

The Book of Psalms

A Journey Through Worship, Emotion and God's Faithfulness

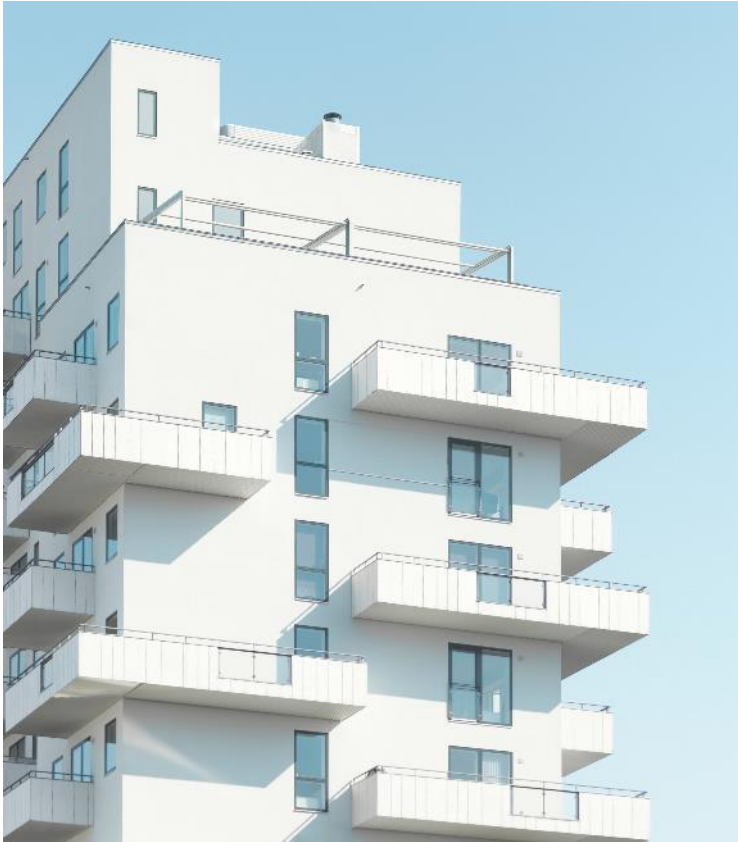
Psalms 1-5

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.

BOOK 1

(Psalms 1–41)



Focus: God's closeness

Themes: Trust, protection,
devotion

Dominant voice: David

PSALM 1

1 Blessed is the one

who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers,

**2 but whose delight is in the law of the Lord,
and who meditates on his law day and night.**

**3 That person is like a tree planted by streams of water,
which yields its fruit in season and whose leaf does
not wither— whatever they do prospers.**

**4 Not so the wicked! They are like chaff that the wind
blows away.**

**5 Therefore the wicked will not stand in the judgment,
nor sinners in the assembly of the righteous.**

**6 For the Lord watches over the way of the righteous,
but the way of the wicked leads to destruction.**

**1 Oh, the joys of those who do not follow evil men’s
advice, who do not hang around with sinners, scoffing at
the things of God. 2 But they delight in doing everything
God wants them to, and day and night are always
meditating on his laws and thinking about ways to
follow him more closely.**

**3 They are like trees along a riverbank bearing luscious
fruit each season without fail. Their leaves shall never
wither, and all they do shall prosper.**

**4 But for sinners, what a different story! They blow away
like chaff before the wind. 5 They are not safe on
Judgment Day; they shall not stand among the godly.**

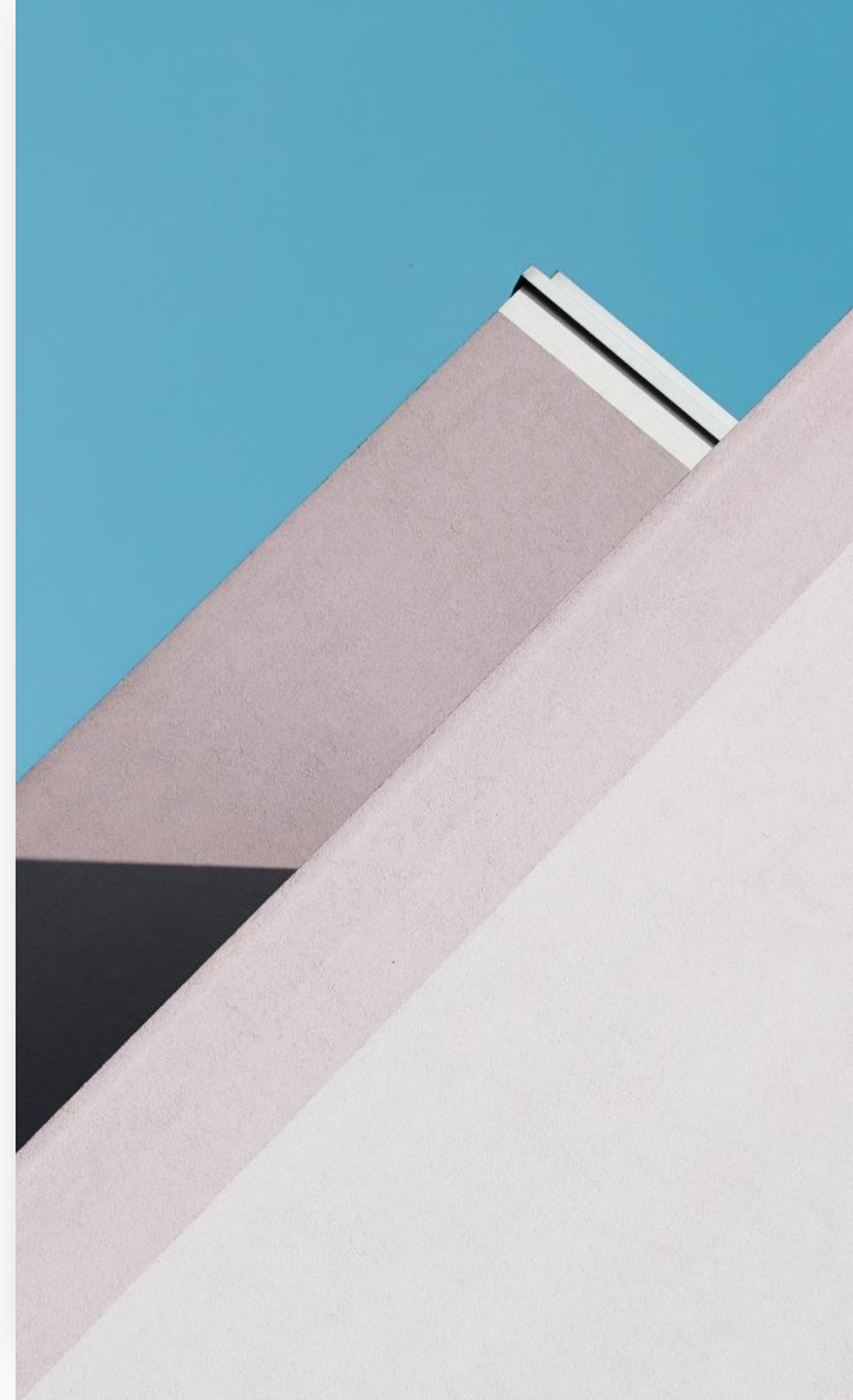
**6 For the Lord watches over all the plans and paths of
godly men, but the paths of the godless lead to doom.**

