



The Book of Psalms: Chapters 67-72

A Journey Through Worship, Emotion and God's Faithfulness

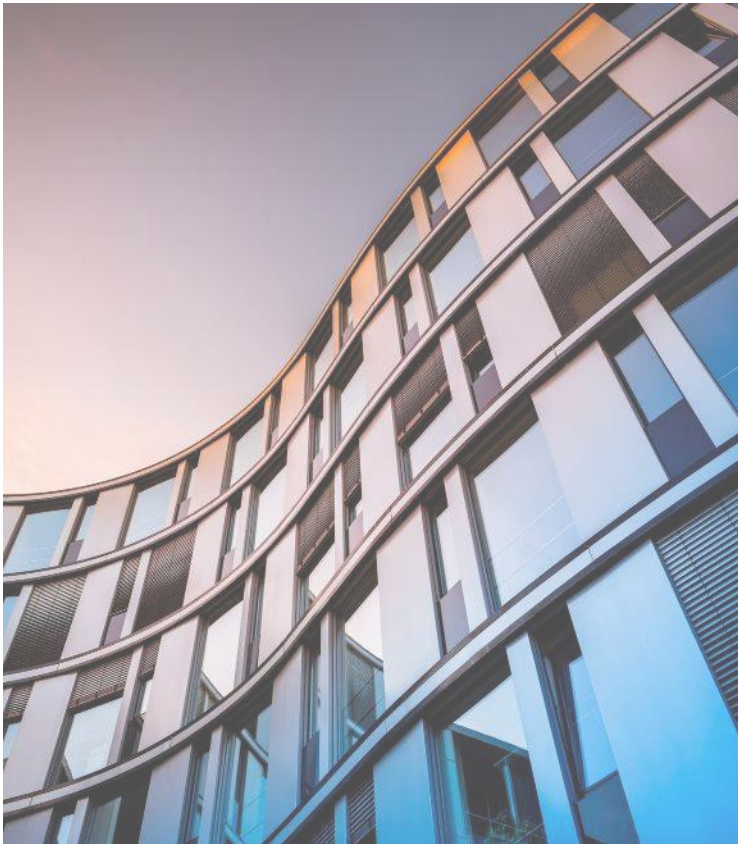
GOD

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

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

– Pastor Terri Webster

KEY THEMES IN THE BOOK OF PSALM



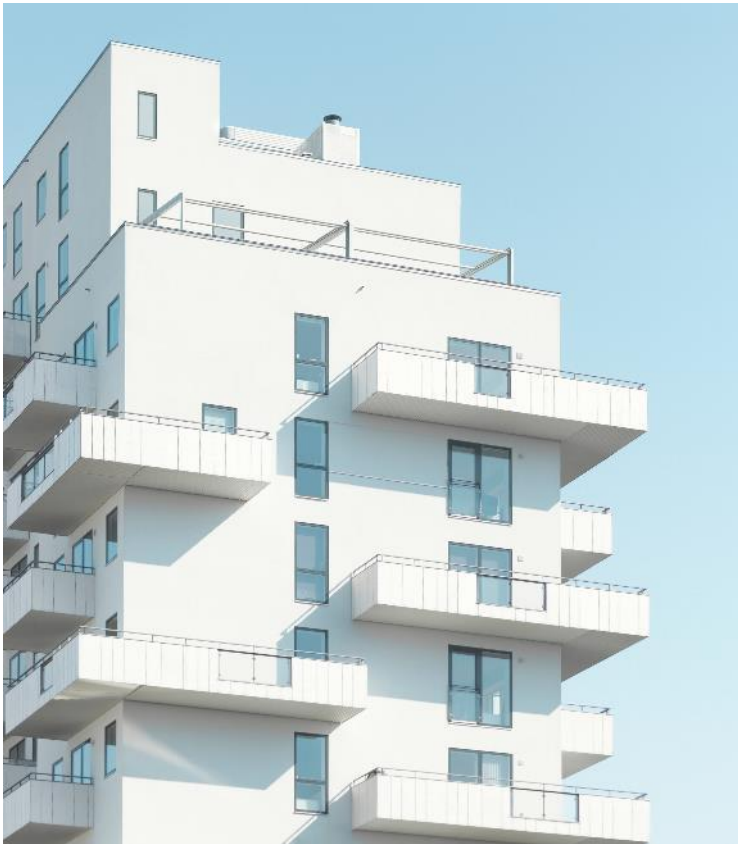
- Worship
- God's kingship
- Human emotion
- Faithfulness
- Repentance
- Messianic prophecy
- Thanksgiving & praise

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

They guide us from:

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

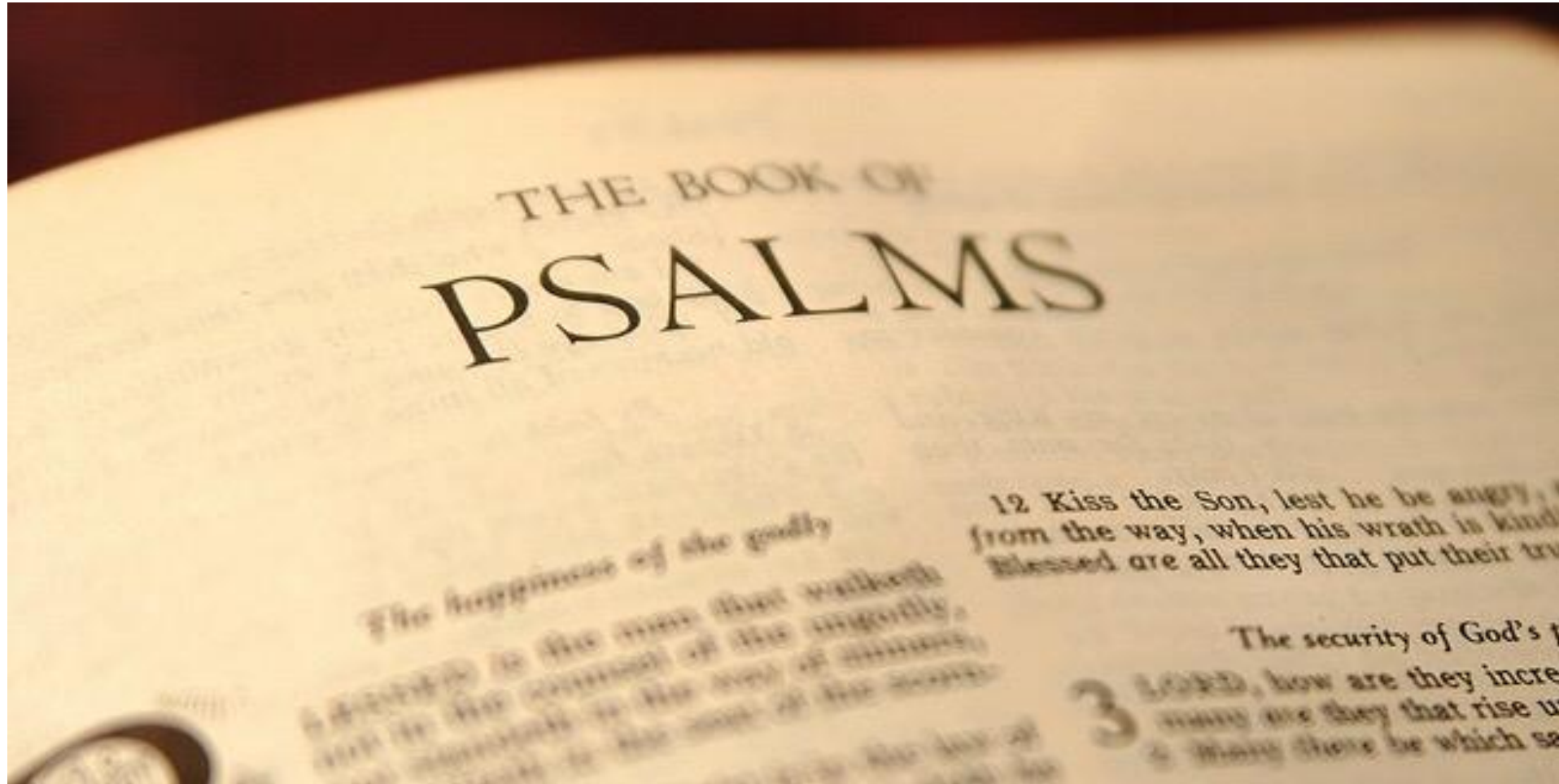
THE FIVE BOOKS OF PSALM



Mirroring the Pentateuch:

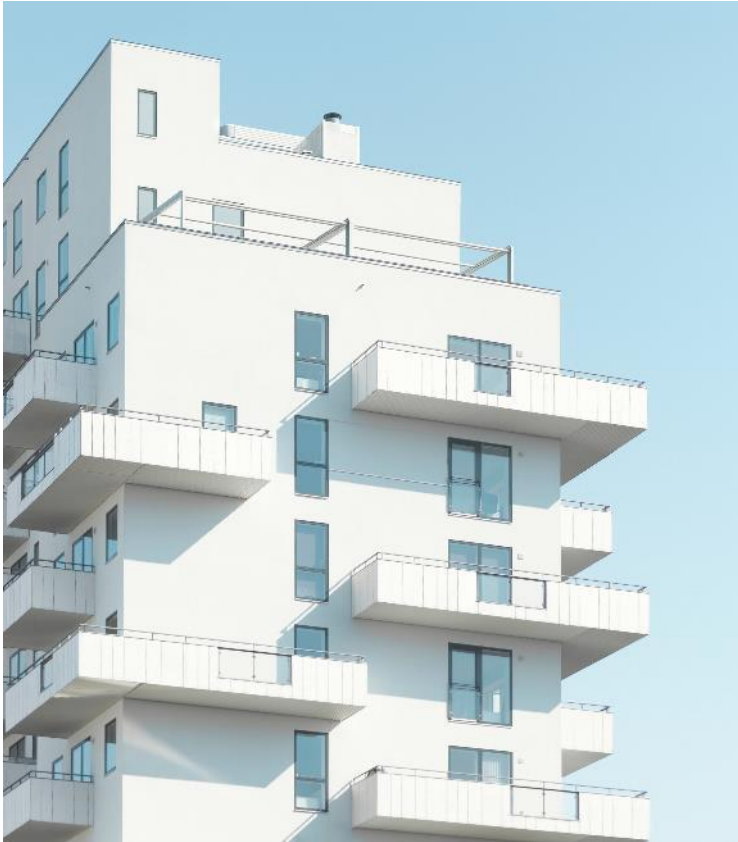
- Book 1 — Psalms 1–41
- Book 2 — Psalms 42–72
- Book 3 — Psalms 73–89
- Book 4 — Psalms 90–106
- Book 5 — Psalms 107–150

BOOK 2



BOOK 2

(Psalms 42–72)



Focus: God as Savior

Themes: Longing,
deliverance, kingship

Authors: Sons of Korah,
David, Asaph, Solomon



STOP

**BEFORE WE
PROCEED:**

WHAT VERSION OF THE BIBLE WILL WE BE STUDYING FROM?

