

Monergism

DEVOTIONS ON THE
PSALMS

REV. DANIEL R. HYDE

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Introduction

“Oh how I love your law!” (Ps. 119:97) “For I delight in the law of God, in my inner being” (Rom. 7:22). These are the confessions of the new affections of those born again and adopted as children of God. For if the Word of God is “inspired,” that is, spoken by the very mouth of God through his servants the prophets and apostles (2 Tim. 3:16), whom he guided to write down his words (2 Peter 1:20–21), then we as the children of God must read it with affection.

The devil knows this. Because he does he wants to keep us from obtaining, opening, reading, meditating upon, and living according to the Word of our heavenly Father. Satan wants to cause us to live in ignorance and error, which are the foundations of his defiant and deviant kingdom. This is why ancient preachers like John Chrysostom (347–407), said, “This is the cause of all evils: not knowing the Scriptures,” and ancient commentators like Jerome (347–420), said, “Ignorance of Scripture is ignorance of Christ.”

For this reason the Christian church has historically been committed to reading large portions of Scripture every time God's people gather to be served by him. But this public reading is just the beginning of our reading the Word, as we must take that example and apply it at home, as families, couples, and individuals. As the English Puritan, Thomas Manton (1620–1677), said, "A family is the seminary of Church and State." When we read the Word we grow, the church matures, and society is affected by our godliness.

The following devotions through the Psalms were produced as a weekly guide for the benefit of the Oceanside United Reformed Church. They are intended to assist you in reading through the Word daily and systematically. Because many of us have little children and because many of us have difficulty with finding the time necessary to read the Word, the readings are intentionally short. Far too many of us start every year with the best intention of reading through the entire Bible, only to forget or become discouraged soon after, leading us to stop completely. With short readings, then, I intend to help you be in the Word regularly with manageable portions. Along with each reading I have also added a verse or verses to meditate on throughout the day. Highlight these in your Bible; try to memorize some of these; recite them as you drive in the car. I have also added brief bullet points under each reading as a way to stimulate personal and communal thought and discussion.

The Word of God is "sweeter...than honey and drippings of the honeycomb" (Ps. 19:10). Taste of your Father's goodness, dear child of God!

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Opening Prayer

Blessed Lord,
who hast caused all holy Scriptures to be written for our learning;
grant that we may in such wise hear them,
read, mark, learn, and inwardly digest them,
that by patience and comfort of thy holy Word,
we may embrace, and ever hold fast,
the blessed hope of everlasting life,
which thou hast given us in our Saviour Jesus Christ.
Amen.

Readings & Meditations

Psalm 1

Verse(s) to Meditate on: vv. 1–2

- Describe the contrast between the blessed and the wicked in verses 1–2 and 3–4.
- How does God’s “law” [his *torah* is not only the Ten Commandments, but his overall teaching; therefore it is a shorthand way of saying his Word] affect the believer? (v. 3)
- What this psalm says is ideal for the believer is real for Jesus, who is *the* blessed man. He loved the Word and amazed the teachers of the law as a child (Luke 2:46–47), resisted Satan’s temptations (Matt. 4:1–11), and obeyed the will of God that the Scriptures prophesied about him (Luke 24:25–27)

Psalm 2

Verse(s) to Meditate on: v. 12

- Why do so many people reject the Lord? (vv. 1–3).

- How does the Lord's sitting and laughing show us he is in control of such a chaotic world? (v. 4)
- How has God demonstrated this in the ministry of Jesus? (v. 7 and Acts 13:30–33)

Psalm 3

Verse(s) to Meditate on: v. 3

- In all the world's words against us, what are they ultimately trying to get us to doubt? (vv. 1–2).
- What is our confidence in persecutions and sufferings? (vv. 5–6)
- How does salvation belong to Jesus? (v. 8 and Rev. 7:10)

Psalm 4

Verse(s) to Meditate on: v. 7

- David pleads with God to hear his prayer (v. 1) and then says God does hear (v. 3). How does this confidence stir us up to pray more?
- Compare and contrast the joy of the child of God with the jolly of the world's prosperity. (v. 7)
- How does Jesus give us this joy and peace? (vv. 7–8 and Rom. 5:1–5)

Psalm 5

Verse(s) to Meditate on: v. 7

- How should God's greatness and anger at sin cause us to repent? (vv. 4–6, 9–10)
- Despite our sins, how has God made it possible for us to enter his holy presence? (v. 7—hint: his “steadfast love” [*chesed*] is his faithfulness to his promises)
- What is the joy of taking refuge in Jesus? (vv. 11–12)

Psalm 6

Verse(s) to Meditate on: v. 9

- This is one of the psalms of lament for sin. How important is it for us to confess our sins?
- How important is it for us to contemplate our mortality? (vv. 4–5)
- How is Jesus a healer of our souls? (v. 2 and Heb. 2:14–18)

Psalm 7

Verse(s) to Meditate on: vv. 10

- Why is God able to be a refuge and shield for us? (vv. 1, 10).
- How should a Psalm like this that speaks of God’s fearful justice cause us to love and pray for our unbelieving neighbors?
- How amazing is it to you, that when Jesus was on the cross, he did not pray for God to destroy his enemies, but to forgive them?

Psalm 8

Verse(s) to Meditate on: v. 1

- What does the creation teach us about God? (vv. 1, 3).
- What does it say about a majestic God who makes everything that he cares for us? (v. 4)
- Think about how God uses children’s words to confound his enemies (v. 2) and compare that with Jesus’ use of children to confound us (Matt. 18:1–6)

Psalm 9

Verse(s) to Meditate on: v. 9

- What does it mean to be “glad?” (v. 2) Where do we as believers find our true source of gladness?
- When the world of politics and government seems so depressing and menacing, what do we ultimately need to remember? (v. 11)
- How is Jesus the King of kings and Lord of lords? (vv. 19–20 and Eph. 1:20–23)

Psalm 10

Verse(s) to Meditate on: v. 17

- How does the psalmists example help us to know that it is legitimate for us as children of God to ask him “why?”
- How can we pray in our time the words of verse 12?
- Describe Jesus’ care for the afflicted, fatherless, and oppressed (vv. 16–18)

Psalm 11

Verse(s) to Meditate on: v. 7

- Should we be afraid of the “flaming darts” of the devil? (v. 2 and Eph. 6:16)
- After all the struggles of this life, how is the promise at the end of verse 7 so precious to the child of God?
- How is Jesus’ final judgment of all men a comfort to us? (vv. 4–5 and Matt. 25:14–30; see also Belgic Confession, article 37 for help)

Psalm 12

Verse(s) to Meditate on: v. 6

- When the world is in moral decay and decline, what is the source of encouragement for the believer? (v. 6)
- Why is verse 7 so important for our children, for our relationships at work, and for our church mission and methods? (v. 7)
- What did our Lord say about the kind of world that would exist in the last days? (vv. 1–4 and Matt. 24:3–12)

Psalm 13

Verse(s) to Meditate on: v. 6

- There are times when the child of God will not feel the presence of his/her Father. What does it say to us that in those times David prayed? (vv. 1–2).
- Think about how in times like this our trust is in the “steadfast love” of the Lord, meaning, his faithfulness to his promises (v. 5).

- How has God “dealt bountifully” with you? (v. 6; see Eph. 1)

Psalm 14

Verse(s) to Meditate on: v. 7

- The “fool” who denies God’s existence is not someone without intellect, but a person who does this to cover for their immorality. (compare the opening of v. 1 to vv. 1–4).
- Notice the language of “restoration,” or in our terms, revival, in verse 7. In whose hands is revival?
- When God restores us, what is our response? (end of v. 7)

Psalm 15

Verse(s) to Meditate on: v. 5c

- Reflect on how amazing it was that a holy God dwelt in a tent among his sinful people Israel (v. 1).
- How important is it for us to be holy as our Father is holy? (vv. 2–5; 1 Peter 1:13–25)
- How does this psalm speak to us of Jesus’ righteousness for our justification as well as our righteous living in sanctification?