Psalm 1

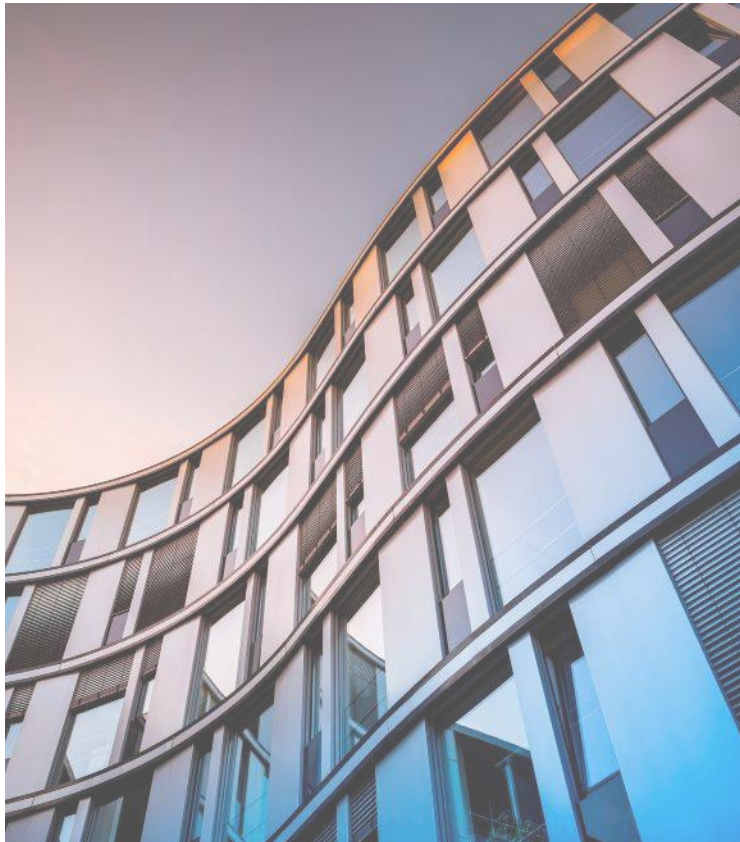
NIV, LIVING BIBLE

PSALM 1

AUTHOR:	ANONYMOUS
THEME:	TWO ROADS OF LIVED FAITHFUL VS FAITHLESS
BACKGROUND:	<ul style="list-style-type: none">• Life's greatest pleasure comes from obeying God and refusing to listen to anyone who opposes God.• Consistent company with worldly people will cause us to act like them• Those who obey God's will are blessed• God promises to watch over those who obey Him• God's wisdom guides those who obey Him• We must show the love of Christ without giving into worldly ways• But his delight is in the law of the Lord – What does that mean to you?

