

The Book of Psalms

A Journey Through Worship, Emotion and God's Faithfulness

Introduction

WHAT IS THE BOOK OF PSALM?

- Israel's worship and prayer book
- Expresses the full range of human emotion
- Most quoted OT book in the NT
- Key Thought: Worship begins with the heart.

WORSHIP BEGINS
WITH THE HEART!!

WHY THE PSALMS WERE WRITTEN

- To record Israel's prayers and praises
- To teach honest expression before God
- To remind us of God's faithfulness and sovereignty



THE PURPOSE OF THE PSALMS

**To guide devotion and
reflection**

**To teach trust in God
in every circumstance**

“WORSHIP IS NOT
PERFORMANCE...
IT IS POSTURE.”

– Author Unknown



THE AUTHORS OF THE PSALMS

Multi-Generational Worship

- **DAVID**
- **ASAPH**
- **SONS OF KORAH**
- **SOLOMON**
- **MOSES**
- **HEMAN**
- **ETHAN**
- **ANONYMOUS WRITERS**

AUTHORS TABLE

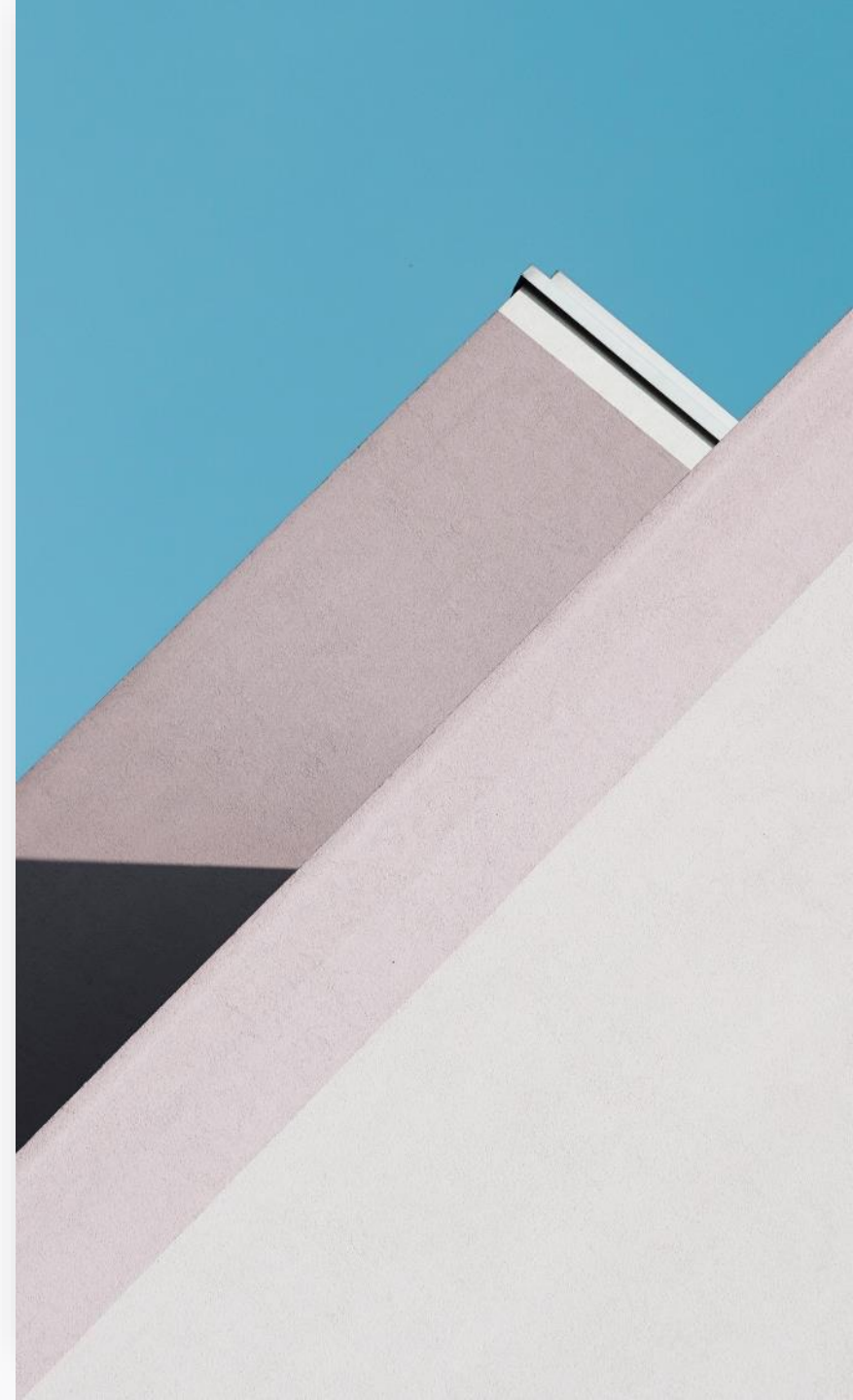
David	~73	Shepherd, king, musician
Asaph	12	Temple worship leader
Sons of Korah	10	Levitical worship leaders
Solomon	2	Psalms 72, 127
Moses	1	Oldest psalm (Psalm 90)
Heman	1	Psalm 88
Ethan	1	Psalm 89
Anonymous	~50	Unknown