Psalm 16

Verse(s) to Meditate on: v. 11

- Compare the joy of the believer with the sorrow of the unbeliever in this psalm. What is the reason for this?
- What is verse 11 saying of the Christian life now as well as what waits us in the life to come?
- How does David’s psalm prophesy Jesus? (vv. 8–11 and Acts 2:25–28; 13:35)

Psalm 17

Verse(s) to Meditate on: v. 8

- What comfort does it bring us to know that we are the apple of God's eye? (v. 8)
- How is the description of the life of the unbeliever in verse 14 in terms of worldliness an exhortation to us to be otherworldly?
- Why is beholding the face of the Lord such a hope of the Christian? (v. 15 and 1 Peter 1:8–9; Rev. 22:4)

Psalm 18:1–30

Verse(s) to Meditate on: vv. 1–2

- Take a moment to reflect upon all the metaphors for God in verses 1–2. What does these say about your God?
- Why is humility so important for us before God? (v. 27)
- How do verses 20–24 speak to us of Jesus beautiful righteousness?

Psalm 18:31–50

Verse(s) to Meditate on: v. 31

- Why is it so important that we recognize our spiritual armor comes from the Lord? (vv. 34–36).
- How does this psalm speak of the triumph of our Lord Jesus' over the devil in his temptation? (Matt. 4)

Psalm 19

Verse(s) to Meditate on: v. 10

- How does creation evidence the power (v. 1a; Rom. 1:18–20) and care of God? (v. 1b)
- If the language of God's creation is known everywhere by everyone (vv. 2–4), how can we use this to witness to unbelievers?
- How is reading the Bible a blessing to our souls? (vv. 7–11)

Psalm 20

Verse(s) to Meditate on: v. 7

- This is a psalm for the blessing of the Lord upon the king (v. 9). So how does this psalm speak of the resurrection of Christ after he was put to death by his enemies?
- How important is it for us to pray for our civil government? (1 Tim. 2:1–4)
- How does a psalm like this with all of its petitions (vv. 1–5) and its answer (v. 6) encourage us to pray more?

Psalm 21

Verse(s) to Meditate on: v. 11

- Why is this psalm, like so many others, so interested in praying for David the king?
- How can we sing this psalm, yet still experience the effects of sin, persecution, and the world around us?
- How can we pray this psalm as those anointed to be kings as well? (see Heidelberg Catechism, Q&A 31–32)

Psalm 22:1–18

Verse(s) to Meditate on: v. 1a

- What does it mean for us that Christ was forsaken that we might be blessed? (v. 1a)
- How is this psalm also a description of our being identified with the sufferings of Christ in this life?
- Meditate on David's statement in verse 3, which is in the context of all the sufferings in his life. How can we learn from this?

Psalm 22:19–31

Verse(s) to Meditate on: v. 27

- Compare and contrast verse 1 with verse 19? Where is God in each?
- Apply this part of the psalm to Jesus' resurrection.

- What is the effect of Jesus' resurrection upon the world? (vv. 27–31)

Psalm 23

Verse(s) to Meditate on: v. 1

- Who is our shepherd? (v. 1; John 10).
- Recount the benefits of the shepherd to his sheep in this psalm.

Psalm 24

Verse(s) to Meditate on: vv. 5–6

- What does it mean for our daily lifestyle that everything, including, “is the Lord’s”? (v. 1)
- Verses 7–10 speak of the ascension of our Lord into the heavenly temple (Heb. 9). Why was he able to do this? (vv. 3–6)
- Verses 6–7 make a promise to us who are in Christ, that as we seek the Lord and his holiness we shall receive a blessing from the Lord. Reflect on the importance of holiness for believers.

Psalm 25

Verse(s) to Meditate on: v. 14

- How important is it for us as believers to confess our sins and ask for forgiveness continually? (vv. 7, 11)
- How important is it for us to ask constantly for the Lord to lead us in his ways of holiness? (vv. 4,–5, 8–10)
- When we say we “lift up” our souls to God (v. 1), what are we saying of him and of ourselves?

Psalm 26

Verse(s) to Meditate on: v. 8

- How does this psalm obviously speak of Christ's obedience?
- How can we pray and sing this psalm? The key is understanding that in justification we are given Christ's righteousness and that in sanctification we are growing to reflect that righteousness.
- How can a psalm like this be an encouragement to grow in loving the Lord and hating sin?

Psalm 27

Verse(s) to Meditate on: v. 4

- Describe your enemies? (hint: they are the world, flesh, and devil; but how are they enemies?)
- In the midst of spiritual attacks, persecutions, and suffering as a Christ, how does the presence of God encourage us? (vv. 4, 8)
- What are the means he has given us to enter his presence?

Psalm 28

Verse(s) to Meditate on: v. 7

- What does the image of God as a rock communicate to us? (v. 1)
- When we pray for the destruction of our enemies (see the first question from Friday, above) what are we asking? (see Heidelberg Catechism, Q&A 123).
- What is the relationship between our prayers to God and then our praise of God? (vv. 1–2, 6–7)

Psalm 29

Verse(s) to Meditate on: v. 1–2

- This psalm is all about the holiness and power of the Lord as king. Why is it so important for us to know what God is like?
- How should our public worship reflect these attributes of God?
- How should our personal worship of God reflect his holiness?

Psalm 30

Verse(s) to Meditate on: vv. 5, 11

- According to the heading, this was a psalm composed by David for the dedication of the temple after his death. Therefore it speaks to us of our coming together for public worship. What are the reasons for extolling God that are offered? (vv. 1–3)
- What does God’s promise in verse 5 mean for your life?
- How does verse 11 describe the result of our being born again?

Psalm 31

Verse(s) to Meditate on: v. 15

- Describe the kinds of persecutions David experienced in this psalm. How do they apply to you? (vv. 4, 11–15)
- As you go out into the world everyday, how can verse 5 encourage you in what God has done for you, and in how you can respond?
- What does the tender yet powerful image of God’s providence in verse 15 mean for daily life? (Heidelberg Catechism, Q&A 27–28)

Psalm 32

Verse(s) to Meditate on: v. 7

- Why are we blessed? What do the various terms that describe what Christ has done to our sins mean? (vv. 1, 2, 5)
- In response, David says we are to pray (v. 6) and to obey (vv. 8–9). How are you doing that today?
- Notice what David says about when we are silent and do not pray and confess sins (vv. 3–4). What is the result of this on our souls?

Psalm 33

Verse(s) to Meditate on: vv. 18–19

- Why is the mood and feeling of verses 1–3 appropriate for the sinner saved by grace?
- As we also contemplate the creation, what should our response be? (vv. 6–9)

- How are verses 10–17 an encouragement to us in our national life?

Psalm 34

Verse(s) to Meditate on: v. 18

- Who is the angel of the Lord? What does it mean for him to be near us (v. 7)
- What kind of person does God save? (v. 18).
- When we pray according to God’s will through Christ, what assurance do we have that he will hear us? (vv. 4, 6, 15, 17)

Psalm 35:1–16

Verse(s) to Meditate on: v. 3

- This psalm is about our spiritual struggle [recall that the New Testament calls our enemies: the world, the flesh, and the devil]
- While *we* put on the “armor of God” to fight our enemies, how does Psalm 35 remind us that it is first of all the “armor of God”?
- As we pray for God to fight for us, how do we grow in assurance? (v. 3)

Psalm 35:17–28

Verse(s) to Meditate on: v. 24

- What is the connection between fighting our enemies all week long and then coming together for worship? (v. 18)
- How does the world constantly watch us so that they can say, “Aha, Aha!”? (v. 21)
- Think of how his psalm describes the experience of Jesus.

Psalm 36

Verse(s) to Meditate on: vv. 8–9

- Reflect on the attributes of God in verses 5–7. What do the images of height and depth say about him?

