

A person with a backpack stands on a rocky mountain peak, arms raised in triumph, overlooking a vast valley. The sky is blue with scattered white clouds. The text is overlaid on the image.

*"Praise the Lord,  
oh my soul"*

*A Study in Psalms*

Embracing Biblical Womanhood Conference 2024

7th Annual 2024 Embracing Biblical Womanhood Conference

# An Introduction to the Psalms

Kelley Lambert



*"Praise the Lord, oh my soul"*

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*"Praise the Lord, oh my soul"*

## Reading the Psalms

### BATTT

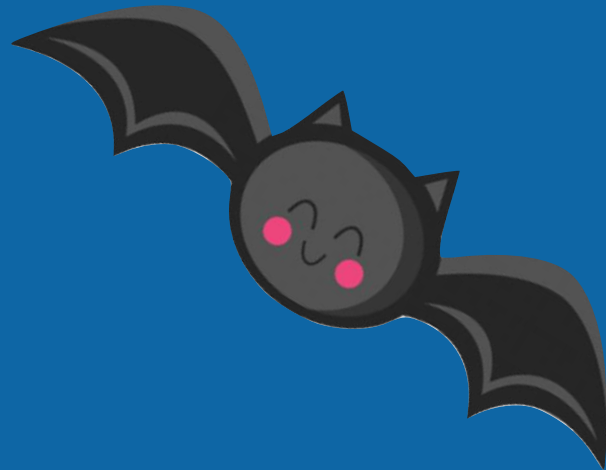
Book

Author

Timeline

Type

Theme



## Getting to Know the Psalms



### What are the Psalms?

Collection of 150 Ancient Hebrew poems, songs, and prayers collected from different periods in Israel's history.



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# Getting to Know the Psalms



How many authors are represented in the Psalms?

8

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# Getting to Know the Psalms



Which key Old Testament figure has more than 70 Psalms attributed to him?

David

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# A- Author

BATTT



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The Psalmists						
David	Asaph (+ sons)	Korah (sons)	Solomon	Heman	Moses	Ethan
Israel's greatest king Killed Goliath Known as <i>man after God's own heart</i>  "Psalms of David" may be written for David or in his style.	David's worship leader	Major Levite Family	Son of David  Known for his wisdom  Last king of unified Israel	The Ezrahite	Used by God to free God's people from bondage in Egypt by Pharaoh	The Ezrahite
73 Psalms (+12)	12	11	2	1	1	1
3-9; 11-32; 34-41; 51-65; 68-70; 86; 101; 103; 108-110; 122; 24; 131; 133; 138-145	50; 73-83	42; 44-49; 84-85; 87	72; 127	88	90	89



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# T- Timeline

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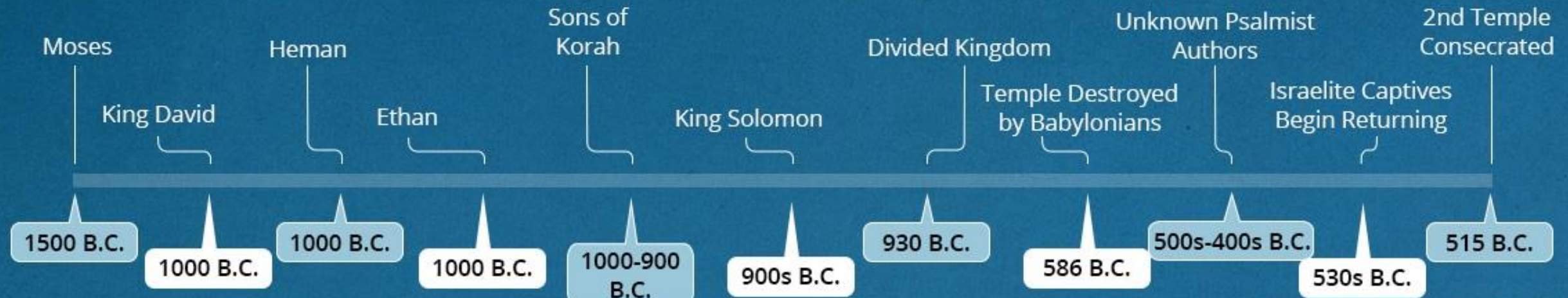
## Getting to Know the Psalms



The collection of the Psalms spans 1,000 years.

