

PSALM STUDY: "A DEVOTIONAL EXPERIENCE"

"Israel's Hymn and Prayer Book" "Songs of Trust"
"Best loved Book in the Old Testament" "Book of Praises"
"150 poems to be set to music" "Hymns of Devotion"

Of 283 New Testament quotations from the Old Testament, 116 are from the Psalms!

Personal Application

What does a Christian do with their feelings or emotion? Stuff them? Ignore them? Ventilate them? Well, what does the Bible say about it? Are there any Scriptural principles, teachings, illustrations, or examples that instruct us in this area of "How to Handle Our Emotions"? There most certainly is; in fact, you just can't miss the honest feelings revealed in the Psalms.

The Psalms reflect more varied emotional experiences and expressiveness than any other book in the Bible. They are recorded for our instruction on how to express ourselves, and how we feel openly and honestly! A Christian should not "stuff or ignore" their feelings, nor are we to dwell on them! However, we should be honest (not offensive) in expressing how we feel, but never to the destruction of someone or something else! We should never rehearse the negatives.

The Psalms show us how we are to express ourselves to God and deal Biblically with our feelings.

- Notice the feelings expressed.
- Notice to Who and How the feelings are honestly expressed, resolved, and defused!
- When a certain Psalm expresses the way you feel - pray it to God! He meets us in our every area of need.

OTHER THINGS TO NOTICE

- Notice what is being prayed or expressed, and to whom?
- Notice how to pray.
- Notice the characteristics and results of contrasting lifestyles - the wicked and the righteous.
- Notice the author: David (73), Asaph, Korahites, Solomon, Moses, Ethan, and cross references to the corresponding historical events of the day.
- Notice the writer's experience (past, present, future).
- Notice what is revealed about God.
- Notice the personal relationship you can have with the Lord.

Read Psalms each day to relate to God; read Proverbs each day to relate to man.

A PSALM FOR EVERY OCCASION

| | |
|-------------------------------------|---------------------------|
| Anxious/worried - 107 | Bored - 103, 104 |
| Aspiration - 42, 63, 80, 84, 137 | Business - 37 |
| Assurance/hope - 46 | Chastening - 38 |
| Awake/insomnia - 127:2, 130, 1-150! | Children - 34, 127 |
| Bitter or critical - 34, 38 | Comfort - 16, 23, 25, 116 |

A PSALM FOR EVERY OCCASION (cont'd)

- Confession - (see guilt)
- Confused - 31, 71, 139
- Courage - 23, 31, 46, 143
- Danger/safety - 91
- Death - 116, 23, 39, 46, 90, 121, 130
- Deliverance - 18, 30, 31, 34, 40, 43, 44,
54, 56, 59, 107, 114
- Depressed - 25, 34
- Distress and Sorrow - 4, 6, 13, 23, 55,
64, 70, 88
- Enemies - 59, 64, 109
- Envious - 37, 73
- Faith/trust - 1, 3, 20, 27, 28, 31, 34, 37,
46, 56, 62, 86
- Family - 128
- Fear - 23, 27, 46, 56, 91, 121
- Forgiveness (see guilt)
- Friends fail - 46, 55
- God - 75, 86, 89, 90, 93, 94, 102, 103,
135, 139, 147
- God's creation, works, provision - 8, 18,
19, 33, 104, 106, 107, 111, 113, 118
- God's glory - 8, 19, 93, 97, 115, 145, 96
- God's graciousness/mercy - 36, 37, 41,
85, 86, 107, 108, 109, 112, 123,
136, 145
- God or Idols - 115, 135
- God's personal interest - 8, 139
- God's power and majesty - 19, 29, 68,
93, 94, 96, 97, 103,
122, 139
- God's reign - 95, 96, 97, 98, 110
- Guilt, confession and repentance,
forgiveness - 6, 32, 38, 51,
102, 143
- Happiness/blessedness - 1, 2, 32, 33, 34,
41, 84, 94, 112, 119
- Help - 3, 10, 25, 31, 35, 59, 109, 121,
125, 146
- Historical/Israel - 77, 78, 105, 106, 137
- Holiness - 99, 101, 145
- Hope - 28, 40, 41, 42, 43, 119, 121
- Joy - 4, 33, 98, 126, 40
- Lonely - 23, 27, 37, 71, 90, 91, 121
- Longing for God - 42, 63
- Marriage - 45, 127, 128, 133
- Messianic - 2, 8, 16, 22, 23, 24, 40, 41
45, 68, 69, 72, 89, 97, 102,
110, 118
- Old Age - 37, 39, 70, 71, 90, 91
- Passover/"Hallel" - 113-118
- Poor and needy - 69
- Praise - 8, 9, 19, 30, 47, 89, 92, 98, 100,
111, 112, 113, 145, 146, 147, 148
149, 150
- Protection - 4, 5, 7, 17, 27, 62, 63, 64,
83, 139, 140-143
- Serving the Lord - 40, 45
- Sickness and affliction - 25, 38, 39, 40,
41, 91, 102, 103, 107, 121
- Spiritual Growth - 1, 15
- Spiritual Motivation - 1, 37, 119, 131
- Strength - 20, 27, 59, 118
- Suffering - 69
- Tempted - 139
- Testimony - 34, 135
- Thanksgiving - 18, 26, 30, 50, 65, 66, 69,
92, 95, 100, 103, 105, 106,
107, 116, 118, 135-139
- Tongue - 34, 39, 141
- Traveling - 121
- Trouble/crisis/problems - 11, 16, 23, 27,
37, 46, 57, 69, 90
- Vanity of Life - 39, 49, 50
- Vengeance - 35, 52, 58, 59, 69, 109, 137
- Victory - 9, 21, 46, 68, 76
- Waiting on the Lord - 40, 62, 123, 130
- Wickedness/sin - 11, 12, 13, 14, 53
- Word of God, The - 19, 119
- Worship/devotion - 28, 29, 84, 95, 96, 99,
122, 62
- God's Judgment - 37, 50, 58, 75, 79, 82,
96, 98, 109, 135

PSALM STUDY: A DEVOTIONAL EXERCISE

When a certain Psalm expresses the way you feel - pray it to God. He meets us in our areas of need.

1. Read slowly - note the change in who is speaking, and who the "who" is speaking to.
2. Remember the 3 key words of Bible study - Observation, Interpretation, and Application.
3. Answer the "personal applications" with the past, present, and future in mind.

| INSIGHTS from PSALM _____ | PERSONAL APPLICATIONS |
|--|---|
| What is the psalmist saying, seeking, or asking God to do? - Notice the feelings expressed. - Notice to Who and How the feelings are expressed. | How can I express this in my own words at this time in my life? |
| What is revealed about God? (Who is He, what has He done, what will He do?) - Notice how to pray. - Notice the characteristics and results of contrasting lifestyles - the wicked and the righteous. | How does that relate to me - past, present, future? |
| What experience is the author describing? What kind of situation has caused this psalm? - Notice the writer's experience (past, present, future). - Notice what is revealed about God. - Notice the personal relationship you can have with the Lord. | How can I identify with this from my own life? |
| What "feelings" are expressed? - Notice the personal relationship you can have with the Lord. | When have I felt this way? In what recent situations? |
| What lessons can I learn here? About me? About others? About God? About how to pray? About how to live or not to live? | What am I responsible to do NOW? About me? About others? About God? About how to pray? About how to live or not to live? |

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