- What does the psalm say about the place where God’s attributes are accessed by us? (v. 8)
- Why is it necessary for us to experience continually the steadfast love of the Lord? (v. 10)

Psalm 37:1–20

Verse(s) to Meditate on: v. 16

- In the lifelong struggles of the Christian, what is this psalm saying about the ultimate end of the unbeliever? (see 2 Thes. 1:4–9)
- What is this psalm saying to us about how we measure the meaning of life, “success,” and what matters? (v. 16)
- While it is tempting to envy the world (v. 1), reflect on the remedy to that: trust, delight, commit, wait, and refrain. (vv. 3–8)

Psalm 37:21–40

Verse(s) to Meditate on: vv. 23–24

- Reflect upon and even write out the contrast between the godly and ungodly in these verses?
- The reason for our being different from the world is that we have been saved (v. 39) and we have the law in our hearts (v. 31). How can we continue to grow in this knowledge?
- What does the promise of verse 31 mean to us in all our struggles?

Psalm 38

Verse(s) to Meditate on: v. 15

- This is a psalm of confession. What does it communicate in beginning with God’s anger (v. 1) and ending with grace? (v. 22)
- How do verses 1–14 describe our feeling after we’ve sinned?
- The New Testament explains that repentance is both an initial act of turning to God and an ongoing action. Why do we need to repent continually?

Psalm 39

Verse(s) to Meditate on: v. 4

- This psalm is about how a Christian suffers in soul during a spiritual struggle. Based on this psalm, how legitimate is it to cry out to God in times like these?
- Why is it important to contemplate our mortality as Christians?
- Notice the harsh language of verses 10–13. Even when we *feel* this way in our relationship with God, how does David's prayer to speak of a greater reality?

Psalm 40

Verse(s) to Meditate on: vv. 6–8

- How does our life of being saved, then singing lead to evangelism? (vv. 1–3)
- Notice what God does not delight in: formal offerings of worship (v. 6). On the contrary, what does he delight in? (vv. 7–8)

Psalm 41

Verse(s) to Meditate on: v. 1

- What does it say to us that in the middle of songs *to God* there are also songs that reflect on our love *to the needy*? (v. 1)
- How does a psalm like this teach us about the inner life of Jesus?
- “Book One” of the Psalter began speaking of our being blessed by the Lord; now it ends with our blessing the Lord. How does this form a biblical proof for our idea that grace leads to gratitude?

Psalm 42

Verse(s) to Meditate on: vv. 1–2

- Why are we so longingly thirst for God as water? What did Jesus say about this? (see John 7:37)
- When we are feeling spiritually depressed, what are we to do? (vv. 5, 11)

Psalm 43

Verse(s) to Meditate on: v. 4

- Reflect on this truth: in our walk with God, there are times we feel he is distant from us and even rejects us (v. 2). Yet, the objective reality is that the same God is an unassailable refuge.
- Look at the beautiful description of God as our “exceeding joy” (v. 4). How can we cultivate this in a materialistic time like our own?
- How does our singing reflect joy? If so, *how* should we sing?

Psalm 44

Verse(s) to Meditate on: vv. 5–6

- Why is passing down the faith from one generation to another, whether in creeds or one-on-one conversations with godly leaders so important to the future life of the church? (vv. 1–3)
- Notice how even when it seems God has left us, we are to remain faithful to God’s covenant with us (vv. 9–17). Why is *He* worth this?
- How are psalms that cry out for God to rouse himself from a seeming absence prophetic of the church’s prayer, *Maranatha*?

Psalm 45

Verse(s) to Meditate on: v. 1

- As the heading says, this psalm is a love song? To whom are we lovingly singing in this psalm?
- How do verses 2–9 describe this “king” in terms of his character, his abilities, and attributes?
- How is the “daughter,” who is the king’s bride, described in verses 10–15?

Psalm 46

Verse(s) to Meditate on: v. 1

- How does this psalm of confidence in the Lord express our assurance of belonging to Christ?
- What does a psalm like this say to our temptation to idolize and worship earthly rulers, politics, and ideology?
- How important is the presence of God to the believer? (vv. 1, 7, 11)

Psalm 47

Verse(s) to Meditate on: vv. 5–7

- How does this psalm express the ascension of our Lord?
- Reflect on what this psalm says about the Lord being “king of all the earth” (7) yet our not seeing that in practical reality
- What does this song say to how our minds and mouths are to be engaged when we sing to the Lord?

Psalm 48

Verse(s) to Meditate on: v. 10

- Describe in your own words the worthiness of God to receive our praise. (v. 1)
- This psalm describes the beauty of mount Zion, where the temple lay. How does this apply to the church, God’s dwelling place in the New Covenant? (see Eph. 2:11–22)

Psalm 49

Verse(s) to Meditate on: vv. 7–9

- How timely is this psalm in terms of our culture’s idolatry of riches?
- What does this psalm say in terms of how we view our money?
- How do verses 7–9 and verse 15 speak of the work of Christ? (see 1 Peter 1:18–19)

Psalm 50

Verse(s) to Meditate on: v. 23

- How does this psalm describe the judicial aspect of God? (see 2 Thess. 1:5–10)
- Reflect upon what verses 8–15 say about our offering to God worship without faith and love?
- This psalm is a summons to the entire church (v. 5), in which some do not believe (v. 16). How can we, then, read this psalm in a reflective, self-examining way? Do you believe? Do you love?

Psalm 51

Verse(s) to Meditate on: v. 15–17

- Write out and consider all the words used to describe God’s work [e.g., “mercy,” “steadfast love.”].
- What does this psalm teach us about genuine religion in terms of humility, confession, and heartfelt service?
- When God forgives, what is our response (vv. 13–19)?

Psalm 52

Verse(s) to Meditate on: v. 8

- Why can we have confidence to stand against all spiritual enemies? (vv. 5, 8)
- What is the end of all those who put their trust in riches? (vv. 7) What is a Christian ethic towards money? (1 Tim. 6:7–10, 17–19)
- How does the “steadfast love” of God [remember, this means his faithfulness to his promises] change how we live?

Psalm 53

Verse(s) to Meditate on: vv. 5–7

- The “fool” is not someone without intelligence, but is a moral term for someone who denies the existence of God as a cloak for immorality. (see Rom. 1:18–32)
- What do verses 2–3 say about how religious, how inquiring, and how seeking people are of God? How should we respond?

Psalm 54

Verse(s) to Meditate on: v. 6

- Verses 1–2 are what we call an “invocation”—a calling upon God to act. How is David able to be so bold?
- Notice David’s response to his deliverance in verse 6. What kind of offering did he present to God? (see Lev. 7:11–18)
- How is David’s deliverance a type of the Christian’s deliverance from sin and Satan?

Psalm 55

Verse(s) to Meditate on: vv. 17

- How can our friends become our enemies? (compare vv. 1–11 with vv. 12–15) How is this a type of Christ? How is this comforting for us to know that he went through the same heartbreak?
- Based on passages like v. 17, is it appropriate for us to have some structure to our daily time of prayer?
- What does the promise of v. 22 mean to the child of God? (see 1 Peter 5:7)

Psalm 56

Verse(s) to Meditate on: v. 8

- In so many of these psalms we read about all our enemies and struggles. How is verse 8 so encouraging in all this?
- Notice the confidence of verses 4 and 10–11. Are you trusting in the Lord? Are you confident that “flesh” is powerless against you—him?

Psalm 57

Verse(s) to Meditate on: v. 1

- As the heading states, this psalm was written when David fled from Saul in a cave. Note the progression from David pleading

for God's steadfast love (v. 3) to his declaring his steadfastness!
(v. 7)

- How is David's statement that God "fulfills his purpose for me" (v. 2) true of us?

Psalm 58

Verse(s) to Meditate on: vv. 1–2

- Although we read each psalm as an individual poem, a lot of times they order in which they occur is instructive. How is what Psalm 58 says illumined by the circumstances of Psalm 57?
- This is one of the harshest "imprecatory psalms" [calling down a curse]. How can we pray this against our enemies of the world, the flesh, and the devil?
- How does this psalm warn us from putting our trust in politics?