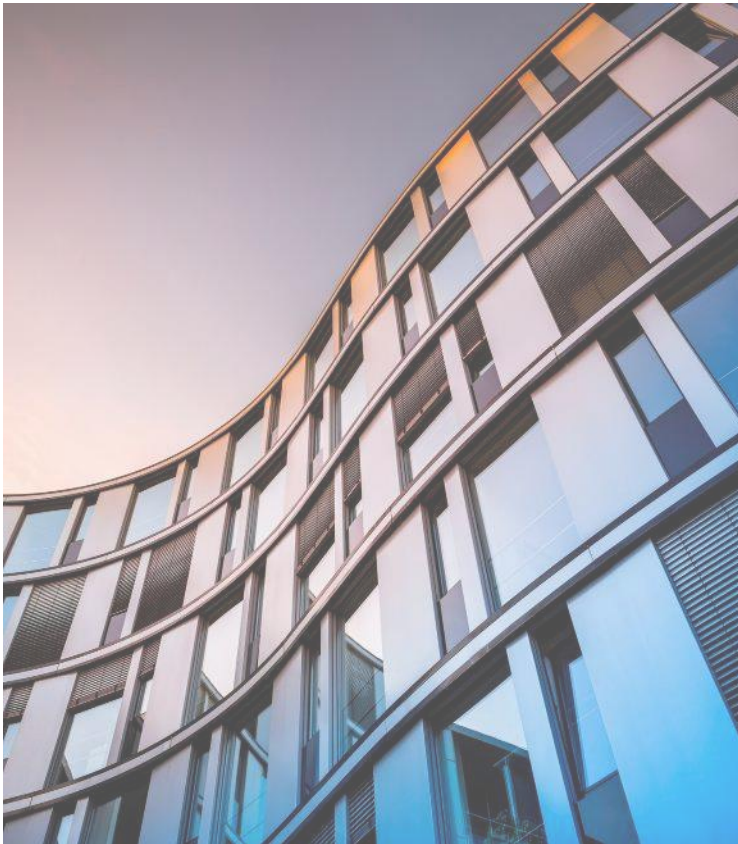
HMMMM...
THAT IS A GOOD
QUESTION!!

GROUP DISCUSSION (10 MINS)

BIBLE TRANSLATIONS & PARAPHRASES

1. KING JAMES VERSION

HISTORY

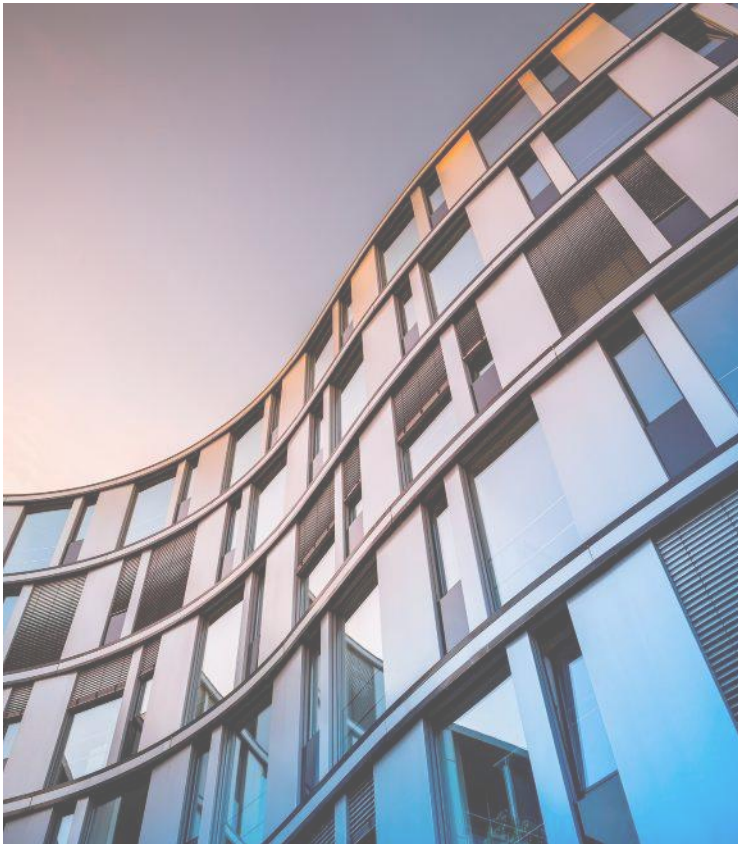


FACTS: KING JAMES BIBLE

- The King James Version was produced in 1611 by 47 scholars commissioned by King James I.
- Created to unify the church and provide a Bible suitable for public worship, the KJV was translated from Hebrew and Greek manuscripts with great care and reverence.
- Its purpose was to deliver a faithful, majestic, and accessible English Bible that would shape Christian faith and English language for centuries.
- Intent: Particularly written to address an issue at the time: division.

2. NEW INTERNATIONAL VERSION

HISTORY

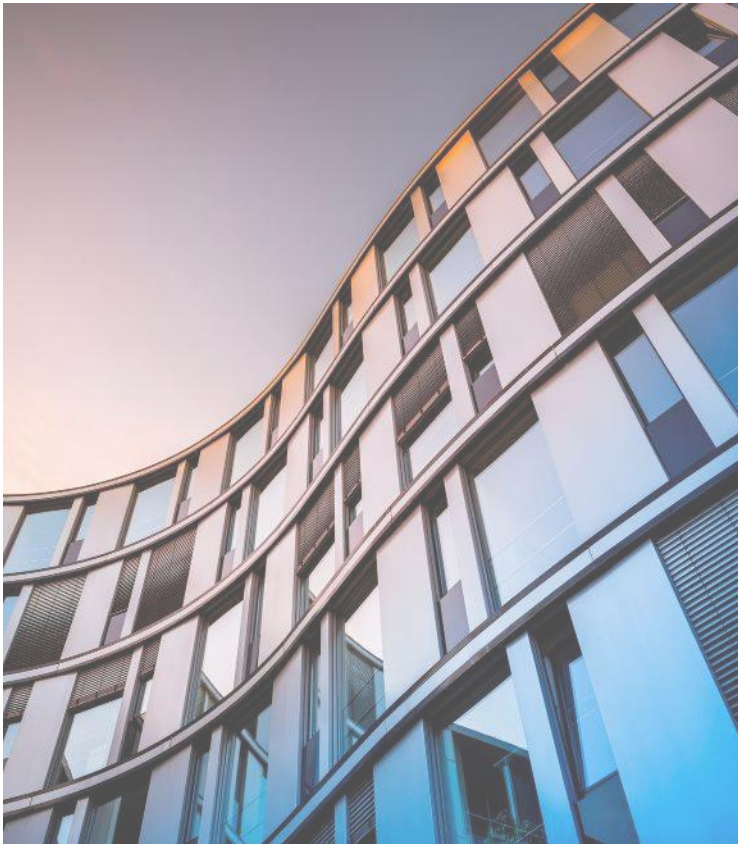


FACTS: NEW INTERNATIONAL VERSION

- **The New International Version was created by over 100 evangelical scholars under the Committee on Bible Translation to provide a Bible that is both accurate to the original Hebrew and Greek and readable for modern audiences.**
- **First released in 1978 and updated in 2011, the NIV uses a balanced translation approach to communicate God's Word clearly, faithfully, and globally.**
- **Particularly written to provided clarity and accuracy.**

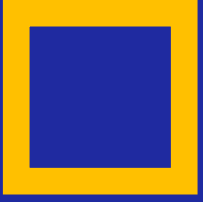
3. NEW LIVING TRANSLATION

HISTORY



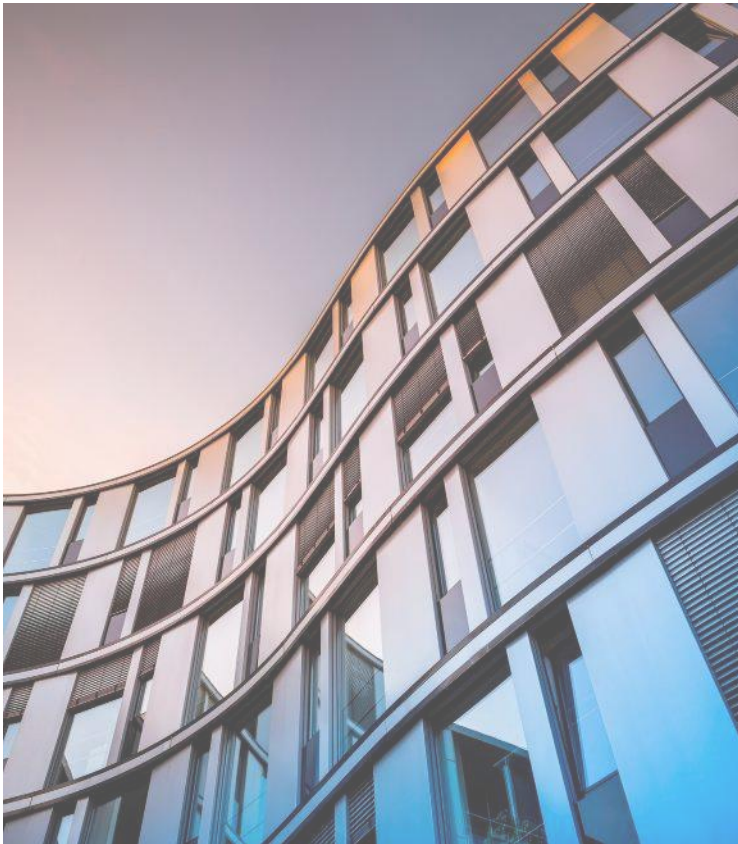
FACTS: NEW LIVING TRANSLATION

- The New Living Translation was created by over 90 evangelical scholars to provide a Bible that is both faithful to the original Hebrew and Greek texts and easy for modern readers to understand.
- First released in 1996 as a scholarly translation of the Living Bible.
- The NLT uses a dynamic equivalence approach to communicate the original meaning of Scripture in clear, contemporary English.
- Its purpose is to make God's Word accessible, readable, and spiritually impactful.



