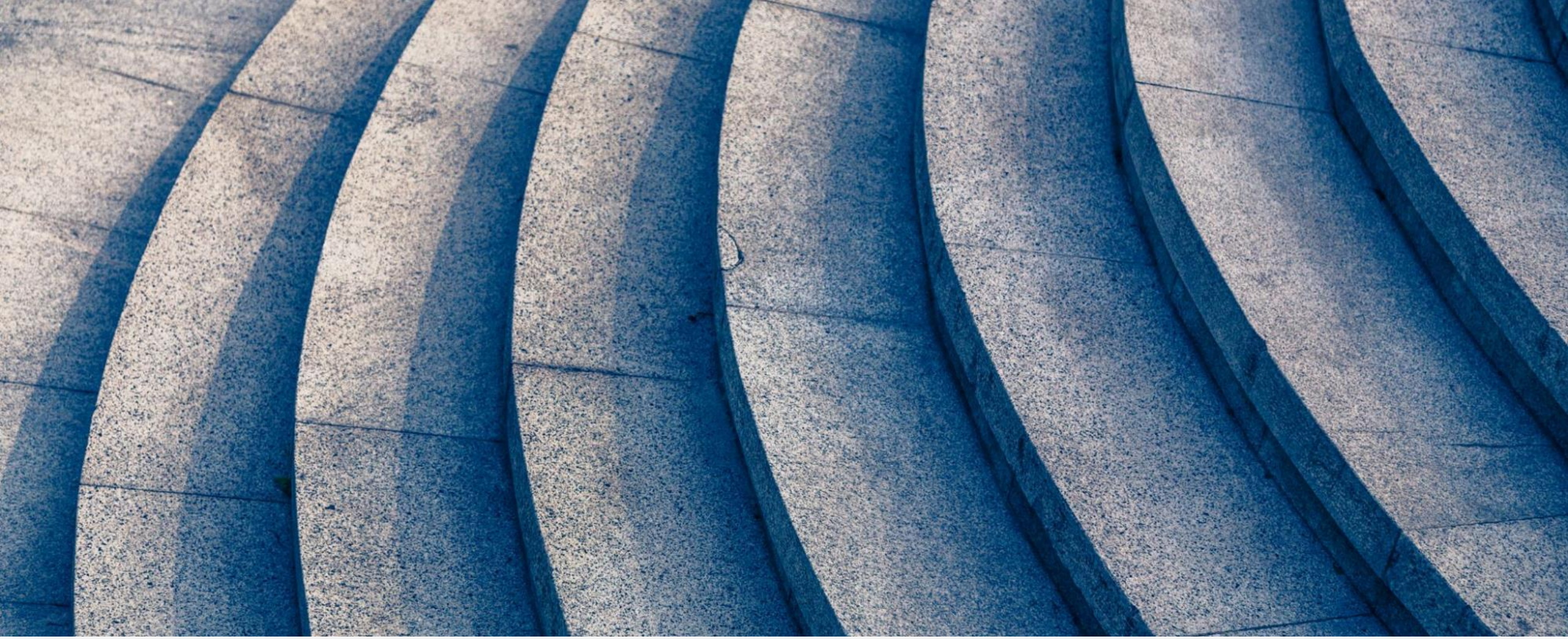


The Book of Psalms: Psalms 42-46

A Journey Through Worship, Emotion and God’s Faithfulness

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

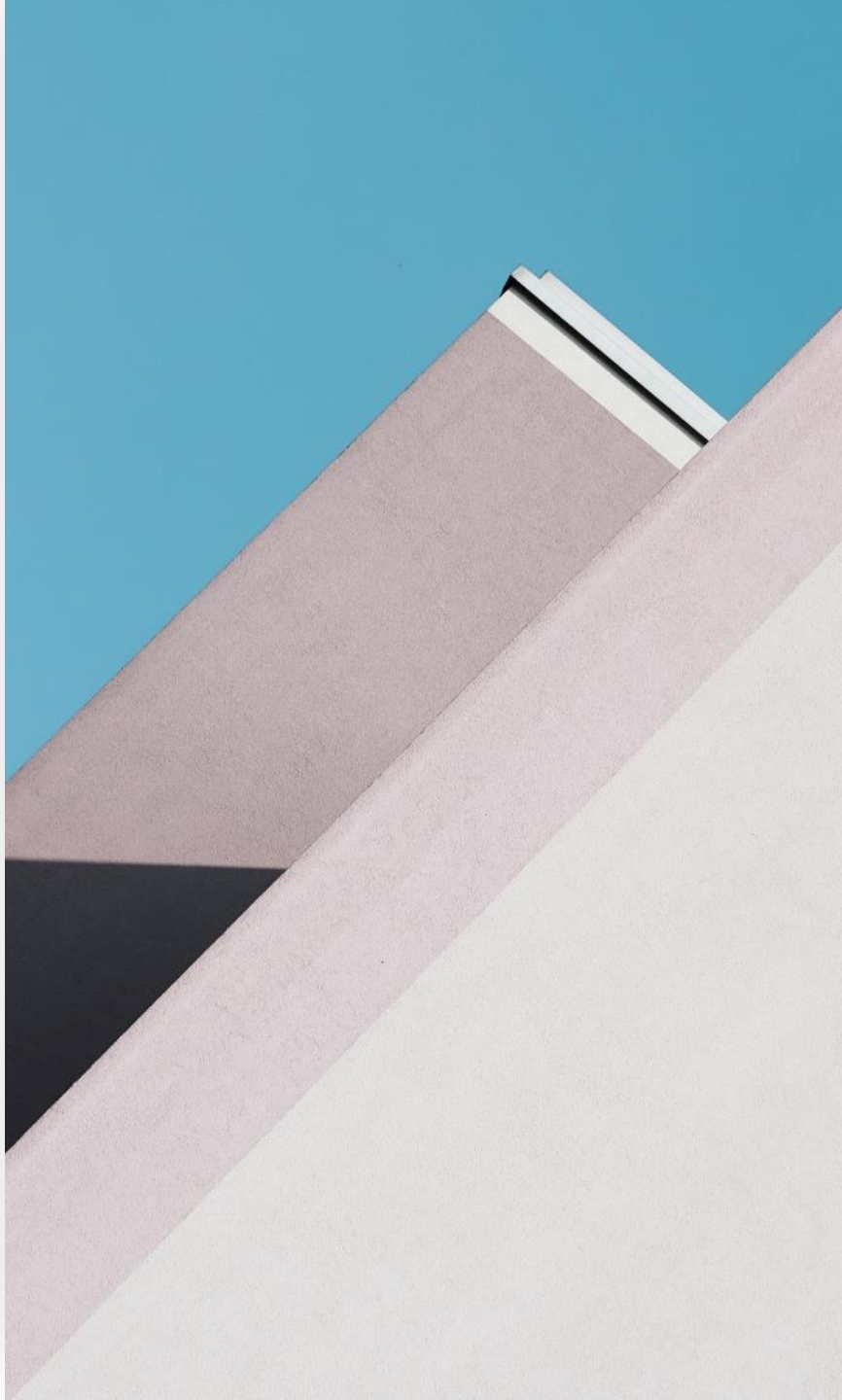