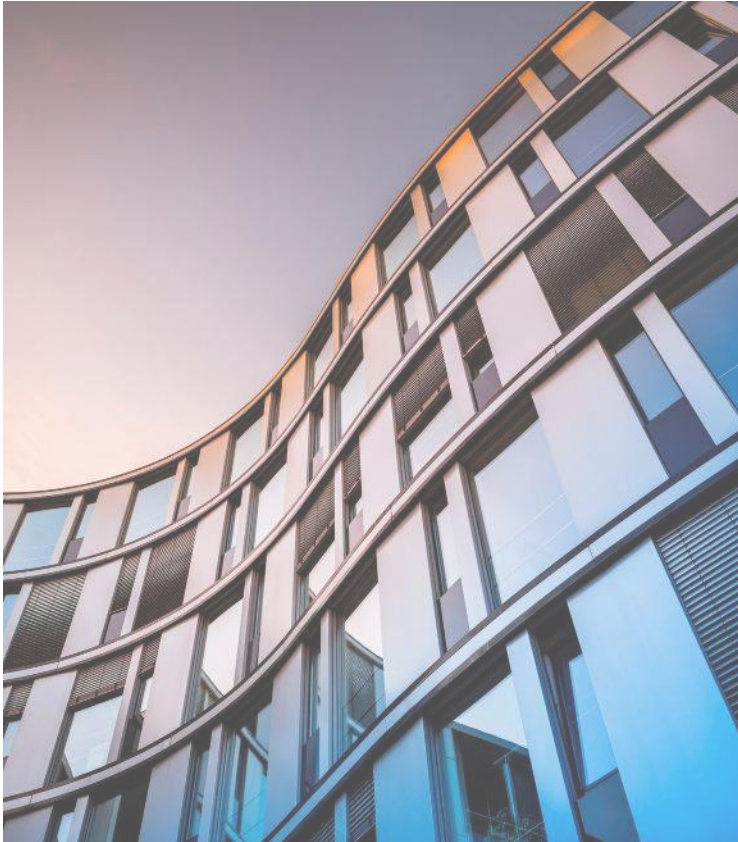


OTHER POINTS



- The more we delight in His presence, the greater our effectiveness – the greater our witness
- True joy comes from spending time with God
- We must meditate on the Word of God
- Meditate means to: read, think, take notes and reviewing
- Take time to listen to and hear what God is saying, then, do it
- What is the Law of the Lord?
- The more we learn and retain from God's word the greater our ability to make Godly decisions daily
- What ever we do that aligns with God's will get God's stamp of Approval
- True success comes from living God's Word

OTHER POINTS



- The chaff is removed by threshing
- It is a symbol of a faithless life without direction
- The chaff is so light that is removed by the slightest wind
- Only the good grain falls to the ground
- Good grain is a symbol of a life yielded to Christ and is usable
- God sees us when we strive to follow His word
- He rewards us by guiding us and keeps us along our journey

PSALM 2

What fools the nations are to rage^[a] against the Lord! How strange that men should try to outwit God! ² For a summit conference of the nations has been called to plot against the Lord and his Messiah, Christ the King.^[b] ³ “Come, let us break his chains,” they say, “and free ourselves from all this slavery to God.”

⁴ But God in heaven merely laughs! He is amused by all their puny plans. ⁵ And then in fierce fury he rebukes them and fills them with fear.

⁶ For the Lord declares,^[c] “This is the King of my choice, and I have enthroned him in Jerusalem, my holy city.”

⁷ His chosen one replies,^[d] “I will reveal the everlasting purposes of God, for the Lord has said to me, ‘You are my Son. This is your Coronation Day. Today I am giving you your glory.’” ⁸ “Only ask and I will give you all the nations of the world. ⁹ Rule them with an iron rod; smash them like clay pots!”

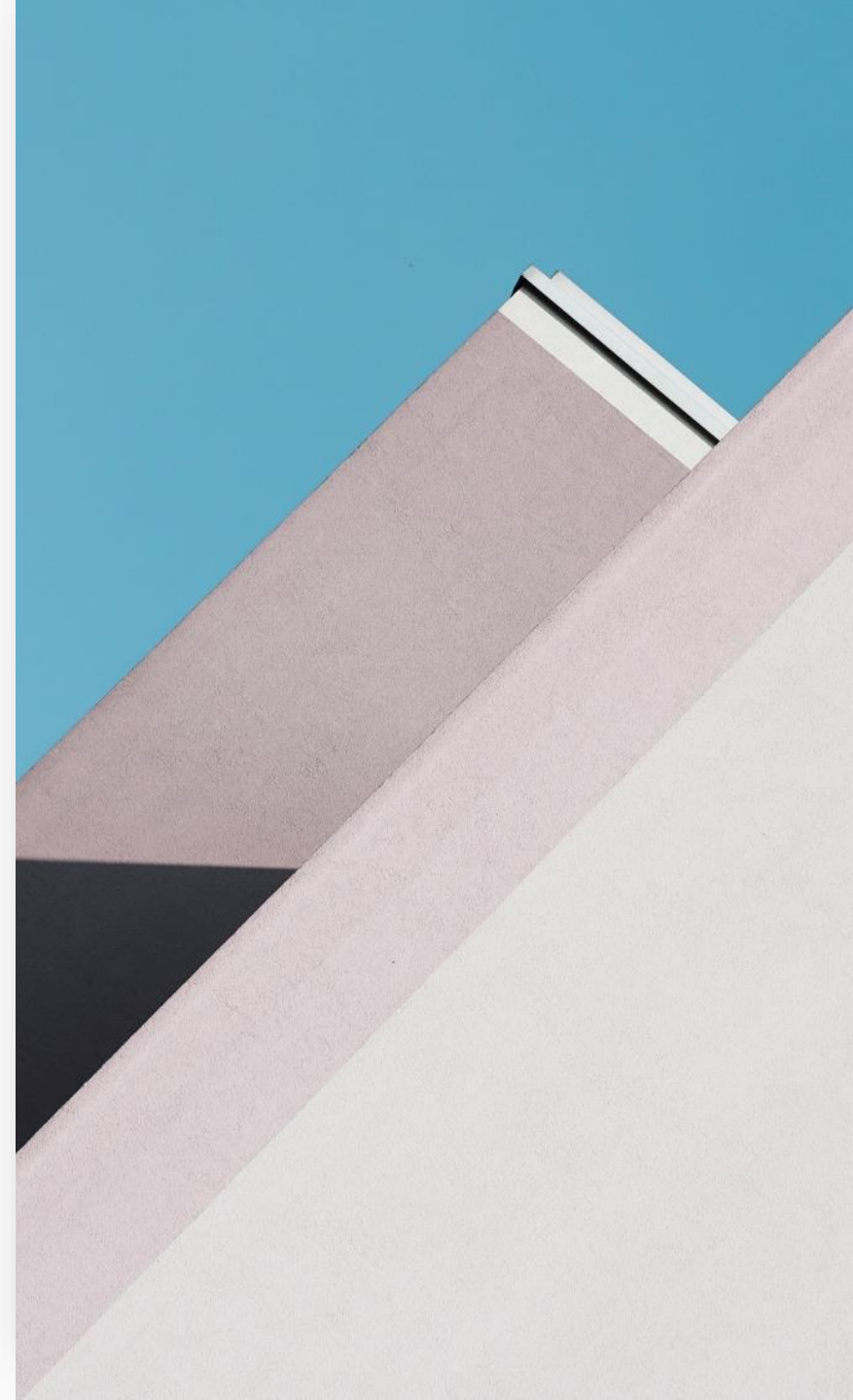
¹⁰ O kings and rulers of the earth, listen while there is time. ¹¹ Serve the Lord with reverent fear; rejoice with trembling. ¹² Fall down before his Son and kiss his feet^[e] before his anger is roused and you perish. I am warning you—his wrath will soon begin. But oh, the joys of those who put their trust in him!