### TIMELINE

### PSALMS



Dates are approximate or estimations

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# Getting to Know the Psalms



What genre do the Psalms get classified under?

(The Law, History, Wisdom Poetry, Major Prophets, Prophets, Gospels, Letters, Prophecy) Poetry

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## Consideration: Genre

- Poetry
  - Not a doctrinal or ethical treatise
  - Anticipate imagery, metaphors, simile, personification, hyperbole



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## T-Type

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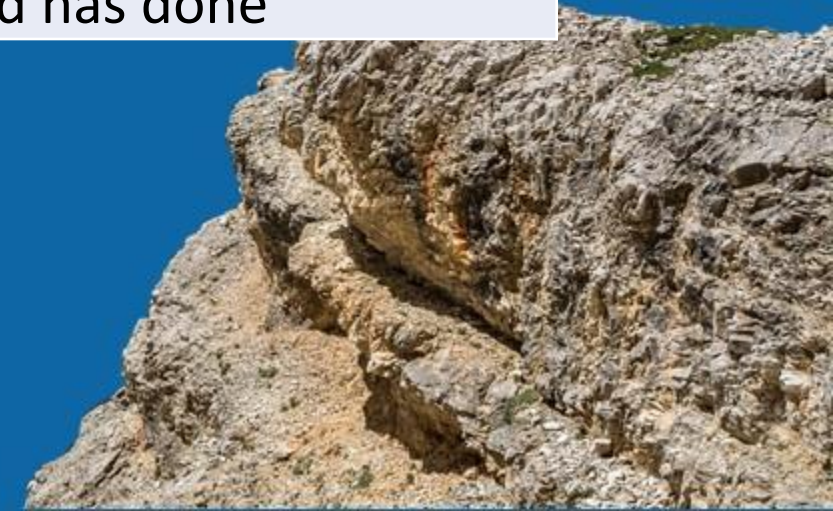
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## 2 Major types of Psalms



Lament	Praise
books 1-3	books 4-5
pain, confusion, anger	joy, celebration
draw attention to what's wrong and ask God to do something about it	tell of what's good in the world and the good God has done

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## Types of Psalms

Messianic	Penitential	Wisdom	Historical
Lament	Imprecatory	Thanksgiving	Nature
Testimonial	Pilgrim/Ascent	Acrostic	Prophetic



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## Intentional Design

- Psalms 146-150
- Last 5 Psalms begin and end with "hallelujah."



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## B- Book

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	Book 1	Book 2	Book 3	Book 4	Book 5
<b>Chapters</b>	3-41	42-72	73-89	90-106	107-150
<b>Main Author(s)</b>	David	David & Korah	Asaph	Anonymous	David
<b>Main Compiler</b>	David	Hesekiah		Ezra/ Nehemiah	
<b>Likeness to the Pentateuch</b>	Genesis (Man)	Exodus (Redemption)	Leviticus (Worship)	Numbers (Wonderings)	Deuteronomy (Word of God)
<b>Benediction of Praise</b>	41:13	72:18,19	89:52	106:48	150:1-6
<b>Span of Authorship</b>	About 1,000 years				
<b>Date of Compilation</b>	1020-970 B.C.	970-610 B.C.		Until 430 B.C.	

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Book 1	Book 2	Book 3	Book 4	Book 5
41	72	89	106	150
Blessed be the Lord, the God of Israel, from everlasting to everlasting! Amen and Amen.	Blessed be the Lord, the God of Israel, who alone does wondrous things. Blessed be his glorious name forever; may the whole earth be filled with his glory! Amen and Amen!	Blessed be the Lord forever! Amen and amen!	Blessed be the Lord, the God of Israel, from everlasting to everlasting! And let all the people say, "Amen!" Praise the Lord!	Let everything that has breath praise the Lord! Praise the Lord!