4. ENGLISH STANDARD VERSION (ESV)

HISTORY

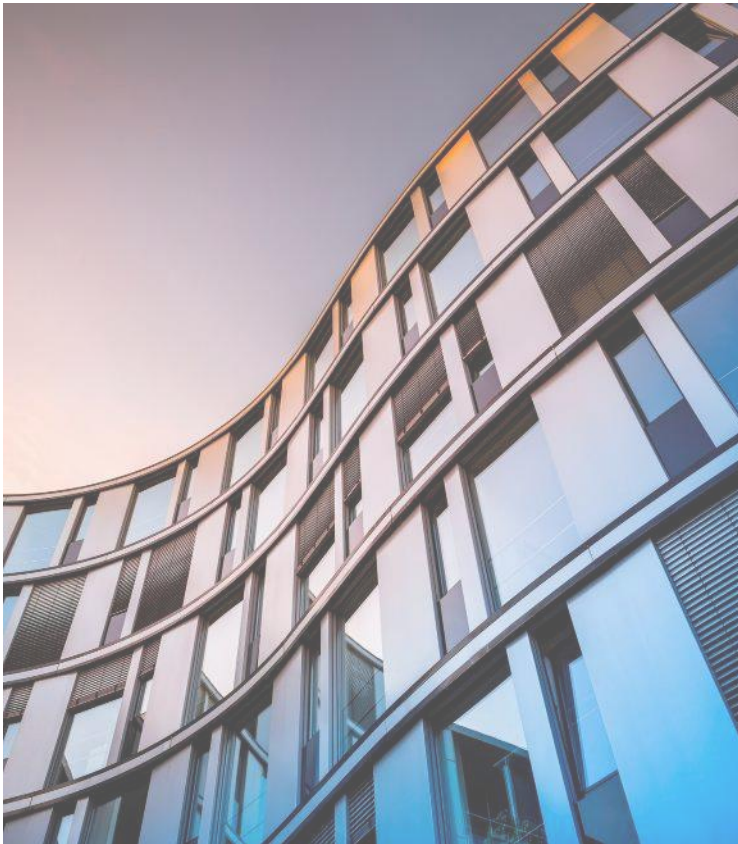


FACTS: English Standard Version (ESV)

- The English Standard Version was created by more than 100 evangelical scholars under Crossway's oversight to provide a Bible that is essentially literal, theologically precise, and literarily dignified.
- First released in 2001 as a revision of the 1971 RSV, the ESV stands in the Tyndale–King James tradition and uses a formal equivalence approach to preserve the wording of the original Hebrew and Greek as closely as English permits.
- Its purpose is to give the church a trustworthy, readable, word-for-word translation suitable for preaching, study, and worship.
- **Particularly written to provide a word-for-word translation of the original text for serious students of the Word.**

5. THE LIVING BIBLE (TLB)

HISTORY



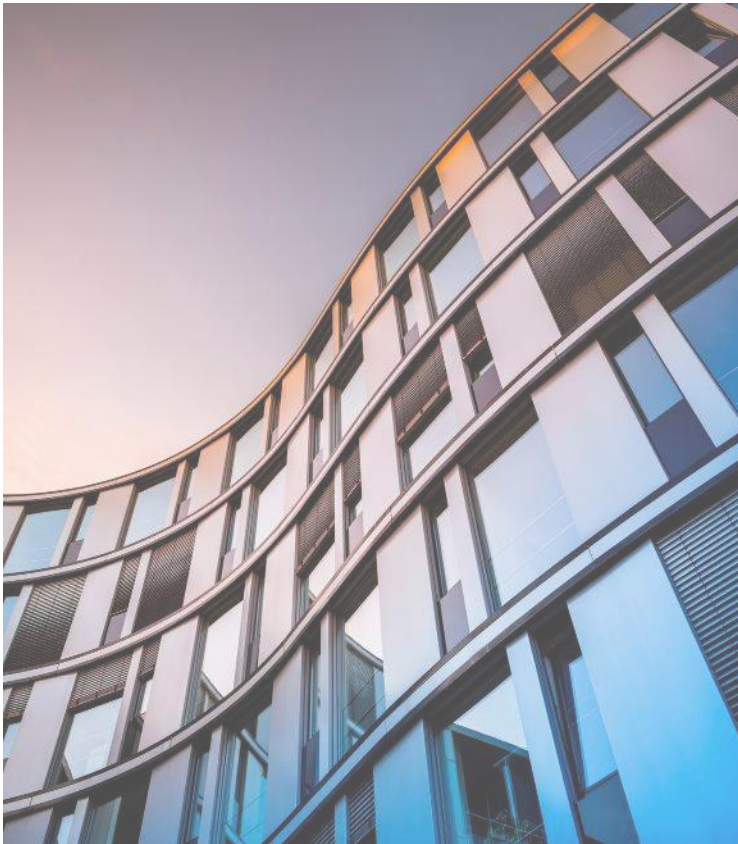
FACTS: The Living Bible (TLB)

- The Living Bible was the personal work of Kenneth N. Taylor, who paraphrased the 1901 American Standard Version into clear, conversational English so his ten children could understand family devotions. First released in full in 1971 and propelled to bestseller status by Billy Graham's endorsement, The Living Bible introduced millions to Scripture in everyday language. Though a paraphrase rather than a translation, it became the foundation that inspired Tyndale House to commission the New Living Translation in 1996

- **Particularly written to**

6. THE MESSAGE BIBLE (MSG)

HISTORY



FACTS: THE MESSAGE BIBLE (MSG)

- The Message was the decade-long work of pastor and scholar Eugene H. Peterson, who translated the original Hebrew, Aramaic, and Greek into idiomatic, conversational American English.
- Begun while teaching Galatians to his Maryland congregation and published in full in 2002 by NavPress, The Message aims to recover the immediacy and emotional force of Scripture as its original hearers experienced it.
- Though best used as a devotional companion rather than a study Bible, it has helped millions of readers encounter familiar passages with renewed clarity and power.
- **Its purpose is to recover the earthy, immediate tone of the original languages for everyday English readers.**
- **Challenge is that this is one person's interpretation. It is best used as a devotional companion to the**

BIBLE TRANSLATIONS AT A GLANCE

Translation	Year	Approach	Author / Team	Source Text	Best For
KJV <i>King James Version</i>	1611	Formal equivalence (word-for-word); Early Modern English	~50 Church of England scholars commissioned by King James I	Masoretic Hebrew, Textus Receptus Greek, Bishops' Bible base	Tradition, liturgy, memorization, literary beauty
TLB <i>The Living Bible</i>	1971	Paraphrase from English; conversational tone	Kenneth N. Taylor (solo), founder of Tyndale House	1901 American Standard Version (not the original languages)	New readers, family devotions, children
NIV <i>New International Version</i>	1978	Mediating — balance of literal and dynamic	100+ international, multi-denominational scholars (Biblica / CBT)	Hebrew, Aramaic, and Greek originals	General readership, broad church use, study
NLT <i>New Living Translation</i>	1996	Dynamic equivalence (thought-for-thought); modern English	90+ evangelical scholars (Tyndale House, chaired by Mark Taylor)	Hebrew, Aramaic, and Greek originals	Clarity, teaching, youth and children, evangelism
ESV <i>English Standard Version</i>	2001	Essentially literal (formal equivalence); dignified English	100+ evangelical scholars (Crossway, led by J.I. Packer)	Hebrew, Greek; revision of the 1971 RSV	Study, preaching, Reformed and confessional churches
MSG <i>The Message</i>	2002	Idiomatic paraphrase; conversational American idiom	Eugene H. Peterson (solo) with scholarly review board (NavPress)	Hebrew, Aramaic, and Greek originals	Devotional reading, fresh perspective on familiar passages

COMPARATIVE SYNTHESIS for ALL SIX TRANSLATIONS

KJV (1611): Overshot its goal — became foundational to English itself.

TLB (1971): Achieved its personal goal; outgrown by the movement it sparked.

NIV (1978): Hit its mediating mark; coalition has narrowed but reach is unmatched.

NLT (1996): Delivered on readability with scholarship; still expanding institutionally.

ESV (2001): Captured its Reformed/confessional niche; "most literal" claim is partly marketing.

The Message (2002): Hit its devotional jolt; suffers when used beyond Peterson's intent.

PSALM 67

Read

**TONIGHT, WE WILL BE STUDYING
FROM THE:**

All Six!!