Psalm 59

Verse(s) to Meditate on: vv. 8–10

- How can we learn from the pattern of the world persecuting David (vv. 6–7, 14–15), and then David's response to God (vv. 8–10, 16–17), in our own struggles?
- How does a psalm like this remind us in all the turmoil of the world that the Lord is God over all?

Psalm 60

Verse(s) to Meditate on: v. 1–3

- How can this psalm express our feelings of abandonment from the Lord's gracious hand when the church and world seem so contrary to his Word?
- As participants in the spiritual war of evangelism, how do verses 4 and 12 encourage us to continue supporting the ministry of the Word as well as engaging in witnessing with our neighbors?

Psalm 61

Verse(s) to Meditate on: vv. 1–2

- How does the language of prayer as crying to God help us in our prayers? Does it want us to pour ourselves out to him?
- In praying for the king (vv. 6–7), how is David prophetically praying for the resurrection and exaltation of Jesus, the true King?
- What is the “tent” of the Lord in the Old Testament? How does David’s desire to dwell there instruct us in our desires?

Psalm 62

Verse(s) to Meditate on: v. 8

- Since our souls are to wait for God’s deliverance in silence, what does this mean for how we pray and wait?
- What are the various images used of God meant to communicate to us about him?
- Compare and contrast what David says about man, and then God, in his psalm.

Psalm 63

Verse(s) to Meditate on: v. 3

- What does the image of the desert signify about our spiritual situation? How is the Lord the answer?
- How is this psalm a type of our longing for and being satisfied by Christ in the Lord’s Supper?

Psalm 64

Verse(s) to Meditate on: v. 9

- How are the assaults of the world, flesh, and devil like arrows being shot at us? (see Eph. 6:16)
- In what ways does God fight our enemies for us? (v. 7)?
- How does this psalm fill us with confidence in God’s ultimate purpose for us and human history? (vv. 8–10)

Psalm 65

Verse(s) to Meditate on: v. 4

- This psalm teaches us that one of God's titles is "you-who-hear-prayer" (v. 2). How does this attract the nations to the Lord?
- Describe what verse 4 is saying in terms of entering God's presence in public worship.
- Meditate upon the fact that this psalm begins with God's work of redemption (v. 3) and ends with his works of creation and providence (vv. 9–13).

Psalm 66

Verse(s) to Meditate on: v. 20

- This psalm is a missionary psalm, calling the world to worship. In what way is what we do in the presence of God in worship exactly what the world needs?
- Notice how the psalmist points to God's acts in history (v. 6) as the reason to worship him. How is our faith and worship built upon historicity?

Psalm 67

Verse(s) to Meditate on: vv. 1–2

- This is another missionary psalm that prays for true revival [God's blessing on us that spills over into the world]. What are we asking God for when we ask him to bless us so that we would bless the world?
- In what ways will the world see the wonder of God through us when we are experiencing his blessing?

Psalm 68

Verse(s) to Meditate on: vv. 19–20

- How does this psalm describe the Christian life as one of spiritual warfare?
- How does this psalm offer us the promise of Christ's kingship over the nations when it seems they are triumphant over him?
- In what way does this psalm foreshadow the work of Christ? (see Eph. 4:1–16)

Psalm 69:1–18

Verse(s) to Meditate on: v. 13

- In what ways do the various images in this psalm depict Jesus' suffering and death?
- Once again in this psalm the response to suffering is prayer. How is prayer a refuge for us?

Psalm 69:19–36

Verse(s) to Meditate on: v. 33

- Verses 22–28 are another example of an imprecatory prayer [invoking a curse]. How can we pray this? William Gurnall offered the following four points for us to consider:
- Don't pray against your private particular enemies.
- Pray against the plots of the enemies of God and his church not the persons.
- Pray generally ["Let *them* all be confounded"] because we don't know who may still repent.
- Pray for the glory of God first, then vengeance.

Psalm 70

Verse(s) to Meditate on: v. 4

- In response to psalm 69, this psalm is an urgent plea for help from the Lord.
- With all that psalm 69 said about our suffering in this life, when we pray psalm 70:1 at Evening Prayer, what are we saying? What is the purpose of crying out for help?

Psalm 71

Verse(s) to Meditate on: v. 8

- The psalmist calls the Lord his "hope" (v. 5). What is hope? In what ways is God the sum of our hope?
- In the midst of being mocked by the world, shunned by former friends, and persecuted in general, how is verse 15 such an

encouragement to us?

Psalm 72

Verse(s) to Meditate on: vv. 8–11

- This is psalm of Solomon's kingship [and prophetically of Christ] is also a missionary psalm that inspired Isaac Watts to write, "Jesus Shall Reign Where'er the Sun" (#399).
- Why should the universal kingship of Jesus Christ cause us to pray for the salvation of the lost?
- How can we pray this psalm for North County?

Psalm 73

Verse(s) to Meditate on: v. 25

- Verses 3–15 are a meditation on the temptations we have to covet the lifestyle of the unbeliever? In what ways can we who once lived oblivious to God be tempted to return to that, or we who have never lived like that be tempted to join that life?
- What do verses 23–28 say to us in such temptations? What is it that we have that the world *should* covet?

Psalm 74

Verse(s) to Meditate on: vv. 12–15

- How can we believe in the perseverance of the saints and still pray and sing a psalm like this?
- How do we see in verses 12–17 an appeal to God's past acts of creation and redemption as the basis for his present working in our lives?

Psalm 75

Verse(s) to Meditate on: v. 1

- How is God's nearness [v. 1] an encouragement in the midst of what the rest of the psalm says?

- How is it a comfort to us *now* that God will reveal his justice in the *future*?
- How can this psalm be an example of the honest warning we need to speak to our friends?

Psalm 76

Verse(s) to Meditate on: v. 7

- Yet again God's name is mentioned at the beginning of this psalm [v. 1]. How can the dwelling of God in among his people be a refuge when the world so assaults us?
- There are two kinds of "fear." One is the reverence and awe we offer to God as Father and the other is sheer terror. Which do you have?

Psalm 77

Verse(s) to Meditate on: v. 19

- The psalmist describes at the beginning a time of deep sorrow. Do we always have to be happy with a smile?
- What got him out of his depression? He remembered the past acts of God [vv. 10–20]. How can meditation on what God has done in Christ encourage you in sadness?
- How is verse 19 and the Red Sea a beautiful promise to you of God's care in your life?

Psalm 78:1–31

Verse(s) to Meditate on: v. 25

- According to the opening part of this psalm, how important are children to the life of the church? Is it just a club for adults?
- How does the psalmist model for us how to teach our children to fear the Lord? What do you see in verses 9–31?
- How is the history of God's dealing with his people's sins a history of his patience? Is he still patient?

Psalm 78:32–72

Verse(s) to Meditate on: vv. 70–72

- As an exercise in remembering biblical history, can you write out next to each section of these verses the corresponding story?
- How does the story of this psalm end? [vv. 67–72] How does the story of our sins and God’s patience with us end?

Psalm 79

Verse(s) to Meditate on: v. 9

- This psalm laments the defiling of the temple. As we read it and “translate” it in New Covenant terms, what temple are we referring to? (see Eph. 2:11–22)
- What are ways in which the temple of God today is defiled by the world? (vv. 1–4)
- Notice the key to restoration and revival was repentance: vv. 7–9.

Psalm 80

Verse(s) to Meditate on: v. 3

- Another psalm crying out for restoration and revival (vv. 3, 7, 19). Reflect upon the importance of seeking the Lord who revives, not revival itself.
- What does the image of Israel being a vine (vv. 8, 14) say to us in the New Covenant (see John 15)?

Psalm 81

Verse(s) to Meditate on: v. 16

- What is the attitude and spirit of gathering in God’s presence according to verses 1–5?
- Despite all that God did for Israel (vv. 6–10) and does for us, what is the reason for ongoing rebellion against him? (vv. 11–12)
- What is the connection between our obedience to God and his blessing upon us in terms of sanctification and spiritual peace?

(vv. 13–16) Does holiness matter to God? To us?