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## T- Theme

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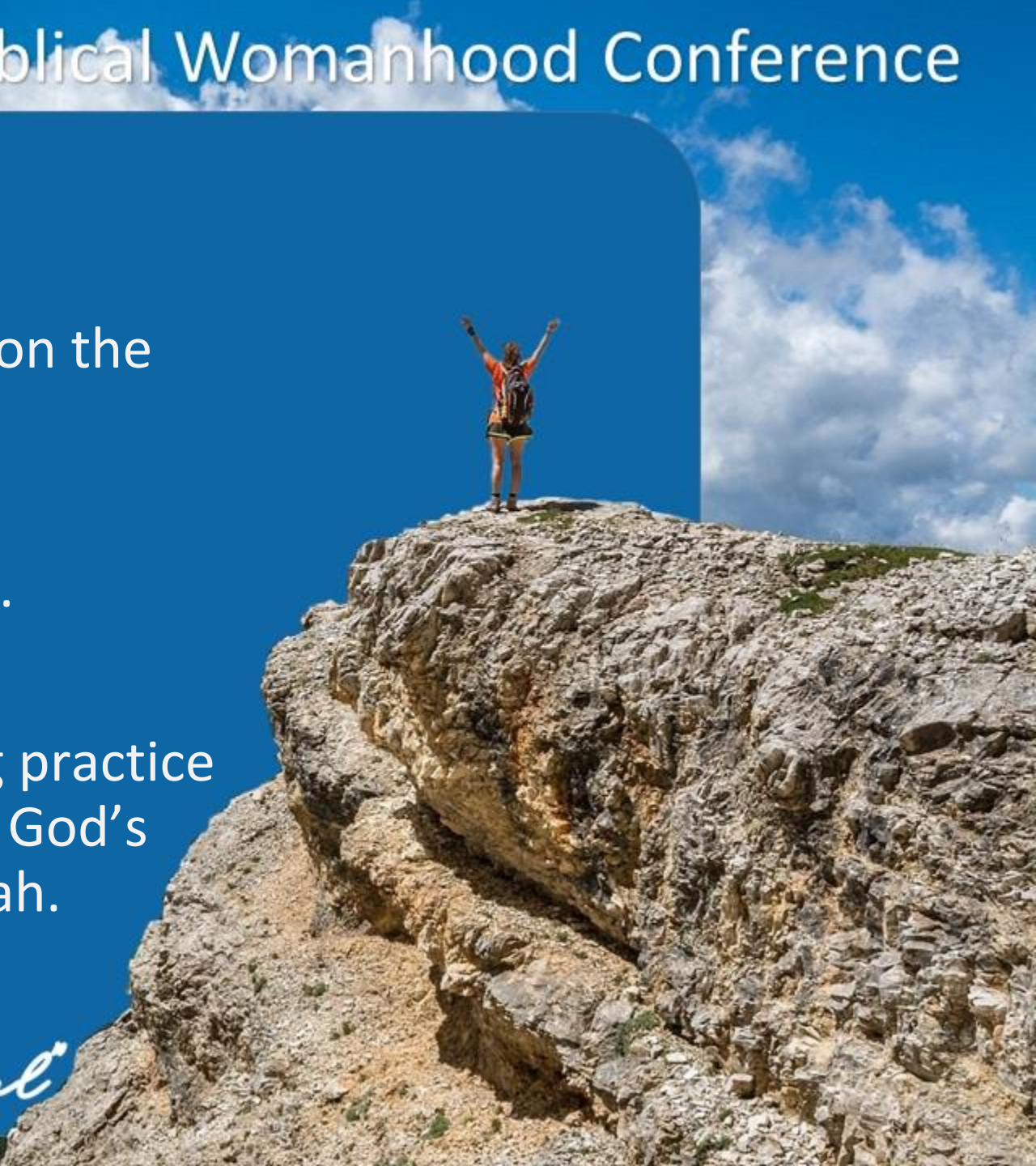
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## Psalm 1

- “Blessed is the one who mediates on the Torah”
- Torah- Teaching
- Books of Moses that begin the O.T.
- Psalms is offered as a new Torah
  - Teach God’s people the lifelong practice of prayer as they strive to obey God’s commands given in the 1st Torah.