PSALM 67

NIV

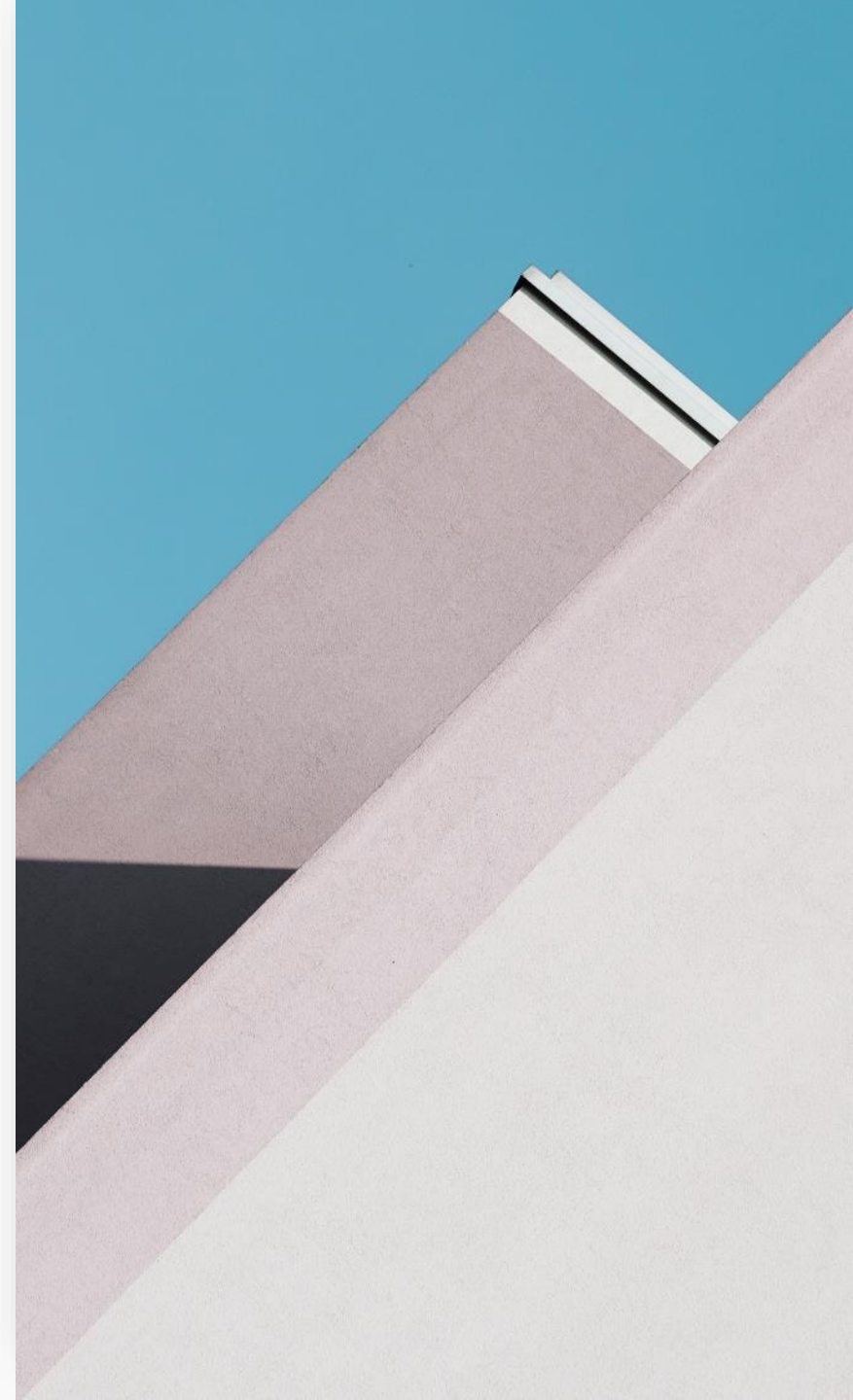
- ¹ May God be gracious to us and bless us
and make his face shine on us—^[b]
² so that your ways may be known on earth,
your salvation among all nations.
³ May the peoples praise you, God;
may all the peoples praise you.
⁴ May the nations be glad and sing for joy,
for you rule the peoples with equity
and guide the nations of the earth.
⁵ May the peoples praise you, God;
may all the peoples praise you.
⁶ The land yields its harvest;
God, our God, blesses us.
⁷ May God bless us still,
so that all the ends of the earth will fear him.

THE MESSAGE BIBLE

- ¹⁻⁷ God, mark us with grace
and blessing! Smile!
The whole country will see how you work,
all the godless nations see how you save.
God! Let people thank and enjoy you.
Let all people thank and enjoy you.
Let all far-flung people become happy
and shout their happiness because
You judge them fair and square,
you tend the far-flung peoples.
God! Let people thank and enjoy you.
Let all people thank and enjoy you.
Earth, display your exuberance!
You mark us with blessing, O God, our God.
You mark us with blessing, O God.
Earth's four corners—honor him!

PSALM 67

AUTHOR:	ANONYMUS PRAYER PSALM
THEME:	A PRAYER FOR THE BLESSING OF GOD
HISTORY:	SIDE TO BE BASED ON THE PRIESTHOOD BLESSING FOUND IN NUMBERS 6:24-26. EMPHASIZING TO KEEP GOD'S NAME HOLY
POINTS:	• Prayer for a knowledge of God • Prayer for worship of God • That God's name be kept Holy • That God's Kingdom would come • God's goodness to Israel affects His reputation among the nations – How is this true for us today? • It is a reminder that God rules over all • Every nation will confess that He is God • This speaks of Matthew 28:18-20 • God is a just God and will bring justice to every nation that serves Him • God is a global God. He leaves no nation out.



PSALM 68

Read

PSALM 68 (Part 1)

NIV

- ¹ May God arise, may his enemies be scattered; may his foes flee before him.
² May you blow them away like smoke as wax melts before the fire, may the wicked perish before God.
³ But may the righteous be glad and rejoice before God; may they be happy and joyful.
⁴ Sing to God, sing in praise of his name, extol him who rides on the clouds^[b]; rejoice before him—his name is the LORD.
⁵ A father to the fatherless, a defender of widows, is God in his holy dwelling.
⁶ God sets the lonely in families,^[c] he leads out the prisoners with singing; but the rebellious live in a sun-scorched land.
⁷ When you, God, went out before your people, when you marched through the wilderness,^[d]
⁸ the earth shook, the heavens poured down rain, before God, the One of Sinai, before God, the God of Israel.
⁹ You gave abundant showers, O God; you refreshed your weary inheritance.
¹⁰ Your people settled in it, and from your bounty, God, you provided for the poor.
¹¹ The Lord announces the word, and the women who proclaim it are a mighty throng:
¹² “Kings and armies flee in haste; the women at home divide the plunder.
¹³ Even while you sleep among the sheep pens,^[e] the wings of my dove are sheathed with silver, its feathers with shining gold.”
¹⁴ When the Almighty^[f] scattered the kings in the land, it was like snow fallen on Mount Zalmon.
¹⁵ Mount Bashan, majestic mountain, Mount Bashan, rugged mountain,
¹⁶ why gaze in envy, you rugged mountain, at the mountain where God chooses to reign,
 where the LORD himself will dwell forever?
¹⁷ The chariots of God are tens of thousands and thousands of thousands; the Lord has come from Sinai into his sanctuary.

NLT

- 1 Rise up, O God, and scatter your enemies. Let those who hate God run for their lives.
2 Blow them away like smoke. Melt them like wax in a fire. Let the wicked perish in the presence of God.
3 But let the godly rejoice. Let them be glad in God’s presence. Let them be filled with joy.
4 Sing praises to God and to his name! Sing loud praises to him who rides the clouds.^[a] His name is the Lord rejoice in his presence!
5 Father to the fatherless, defender of widows this is God, whose dwelling is holy.
6 God places the lonely in families; he sets the prisoners free and gives them joy. But he makes the rebellious live in a sun-scorched land.
7 O God, when you led your people out from Egypt, when you marched through the dry wasteland, Interlude
8 the earth trembled, and the heavens poured down rain before you, the God of Sinai, before God, the God of Israel.
9 You sent abundant rain, O God, to refresh the weary land.
10 There your people finally settled, and with a bountiful harvest, O God, you provided for your needy people.
11 The Lord gives the word, and a great army^[b] brings the good news.
12 Enemy kings and their armies flee, while the women of Israel divide the plunder.
13 Even those who lived among the sheepfolds found treasures doves with wings of silver and feathers of gold.
14 The Almighty scattered the enemy kings like a blowing snowstorm on Mount Zalmon.
15 The mountains of Bashan are majestic, with many peaks stretching high into the sky.
16 Why do you look with envy, O rugged mountains, at Mount Zion, where God has chosen to live, where the Lord himself will live forever?
17 Surrounded by unnumbered thousands of chariots, the Lord came from Mount Sinai into his sanctuary.

PSALM 68 (Part 2)

NIV

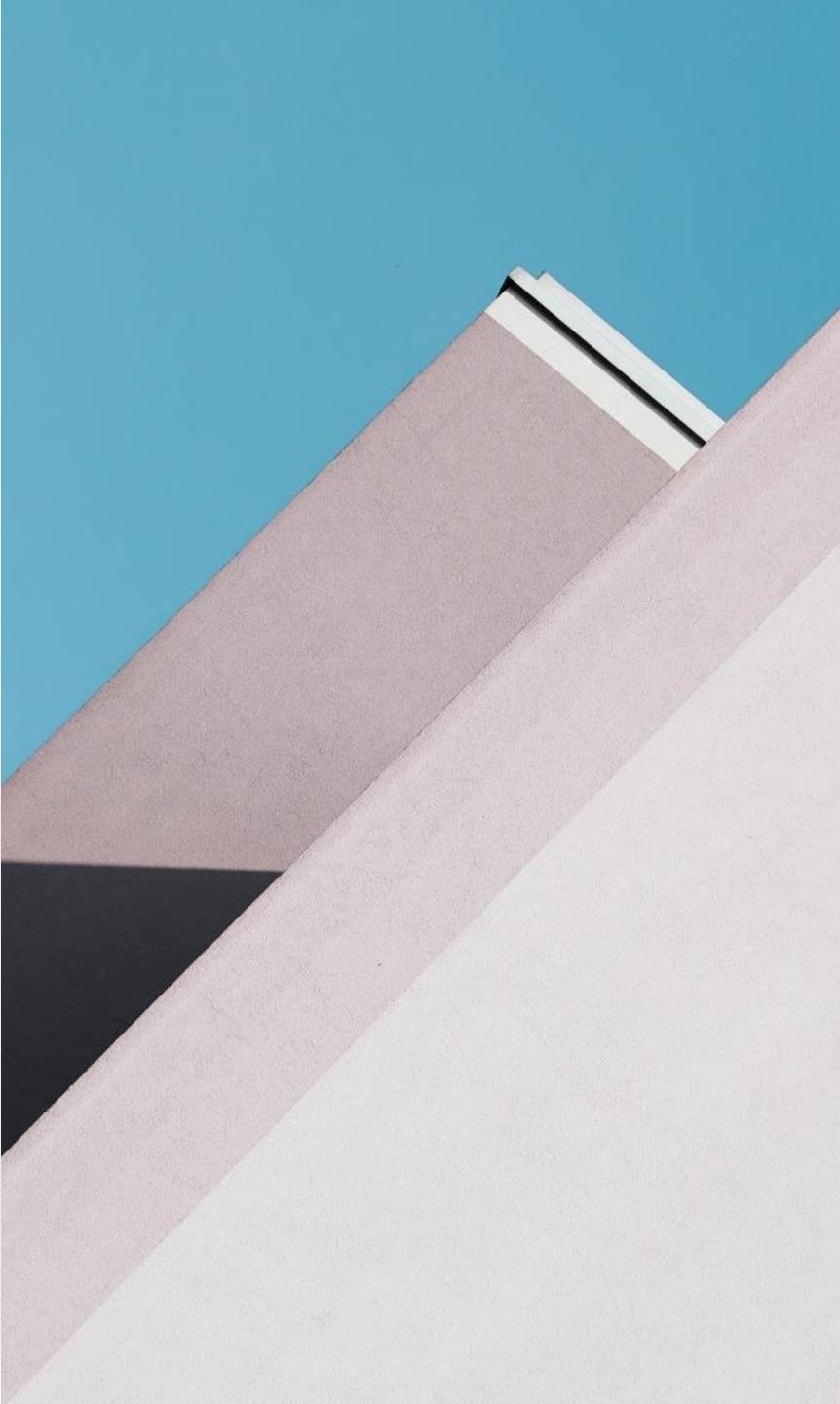
¹⁸ When you ascended on high, you took many captives; you received gifts from people, even from ^[a]the rebellious that you, ^[i]LORD God, might dwell there.
¹⁹ Praise be to the Lord, to God our Savior, who daily bears our burdens.
²⁰ Our God is a God who saves; from the Sovereign LORD comes escape from death.
²¹ Surely God will crush the heads of his enemies, the hairy crowns of those who go on in their sins.
²² The Lord says, “I will bring them from Bashan; I will bring them from the depths of the sea,
²³ that your feet may wade in the blood of your foes, while the tongues of your dogs have their share.”
²⁴ Your procession, God, has come into view, the procession of my God and King into the sanctuary.
²⁵ In front are the singers, after them the musicians; with them are the young women playing the timbrels.
²⁶ Praise God in the great congregation; praise the LORD in the assembly of Israel.
²⁷ There is the little tribe of Benjamin, leading them, there the great throng of Judah’s princes, and there the princes of Zebulun and of Naphtali.
²⁸ Summon your power, God ^[i]; show us your strength, our God, as you have done before.
²⁹ Because of your temple at Jerusalem kings will bring you gifts.
³⁰ Rebuke the beast among the reeds, the herd of bulls among the calves of the nations. Humbled, may the beast bring bars of silver. Scatter the nations who delight in war.
³¹ Envoys will come from Egypt; Cush ^[k] will submit herself to God.
³² Sing to God, you kingdoms of the earth, sing praise to the Lord,
³³ to him who rides across the highest heavens, the ancient heavens, who thunders with mighty voice.
³⁴ Proclaim the power of God, whose majesty is over Israel, whose power is in the heavens.
³⁵ You, God, are awesome in your sanctuary; the God of Israel gives power and strength to his people. Praise be to God!