**“WORSHIP BELONGS TO
EVERY SEASON AND EVERY
VOICE.”**

– Author Unknown

WHERE THE PSALMS WERE WRITTEN

1. Jerusalem
 - temple worship
2. Wilderness
 - Fleeing
 - Wandering
3. Babylon
 - exile
 - longing
4. Temple courts
 - corporate worship



GOD

Meets us in the palace, the wilderness and in exile.

THE ORIGINAL AUDIENCE

WRITTEN FOR:	USED IN:
ISRAEL	TEMPLE WORSHIP
PRIESTS, KINGS & WORSHIP LEADERS	FESTIVALS
THE ENTIRE NATION	PERSONAL DEVOTION
	NATIONAL CRISES

TODAY'S AUDIENCE

THE PSALMS SPEAK TO:

The global Church

Individuals seeking comfort

Worship leaders and musicians

Anyone learning authentic prayer

A 1,000-Year Journey (1400–400 BC)

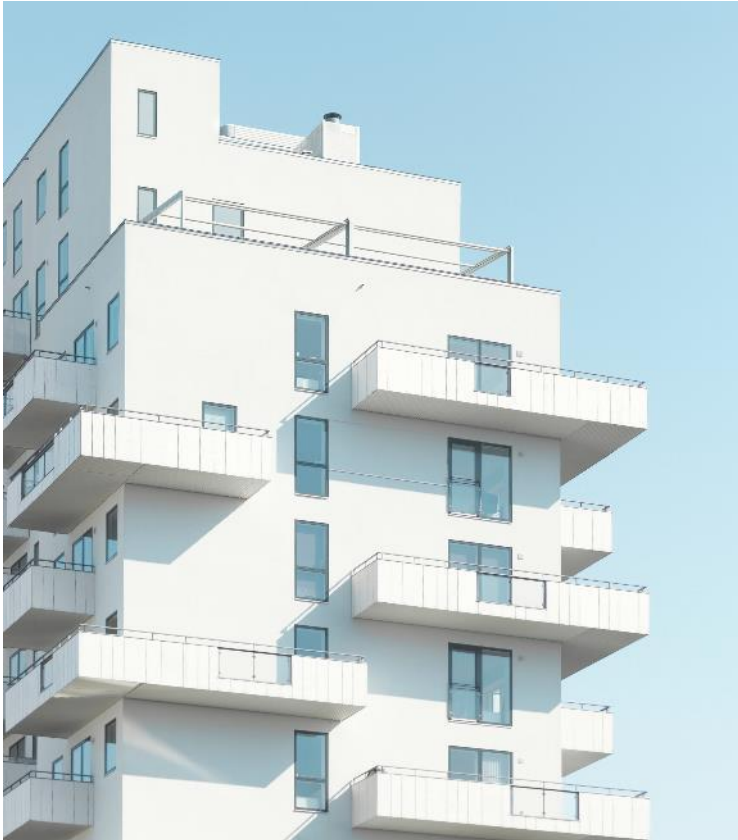
- War and peace
- Triumph and tragedy
- Personal struggles
- Corporate worship
- Exile and return

