ (C) the cedar | ☐ (D) the sea |

3. He gives snow like...

- | | |
|-----------------------------------|---------------------------------|
| ☐ (A) ashes | ☐ (B) wool |
| ☐ (C) pebbles | ☐ (D) bread |

TALK IT OVER

1. What does the psalm say the LORD does in the sky, the fields, and the city?

2. Why is it striking that the God who numbers the stars heals hearts?

3. Who do you know with a broken heart, and how can you point them to the healer?

IN YOUR OWN WORDS: WHAT DOES PSALM 147 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 3 by heart

- ☐ I can say what it teaches
- ☐ I know the picture word

I48

CXLVIII

Unison Declaration

Writer not named · Book V · The Final Hallel · Creation Psalms

PICTURE WORD

Choir

IN ONE SENTENCE



ll creation, from angels and stars to sea creatures and kings, is called to praise the LORD who made it.

Remember it: One forty-eight: from angels to anchovies, the whole choir sings his name.

MEMORY VERSE

Let them praise Yahweh's name, for he commanded, and they were created.

Psalm 148:5 · World English Bible

HEBREW WORD

וְנִבְרָאוּ

"were created" · verse 5

In the Psalms: six times, in 5 psalms

וְנִבְרָאוּ means "and they were created." Its verb, נִבְרָא, is the word of Genesis 1:1, and in the Bible only God is ever its subject. Every creature in the psalm's long choir praises because the LORD spoke and it came to be.

HOW THE PSALM MOVES

1-6 Angels, sun, moon, stars, and heavens praise their Creator

7-12 Sea creatures, weather, hills, animals, and all peoples praise

13-14 His name alone is exalted; he lifts his people

MY NOTES



Listen. Hear Psalm 148 sung in the **Psalm Song** app, or free at ispress.de/psalms/148.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

God in Creation

FILL IN THE BLANKS

All creation, from _____ and stars to sea creatures and _____, is called to praise the LORD who _____ it.

CHECK YOURSELF

1. Why should the heavens praise the LORD's name?

- | | |
|---|--|
| ☐ (A) Because they are beautiful | ☐ (B) Because they are eternal |
| ☐ (C) For he commanded, and they were created | ☐ (D) For they hold the rain |

2. What fulfills the LORD's word?

- | | |
|--------------------------------------|---|
| ☐ (A) The kings | ☐ (B) The priests |
| ☐ (C) The rivers | ☐ (D) The stormy wind |

3. Which people are called to praise together?

- | | |
|---|--|
| ☐ (A) Young men and maidens, old men and children | ☐ (B) Only the priests |
| ☐ (C) Only the kings | ☐ (D) Only Israel's warriors |

TALK IT OVER

1. How does the psalm move from heaven to earth to people?

2. What does it mean that God made a decree for creation that will not pass away?

3. How can your daily work join creation's praise of God?

IN YOUR OWN WORDS: WHAT DOES PSALM 148 TEACH?

- ☐ I listened to the song
- ☐ I can say verse 5 by heart

- ☐ I can say what it teaches
- ☐ I know the picture word

I49

CXLIX

Unison Declaration

Writer not named · Book V · The Final Hallel

PICTURE WORD

Two-Edged Sword

IN ONE SENTENCE



he LORD delights in his people and crowns the humble with salvation, so the saints sing with a two-edged sword in hand.

Remember it: One forty-nine: praise in the mouth, a two-edged sword in the hand.

MEMORY VERSE

For Yahweh takes pleasure in his people. He crowns the humble with salvation.

Psalm 149:4 · World English Bible

HEBREW WORD

וְחֶרֶב

“sword” · verse 6

In the Psalms: eighteen times, in 15 psalms

וְחֶרֶב means “and a sword.” The Hebrew for “two-edged” here is literally a sword “of mouths,” the edges pictured as mouths that devour. Verse 6 sets it beside high praises in their throats; Hebrews 4:12 later calls God’s word sharper than any two-edged sword.

HOW THE PSALM MOVES

- 1–4 A new song and dance, for the LORD delights in his people
- 5–6 Saints rejoice with praise in mouth and sword in hand
- 7–9 They carry out the written judgment on the nations

MY NOTES



Listen. Hear Psalm 149 sung in the **Psalm Song** app, or free at ispress.de/psalms/149.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

Justice on the Wicked

The LORD Reigns

FILL IN THE BLANKS

The LORD _____ in his people and crowns the _____ with salvation,
so the saints sing with a two-edged _____ in hand.