Psalm 82

Verse(s) to Meditate on: v. 8

- If there is only one God, how can he assemble among other “gods?” (v. 1) Who are these? (see vv. 2–4)
- What are some of the proper roles of government according to verses 3–4?
- In the absence of godly government, what recourse do the people of God have? (v. 8)

Psalm 83

Verse(s) to Meditate on: vv. 17–18

- What is the ultimate goal of the world’s Satan-inspired hatred towards the people of God? (v. 4)
- When we feel like the church is being decimated by the world, how does Jesus’ promise in Matthew 16:18 encourage us?
- Notice the imprecation [recall previous psalms and comments] in verses 13–15. Here we learn one of the purposes for these prayers in verses 16–18. Reflect on that.

Psalm 84

Verse(s) to Meditate on: v. 2

- What is the point of the comparison of small birds in verse 3?
- Verses 5–7 describe travel throughout the Promised Land to the required festivals every year. What does it say to us that such arduous travel to the house of God was a blessing to the people of God? How does that apply to us today?

Psalm 85

Verse(s) to Meditate on: v. 9

- Discuss the terms “restore” (v. 1, 4) and “revive (v. 6).
- What is the goal of God’s reviving work in his people? (v. 6)

- The fruits of God’s reviving work in the Old Covenant include literal fruit from the ground that had been cursed and fallow (v. 12). What sorts of fruits does he produce when he restores us?

Psalm 86

Verse(s) to Meditate on: v. 8

- What are the invocations (things called down from God) and the reasons for these in verses 1–4.
- In what do psalms like this anticipate the coming of Christ and his universal kingdom? (vv. 8–10)
- How are God’s attributes encouraging to us in prayer? (vv. 5, 15)

Psalm 87

Verse(s) to Meditate on: vv. 1–3

- How does the comparison in verse 2 relate to public and private worship of the Lord?
- What encouragement is there for us in the list of nations that know the Lord in verse 4?
- In what ways is the church our mother? (think of the image of birth in verses 4–6)

Psalm 88

Verse(s) to Meditate on: vv. 1–2

- This is one of the lowest feeling psalms. What does it say to us about God’s concern for us when we are depressed and down that he includes psalms like this in his Word?
- When we are feeling this way, what is the stability and reference point of our lives? (vv. 1–2, 13)
- Despite how bad things seem in our lives, why is it an encouragement to know that the Lord is the one who brings trials into our lives?

Psalm 89:1–18

Verse(s) to Meditate on: vv. 6–7

- How is God's faithfulness seen in his promises kept as well as in his creation? (vv. 1–5)
- Exactly how is the Lord so unique when compared to the gods of the world? (vv. 6–7)

Psalm 89:19–52

Verse(s) to Meditate on: v. 2

- Describe what verses 30–37 are saying about a) David, b) Christ, and c) *you!*
- Think about the imagery of verses 38–51 and then the conclusion in verse 52. What strikes you? What encourages you?

Psalm 90

Verse(s) to Meditate on: vv. 1–2

- This is the only psalm attributed to Moses. How does this help us interpret the psalm?
- How is the eternity of God a comfort to us? (vv. 1–2)
- In view of God's eternity, what is man? (vv. 3–11) What does this lead us to pray? (vv. 12–17)

Psalm 91

Verse(s) to Meditate on: v. 1

- What do the following images teach us about God: shelter, shadow, refuge, fortress, pinions, wings? (vv. 1–4)
- How does this psalm apply to the life of Jesus?
- What does this psalm say to us as we respond to his grace within the context of his covenant relationship with us? (vv. 14–16)

Psalm 92

Verse(s) to Meditate on: v. 5

- This is the only psalm that is entitled as a psalm for the Sabbath. What does this psalm say to us about the Sabbath day in terms of when we sing God’s praise? (vv. 2) How does that apply to our congregation’s life together?
- What does this psalm say about the appropriateness of musical instrumentation on the Sabbath?
- How does public worship on the Sabbath benefit our Christian life? (vv. 12–14)

Psalm 93

Verse(s) to Meditate on: v. 5

- Psalms 93–100 have similar themes and descriptions of God? What are they?
- The “floods” are a frequent Old Testament image of the ungodly who assault the godly. What does this psalm say about all the noise of the world against the Lord and his church? (vv. 3–4)
- Since “holiness befits [the Lord’s] house” (v. 5), what does this mean for how we prepare and how we engage for meeting with God in public worship?

Psalm 94

Verse(s) to Meditate on: v. 14

- How may we pray on the basis of the justice of God? (vv. 1–7)
- How is discipline a blessing to the believer? (v. 12)
- Reflect on the wonder of verse 19.

Psalm 95

Verse(s) to Meditate on: v. 2

- How is our assembling for worship an entering into the very presence of God? (v. 2)
- Notice the parallel between worship, bowing, and kneeling in verse 6. What do these postures communicate? May we still pray and sing in this way?

- How has the rest promised in verses 7–11 come to us? (Matt. 11:28–29)

Psalm 96

Verse(s) to Meditate on: v. 9

- How is our singing to evangelistic and our evangelism praise of God? (vv. 1–2)
- What “gods” in our culture is God greater than? (vv. 4–5)
- How does everything the psalm says lead to the statement in verse 9?

Psalm 97

Verse(s) to Meditate on: v. 10

- How does this vision of God encourage us in our spiritual battles? (vv. 1–7)
- If fire is an image of God’s holiness, what does that mean the exhortation to us in verse 10?

Psalm 98

Verse(s) to Meditate on: v. 3

- How has God revealed his salvation to us? (v. 2)
- Why is that a reason to sing? (vv. 4–6)
- Why is music fitting for worshipping God? (vv. 4–6)
- How is the image of the coming of the Lord [this gets applied to Jesus in the New Testament] both terrifying to the unbeliever and terrific to us? (vv. 7–9)

Psalm 99

Verse(s) to Meditate on: v. 9

- When verse 1 says the Lord “sit enthroned upon the cherubim” what is it referring to? [hint: Ex. 25:17–22] How does this change your understanding of what Ex. 25/Ps. 99 is referring to?
- How do we “exalt” (v. 5) the God who is already “exalted”? (v. 2)

- What encouragement is there for us in prayer based on verse 6? [hint: Are we priests? Are we prophets, too?]

Psalm 100

Verse(s) to Meditate on: v. 4

- How amazing is it that the Creator (v. 3) invites us into his throne room? (v. 4; see Heb. 4:16; 10:19–22)
- How does verse 5 demonstrate the Lord's goodness to us?

Psalm 101

Verse(s) to Meditate on: v. 4

- This is a beautiful meditation of king David to be holy and an example to his people. How does it point us to Jesus?
- What does this psalm say to us about our pursuit of the holiness without which no one will see the Lord? (Heb. 12:14)
- What does this psalm mean for the choices we make in close friends, how we spend our time and money, and what we let into our eyes and ears?

Psalm 102:1–17

Verse(s) to Meditate on: v. 13

- How is the psalmist describing how sin leads us to spiritual depression? (vv. 1–7)
- What do verses 12–17 describe God's work in reviving our souls and church? How does he do this? When? Why?
- As God revives his church, what is the effect on the world? (v. 15)

Psalm 102:18–28

Verse(s) to Meditate on: vv. 18–20

- How important is it for us to remember God's past acts in Scripture as well as our own lives? (vv. 18–20)

- In all our complaints, struggles, and fears, what is the great thing we need to remember above all? (vv. 25–27)
- How do verses 25–27 describe the unchangeableness of God?