PSALMS

**“THE PSALMS ARE TIMELESS
BECAUSE THEY COME FROM
REAL LIFE EXPERIENCES.”**

– Pastor Terri Webster

THE FIVE BOOKS OF PSALMS



Mirroring the Pentateuch:

- Book 1 — Psalms 1–41
- Book 2 — Psalms 42–72
- Book 3 — Psalms 73–89
- Book 4 — Psalms 90–106
- Book 5 — Psalms 107–150

BOOK 1

(Psalms 1–41)



Focus: God's closeness

Themes: Trust, protection,
devotion

Dominant voice: David

BOOK 2 (Psalms 42–72)

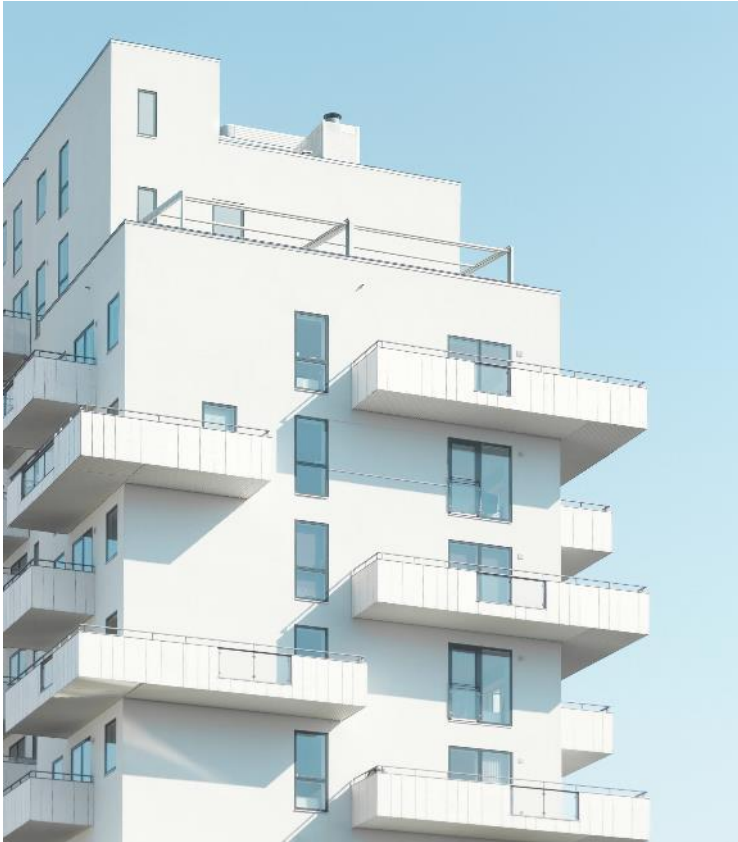


Focus: God as Savior

Themes: Longing,
deliverance, kingship

Authors: Sons of Korah,
David, Solomon

BOOK 3 (Psalms 73–89)