CHECK YOURSELF

1. With what instruments are they to praise?

(A) Trumpet and cymbal

(C) Flute and drum

(B) Tambourine and harp

(D) Lyre and horn

2. Whom does the LORD crown with salvation?

(A) The kings

(C) The humble

(B) The priests

(D) The warriors

3. Where are the saints to sing for joy?

(A) On the mountains

(C) At the gates

(B) In the fields

(D) On their beds

TALK IT OVER

1. What reasons for joy does the psalm give in verses 1-4?

2. What does verse 4 show about how the LORD feels toward his people?

3. How should Christians today understand praise and the "sword" together?

IN YOUR OWN WORDS: WHAT DOES PSALM 149 TEACH?

☐ I listened to the song

☐ I can say verse 4 by heart

☐ I can say what it teaches

☐ I know the picture word

150
CL

Unison Declaration (Final Doxology)

Writer not named · Book V · The Final Hallel

PICTURE WORD

Cymbals

IN ONE SENTENCE



et everything that has breath praise the LORD in his sanctuary with trumpet, harp, tambourine, strings, and cymbals.

Remember it: One fifty: crash the cymbals; everything that breathes, praise the LORD!

MEMORY VERSE

Let everything that has breath praise Yah!
Praise Yah!

Psalm 150:6 · World English Bible

HEBREW WORD

הַנְּשָׁמָה

"breath" · verse 6

In the Psalms: twice, in 2 psalms

הַנְּשָׁמָה means "the breath." It is the word used when God breathed into Adam the breath of life (Genesis 2:7). The Psalter ends by asking every breathing thing to give back to the LORD, in praise, the breath he gave it.

HOW THE PSALM MOVES

- 1–2 Praise God where he dwells, for his mighty acts
- 3–5 Praise him with every instrument and with dance
- 6 Let everything that has breath praise the LORD

MY NOTES



Listen. Hear Psalm 150 sung in the **Psalm Song** app, or free at ispress.de/psalms/150.

Cantillated. Sung: chanted back and forth between a leader and the people.

Praise & Thanksgiving

FILL IN THE BLANKS

Let everything that has _____ praise the LORD in his _____ with _____, harp, tambourine, strings, and cymbals.

CHECK YOURSELF

1. Where is God to be praised?

- ☐ (A) In his sanctuary and in his heavens
☐ (C) At the river

- ☐ (B) Only in Jerusalem
☐ (D) In the wilderness

2. What is said twice about cymbals?

- ☐ (A) Soft and gentle
☐ (C) Gold and silver

- ☐ (B) Loud and resounding
☐ (D) Old and new

3. Who is called to praise the LORD at the end?

- ☐ (A) Only the Levites
☐ (C) Everything that has breath

- ☐ (B) Only Israel
☐ (D) The angels alone

TALK IT OVER

1. Where, why, and how does the psalm call for praise?

2. Why is it fitting that the book of Psalms ends with pure praise?

3. How will you use your own breath to praise the LORD today?

IN YOUR OWN WORDS: WHAT DOES PSALM 150 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 6 by heart

☐ I know the picture word

The Psalms in the New Testament

Jesus and the apostles quote the Psalms more than any other book of the Old Testament. Here are the quotations noted in this workbook.

Psalm	Quoted in	
2:1–2	Acts 4:25–26	The church prays it: the rulers rage against the Lord's Anointed, Jesus.
2:7	Acts 13:33	Paul: God fulfilled 'You are my Son' by raising Jesus.
2:7	Hebrews 1:5	The Son is greater than the angels.
2:7	Hebrews 5:5	Christ did not appoint Himself High Priest; the Father called Him Son.
2:9	Revelation 2:27	The risen Christ shares His iron rule with those who overcome.
4:4	Ephesians 4:26	Be angry and do not sin.
5:9	Romans 3:13	Their throat is an open grave: all have sinned.
6:8	Matthew 7:23	Jesus: 'Depart from me, you who work iniquity.'
8:2	Matthew 21:16	Jesus defends the children praising Him in the temple.
8:4–6	Hebrews 2:6–8	Jesus, made a little lower than the angels, is crowned with glory.
8:6	1 Corinthians 15:27	God has put all things under Christ's feet.
10:7	Romans 3:14	Their mouth is full of cursing: all have sinned.
14:1–3	Romans 3:10–12	There is none righteous, no, not one.
16:8–11	Acts 2:25–28	Peter at Pentecost: David spoke of the resurrection of Christ.
16:10	Acts 13:35	Paul: God's Holy One did not see decay.
18:49	Romans 15:9	The Gentiles will glorify God for His mercy.
19:4	Romans 10:18	Their voice has gone out into all the earth: the gospel is preached.
22:1	Matthew 27:46	Jesus cries it from the cross: 'My God, my God, why have you forsaken me?'
22:8	Matthew 27:43	The mockers at the cross: 'He trusts in God; let God deliver him.'
22:18	John 19:24	The soldiers cast lots for His clothing.
22:22	Hebrews 2:12	Jesus is not ashamed to call us brothers.
24:1	1 Corinthians 10:26	The earth is the Lord's: eat with a clear conscience.
31:5	Luke 23:46	Jesus' last words: 'Into your hands I commit my spirit.'
32:1–2	Romans 4:7–8	Blessed is the one whose sin is forgiven: righteousness by faith.
34:8	1 Peter 2:3	You have tasted that the Lord is good.
34:12–16	1 Peter 3:10–12	Whoever loves life must turn from evil and seek peace.
34:20	John 19:36	Not one of His bones was broken.
35:19	John 15:25	They hated me without a cause.
36:1	Romans 3:18	There is no fear of God before their eyes.
37:11	Matthew 5:5	Blessed are the meek, for they will inherit the earth.
40:6–8	Hebrews 10:5–7	Christ comes to do God's will: His body, not animal sacrifices.
41:9	John 13:18	Judas: the one who ate my bread has lifted up his heel against me.
44:22	Romans 8:36	For your sake we are killed all day long, yet we are more than conquerors.
45:6–7	Hebrews 1:8–9	The Father says to the Son: 'Your throne, O God, is forever.'
48:2	Matthew 5:35	Jerusalem is the city of the great King.