Psalm 103:1–13

Verse(s) to Meditate on: v. 12

- What “benefits” (v. 2) does this psalm praise God for?
- List all the attributes mentioned in this portion of the psalm:
- Describe the “geography” of God’s forgiveness. (vv. 11–12)
- How surprising was it to you that this *Old Testament* psalms described God like a Father? (v. 13)

Psalm 103:14–22

Verse(s) to Meditate on: v. 14

- If God knows our frailty, what does that mean for our need to contemplate our frailty and mortality as well? (vv. 14–16)
- Why is it important for us to fear [have reverence] the Lord? (v. 17)
- How does the psalmist link our experience of the Lord’s steadfast love with our obedience to his commands? (vv. 17–18)

Psalm 104:1–23

Verse(s) to Meditate on: vv. 14–15

- How do verses 1–23 parallel the six days of creation in Genesis 1:1–2:3?
- How does this psalm describe the Almighty power of God in creation but also his loving providence over it all?
- Since God is called upon to enjoy his works (v. 31), how are we to do the same? (vv. 14–15)

Psalm 104:24–35

Verse(s) to Meditate on: v. 31

- How dependent is creation upon God? (vv. 27–28)

- Why is creation a reason for praise of God? (v. 33)
- Why is creation a reason to meditate [ponder with wonder] upon the Lord? (v. 34)

Psalm 105:1–22

Verse(s) to Meditate on: v. 8

- Verse 4 calls upon us to seek the Lord’s “presence,” which is literally, his “face.” How do we do this?
- This psalm and Psalms 106–107 recount much of Israel’s history. As you read them, write down Israel’s sins and God’s faithfulness in two columns.

Psalm 105:23–45

Verse(s) to Meditate on: v. 40

- Notice how verse 40 describes the manna from heaven [Ex. 16] as “bread from heaven.” How does this anticipate the coming of Jesus?
- Note how the psalm begins with God being faithful to his covenant and how it ends with his people loving him through their obedience. How is this grace and gratitude pattern true of us?

Psalm 106:1–23

Verse(s) to Meditate on: vv. 7–8

- Verse 6 says Israel sinned. How does the rest of the psalm give examples of this?
- Despite their sins, the Lord saved (v. 8). Why?
- What does it teach us that even after the Lord saved so dramatically that his people once again sinned? (vv. 13–14)

Psalm 106:24–48

Verse(s) to Meditate on: v. 48

- Compare and contrast God's actions and attitude in verses 40 and 44–46.
- Why does he reveal himself to us in such seemingly contradictory ways?
- According to verse 47 what is the purpose of the Lord's salvation of his people?

Psalm 107:1–22

Verse(s) to Meditate on: v. 9

- Note how verse 6 is a recurring theme in this psalm? What does it teach us about our God?
- The Lord's "steadfast love" is his faithfulness to his promises. How has God demonstrated this to us in the history of Israel, Jesus, and your own history?
- How is singing to the Lord also an act of evangelism to the world? (v. 22)

Psalm 107:23–43

Verse(s) to Meditate on: v. 43

- How is the Lord's action in verse 29 fulfilled in the life of our Lord?
- What do verses 33–35 teach us about the power of God?
- How does the world measure wisdom, if at all? How does God? (v. 43)

Psalm 108

Verse(s) to Meditate on: v. 12

- Again, this is a psalm that confronts us with the New Testament spirituality of holy *spiritual* warfare against the world, the flesh [our sinful nature], and the devil. How do these enemies attack us?
- Notice that this psalm is a call to worship. In what sense is our gathering an act not only for worship but for warfare?

Psalm 109

Verse(s) to Meditate on: v. 21

- Notice how the first part of the psalm [vv. 1–20] are a plea against the wicked while the second part is a plea for grace and mercy [vv. 21–31]
- How may we pray/sing a psalm so harsh as this? [see notes for Week 15: Tuesday, April 9]
- Notice the high place of prayer in our struggles in this psalm. In response to all the accusations of the wicked, the psalmist says, literally, “But I am prayer” [v. 4]. What does this teach us?

Psalm 110

Verse(s) to Meditate on: v. 3

- This is the most quoted psalm in the New Testament. Why do you think this is so?
- Notice how we are described as offering ourselves to the King in verse 3. How does this help us understand our Christian life as one of free submission to God?

Psalm 111

Verse(s) to Meditate on: v. 2

- This is a praise for God’s works. What works does this psalm praise him for?
- What does it say to us about God that he not only has accomplished the great works described here, but also minor and personal things for us? [v. 5]
- “Fear” [v. 10] can mean to be afraid or to have reverence. How do we as children of God “fear” God?

Psalm 112

Verse(s) to Meditate on: v. 1

- Between psalms that praise Christ for being our priest-king [Ps. 110], for being the Creator and Redeemer [Ps. 111], and for being

exalted above all things [Ps. 113] is this psalm, which reflects upon godly living. What connection is there between doctrine and living?

- On the one hand godliness is worth it [vv. 2–9] but on the other hand it seems not to be [v. 10]. How do you respond to this?

Psalm 113

Verse(s) to Meditate on: vv. 5–6

- When we think the church is shrinking in our nation or even around the world, how is verse 3 an encouragement?
- Reflect on the powerful image of your salvation in verses 7–8.
- Describe the joy not only of Christian salvation, but Christian motherhood in verse 9.

Psalm 114

Verse(s) to Meditate on: v. 7

- Reflect on how amazing the statement is in verse 2, that at the exodus from Egypt, Judah was the “sanctuary” or dwelling place of God.
- What do verses 3–6 say about the power of God to save us?
- How can we reflect the seriousness of our God in a flippant culture? [v. 7]

Psalm 115

Verse(s) to Meditate on: v. 3

- *Soli Deo Gloria*, “to God alone be glory,” is one of the slogans we associated with the Reformation. Why does verse 1 say we give him glory?
- Compare and contrast God with idols in verses 3–7.
- How is idolatry [see Heidelberg Catechism, Q&A 95] a practical sin?

Psalm 116

Verse(s) to Meditate on: v. 6

- Reflect on the encouragement we receive in prayer in verses 1–4.
- Why does the psalmist say that the Lord has delivered him from death [vv. 3, 8] but then that our death is precious in the Lord’s sight [v. 15; see Heidelberg Catechism, Q&A 42]?
- Notice the irony of verse 16: we are the Lord’s servants but our bonds have been loosed. What is he saying? [see Rom. 6]

Psalm 117

Verse(s) to Meditate on: v. 1

- This is the shortest of the Psalms. The longest is just two psalms away.
- Why are Israel’s psalms, like this one, so full of calls to the nations to worship their God? [v. 1] What was Israel’s role in the world?
- What is the reason the psalmist gives for the nations to worship their God? [v. 2]

Psalm 118:1–13

Verse(s) to Meditate on: vv. 8–9

- In the past we’ve reflected on the “steadfast love” of the Lord [his faithfulness to his covenant]. How has he been steadfast with you in terms of your salvation?
- How are verses 8–9 relevant to our current political situation?
- Apply verses 11–12 to our spiritual warfare against the world, flesh, and devil.

Psalm 118:14–29

Verse(s) to Meditate on: v. 14–15

- What is verse 18 saying about worship in God’s presence?
- How do verses 22–24 apply to our Lord?
- Think about all this psalm has said about struggle, and then what that means in the context of beginning and ending with the refrain about his steadfast love [vv. 1, 29].

Psalm 119:1–8

Verse(s) to Meditate on: v. 4

- This is the great Psalm of the Word of God. It is organized into 22 sections of 8 verses each. Each section corresponds to a letter in the Hebrew alphabet, with each verse beginning with that letter.
- This section corresponds to the letter *Aleph*.
- Reflect on the connection between living a blessed life and loving the Lord's commands.

Psalm 119:9–16

Verse(s) to Meditate on: v. 11

- This section corresponds to the letter *Bet*.
- How does the author link holiness with the Word of God? [vv. 9, 11]
- How is it possible for us as sinners saved by grace to love the Law of God? [vv. 10, 14, 16 and Rom. 7]

Psalm 119:17–24

Verse(s) to Meditate on: v. 6

- This section corresponds to the letter *Gimel*.
- Why do we need God to open our eyes to his Word? [v. 18]
- Notice the passion for the Word of God in verse 20.
- How is the Word beneficial in times of persecution and struggle? [vv. 21-24]

Psalm 119:25–32

Verse(s) to Meditate on: v. 32

- This section corresponds to the letter *Dalet*.
- The imagery of dust evokes images of Adam being created. How does the Lord revive us when we experience this lowliness? [v. 25]

- Reflect, again, on the believers' relationship to the law in verse 29. In his grace, the Lord teaches us his law. Why?