*“Praise the Lord, oh my soul”*



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## Psalm 2

- Poetic reflection on God's promise to King David in 2 Samuel 7
- All those who take refuge in the Messianic King will be BLESSED.
  - Same word used to open Psalm 1

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## Psalm 1 + Psalm 2

Prayerbook of God's people as they strive to be faithful to the commands of the Torah as they hope and wait for the future messianic kingdom.



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## Book 1

- Psalms 3-41
- 15-24: Call to covenant faithfulness
- 16-18: Depiction of David as a model of faithfulness
- 20-23: David of the past becomes an image of the Messianic King of the future who will also call out to God, be delivered and given kingdom over nations.
- 19: Dedicated to praising God for the Torah

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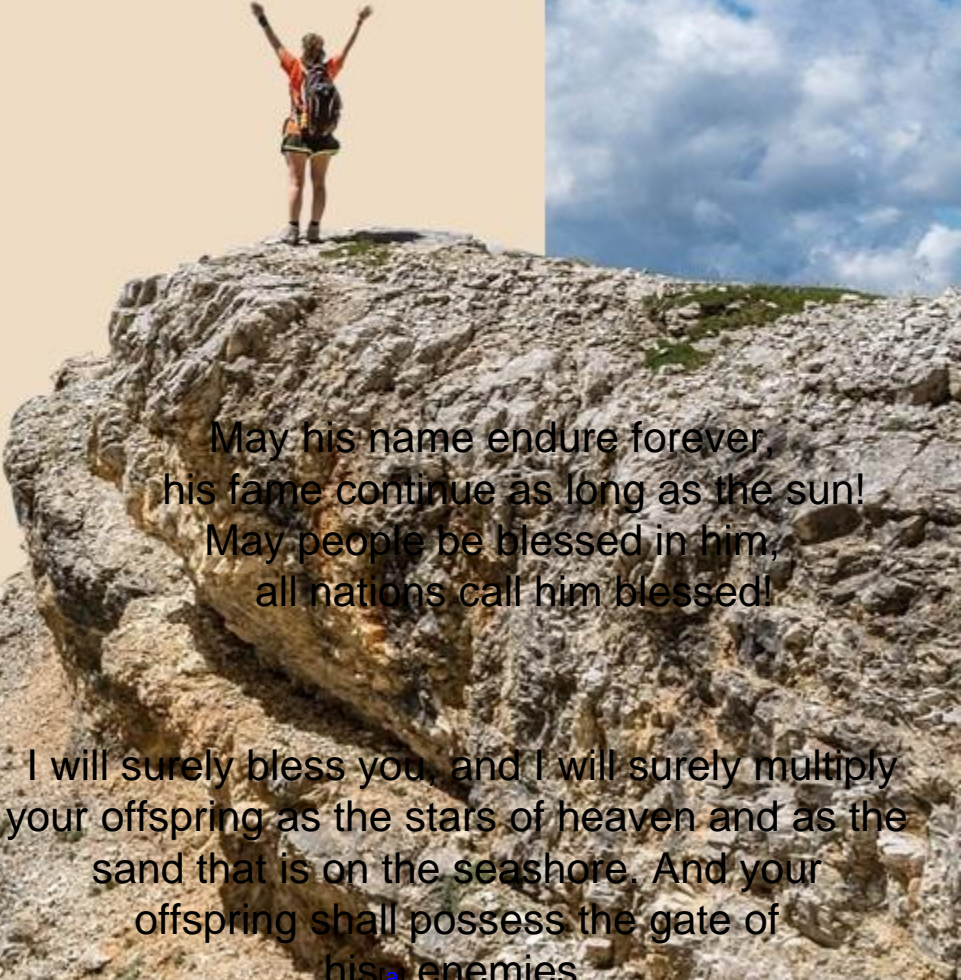


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## Book 2



- Psalms 42-72
- Opens with 2 poems demonstrating their hope for a future return to the temple in Zion
- Closes with a poem that depicts the future reign of the messianic King over all the nations
- Concludes by saying this king's reign will bring about the fulfillment of God's promise to Abraham (Psalm 72:17- Genesis 12:3/22:17) by bringing God's blessing to all nations.