Psalm 2

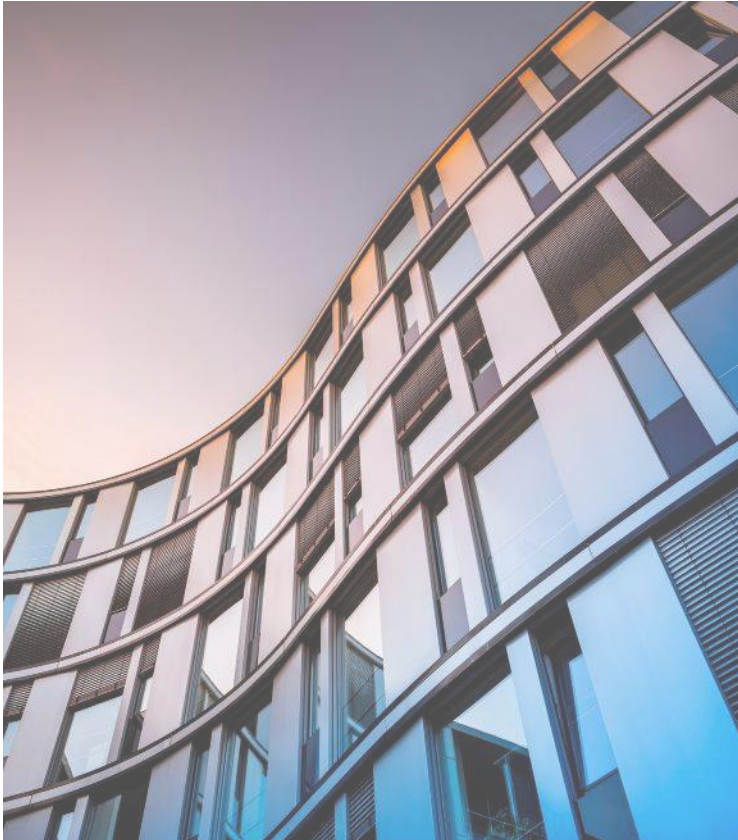
LIVING BIBLE

PSALM 2

AUTHOR:	DAVID
THEME:	GOD'S RULE
BACKGROUND:	<ul style="list-style-type: none">• David steps into the prophetic and begins singing about Christ establishing His Kingdom• This Psalm was written during a time when David experienced the surrounding nations conspiring against Israel• David knew only the coming Messiah could deliver them• The Messiah will come through His blood line • I Sam 7:6• I Chron 17:11-12



OTHER POINTS



- True freedom comes from a relationship with God
- God laughs at the arrogance of the leaders and their perceived power
- Man has limited power and only the power God allows him to have
- God is omnipotent all powerful
- Kiss the son = surrender fully to Christ
- Be ready for the second coming of Christ

PSALM 3

LORD, how many are my foes! How many rise up against me!

² Many are saying of me, “God will not deliver him.”^[b]

³ But you, LORD, are a shield around me, my glory, the One who lifts my head high.

⁴ I call out to the LORD, and he answers me from his holy mountain.

⁵ I lie down and sleep; I wake again, because the LORD sustains me.

⁶ I will not fear though tens of thousands assail me on every side.

⁷ Arise, LORD! Deliver me, my God! Strike all my enemies on the jaw; break the teeth of the wicked.