NLT

¹⁸ When you ascended to the heights, you led a crowd of captives. You received gifts from the people, even from those who rebelled against you. Now the LORD God will live among us there.
¹⁹ Praise the Lord; praise God our savior! For each day he carries us in his arms. *Interlude*
²⁰ Our God is a God who saves! The Sovereign LORD rescues us from death.
²¹ But God will smash the heads of his enemies, crushing the skulls of those who love their guilty ways.
²² The Lord says, “I will bring my enemies down from Bashan; I will bring them up from the depths of the sea.
²³ You, my people, will wash ^[c] your feet in their blood, and even your dogs will get their share!”
²⁴ Your procession has come into view, O God the procession of my God and King as he goes into the sanctuary.
²⁵ Singers are in front, musicians behind; between them are young women playing tambourines.
²⁶ Praise God, all you people of Israel; praise the LORD, the source of Israel’s life.
²⁷ Look, the little tribe of Benjamin leads the way. Then comes a great throng of rulers from Judah and all the rulers of Zebulun and Naphtali.
²⁸ Summon your might, O God. ^[d] Display your power, O God, as you have in the past.
²⁹ The kings of the earth are bringing tribute to your Temple in Jerusalem.
³⁰ Rebuke these enemy nations these wild animals lurking in the reeds, this herd of bulls among the weaker calves.
Make them bring bars of silver in humble tribute. Scatter the nations that delight in war.
³¹ Let Egypt come with gifts of precious metals ^[a]; let Ethiopia ^[f] bring tribute to God.
³² Sing to God, you kingdoms of the earth. Sing praises to the Lord. *Interlude*
³³ Sing to the one who rides across the ancient heavens, his mighty voice thundering from the sky.
³⁴ Tell everyone about God’s power. His majesty shines down on Israel; his strength is mighty in the heavens.
³⁵ God is awesome in his sanctuary. The God of Israel gives power and strength to his people.
Praise be to God!

PSALM 68

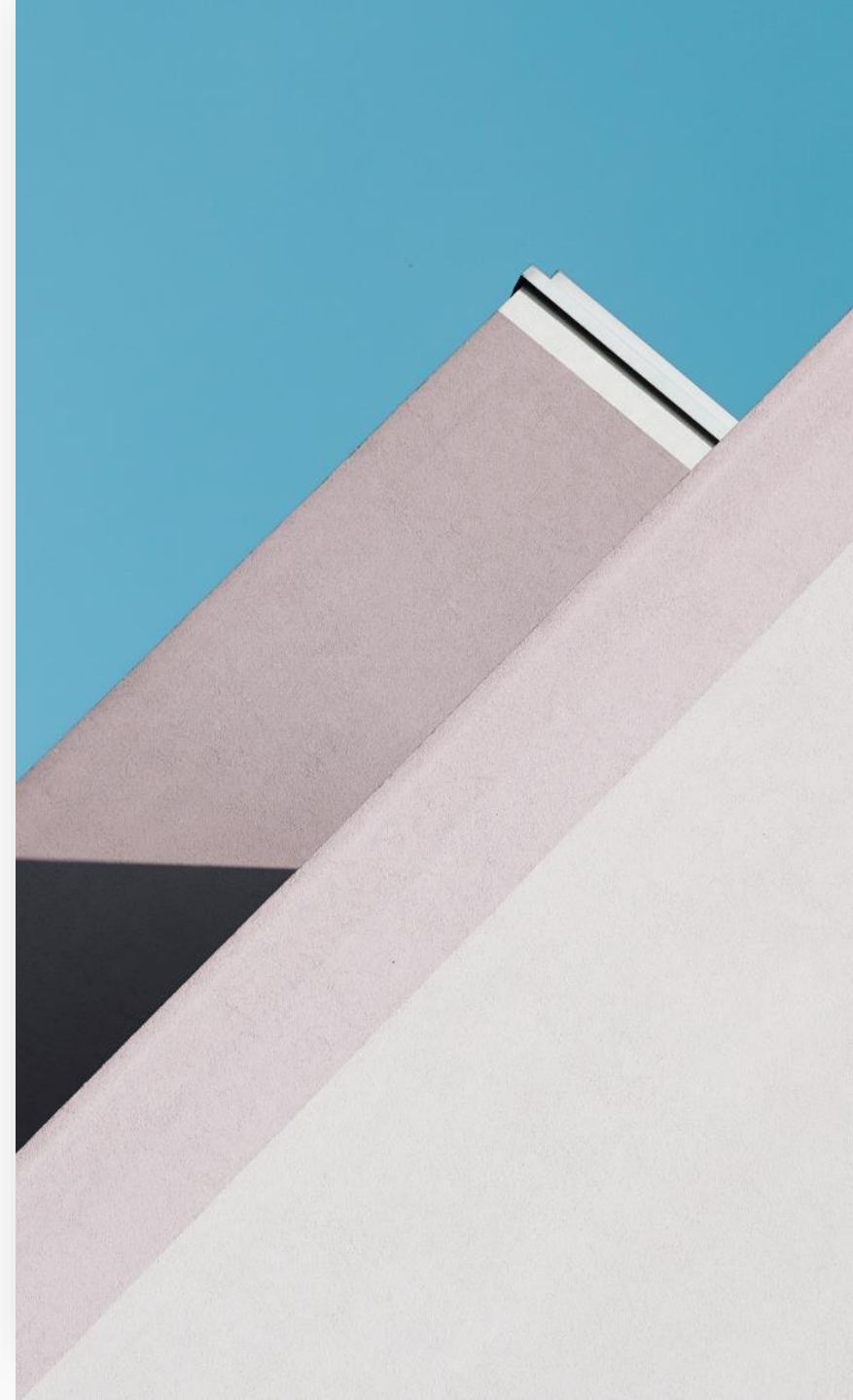
AUTHOR:	DAVID
THEME:	A PRAYER FOR THE VICTORIOUS GOD TO RULE
HISTORY:	IS SAID TO BE TRACED BACK TO THE WORKS GOD DID FROM SINAI TO ZION
POINTS:	• God was there guide from Egypt, the wilderness to the promise land and everywhere in between • God loves us and cares for us • He never changes... He is the same yesterday, today and forever • The request for God to rise and scatter His enemies – He did when His people possessed the promised land • David is grateful for God’s protection and provision • David was praising God in faith that it would happen – at the time the Psalm was written, the promises had not come to pass • As a father, God care for us, loves us and protects us • We must remember that if God has said it, at the appointed time, it will come to pass • He still sets prisoners free, supplies our needs • Some will be sun scorched – alienated from God



PSALM 68

POINTS

- He is the Almighty God, El Shaddai
- Bashan was known for its beauty, but it was not where God's presence lived - Stop looking through your own eyes – see things the way God sees them
- Chariots are the only way to describe the ultimate weapon – the power of God
- God is victorious
- He takes us from the Ark where we build a relationship and learned to presence of God to Mt Sinai where we learned how tabernacle God – a dwelling place
- Others join the people of God in praising their God
- Our strength comes when we see the power of God manifested



PSALM 69

Read

PSALM 69 (Part 1)

NIV

- ¹ Save me, O God, for the waters have come up to my neck.
² I sink in the miry depths, where there is no foothold. I have come into the deep waters; the floods engulf me.
³ I am worn out calling for help; my throat is parched. My eyes fail, looking for my God.
⁴ Those who hate me without reason outnumber the hairs of my head; many are my enemies without cause, those who seek to destroy me. I am forced to restore what I did not steal.
⁵ You, God, know my folly; my guilt is not hidden from you.
⁶ Lord, the LORD Almighty, may those who hope in you not be disgraced because of me; God of Israel, may those who seek you not be put to shame because of me.
⁷ For I endure scorn for your sake, and shame covers my face.
⁸ I am a foreigner to my own family, a stranger to my own mother's children;
⁹ for zeal for your house consumes me, and the insults of those who insult you fall on me.
¹⁰ When I weep and fast, I must endure scorn;
¹¹ when I put on sackcloth, people make sport of me.
¹² Those who sit at the gate mock me, and I am the song of the drunkards.
¹³ But I pray to you, LORD, in the time of your favor; in your great love, O God, answer me with your sure salvation.
¹⁴ Rescue me from the mire, do not let me sink; deliver me from those who hate me, from the deep waters.
¹⁵ Do not let the floodwaters engulf me or the depths swallow me up or the pit close its mouth over me.
¹⁶ Answer me, LORD, out of the goodness of your love; in your great mercy turn to me.
¹⁷ Do not hide your face from your servant; answer me quickly, for I am in trouble.
¹⁸ Come near and rescue me; deliver me because of my foes.