WHERE THE PSALMS WERE WRITTEN

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.

A 1,000-Year Journey (1400–400 BC)

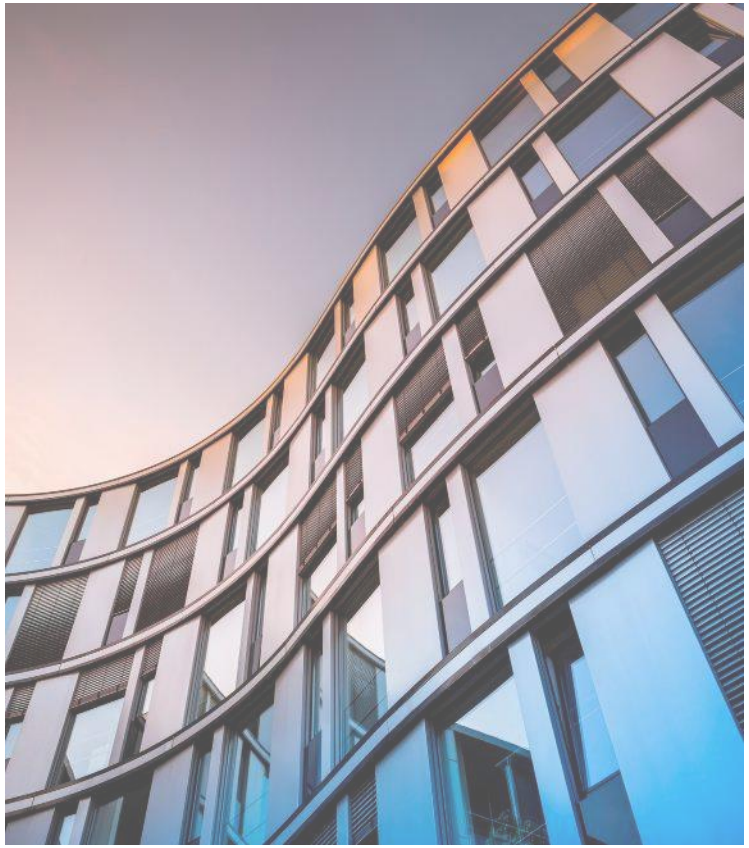
- War and peace
- Triumph and tragedy
- Personal struggles
- Corporate worship
- Exile and return