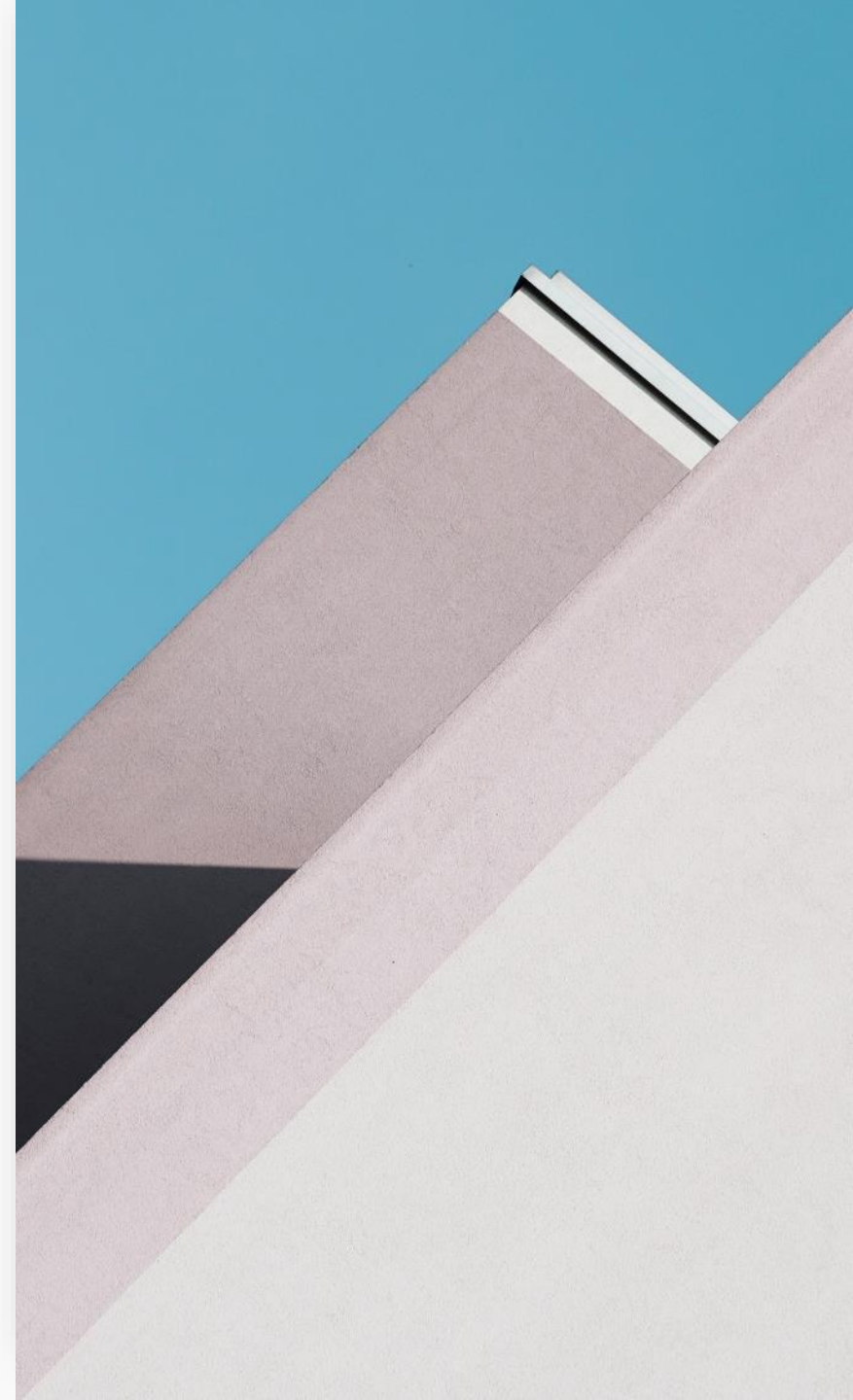
⁸ From the LORD comes deliverance. ay your blessing be on your people.

Psalm 3

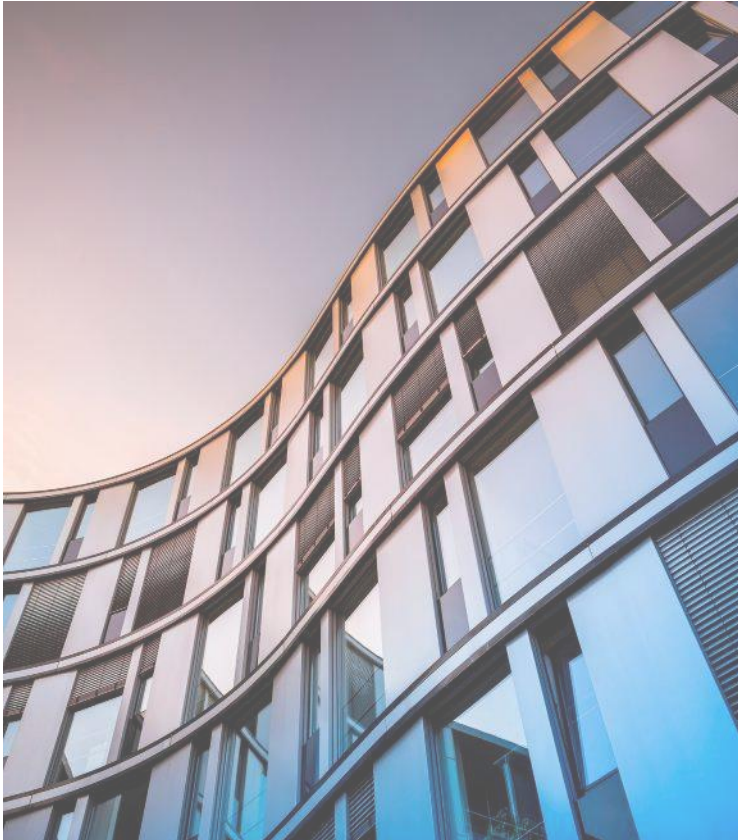
NIV

PSALM 3

AUTHOR:	DAVID
THEME:	Trusting God to protect & give peace
BACKGROUND:	<ul style="list-style-type: none">• David is running from Absalom• II Sam 13-19• Absalom murdered his half brother for raping his sister Tamar, then he attempted to take the throne from his father• Absalom is killed