51:4	Romans 3:4	God is proved right when He speaks.
53:1–3	Romans 3:10–12	There is none who does good, no, not one.
62:12	Romans 2:6	God will repay each one according to his works.
68:18	Ephesians 4:8	Christ ascended on high and gave gifts to His people.
69:4	John 15:25	They hated me without a cause.
69:9	John 2:17	Jesus cleanses the temple: zeal for your house consumes me.
69:9	Romans 15:3	Christ did not please Himself; He bore our reproach.
69:21	Matthew 27:34	At the cross they give Him vinegar to drink.
69:22–23	Romans 11:9–10	Let their table become a snare: Israel's hardening.
69:25	Acts 1:20	Judas' place is left empty.
78:2	Matthew 13:35	Jesus speaks in parables, things hidden since the foundation of the world.
78:24	John 6:31	Bread from heaven: Jesus is the true bread.
82:6	John 10:34	Jesus: 'Is it not written in your law, I said, you are gods?'
89:20	Acts 13:22	God found David, a man after His heart; from him came Jesus.
90:4	2 Peter 3:8	With the Lord a day is like a thousand years.
91:11–12	Matthew 4:6	Satan quotes it to tempt Jesus; Jesus will not test God.
94:11	1 Corinthians 3:20	The Lord knows the thoughts of the wise are futile.
95:7–11	Hebrews 3:7–11	Today, if you hear His voice, do not harden your hearts.
95:7–8	Hebrews 4:7	Hebrews names David as the writer and calls it 'Today.'
95:11	Hebrews 4:3	The rest God promised is still open: enter it by faith.
102:25–27	Hebrews 1:10–12	The Son made heaven and earth; He remains the same.
104:4	Hebrews 1:7	God makes His angels winds and His servants flames of fire.
109:8	Acts 1:20	Let another take his office: Matthias replaces Judas.
110:1	Matthew 22:44	Jesus: how can the Christ be David's son if David calls Him Lord?
110:1	Acts 2:34–35	Peter: Jesus is exalted at God's right hand.
110:1	Hebrews 1:13	To which angel did God ever say, 'Sit at my right hand'?
110:4	Hebrews 5:6	A priest forever after the order of Melchizedek.
110:4	Hebrews 7:17–21	Christ's priesthood stands on God's oath.
112:9	2 Corinthians 9:9	He has given to the poor: God loves a cheerful giver.
116:10	2 Corinthians 4:13	I believed, therefore I spoke.
117:1	Romans 15:11	Praise the Lord, all you Gentiles.
118:6	Hebrews 13:6	The Lord is my helper; I will not fear.
118:22–23	Matthew 21:42	The stone the builders rejected has become the cornerstone.
118:22	Acts 4:11	Peter before the council: Jesus is the rejected stone.
118:22	1 Peter 2:7	Precious to those who believe; a stumbling stone to others.
118:26	Matthew 21:9	The crowds at the Triumphal Entry: 'Blessed is He who comes in the name of the Lord!'
118:26	Matthew 23:39	Jesus: you will not see me again until you say it.
132:11	Acts 2:30	God swore to seat one of David's descendants on his throne: Christ.
140:3	Romans 3:13	The poison of vipers is under their lips.
146:6	Acts 4:24	The church prays to the God who made heaven, earth and sea.

My Psalms tracker

Tick a psalm when you can say what it teaches and its picture word without looking.