ESV

- Save me, O God! For the waters have come up to my neck.^[a]
² I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me.
³ I am weary with my crying out; my throat is parched. My eyes grow dim with waiting for my God.
⁴ More in number than the hairs of my head are those who hate me without cause; mighty are those who would destroy me, those who attack me with lies. What I did not steal must I now restore?
⁵ O God, you know my folly; the wrongs I have done are not hidden from you.
⁶ Let not those who hope in you be put to shame through me, O Lord God of hosts; let not those who seek you be brought to dishonor through me, O God of Israel.
⁷ For it is for your sake that I have borne reproach, that dishonor has covered my face.
⁸ I have become a stranger to my brothers, an alien to my mother's sons.
⁹ For zeal for your house has consumed me, and the reproaches of those who reproach you have fallen on me.
¹⁰ When I wept and humbled^[b] my soul with fasting, it became my reproach.
¹¹ When I made sackcloth my clothing, I became a byword to them.
¹² I am the talk of those who sit in the gate, and the drunkards make songs about me.
¹³ But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the abundance of your steadfast love answer me in your saving faithfulness.
¹⁴ Deliver me from sinking in the mire; let me be delivered from my enemies and from the deep waters.
¹⁵ Let not the flood sweep over me, or the deep swallow me up, or the pit close its mouth over me.
¹⁶ Answer me, O LORD, for your steadfast love is good; according to your abundant mercy, turn to me.
¹⁷ Hide not your face from your servant, for I am in distress; make haste to answer me.
¹⁸ Draw near to my soul, redeem me; ransom me because of my enemies!

PSALM 69 (Part 2)

NIV

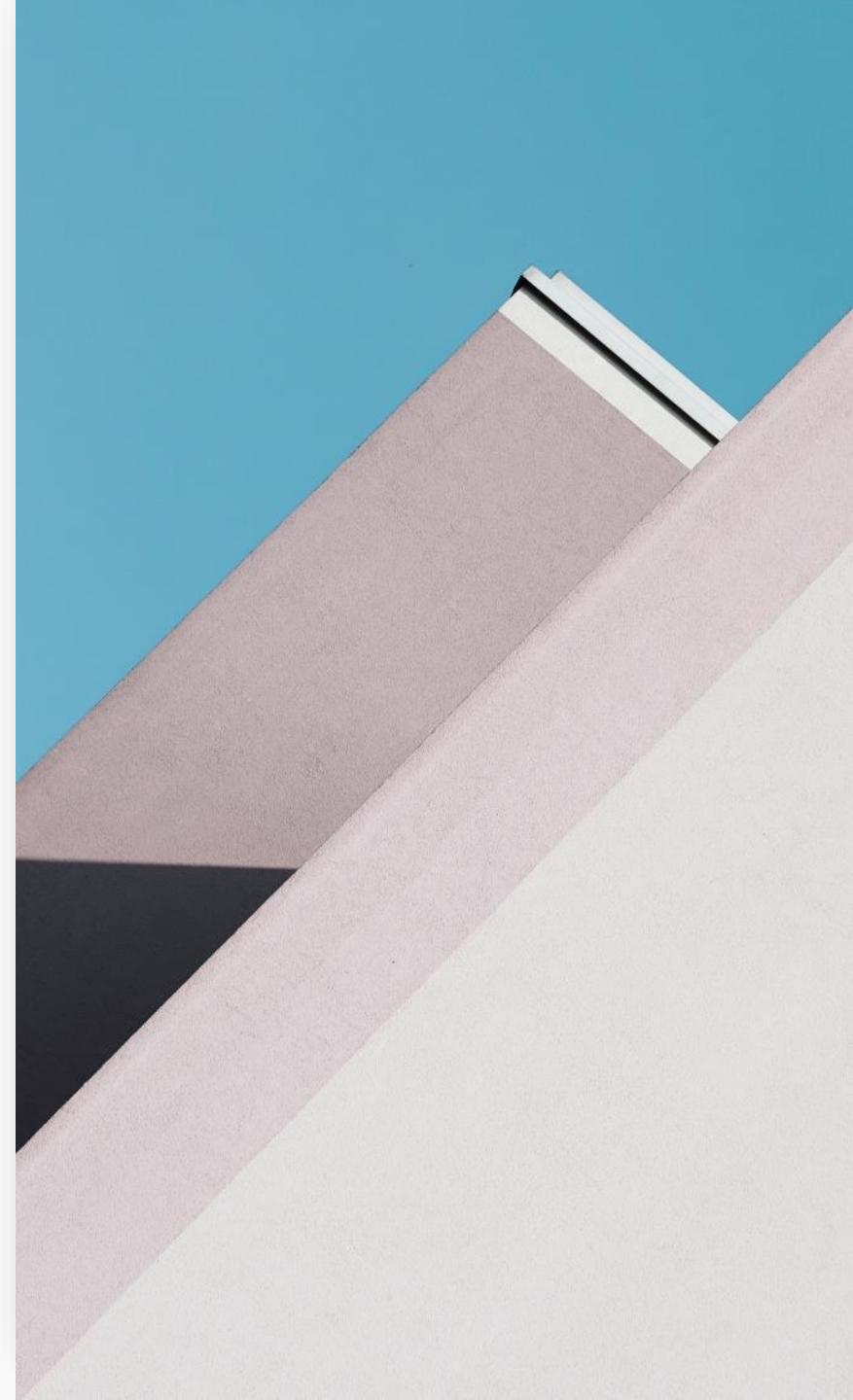
¹⁹ You know how I am scorned, disgraced and shamed; all my enemies are before you.
²⁰ Scorn has broken my heart and has left me helpless;
I looked for sympathy, but there was none, for comforters, but I found none.
²¹ They put gall in my food and gave me vinegar for my thirst.
²² May the table set before them become a snare; may it become retribution and ^[b] a trap.
²³ May their eyes be darkened so they cannot see, and their backs be bent forever.
²⁴ Pour out your wrath on them; let your fierce anger overtake them.
²⁵ May their place be deserted; let there be no one to dwell in their tents.
²⁶ For they persecute those you wound and talk about the pain of those you hurt.
²⁷ Charge them with crime upon crime; do not let them share in your salvation.
²⁸ May they be blotted out of the book of life and not be listed with the righteous.
²⁹ But as for me, afflicted and in pain may your salvation, God, protect me.
³⁰ I will praise God's name in song and glorify him with thanksgiving.
³¹ This will please the LORD more than an ox, more than a bull with its horns and hooves.
³² The poor will see and be glad you who seek God, may your hearts live!
³³ The LORD hears the needy and does not despise his captive people.
³⁴ Let heaven and earth praise him, the seas and all that move in them,
³⁵ for God will save Zion and rebuild the cities of Judah. Then people will settle there and possess it;
³⁶ the children of his servants will inherit it, and those who love his name will dwell there

ESV

¹⁹ You know my reproach, and my shame and my dishonor; my foes are all known to you.
²⁰ Reproaches have broken my heart, so that I am in despair. I looked for pity, but there was none, and for comforters, but I found none.
²¹ They gave me poison for food, and for my thirst they gave me sour wine to drink.
²² Let their own table before them become a snare; and when they are at peace, let it become a trap. ^[c]
²³ Let their eyes be darkened, so that they cannot see, and make their loins tremble continually.
²⁴ Pour out your indignation upon them, and let your burning anger overtake them.
²⁵ May their camp be a desolation; let no one dwell in their tents.
²⁶ For they persecute him whom you have struck down, and they recount the pain of those you have wounded.
²⁷ Add to them punishment upon punishment; may they have no acquittal from you. ^[d]
²⁸ Let them be blotted out of the book of the living; let them not be enrolled among the righteous.
²⁹ But I am afflicted and in pain; let your salvation, O God, set me on high!
³⁰ I will praise the name of God with a song; I will magnify him with thanksgiving.
³¹ This will please the LORD more than an ox or a bull with horns and hoofs.
³² When the humble see it they will be glad; you who seek God, let your hearts revive.
³³ For the LORD hears the needy and does not despise his own people who are prisoners.
³⁴ Let heaven and earth praise him, the seas and everything that moves in them.
³⁵ For God will save Zion and build up the cities of Judah, and people shall dwell there and possess it;
³⁶ the offspring of his servants shall inherit it, and those who love his name shall dwell in

PSALM 69

AUTHOR:	DAVID
THEME:	AN ABANDON KING CRIES OUT TO THE LORD
HISTORY:	KING DAVID IS TIED AND WIERY. HE HAS BEEN THROUGH A LOT AND IS SURVIVING
POINTS:	• David is once again asking God to vindicate him • He feels abandoned by God • David confesses his sins and tells others to do the same • He is ridiculed by the wicked • He prays for relief • His heart is broken – he is engulfed in problems • Sour wine for thirst – points to the crucified Christ – this is a prophetic utterance • He wants God to transfer his suffering to his enemies that are giving him problem, and he wants them blotted out of the book of life • He also prays for Judah (praise) – in the midst of our trails, can we still praise God



