

BIB 221 Poetry and Wisdom

Lesson 8 Devotional Content of Psalms

Intro. To maintain our spiritual walk with God it is necessary not only to digest the meat of the word in the form of doctrine but also to delight in the devotional aspects of our relationship with our God. In the Psalms every possible aspect of daily life is reflected to us. The main contribution that the Psalms make is their expression of worship. This is the missing element in most Christian lives. It is the soul pouring itself out to its God. Too often we can exercise the mind with doctrine and not exercise the heart and soul with devotion.

“In the Psalms we look into the heart of all the saints, and, we seem to gaze into fair pleasure-gardens; into heaven itself, indeed; where bloom the sweet, refreshing, gladdening flowers of holy and happy thoughts about God and all His benefits. On the other hand, where will you find deeper, sadder, more piteous words of mourning than in the Psalms? In these again, we look into the heart of the saints, and we seem to be looking into death, yea into hell itself. How gloomy, how dark it is there, because of the many sad visions of the wrath of God!” Martin Luther

“What various and resplendent riches are contained in this treasury, it were difficult to find words to describe.. I am in the habit of calling this book, not inappropriately, “the anatomy of all parts of the soul,” for not an affection will any one find in himself, an image of which is not reflected in this mirror. Nay, all the griefs, sorrows, fears, misgivings, hopes, cares, anxieties; in short, all the disquieting emotions with which the minds of men art wont to be agitated, the Holy Spirit hath here pictured to the life.” John Calvin

“here are the sighs and the songs of the soul to God; here ascend the prayers and praises of individuals who represent infinitely varied experiences.” Scroggie

1. Profiting from the Psalms

2. Place yourself as the author making the pronouns refer to you. Ex. Ps. 116
3. Pray the Psalms as your prayers. - They are not written prayers but will be powerful one verse (usually the first verse) prayers surrounded by worship and adoration.
4. Meditate upon the statements by identifying instances in your life that apply.
5. Memorize the Psalms
6. Find Psalms that identify with your particular frame of mind at present
7. Practice the Psalms - when it tells you to do something, do it. Ps. 105 “Sing unto Him, sing psalms unto Him: talk ye of all his wondrous works.

8. Popular Psalms

9. Psalm 23 - How the Lord deals with us as His sheep
10. Jehovah-jireh (the Lord will provide) “I shall not want”
11. Jehovah-rapha (the Lord healeth) “He restoreth my soul”

12. Jehovah-shalom (the Lord our Peace) “He leadeth me beside the still waters”
13. Jehovah-tsidkenu (the Lord our righteousness) “He leadeth me in the paths of righteousness”
14. Jehovah-shammah (The Lord ever present) “I will fear no evil for Thou art with me”
15. Jehovah-nissi (the Lord our banner) “Thou preparest a table before me in the presence of mine enemies”
16. Jehovah-raah (the Lord my Shepherd) “The Lord is my Shepherd”

B. Psalm 139 How well the Lord knows me

C. Psalm 1 The two paths of man

Conclusion

Reading schemes to profit from the Psalms daily

Read 5 Psalms each day of the month = 150

Read every thirtieth psalms each day. On the first read 1-31-61-91-121 On the 5th read 5-35-65-95-125 On the 20th read 20-50-80-110-140