Psalm 119:33–40

Verse(s) to Meditate on: v. 36

- This section corresponds to the letter *He*.
- Notice the verbs used in this section. How do those that describe God affect the believer?
- Specifically, what do verbs like “incline” and “turn” say about the sovereignty of God? The grace of God?

Psalm 119:41–48

Verse(s) to Meditate on: v. 14–15

- This section corresponds to the letter *Vav*.
- In all our reading of how we who are united to Christ love the law and follow God's commands, how do these verses apply to our Lord?
- How does verse 46 speak to us in a time when Christianity is becoming more and more reviled and persecuted?

Psalm 119:49–56

Verse(s) to Meditate on: v. 50

- This section corresponds to the letter *Zayin*.
- When we pray, how should God's past promises give us hope? (vv. 49–50)
- Notice the role of the Word when the ungodly persecute as well as when we witness godlessness (vv. 51, 53)
- How should we expect God's blessing on our lives when we obey him? (v. 56)

Psalm 119:57–64

Verse(s) to Meditate on: v. 64

- This section corresponds to the letter *Het*.

- Notice the zeal for the Lord's Word in this section. Do you have that?
- So zealous was the psalmist that even when he was in the midst of sleep, he would rise up and praise the Lord! [v. 62]

Psalm 119:65–72

Verse(s) to Meditate on: v. 72

- This section corresponds to the letter *Tet*.
- What benefit does the Lord grant us through suffering and persecution? [vv. 69–71]
- Reflect on the role of the Word in changing our course of life. (v. 67)
- Compare the Word to everything else you have (v. 72). Why is the Word more valuable?

Psalm 119:73–80

Verse(s) to Meditate on: v. 79

- This section corresponds to the letter *Yod*.
- How can your hope in the Word be an example to a fellow believer? (vv. 74, 79)
- How do we as God's children grow up spiritually? (v. 73) Do you desire maturity?

Psalm 119:81–88

Verse(s) to Meditate on: v. 83

- This section corresponds to the letter *Kaph*.
- This section is permeated with a sense of longing for the Lord in the midst of hardship (vv. 81–82). How does the Word help us?
- Notice the image of a leather wineskin that is being dried out for use (v. 83). How is this true of you from time to time spiritually?
- In contrast, revival comes through God's "steadfast love" (v. 88). Can you remember what that term means?

Psalm 119:89–96

Verse(s) to Meditate on: v. 94

- This section corresponds to the letter *Lamed*.
- What are verses 89–91 saying about the stability of God’s Word?
- Think about the truth of verse 92 in your own waywardness.
- Reflect upon the beautiful line in verse 94a, that describes the cry of a believer to constantly know the Lord’s saving work!

Psalm 119:97–104

Verse(s) to Meditate on: v. 103

- This section corresponds to the letter *Mem*.
- How do we as sinners say “Oh how I love your law”? (v. 97; see Rom. 7)
- Notice how often this section speaks of God’s law and our growth in wisdom (vv. 98, 99, 100, 102, 104)
- What does the sensory image of sweetness communicate to us about the Word of God? (v. 103)

Psalm 119:105–112

Verse(s) to Meditate on: v. 112

- This section corresponds to the letter *Nun*.
- How are the laws of God our “joy”? (v. 111)
- What does verse 112 say about the life of discipleship?

Psalm 119:113–120

Verse(s) to Meditate on: v. 116

- This section corresponds to the letter *Samek*.
- Meditate on the striking contrast of verse 113.
- What do the pleas for God to uphold our lives say about us and God? (vv. 116, 117)
- How is the consideration of the wicked’s end cause a true fear in us? (vv. 119–120)

Psalm 119:121–128

Verse(s) to Meditate on: v. 126

- This section corresponds to the letter *Ayin*.
- Notice the theme in this section of the injustice of the world and the justice of God towards his people. (vv. 121, 122, 126)
- How does verse 123 help us develop a heavenly-mindedness?
- How can we pray verse 126 today?

Psalm 119:129–136

Verse(s) to Meditate on: v. 135

- This section corresponds to the letter *Pe*.
- How does consistent Bible reading, meditation on it, and listening to the Word preached cause us to grow? (v. 130)
- How important is the work of the Holy Spirit to knowing the Lord's Word? (v. 135)
- How should we react to the church's sins and struggles? (v. 136)

Psalm 119:137–144

Verse(s) to Meditate on: v. 139

- This section corresponds to the letter *Tsade*.
- How is the righteousness of God (his perfect uprightness) reflected in his law? (v. 137)
- Why is the law of God so helpful to us when we are struggling? (v. 143)

Psalm 119:145–152

Verse(s) to Meditate on: v. 146

- This section corresponds to the letter *Qoph*.
- What does verse 145 say about how much we are “into” prayer?
- According to verse 146, what is the purpose we cry out to God for salvation?
- What do verses 147–148 teach us about the frequency of prayer?

- How is the Word an encouragement in the times of life the psalmist describes in these verses?

Psalm 119:153–160

Verse(s) to Meditate on: v. 160

- This section corresponds to the letter *Resh*.
- How does the Word give new life us? (vv. 154, 156, 159)
- Do your persecutions cause you to flee from or run to the Lord and his Word? (v. 157)
- How does the truth of the Word help us understand truth elsewhere in the world? (v. 160)

Psalm 119:161–168

Verse(s) to Meditate on: v. 164

- This section corresponds to the letter *Sin/Shin*.
- How does verse 162 describe our attitude to the Word?
- Can you affirm by faith verse 165?
- As we look for the goal of our salvation in the future, what are we to be busy with in the here and now? (v. 166)

Psalm 119:169–176

Verse(s) to Meditate on: v. 169

- This section corresponds to the letter *Tav*.
- What does verse 169 mean for our habit of reading and meditating on the Word?
- Notice the abundance of images in this part of the Psalm about speaking and praising God because of his Word.
- How is verse 176 a fitting end to this Psalm?

Psalm 120

Verse(s) to Meditate on: v. 7

- How is this Psalm so easy to relate to in our culture and among our families and neighbors?

- What do verses 5–7 say about the believers’ effort to speak the truth in love and about the unbelievers’ reception of that?
- Regardless, how can we be for peace?

Psalm 121

Verse(s) to Meditate on: v. 2

- Connect the sorrow of Psalm 120 with this Psalm’s beginning?
- How does this Psalm’s confidence connect with our experience of struggling in the world?
- How does this Psalm speak to us of the preservation of the saints?

Psalm 122

Verse(s) to Meditate on: v. 1

- One of the Psalms of Ascent (120–134)
- How does this Psalm envision ascending up Mount Zion for one of the required feasts?
- What does this Psalm say to us about public worship?
- How does this Psalm encourage our love for the church?

Psalm 123

Verse(s) to Meditate on: v. 2

- One of the Psalms of Ascent (120–134)
- As a worshipper would look up to Mount Zion, how did that signify looking up to the Lord? (v. 1)
- Describe in your own words the comparison in verse 2.
- How is going to worship an act of faith and forsaking the world? (vv. 3–4)

Psalm 124

Verse(s) to Meditate on: v. 8

- One of the Psalms of Ascent (120–134)

- How were verses 1–2 a real confession in the history of Israel? How are they true of us (Rom. 8:31)
- How is this Psalm also a picture of the resurrection of Jesus?
- Verse 8 has been a part of Christian worship since the medieval church. How does it express our dependence on the Lord as we use it at the beginning of worship?

Psalm 125

Verse(s) to Meditate on: v. 1

- One of the Psalms of Ascent (120–134)
- Imagine looking up to a large mountain surrounded by other mountains. That's what this Psalm envisions. How does this Psalm apply this image to the believer (v. 1) and to God? (v. 2)
- How can we speak of ourselves as “good?” (v. 4)
- What does the beginning image of the believer as immovable and the final image of the unbeliever as led away say about eternal matters?