May his name endure forever,  
his fame continue as long as the sun!  
May people be blessed in him,  
all nations call him blessed!

I will surely bless you, and I will surely multiply  
your offspring as the stars of heaven and as the  
sand that is on the seashore. And your  
offspring shall possess the gate of  
his <sup>enemies</sup>,  
his <sup>enemies</sup>,

*"Praise the Lord, oh my soul"*

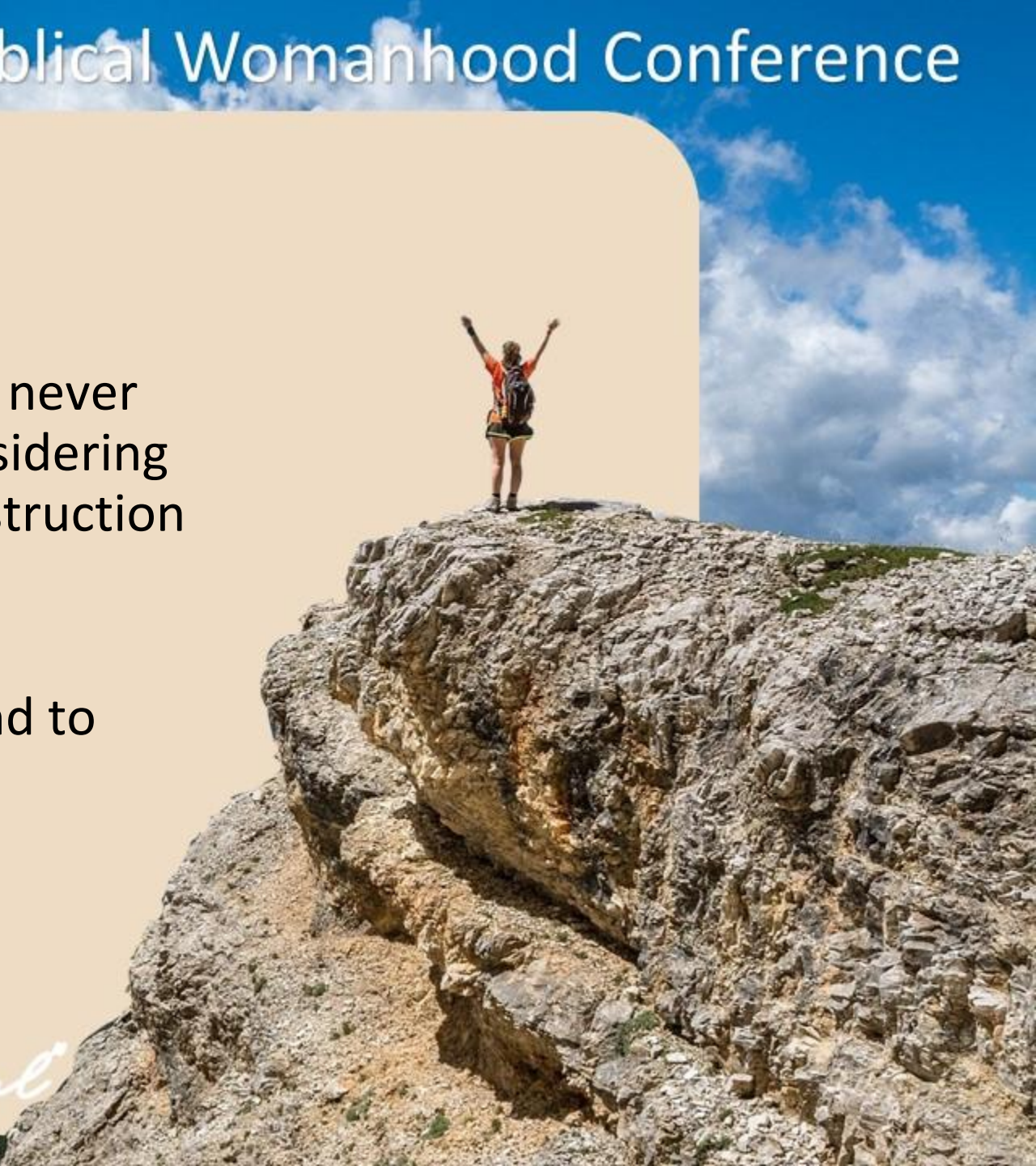
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## Book 3