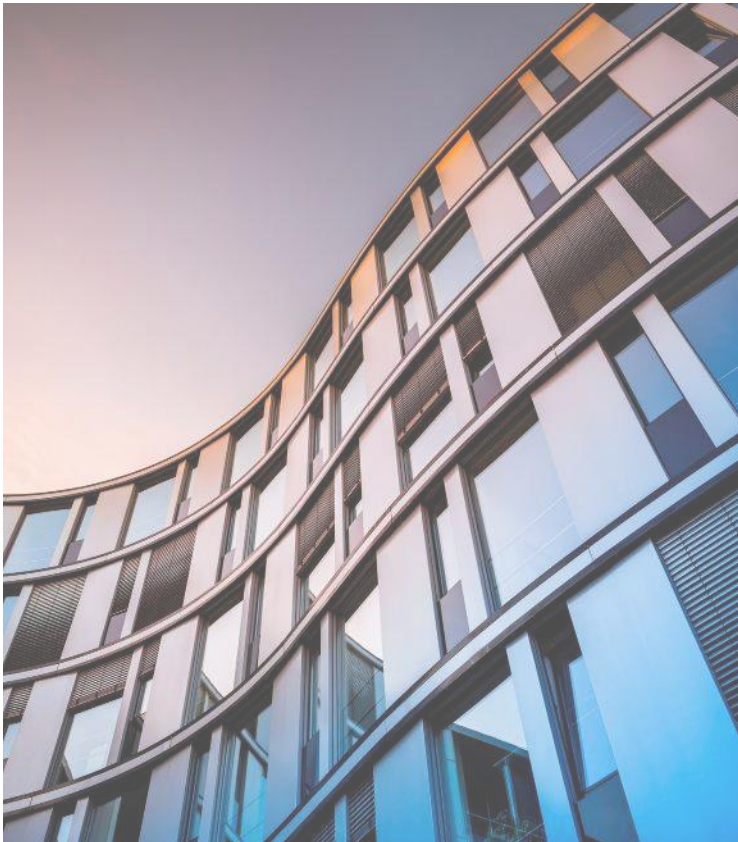


OTHER POINTS



- Consequences of family disputes that linger
- Consequences of not managing your family well
- God was with David through all his mistakes
- Selah = a musical forte or crescendo; means praise the Lord,
 - Lift hands and worship
 - So be it; Hallelujah
 - Signals a benediction

OTHER POINTS



- God will respond when we earnestly pray
- Sleepless nights come a difficult times in our lives
- When we have assurance in God, He makes everything alright – even when it is not alright
- David says, treat my enemies like they treated me
- He resolved that God knows how to take care of everything

PSALM 4

4 O God, you have declared me perfect in your eyes;^[a] you have always cared for me in my distress; now hear me as I call again. Have mercy on me. Hear my prayer.

2 The Lord God asks, “Sons of men, will you forever turn my glory into shame by worshiping these silly idols, when every claim that’s made for them is false?”

3 Mark this well: The Lord has set apart the redeemed for himself. Therefore he will listen to me and answer when I call to him. **4** Stand before the Lord in awe,^[b] and do not sin against him. Lie quietly upon your bed in silent meditation. **5** Put your trust in the Lord, and offer him pleasing sacrifices.

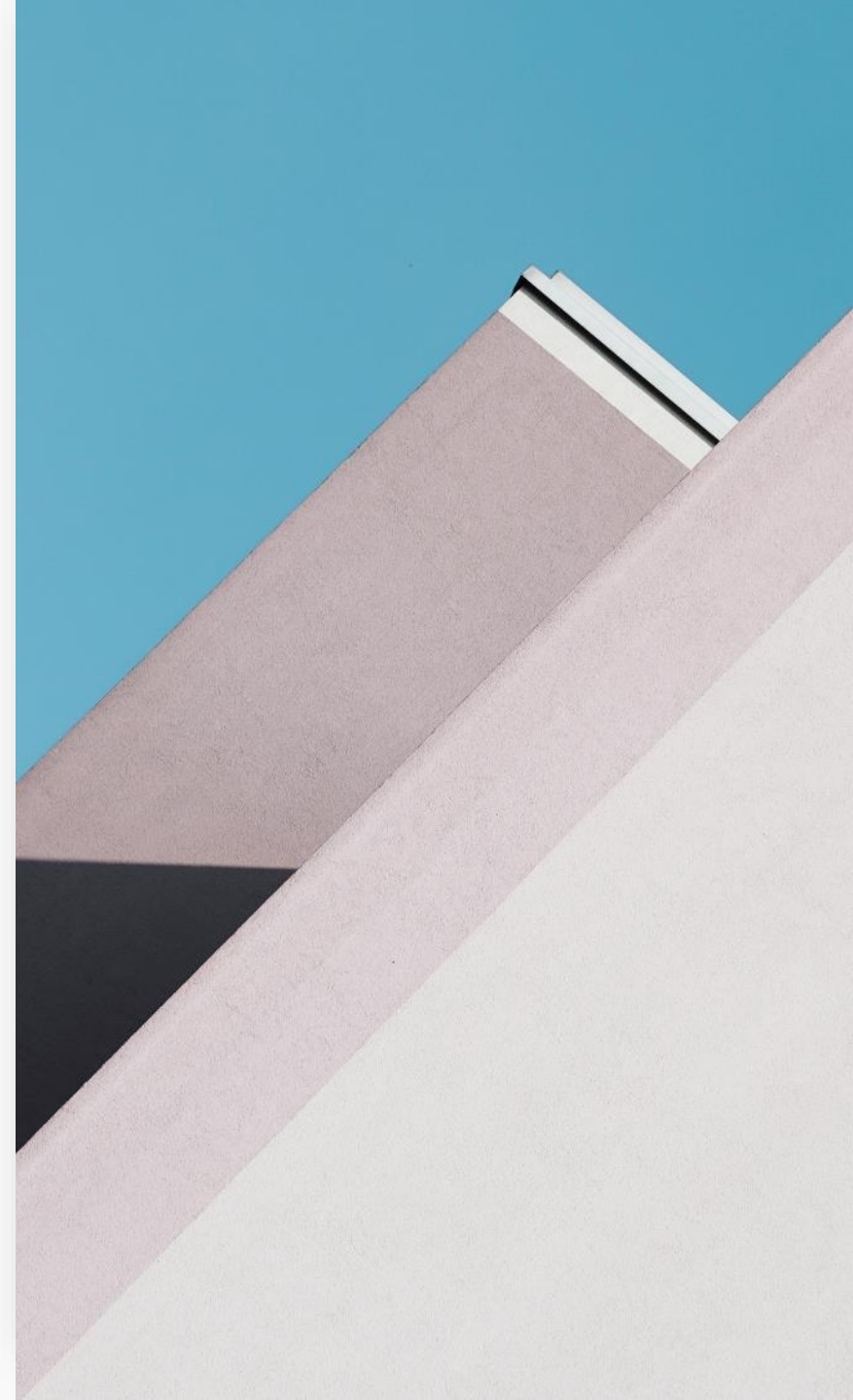
6 Many say that God will never help us. Prove them wrong,^[c] O Lord, by letting the light of your face shine down upon us. **7** Yes, the gladness you have given me is far greater than their joys at harvest time as they gaze at their bountiful crops. **8** I will lie down in peace and sleep, for though I am alone, O Lord, you will keep me safe.