Psalm 126

Verse(s) to Meditate on: v. 4

- One of the Psalms of Ascent (120–134)
- This Psalm envisions restoration from exile. List the descriptions of this in verses 1–3. How is our experience of restoration from sin in Christ so much greater?
- This Psalm is also a prayer for spiritual revival in verses 4–6. How can we pray these words?

Psalm 127

Verse(s) to Meditate on: v. 1

- One of the Psalms of Ascent (120–134)
- How does verse 1 envision the rebuilding of the temple?
- How does the psalmist apply this to the family?
- How should we pray for the institution of the family in our day?

Psalm 128

Verse(s) to Meditate on: v. 1

- One of the Psalms of Ascent (120–134)
- Spend some time doing a word search in your Bible to find out what “the fear of the Lord” is (v. 1).
- What are the blessings listed for fearing the Lord? (vv. 2–4)
- What does this psalm mean for how we pray as a congregation?

Psalm 129

Verse(s) to Meditate on: v. 5

- One of the Psalms of Ascent (120–134)
- Reflect upon the experience of Israel history and then re-read this psalm.
- How does God show his righteousness in an unrighteous world?
- How do psalms like this cause a longing for the coming of Christ?

Psalm 130

Verse(s) to Meditate on: vv. 3–4

- One of the Psalms of Ascent (120–134)
- How do images in the psalms of God as if he had body parts encourage us? (v. 2)
- Compare verse 3 with verse 4!!
- How is the life of the believer one of waiting? (vv. 5–6) What do we wait for?
- When Jesus saves, how much does he save? (“plentiful” in v. 7)

Psalm 131

Verse(s) to Meditate on: v. 1

- One of the Psalms of Ascent (120–134)
- What does verse 1 mean for our faith? What does it mean for the kinds of books we read and debates we engage in?

- Reflect on verse 2 and the call to spiritual maturity in the Word (Eph. 4)
- What is “hope?” (v. 3) In what sense is hope certain because of the past and in what sense is hope a longing for the future?

Psalm 132

Verse(s) to Meditate on: v. 16

- One of the Psalms of Ascent (120–134)
- How is this psalm an anticipation of Solomon’s temple but also of the saints after they returned from exile to a destroyed temple?
- Why were the temple, the Ark, and the priests so important in the Old Testament?
- How is this psalm full of Christ?

Psalm 133

Verse(s) to Meditate on: v. 1

- One of the Psalms of Ascent (120–134)
- In what do believers find unity? (Eph. 4)
- How is the Spirit the oil that runs down us as believers?
- How important is spiritual unity in the Body of Christ?

Psalm 134

Verse(s) to Meditate on: v. 2

- The last of the Psalms of Ascent (120–134)
- The Israelites would “ascend” Mount Zion to celebrate the feasts. How appropriate is it that the final Psalm of Ascent ends with a scene of worship?
- Note how the Psalm begins with us blessing the Lord (v. 1) and ends with the Lord blessing us (v. 3).

Psalm 135

Verse(s) to Meditate on: v. 6

- This Psalm also envisions being in the temple for worship. What things does the Psalm list as reasons to worship the Lord?
- How can we apply Old Testament criticism of idolatry such as verses 15–18?

Psalm 136

Verse(s) to Meditate on: v. 23

- How does this Psalm evidence the dialog pattern of Christian worship (God speaks, his people respond)?
- Remember, the “steadfast love” of the Lord is his faithfulness to his promises. How does that help apply the Psalm?

Psalm 137

Verse(s) to Meditate on: v. 4

- The scene shifts from Jerusalem to Babylon in this Psalm.
- In times of spiritual sadness and feeling abandoned by God, how is it appropriate *not* to sing, but to sit in silence before God?
- This Psalm ends with one of the most graphic of “imprecations” (calling a curse down upon an enemy). Do you recall how we are to read these as Christians?

Psalm 138

Verse(s) to Meditate on: v. 6

- Why do we sing of the “gods” when there is only one true God?
- Apply the precious promise of verse 6.
- How does verse 8 give us comfort?

Psalm 139

Verse(s) to Meditate on: vv. 17–18

- How do verses 1–6 express the thought of one of our prayers that “our hearts are open, our desires are known, and from you no secrets are hid?”

- What does this Psalm say about the preciousness of life in the womb?
- Explain and apply verses 17–18 in your own words.

Psalm 140

Verse(s) to Meditate on: v. 6

- Consider/discuss how this is a Psalm about your sanctification.
- In what ways do you need to be preserved from wickedness through the words and actions of wicked people?
- How does the psalmist convey confidence in prayer for his sanctification? How can you benefit from this?

Psalm 141

Verse(s) to Meditate on: v. 2

- The opening words of this psalm are what we call an “invocation,” that is, a calling upon the Lord. How is prayer to be an earnest calling upon the Lord?
- How does David personalize the worship of the priests in tabernacle with their altar and incense? How can you personalize public worship?
- Notice again that this psalm is about sanctification. Reflect on the seriousness of sanctification in verses 3–4.

Psalm 142

Verse(s) to Meditate on: v. 2

- Notice how verse 2 teaches us that it is legitimate to go to the Lord with our complaints and troubles. What are yours?
- David’s complaint in this psalm is feeling abandoned, disillusioned, and lonely. [vv. 3–5]
- How is the Lord himself the remedy for these troubles? [vv. 5–7]

Psalm 143

Verse(s) to Meditate on: v. 10

- Meditate on David's confession in verse 2.
- How can our memories of what God has done for us in the past be a curse to us? How can they cause us pain? [vv. 5–6]
- How is David confident the Lord will hear him? [vv. 9–12]

Psalm 144

Verse(s) to Meditate on: v. 5

- Consider all the images used of the Lord in verses 1–2: rock, steadfast love, fortress, stronghold, deliverer, and shield. What do these say about God? What does it say to us that David appropriates them as “mine?”
- In all our struggles with sin, sinners, and Satan's work through them both, how important is it to keep in mind verse 4?
- How do God's victories for us, through us, and in us lead to his abundant blessings? [vv. 12–15]

Psalm 145

Verse(s) to Meditate on: v. 18

- This is David's last psalm. How does this impact how you read it?
- As you read this psalm, list off all the attributes David mentions about God.
- This psalm also focuses on the Lord being King. How can this help you reflect on Jesus in it?

Psalm 146

Verse(s) to Meditate on: v. 3–4

- To trust in something other than the one true God is idolatry (vv. 3–4). How do you commit this sin every day?
- Why is the Lord such a “help” to the child of God? (vv. 5–7)
- What does this psalm say about the Lord's care for the lowly? (vv. 8–9)

Psalm 147

Verse(s) to Meditate on: vv. 19–20

- Verse 1 is a “call to worship.” Why does the rest of the psalm say he is worthy of your worship?
- What does this psalm say about the Lord’s works of creation (vv. 4–5), providence (vv. 8–9), redemption (vv. 2–3), and sanctification? (vv. 19–20)

Psalm 148

Verse(s) to Meditate on: v. 14

- This psalm is truly a universal call to worship. Whom or what does this psalm call upon to worship the Lord?
- Why is it significant for Christian worship that children are included in this call to worship along with kings, princes, and the aged? (v. 12)
- How comforting is it that the Lord is said to be near his people? (v. 14)

Psalm 149

Verse(s) to Meditate on: v. 4

- This is a call to public worship: “in the assembly” (v. 1). Why is it to vital for us to gather week by week for a holy assembly?
- What emotions and expressions are called for in worship according to this psalm? (v. 2)
- As we take pleasure in God’s worship, reflect on God’s pleasure in you in verse 4.

Psalm 150

Verse(s) to Meditate on: v. 6

- How is this psalm a fitting end to the entire Psalter?
- Reflect upon this: God’s praise is so necessary for us that our mere voices cannot fully accomplish the task of praising him.

- If worship was this exuberant in the Old Testament, before the coming of Jesus, what should our response be now that he has come?