PSALM 70

Read

PSALM 70

NIV

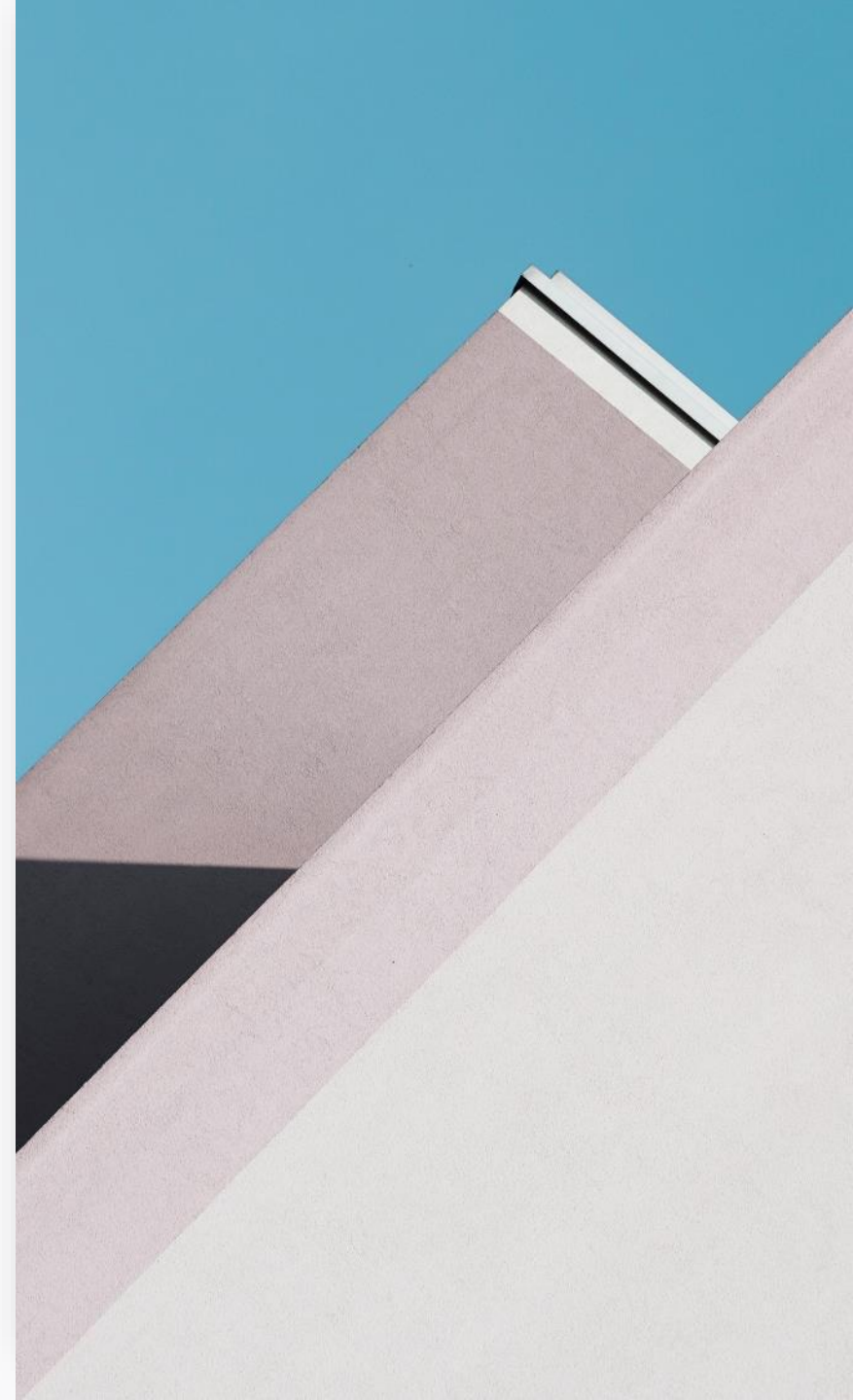
¹ Hasten, O God, to save me;
 come quickly, LORD, to help me.
² May those who want to take my life
 be put to shame and confusion;
may all who desire my ruin
 be turned back in disgrace.
³ May those who say to me, “Aha! Aha!”
 turn back because of their shame.
⁴ But may all who seek you
 rejoice and be glad in you;
may those who long for your saving help always say,
 “The LORD is great!”
⁵ But as for me, I am poor and needy;
 come quickly to me, O God.
You are my help and my deliverer;
 LORD, do not dela

KJV

- **70** Make haste, o God, to deliver me; make haste to help me, O LORD.
- ² Let them be ashamed and confounded that seek after my soul: let them be turned backward, and put to confusion, that desire my hurt.
- ³ Let them be turned back for a reward of their shame that say, Aha, aha.
- ⁴ Let all those that seek thee rejoice and be glad in thee: and let such as love thy salvation say continually, Let God be magnified.
- ⁵ But I am poor and needy: make haste unto me, O God: thou art my help and my deliverer; O LORD, make no tarrying.

PSALM 70

AUTHOR:	DAVID
THEME:	REMEMBER ME, O GOD
HISTORY:	DAVID IS IN BROKEN AND NEEDS THE HELP OF GOD
POINTS	• He is let down by people • He is hurt • Trust has been broken with others – he is broken and in despair • But God alone can give me joy – he alone can help me • Don't delay!!! • A prayer does not have to be long, just sincere • Praise God. Worship God and always be reminded of who He is • Praise Him for what He has done. Worship Him for who He is



PSALM 71

Read

PSALM 71

NIV

¹ In you, LORD, I have taken refuge; let me never be put to shame.
² In your righteousness, rescue me and deliver me; turn your ear to me and save me.
³ Be my rock of refuge, to which I can always go; give the command to save me, for you are my rock and my fortress.
⁴ Deliver me, my God, from the hand of the wicked, from the grasp of those who are evil and cruel.
⁵ For you have been my hope, Sovereign LORD, my confidence since my youth.
⁶ From birth I have relied on you; you brought me forth from my mother's womb. I will ever praise you.
⁷ I have become a sign to many; you are my strong refuge.
⁸ My mouth is filled with your praise, declaring your splendor all day long.
⁹ Do not cast me away when I am old; do not forsake me when my strength is gone.
¹⁰ For my enemies speak against me; those who wait to kill me conspire together.
¹¹ They say, "God has forsaken him; pursue him and seize him, for no one will rescue him."
¹² Do not be far from me, my God; come quickly, God, to help me.
¹³ May my accusers perish in shame; may those who want to harm me be covered with scorn and disgrace.
¹⁴ As for me, I will always have hope; I will praise you more and more.
¹⁵ My mouth will tell of your righteous deeds, of your saving acts all day long though I know not how to relate them all.
¹⁶ I will come and proclaim your mighty acts, Sovereign LORD; I will proclaim your righteous deeds, yours alone.
¹⁷ Since my youth, God, you have taught me, and to this day I declare your marvelous deeds.
¹⁸ Even when I am old and gray, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come.
¹⁹ Your righteousness, God, reaches to the heavens, you who have done great things. Who is like you, God?
²⁰ Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.
²¹ You will increase my honor and comfort me once more.
²² I will praise you with the harp for your faithfulness, my God; I will sing praise to you with the lyre, Holy One of Israel.
²³ My lips will shout for joy when I sing praise to you I whom you have delivered.
²⁴ My tongue will tell of your righteous acts all day long, for those who wanted to harm me have been put to shame and confusion

LIVING BIBLE

Lord, you are my refuge! Don't let me down! ² Save me from my enemies, for you are just! Rescue me! Bend down your ear and listen to my plea and save me. ³ Be to me a great protecting Rock, where I am always welcome, safe from all attacks. For you have issued the order to save me. ⁴ Rescue me, O God, from these unjust and cruel men. ⁵ O Lord, you alone are my hope; I've trusted you from childhood. ⁶ Yes, you have been with me from birth and have helped me constantly—no wonder I am always praising you! ⁷ My success—at which so many stand amazed—is because you are my mighty protector. ⁸ All day long I'll praise and honor you, O God, for all that you have done for me.

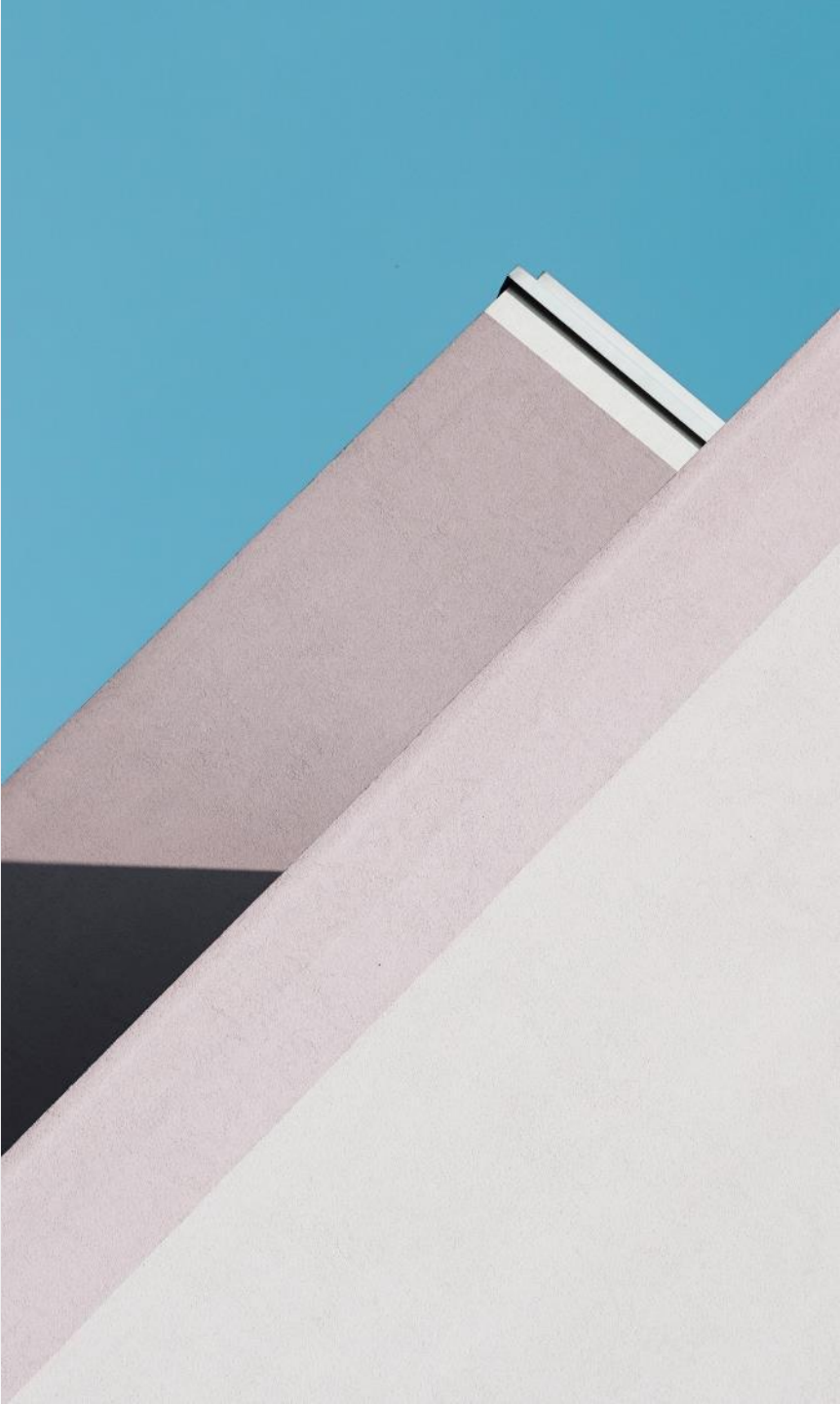
⁹ And now, in my old age, don't set me aside. Don't forsake me now when my strength is failing. ¹⁰ My enemies are whispering, ¹¹ "God has forsaken him! Now we can get him. There is no one to help him now!" ¹² O God, don't stay away! Come quickly! Help! ¹³ Destroy them! Cover them with failure and disgrace—these enemies of mine.