PSALMS

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

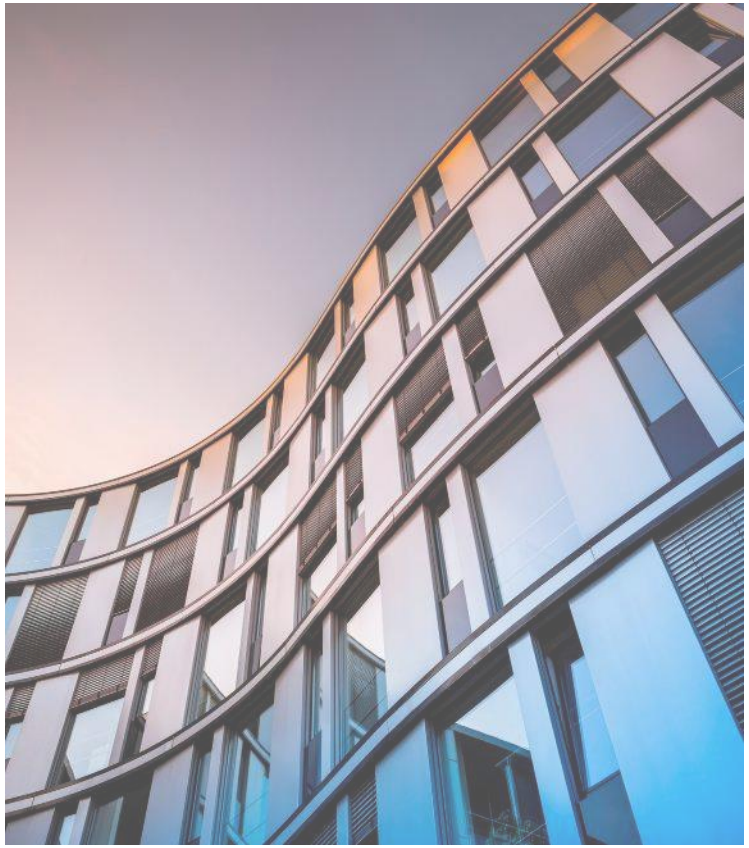
– Pastor Terri Webster

KEY THEMES IN THE BOOK OF PSALMS



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

THE PSALMS TEACH US TO:



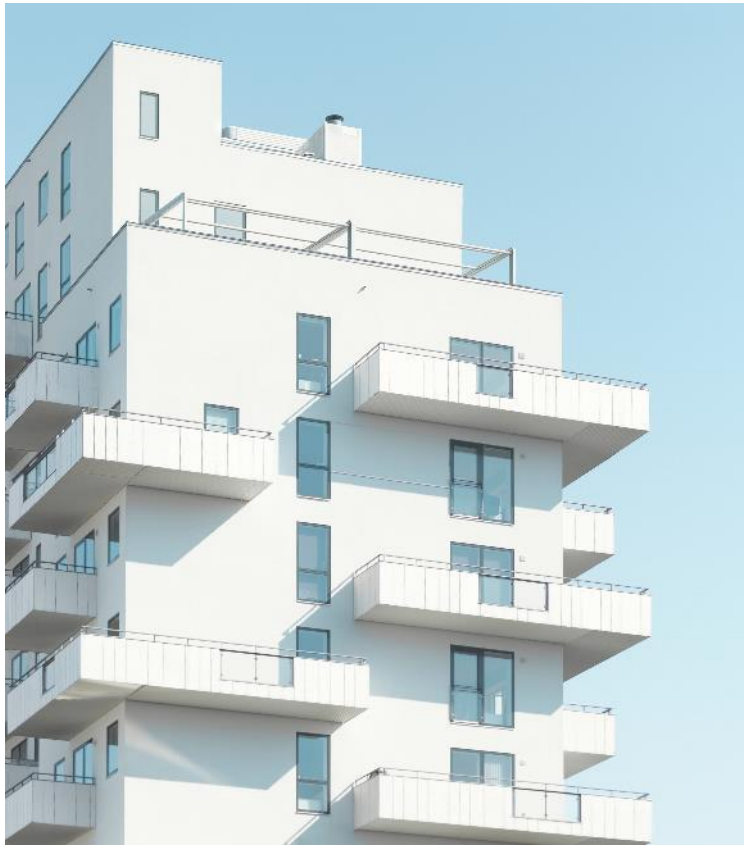
- Pray when words fail
- Be honest with God
- Anchor ourselves in His character
- Shape our worship
- See Jesus, the ultimate King and Shepherd

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

They guide us from:

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

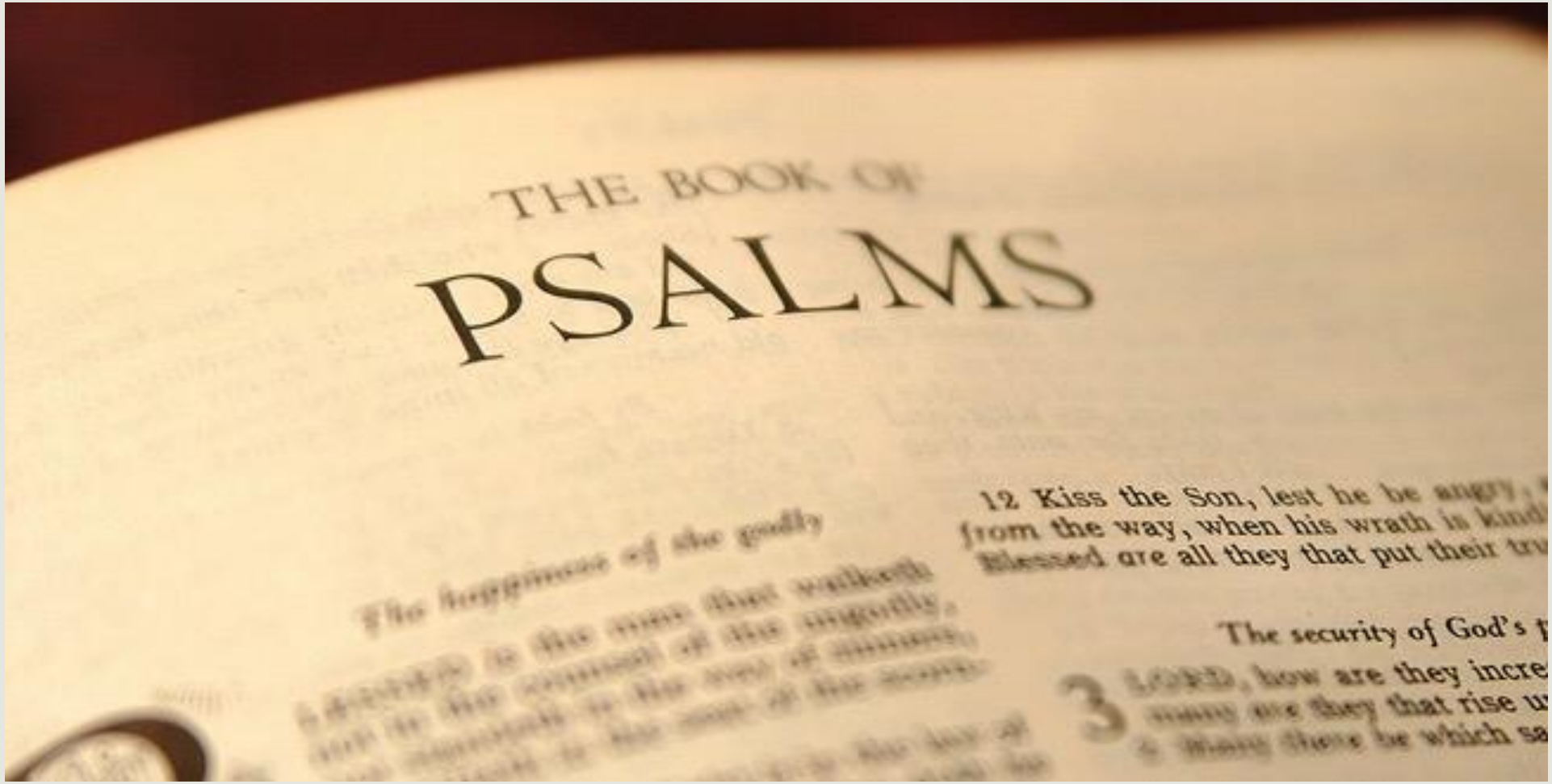
THE FIVE BOOKS OF PSALMS



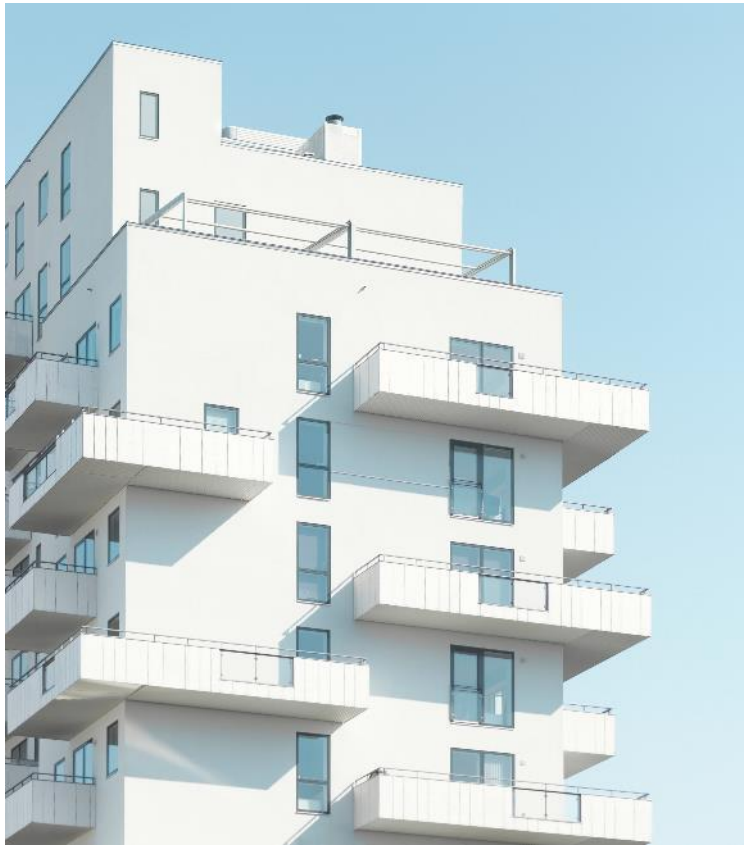
Mirroring the Pentateuch:

- 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 2


THE BOOK OF
PSALMS
12 Kiss the Son, lest he be angry,
from the way, when his wrath is
blessed are all they that put their
The security of God's
3 LORD, how are they incre
many are they that rise
Many there be which

BOOK 2 (Psalms 42–72)



Focus: God as Savior

Themes: Longing, deliverance, kingship

Authors: Sons of Korah, David, Solomon

GROUP ACTIVITY (15 mins)