- Psalms 73-89
- Poet reflects on God's truth that He'd never abandon the line of David as he's considering Israel's rebellion that's resulted in destruction and exile.
- The poem concludes by asking God to remember his covenant with David and to forgive his people.

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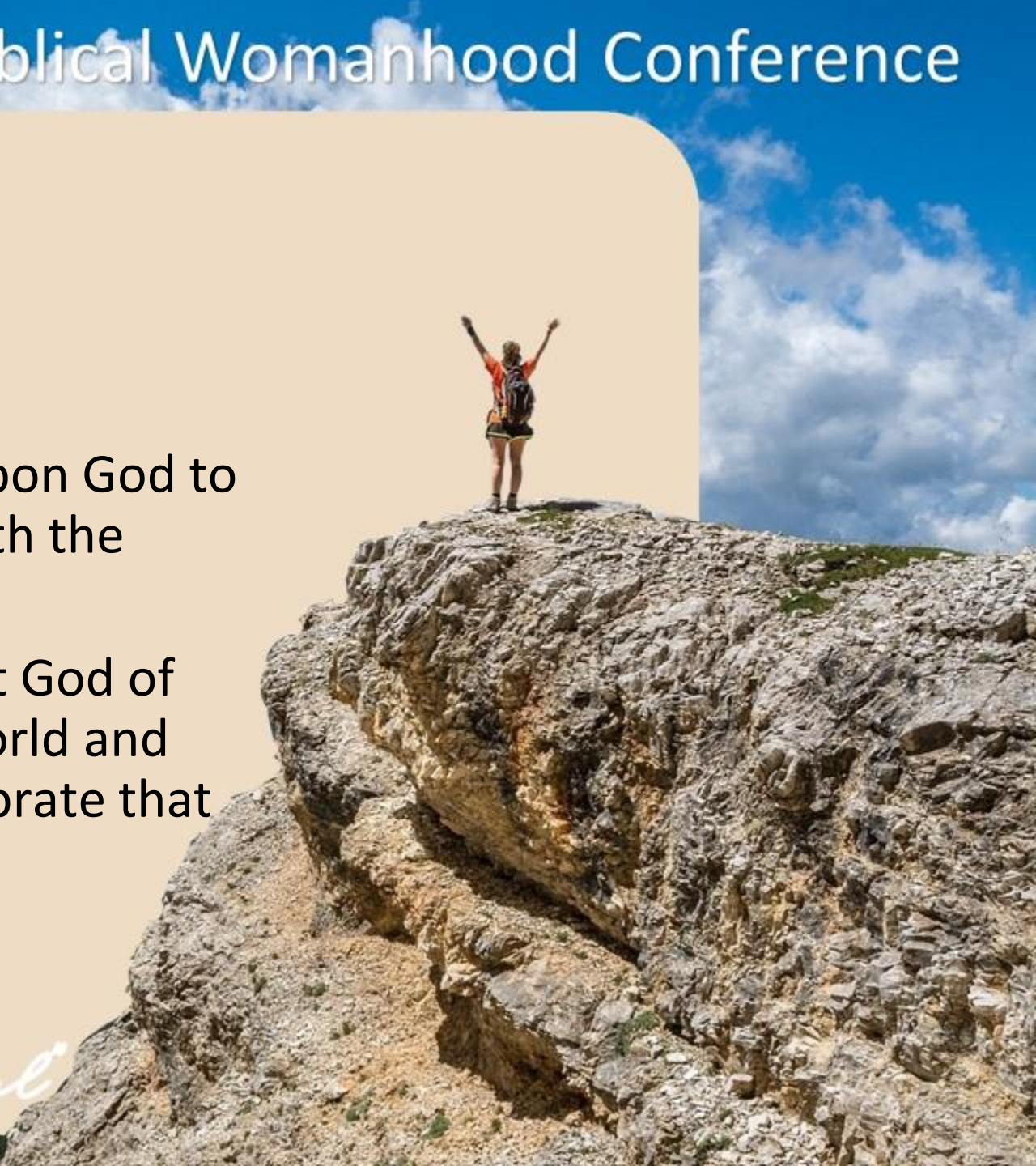