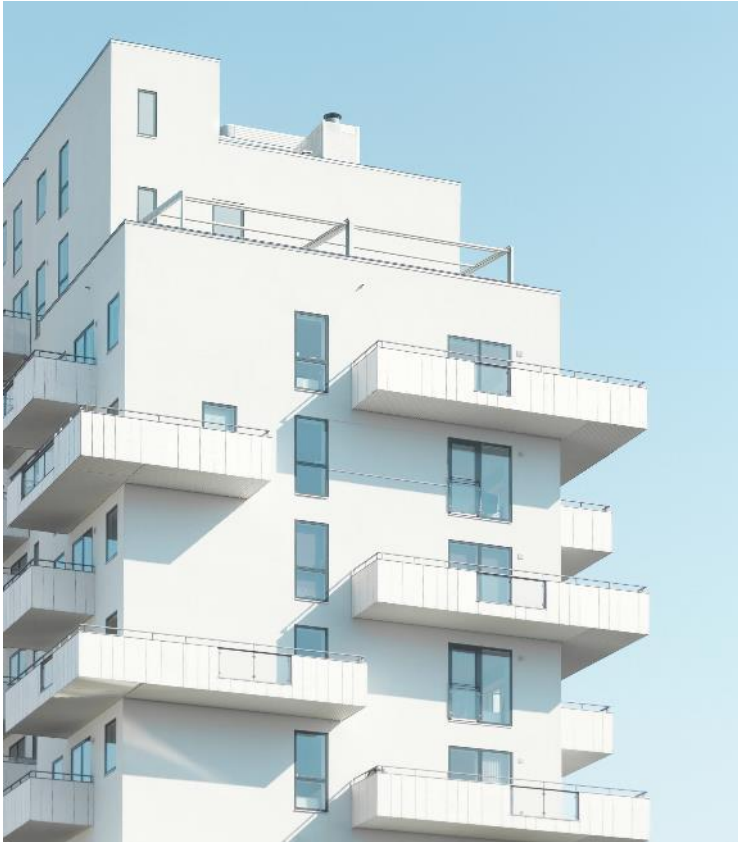
Focus: God's justice & crisis of faith

Themes: National lament, holiness

Authors: Asaph, Sons of Korah, Ethan

BOOK 4

(Psalms 90–106)



Focus: God's eternal reign

Themes: Sovereignty,
human frailty

Begins with: Moses

(Psalm 90)

BOOK 5

(Psalms 107–150)



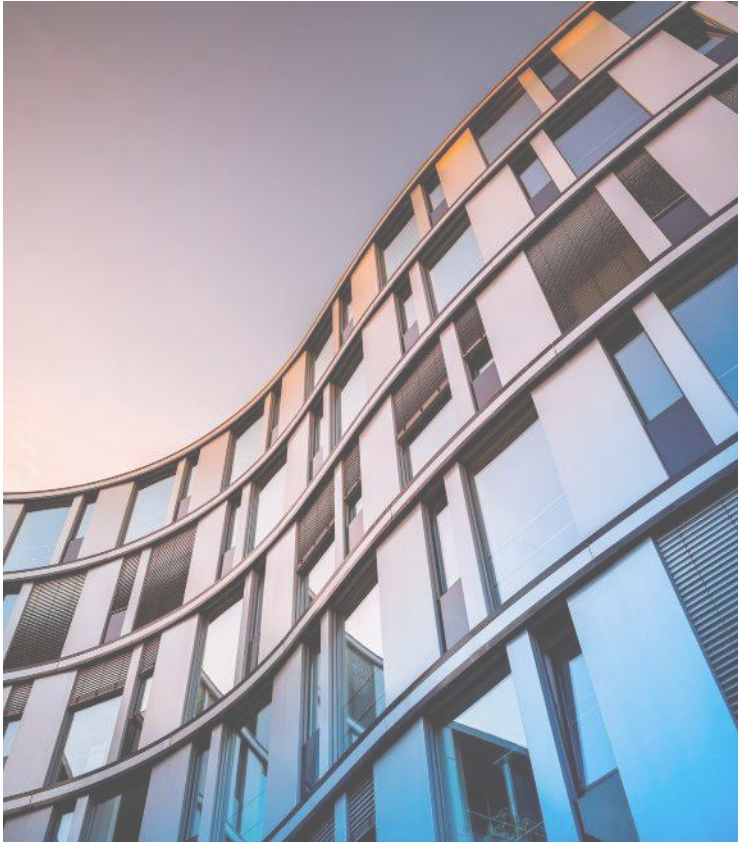
Focus: Praise & restoration

Includes: Hallel Psalms
(113–118)

Ends with: Hallelujah
Psalms (146–150)