NUMBERS 16:1-35
Who is it about?
What happened?
What was God’s reaction

PSALM 42

Read

Psalm 42-45 are known as Maschil or didactic psalms

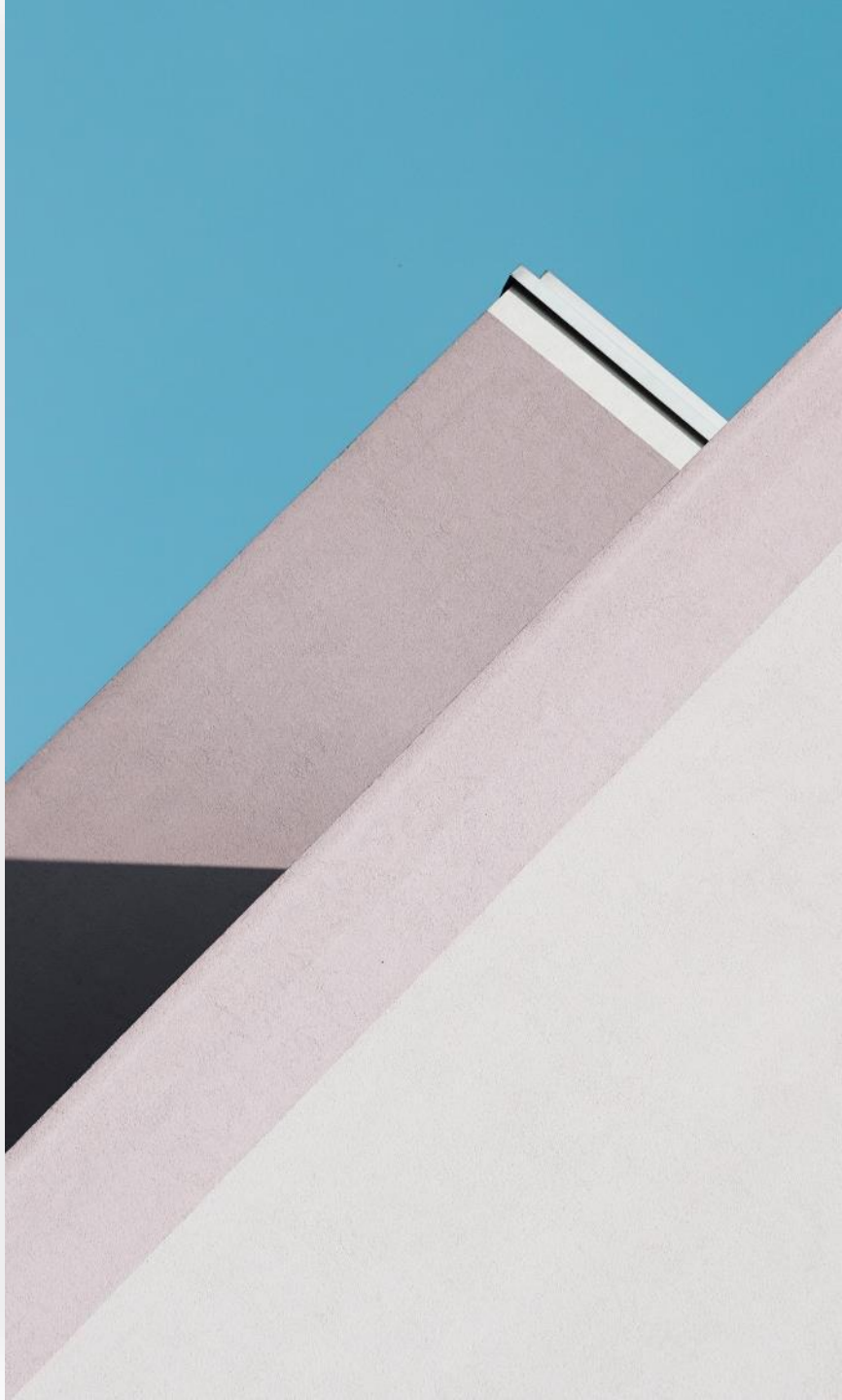
- Meaning a poem used to impart wisdom, teaching or insight rather than praise & worship
- It is structured to teach a deeper lesson not emotions