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## Book 4 🦇

- Psalms 90-106
- Designed to respond to Israel's exile
- Opens with prayer of Moses calling upon God to show mercy as He did on Mt. Sinai with the golden calf.
- Center of book 4- Announcement that God of Israel reigns as the true king of the world and that all creation is summoned to celebrate that future day.

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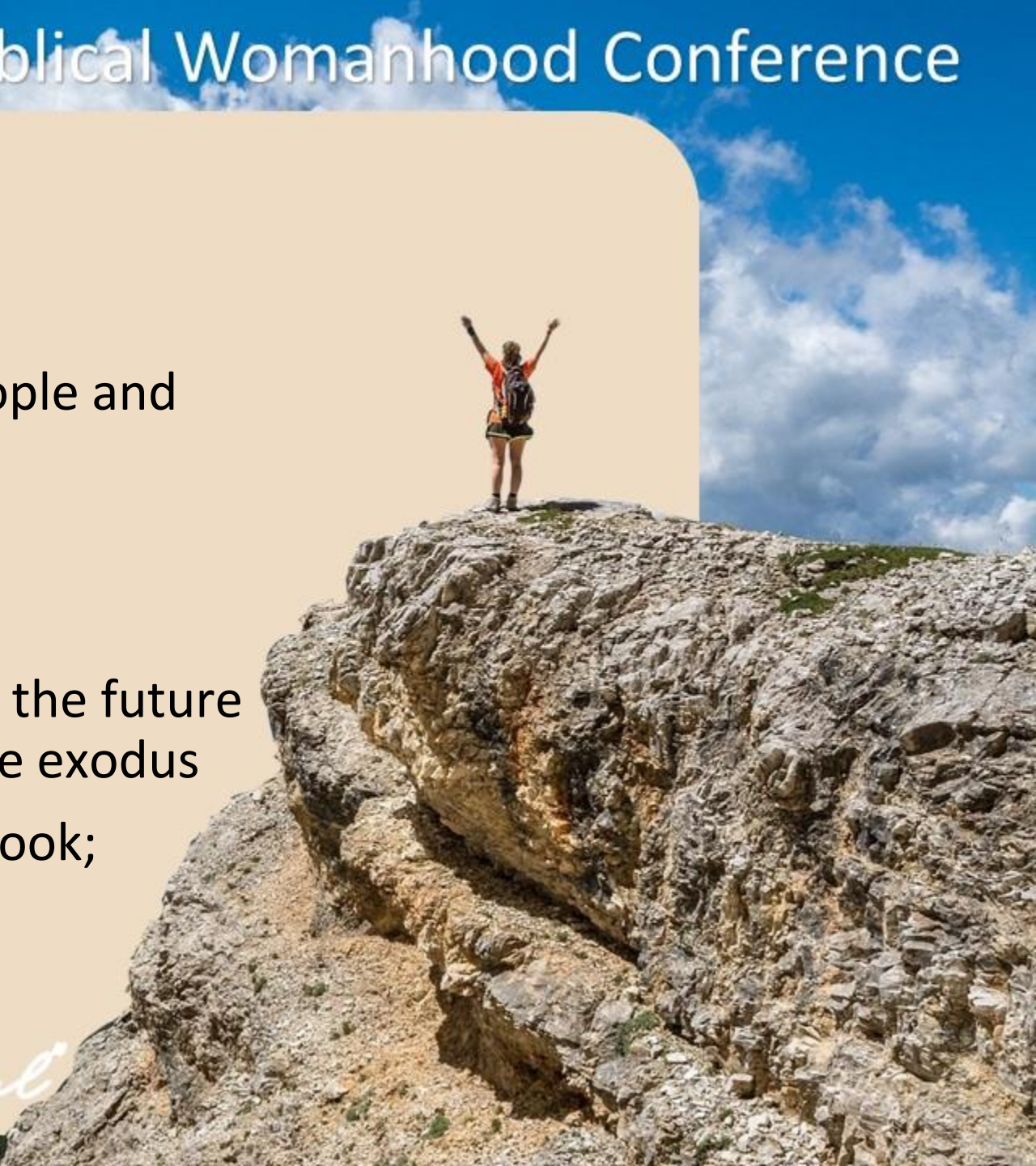