Psalm 4

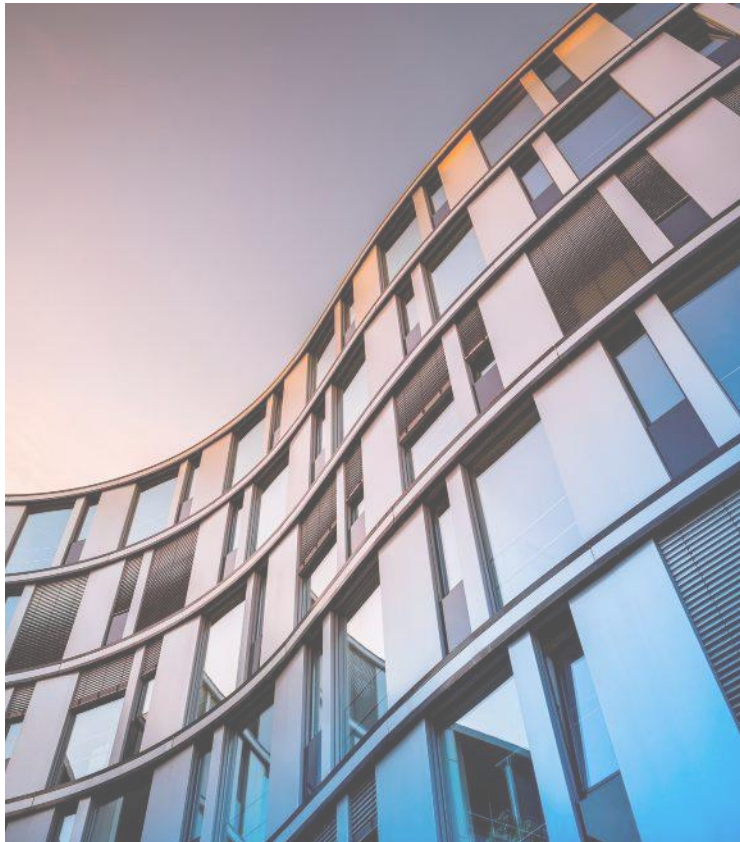
LIVING BIBLE

PSALM 4

AUTHOR:	DAVID
THEME:	God's Protection & Peace
BACKGROUND:	<ul style="list-style-type: none">• May have been written during the time many were aligning w/Absalom• David felt alone• Believed to be written right after Psalm 3



OTHER POINTS



- Vs. 2 – Leasing = lies; false Gods
- People tend to believe everything but God’s truth
- V3 – God hears the prayers of those who are faithful; even when we mess up – God is a forgiving God
- “Look at your problems in the light of God’s power instead of looking at God in the shadow of your problems”
- V4 – David tells us what to do in time of injustice; step back, regroup and speak boldly honoring God – don’t get angry
- V5 – sacrifices can be of our time, resources, energy and must be done with the right spirit
- V7 – two kinds of joy
 - Real joy comes from knowing God and it lasts no matter what happens
 - Happiness comes from pleasant circumstances – momentary joy

PSALM 5

5 ¹⁻² O Lord, hear me praying; listen to my plea, O God my King, for I will never pray to anyone but you. ³ Each morning I will look to you in heaven and lay my requests before you, praying earnestly.

⁴ I know you get no pleasure from wickedness and cannot tolerate the slightest sin. ⁵ Therefore, proud sinners will not survive your searching gaze, for how you hate their evil deeds. ⁶ You will destroy them for their lies; how you abhor all murder and deception.

⁷ But as for me, I will come into your Temple protected by your mercy and your love; I will worship you with deepest awe.

⁸ Lord, lead me as you promised me you would; otherwise my enemies will conquer me. Tell me clearly what to do, which way to turn. ⁹ For they cannot speak one truthful word. Their hearts are filled to the brim with wickedness. Their suggestions are full of the stench of sin and death. Their tongues are filled with flatteries to gain their wicked ends. ¹⁰ O God, hold them responsible. Catch them in their own traps; let them fall beneath the weight of their own transgressions, for they rebel against you.