KJV

Psalm 42

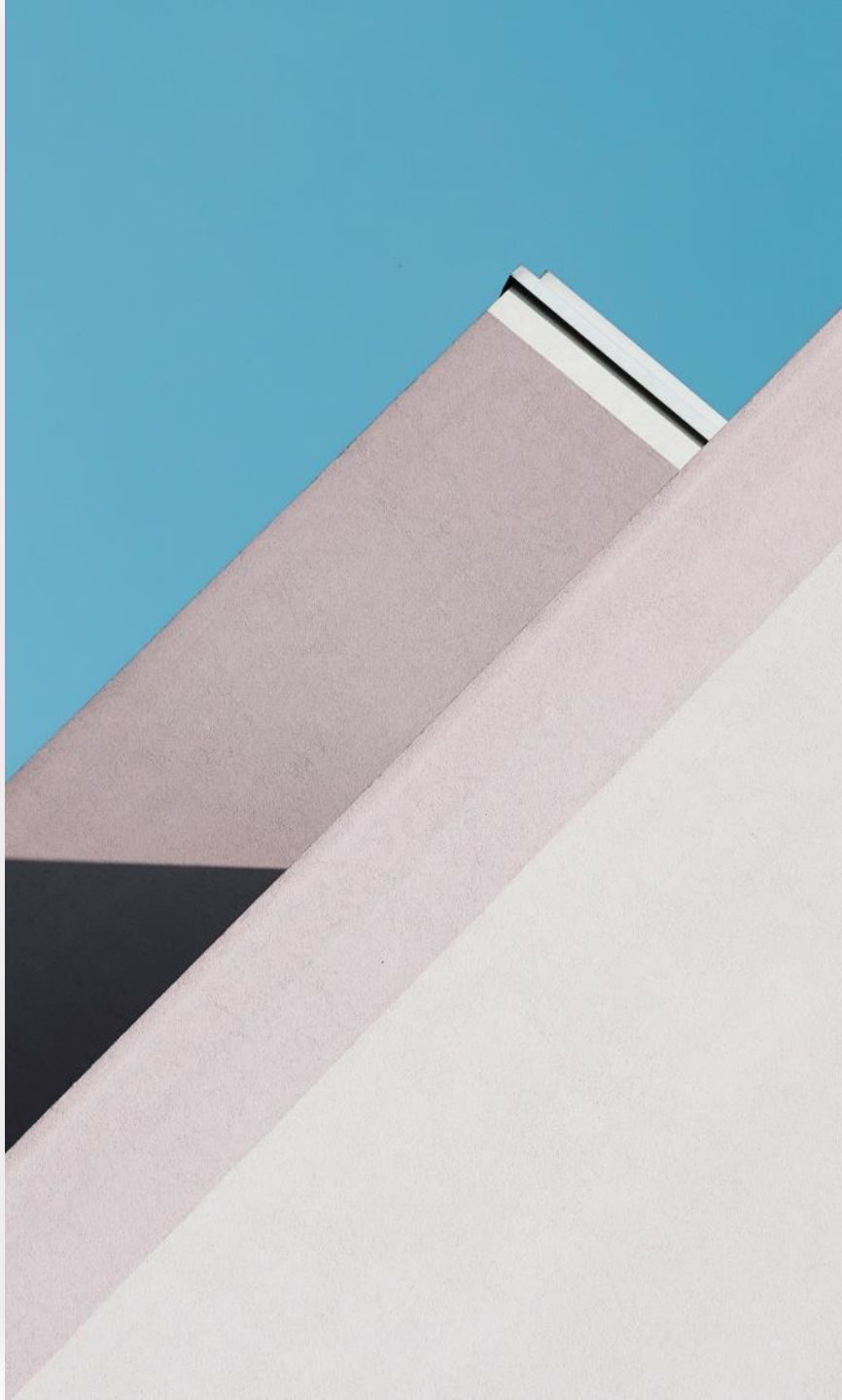
PSALM 42

AUTHOR:	SON'S OF KORAH
THEME:	A THRIST FOR GOD EVEN IN DEPRESSION
POINTS	• Korah was a Levite who led a rebellion against Moses • Korah died, but his descendants remained faithful to God and served God in Temple worship • As a deer needs water to survive, we need God to survive • We must seek God and be intentional about understanding Him and His word. When we do this, we will find abundant life. • The Psalmist was feeling separated from God, so he went on a quest to restore his relationship with God • It is said that the Psalmist was in an exiled place and could not go to temple worship.