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## Book 5

- Psalms 107-145
- Affirms God hears the cries of His people and will send a future King to defeat evil
- Contains 2 larger collections:
  - Hallel and songs of ascent
  - Both conclude with a poem about the future Messianic King and hope for future exodus
  - Psalm 119- Longest poem in the book; alphabet poem

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What now?

# Apply. Practice.



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## Psalm 3

What can we consider before reading?



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## Save Me, O My God



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

3

O Lord, how many are my foes!  
Many are rising against me;

2

many are saying of my soul,  
“There is no salvation for him in God.” *Selah*<sup>[a]</sup>

3

But you, O Lord, are a shield about me,  
my glory, and the lifter of my head.

4

I cried aloud to the Lord,  
and he answered me from his holy hill. *Selah*

5

I lay down and slept;  
I woke again, for the Lord sustained me.

6

I will not be afraid of many thousands of people  
who have set themselves against me all around.

7

Arise, O Lord!  
Save me, O my God!  
For you strike all my enemies on the cheek;  
you break the teeth of the wicked.

8

Salvation belongs to the Lord;  
your blessing be on your people! *Selah*

*“Praise the Lord, oh my soul”*

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Psalm 119:105

Your word is a lamp to my feet  
and a light to my path.

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What now?

# Rejoice.



For more info:

<https://bibleproject.com/guides/book-of-psalms/>

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When the enemy surrounds  
And my heart grows faint within  
When the darkness overwhelms  
And my fears are pressing in  
I will trust in You, oh, Lord  
In the silence I will wait  
I will stand upon Your word  
You're my solid rock  
And my salvation  
My steadfast hope  
That won't be shaken  
My soul will wait  
My soul will wait for You  
You're my stronghold and my shield  
In the midst of every threat  
Though the wicked never yield  
They will vanish like a breath

Yes, I know the outcome's sure  
Satan's evil plans will fail  
In Your power I'm secure  
You're my solid rock  
And my salvation  
My steadfast hope  
That won't be shaken  
My soul will wait  
My soul will wait for You  
You're my comfort  
When I feel forsaken  
My refuge and  
My sure foundation  
My soul will wait  
My soul will wait for You  
This is love, I can't explain  
This is mercy unreserved  
Through Your sacrifice so great  
I have peace that's undeserved

For the battle has been won  
And I fear no shame or loss  
Now the sting of death is gone  
You're my solid rock  
And my salvation  
My steadfast hope  
That won't be shaken  
My soul will wait  
My soul will wait for You  
You're my comfort  
When I feel forsaken  
My refuge and  
My sure foundation  
My soul will wait  
My soul will wait for You  
Oh, we'll wait  
Pouring out our hearts before You  
We will trust in You  
Perfect Savior, strong defender  
We will trust in You