1 Tree ☐	2 Crown ☐	3 Shield ☐	4 Pillow ☐	5 Morning ☐	6 Tears ☐
7 Lion ☐	8 Stars ☐	9 Throne ☐	10 Trap ☐	11 Foundations ☐	12 Silver ☐
13 Hidden Face ☐	14 Fool ☐	15 Holy Hill ☐	16 Boundary Li... ☐	17 Apple of Eye ☐	18 Rock ☐
19 Sun ☐	20 Chariots ☐	21 Gold Crown ☐	22 Worm ☐	23 Shepherd ☐	24 Gates ☐
25 Path ☐	26 Washed Hands ☐	27 Light ☐	28 Raised Hands ☐	29 Thunder ☐	30 Dancing ☐
31 Into Your Ha... ☐	32 Hiding Place ☐	33 Harp ☐	34 Taste ☐	35 Chaff ☐	36 Fountain ☐
37 Grass ☐	38 Heavy Burden ☐	39 Handbreadth ☐	40 Scroll ☐	41 Heel ☐	42 Deer ☐
43 Altar ☐	44 Sheep ☐	45 Bride ☐	46 Fortress ☐	47 Clapping ☐	48 Towers ☐
49 Ransom ☐	50 Cattle ☐	51 Hyssop ☐	52 Olive Tree ☐	53 Fool's Echo ☐	54 Helper ☐
55 Dove ☐	56 Bottle ☐	57 Cave ☐	58 Cobra ☐	59 Dogs ☐	60 Banner ☐
61 Tower ☐	62 Leaning Wall ☐	63 Dry Land ☐	64 Arrows ☐	65 Harvest ☐	66 Refiner's Fire ☐
67 Shining Face ☐	68 Procession ☐	69 Deep Waters ☐	70 Hurry ☐	71 Gray Hair ☐	72 Rain ☐
73 Slippery Feet ☐	74 Ruins ☐	75 Foaming Cup ☐	76 Sleeping Sold... ☐	77 Sleepless Night ☐	78 Passed Down ☐
79 Flock ☐	80 Vine ☐	81 Open Mouth ☐	82 Courtroom ☐	83 Tumbleweed ☐	84 Sparrow ☐
85 Kiss ☐	86 Bowed Ear ☐	87 Birthplace ☐	88 Pit ☐	89 Covenant ☐	90 Numbered ... ☐
91 Shelter ☐	92 Palm ☐	93 Floods ☐	94 Ear ☐	95 Kneeling ☐	96 New Song ☐
97 Wax ☐	98 Clapping Ri... ☐	99 Cherubim ☐	100 Pasture ☐	101 Clean House ☐	102 Pelican ☐
103 Eagle ☐	104 Chariot Clo... ☐	105 Promised La... ☐	106 Red Sea ☐	107 Calm Sea ☐	108 Dawn ☐
109 Accuser ☐	110 Footstool ☐	111 Great Works ☐	112 Dawning Li... ☐	113 Ash Heap ☐	114 Skipping Ra... ☐
115 Idols ☐	116 Cup of Salva... ☐	117 Nations ☐	118 Cornerstone ☐	119 Lamp ☐	120 Coals ☐
121 Hills ☐	122 Jerusalem ☐	123 Servant Eyes ☐	124 Broken Snare ☐	125 Mountains ☐	126 Sheaves ☐
127 Builders ☐	128 Olive Shoots ☐	129 Furrows ☐	130 Watchman ☐	131 Weaned Child ☐	132 Ark ☐
133 Oil ☐	134 Lifted Hands ☐	135 Lightning ☐	136 Echo ☐	137 Willows ☐	138 Whole Heart ☐
139 Dawn Wings ☐	140 Viper ☐	141 Incense ☐	142 Prison ☐	143 Parched Land ☐	144 Ten Strings ☐
145 Open Hand ☐	146 Blind Eyes ☐	147 Snow ☐	148 Choir ☐	149 Two-Edged ... ☐	150 Cymbals ☐

The story behind the work

In ninth grade I was kicked out of school and essentially homeless. I got on my knees and cried out to Jesus, and God heard me from heaven. “This poor man cried, and the LORD heard him, and saved him out of all his troubles” (Psalm 34:6). That day He called me, and I received the Holy Spirit. Since then I have studied the Scriptures in Greek and Hebrew (B.Th., M.Div., and now a PhD in Bible Exposition) and sung the Psalms, in rough recordings for decades. Today’s technology finally let me finish them, and God’s hand has been on the whole work. I pray they help you memorize the Scripture and see the Psalms as they were meant to be seen: as songs.

Dr. P. O. Whitehorn

“Blessed is the man ... whose delight is in the law of the LORD, and on his law he meditates day and night.” Psalm 1:1–2



Psalm Song on the App Store and Google Play.

Every psalm free to hear at **ispress.de/psalms**.

This workbook and every lesson: **ispress.de/psalms/workbook**