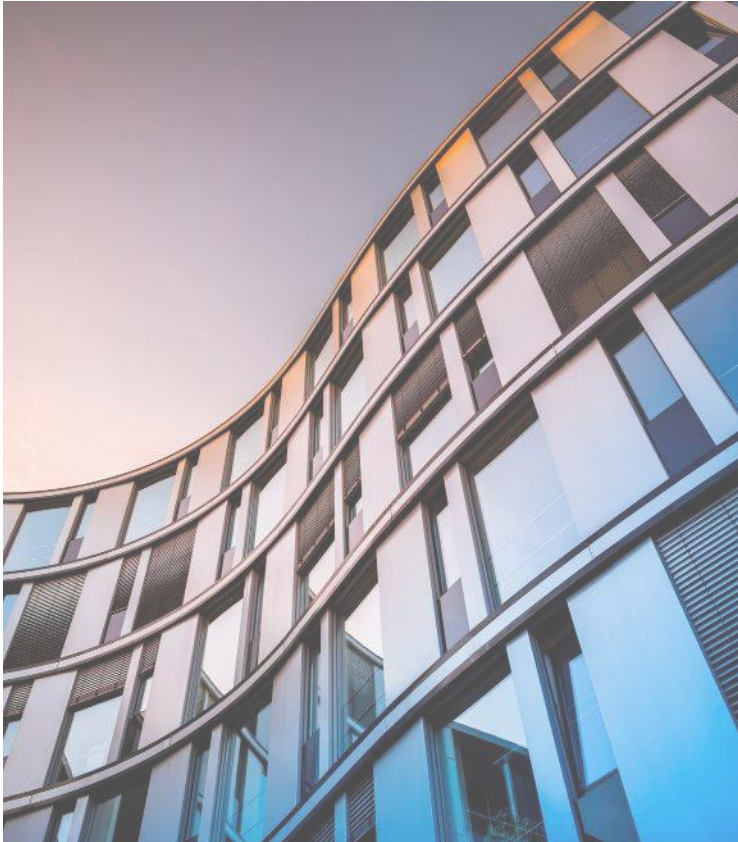
The Psalms move from
lament to praise ...
just like our journey.

KEY THEMES IN THE BOOK OF PSALMS



- Worship
- God's kingship
- Human emotion
- Faithfulness
- Repentance
- Messianic prophecy
- Thanksgiving & praise

THE PSALMS TEACH US TO:



- Pray when words fail
- Be honest with God
- Anchor ourselves in His character
- Shape our worship
- See Jesus, the ultimate King and Shepherd

The Psalms invite us to bring our whole selves into God's presence.

They guide us from:

- Lament → Praise
- Fear → Faith
- Brokenness → Restoration

Conclusion

*The Psalms are the
soundtrack of the
believer's life.*

Psalms Reading Plan

— 5 Psalms per Week —

Begins: March 20, 2026

Weeks 1–10

Week	Dates	Psalms
1	Mar 20–26	Psalms 1–5
2	Mar 27–Apr 2	Psalms 6–10
3	Apr 3–9	Psalms 11–15
4	Apr 10–16	Psalms 16–20
5	Apr 17–23	Psalms 21–25
6	Apr 24–30	Psalms 26–30
7	May 1–7	Psalms 31–35
8	May 8–14	Psalms 36–40
9	May 15–21	Psalms 36–40
10	May 22–28	Psalms 46–50

Weeks 11–20

Week	Dates	Psalms
11	May 29–Jun 4	Psalms 51–55
12	Jun 5–11	Psalms 56–60
13	Jun 12–18	Psalms 61–65
14	Jun 19–25	Psalms 66–70
15	Jun 26–Jul 2	Psalms 71–75
16	Jul 3–9	Psalms 76–80
17	Jul 10–16	Psalms 81–85
18	Jul 17–23	Psalms 86–90
19	Jul 24–30	Psalms 91–95
20	Jul 31–Aug 6	Psalms 96–100

Weeks 21–30

Week	Dates	Psalms
21	Aug 7–13	Psalms 101–105
22	Aug 14–20	Psalms 106–110
23	Aug 21–27	Psalms 111–115
24	Aug 28–Sep 3	Psalms 116–120
25	Sep 4–10	Psalms 121–125
26	Sep 11–17	Psalms 126–130
27	Sep 18–24	Psalms 131–135
28	Sep 25–Oct 1	Psalms 136–140
29	Oct 2–8	Psalms 141–145
30	Oct 9–15	Psalms 146–150

30 Weeks • 150 Psalms • 5 Per Week



FRUIT OF THE SPIRIT CHURCH
Read the Bible in a Year Initiative
One Word. One Church. One Year.



WHY WE READ THE WHOLE BIBLE

To know the full story of God's redemption

To grow in wisdom, faith, and obedience

To hear God's voice through every season

WHAT THIS JOURNEY FORMS IN US

Daily habits of Scripture
and prayer

A deeper love for God's
Word

Unity as a church family





WHEN YOU FALL BEHIND

01

Don't quit — just
restart with today's
reading

02

There's grace for
the journey

03

Progress, not
perfection



CLOSING CHARGE

Let's commit to this together

One year in God's Word will change everything

One Year. One Church. One Word.