¹⁴ I will keep on expecting you to help me. I praise you more and more. ¹⁵ I cannot count the times when you have faithfully rescued me from danger. I will tell everyone how good you are, and of your constant, daily care. ¹⁶ I walk in the strength of the Lord God. I tell everyone that you alone are just and good. ¹⁷ O God, you have helped me from my earliest childhood—and I have constantly testified to others of the wonderful things you do. ¹⁸ And now that I am old and gray, don't forsake me. Give me time to tell this new generation (and their children too) about all your mighty miracles. ¹⁹ Your power and goodness, Lord, reach to the highest heavens. You have done such wonderful things. Where is there another God like you? ²⁰ You have let me sink down deep in desperate problems. But you will bring me back to life again, up from the depths of the earth. ²¹ You will give me greater honor than before and turn again and comfort me.

²² I will praise you with music, telling of your faithfulness to all your promises, O Holy One of Israel. ²³ I will shout and sing your praises for redeeming me. ²⁴ I will talk to others all day long about your justice and your goodness. For all who tried to hurt me have been disgraced and dishonored.

PSALM 71

AUTHOR:	ANONYOMUS
THEME:	A CONFESSION OF CONFIDENCE AND HOPE
HISTORY:	IN THE MIDST OF HIS ISSUES, HE STILL REMEMBERS THE DELIVERING HAND OF GOD
POINTS:	• The psalmist is saying look at me. Look at my life. I am a testimony. • We can recall what God has done and what He is doing and trust Him for what He is going to do. • God will always be our rock and refuge • He prays that even in struggle and weakness, God please help me. Help me see your goodness and praise you. • Though my enemies joint together and plot against me, help me and let me be steps ahead of them • My life is hid in you Lord • God will help and transform me • God will lift me up when I am down • God will comfort me even when I can not see it • So, I will wait on the God of my salvation



PSALM 72

Read

PSALM 72

NIV

Of Solomon.

¹ Endow the king with your justice, O God, the royal son with your righteousness.

² May he judge your people in righteousness, your afflicted ones with justice.

³ May the mountains bring prosperity to the people, the hills the fruit of righteousness.

⁴ May he defend the afflicted among the people and save the children of the needy; may he crush the oppressor.

⁵ May he endure^[a] as long as the sun, as long as the moon, through all generations.

⁶ May he be like rain falling on a mown field, like showers watering the earth.

⁷ In his days may the righteous flourish and prosperity abound till the moon is no more.

⁸ May he rule from sea to sea and from the River^[b] to the ends of the earth.

⁹ May the desert tribes bow before him and his enemies lick the dust.

¹⁰ May the kings of Tarshish and of distant shores bring tribute to him.

May the kings of Sheba and Seba present him gifts.

¹¹ May all kings bow down to him and all nations serve him.

¹² For he will deliver the needy who cry out, the afflicted who have no one to help.

¹³ He will take pity on the weak and the needy and save the needy from death.

¹⁴ He will rescue them from oppression and violence, for precious is their blood in his sight.

¹⁵ Long may he live! May gold from Sheba be given him. May people ever pray for him and bless him all day long.

¹⁶ May grain abound throughout the land; on the tops of the hills may it sway. May the crops flourish like Lebanon and thrive^[c] like the grass of the field.

¹⁷ May his name endure forever; may it continue as long as the sun. Then all nations will be blessed through him,^[d] and they will call him blessed.

¹⁸ Praise be to the LORD God, the God of Israel, who alone does marvelous deeds.

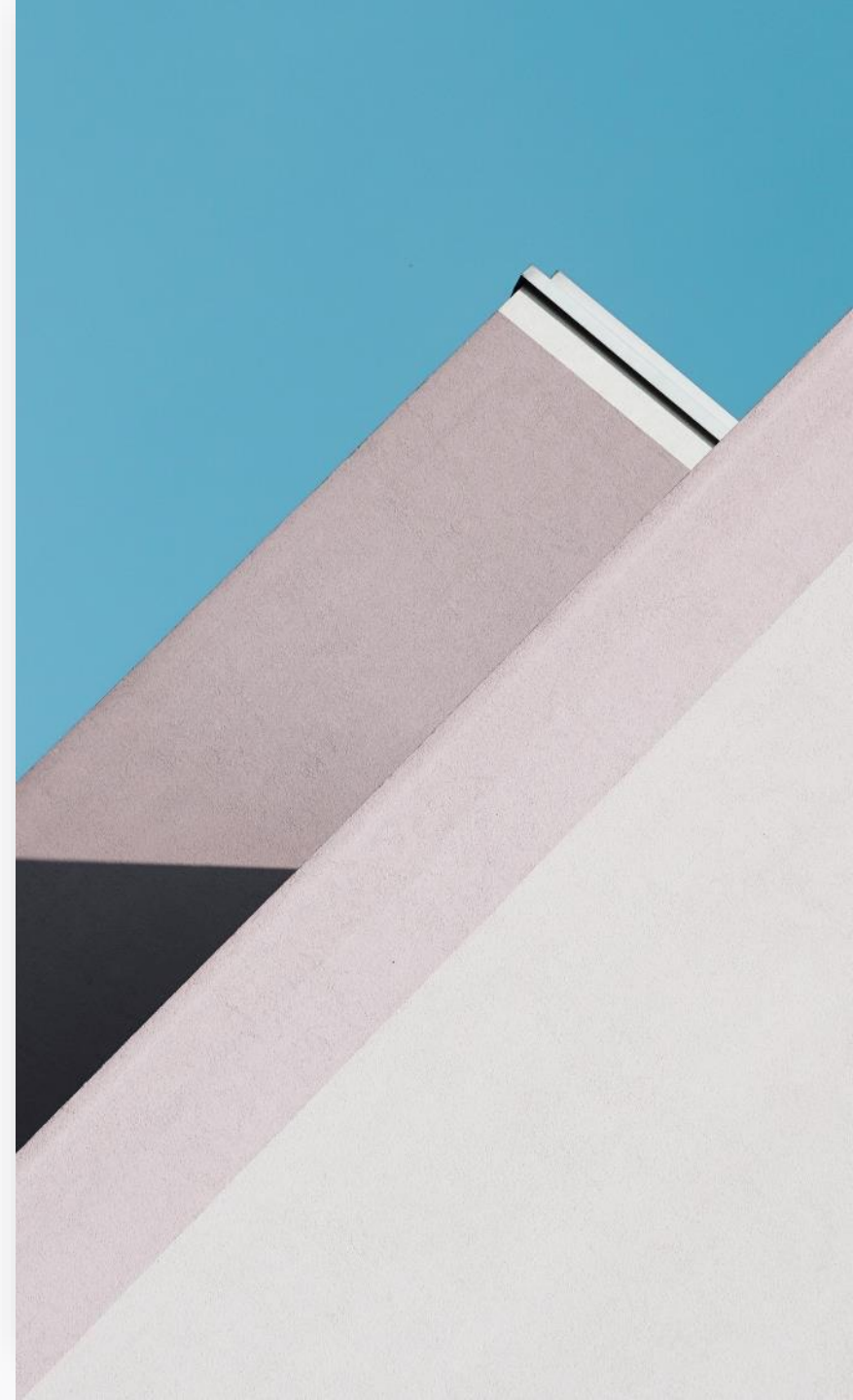
¹⁹ Praise be to his glorious name forever; may the whole earth be filled with his glory.

Amen and Amen.

²⁰ This concludes the prayers of David son of Jesse

PSALM 72

AUTHOR:	SOLOMON (DAVID'S SON)
THEME:	A SON'S REFLECTION OF HIS FATHER'S ROLE
HISTORY:	FORESHADOW OF THE COMING SAVIOUR – HE PRONOUNCES BLESSING ON THE LEADERS
POINTS	• God will bless the just and those blessing keep things balanced • God loves justice and He will perform it. • God's justice produces: fruitfulness, abundance, harmony and goodness • Because God is just, he prays that all will fear God • When God administers justice, it refreshes like a spring • The whole world (from sea to sea) will bow before God or King • Gifts offered to a king – tribute and submission • The King will rescue the needed • God's just kingdom will be long lasting • The people and the trees will bless God.



SUMMARY OF PSALM 67-72

Psalm	Main Theme	Key Emphasis	God’s Character Revealed	Application for Believers
Psalm 67	Mission and global praise	God blesses His people so that all nations may know His salvation	God is Gracious, Blessing, King of the Nations	Pray for God’s name among the nations; live as a witness of His blessing
Psalm 68	God’s triumphant procession	God scatters His enemies, leads His people, and cares for the vulnerable	God is Mighty Warrior, Father to the Fatherless, Defender of Widows	Trust God’s power against opposition; reflect His compassion to the marginalized
Psalm 69	Suffering and zeal for God’s house	Reproach for God’s sake, deep lament, prophetic of Christ’s passion	God is Hearer of the Afflicted, Righteous Judge, Compassionate	Endure suffering for righteousness; cry honestly to God; trust His vindication
Psalm 70	Urgent plea for help	A brief, intense cry for swift rescue from those who seek harm	God is Quick to Save, Help, Deliverer	Don’t hesitate to ask God urgently; magnify Him in your moment of need
Psalm 71	Lifelong confidence in God	Prayer of an aging believer; God’s faithfulness from youth to old age	God is Rock, Refuge, Faithful Through Every Season	Trust God across every season; testify of His faithfulness to the next generation
Psalm 72	Prayer for the righteous King (Messianic)	Justice, compassion for the poor, universal reign; closes Book 2 of Psalms	God is Righteous King, Defender of the Poor, Eternal Ruler	Pray for righteous leadership; long for and live under Christ’s reign

What else?

*Is there anything you
want to talk about?*



Next Week: Review of Psalm 1-72 The First Two books of the Psalms

In the

Form of Bible Trivia

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



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