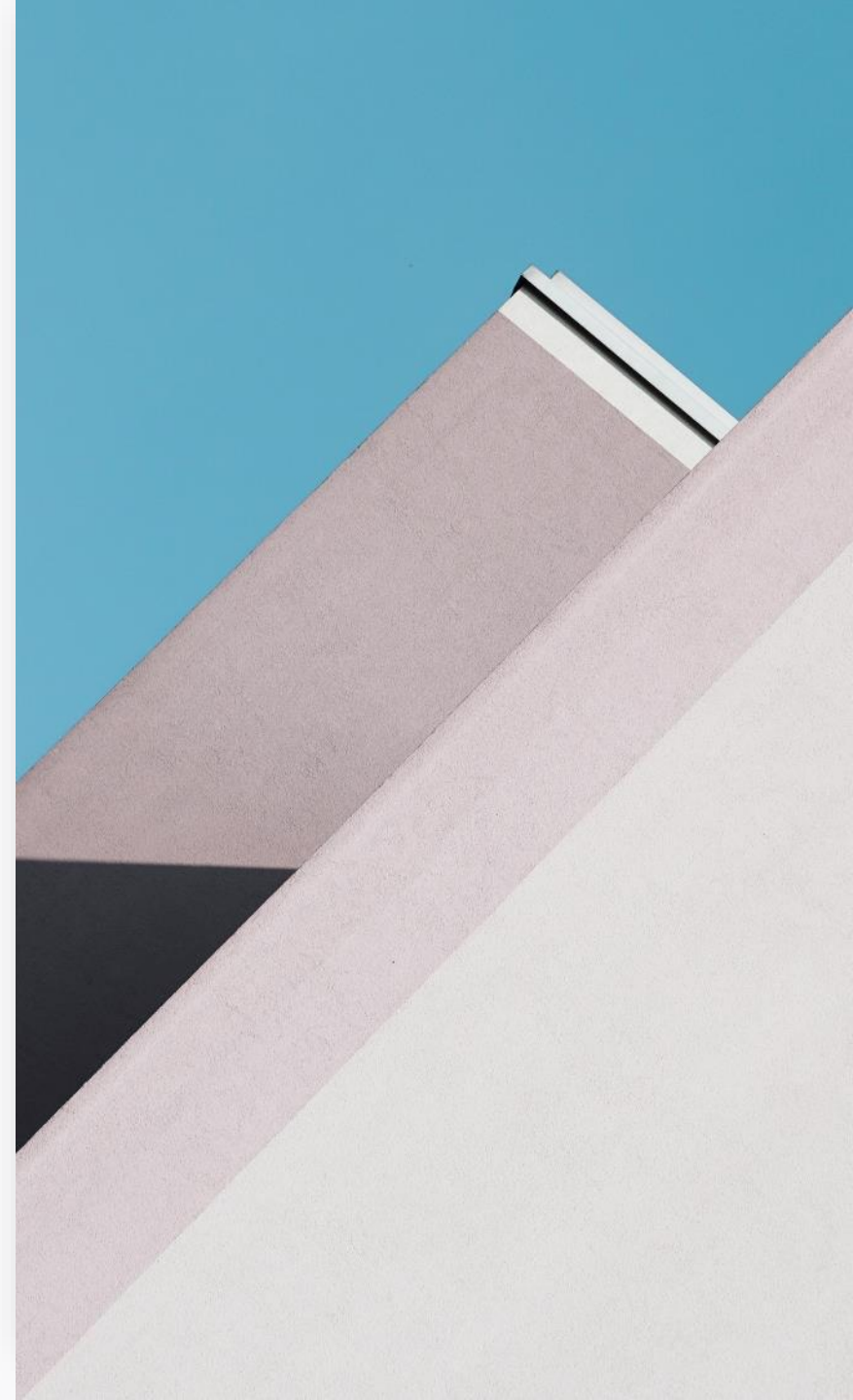
¹¹ But make everyone rejoice who puts his trust in you. Keep them shouting for joy because you are defending them. Fill all who love you with your happiness. ¹² For you bless the godly man, O Lord; you protect him with your shield of love.

Psalm 5

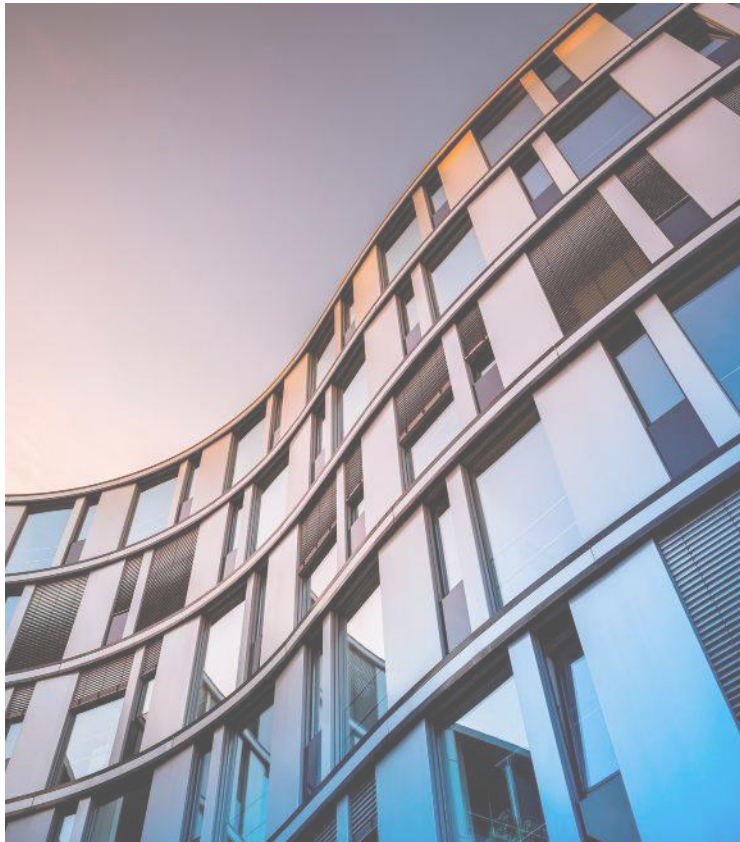
LIVING BIBLE

PSALM 5

AUTHOR:	DAVID
THEME:	THE LIES OF THE ENEMY
BACKGROUND:	<ul style="list-style-type: none">• This is the morning prayer of David• David is asking God for protection from his enemies• David trusts God



OTHER POINTS



- A little sin is still sin
- A little white lie is still a lie
- Mercy allows us to enter the presence of God and ask for more mercy and forgiveness
- God's love will defend us
- God's love defends us from our enemies

GOD

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

*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



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One Word. One Church. One Year.

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.