PSALM 42 (con’t)

AUTHOR:	SON’S OF KORAH
THEME:	A THRIST FOR GOD EVEN IN DEPRESSION
POINTS	• The Psalmist was in a state of depression • God has given us counselors, doctors and medicines to aid in healing and mediating on the goodness of God • depression - The act of lowering something or pressing something down

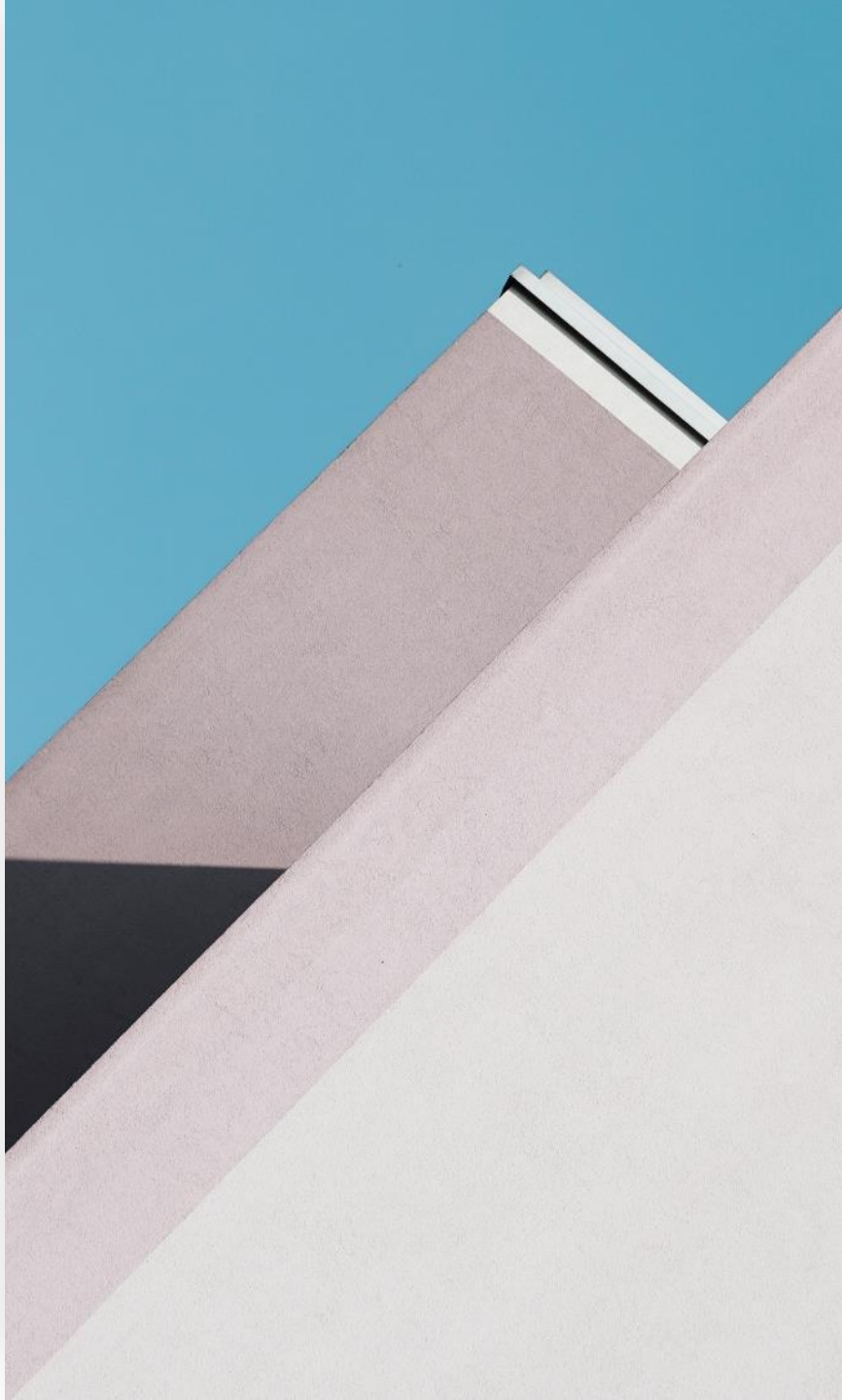


PSALM 43

Read

PSALM 43

AUTHOR:	SON'S OF KORAH
THEME:	HOPE IN THE TIME OF DISCOURAGEMENT – CONTINUATION OF PSALM 42
POINTS	• The writer asked God to send his light and truth to show him the way to the temple (holy hill) • The Holy Hill is Mount Ziion in Jerusalem • David make this the capital of Jerusalem • This was the familiar place he would meet God • God's truth gives us the right path to follow • God's light gives us clear vision • The temple was built as a place where the people of God would meet Him in worship and prayer

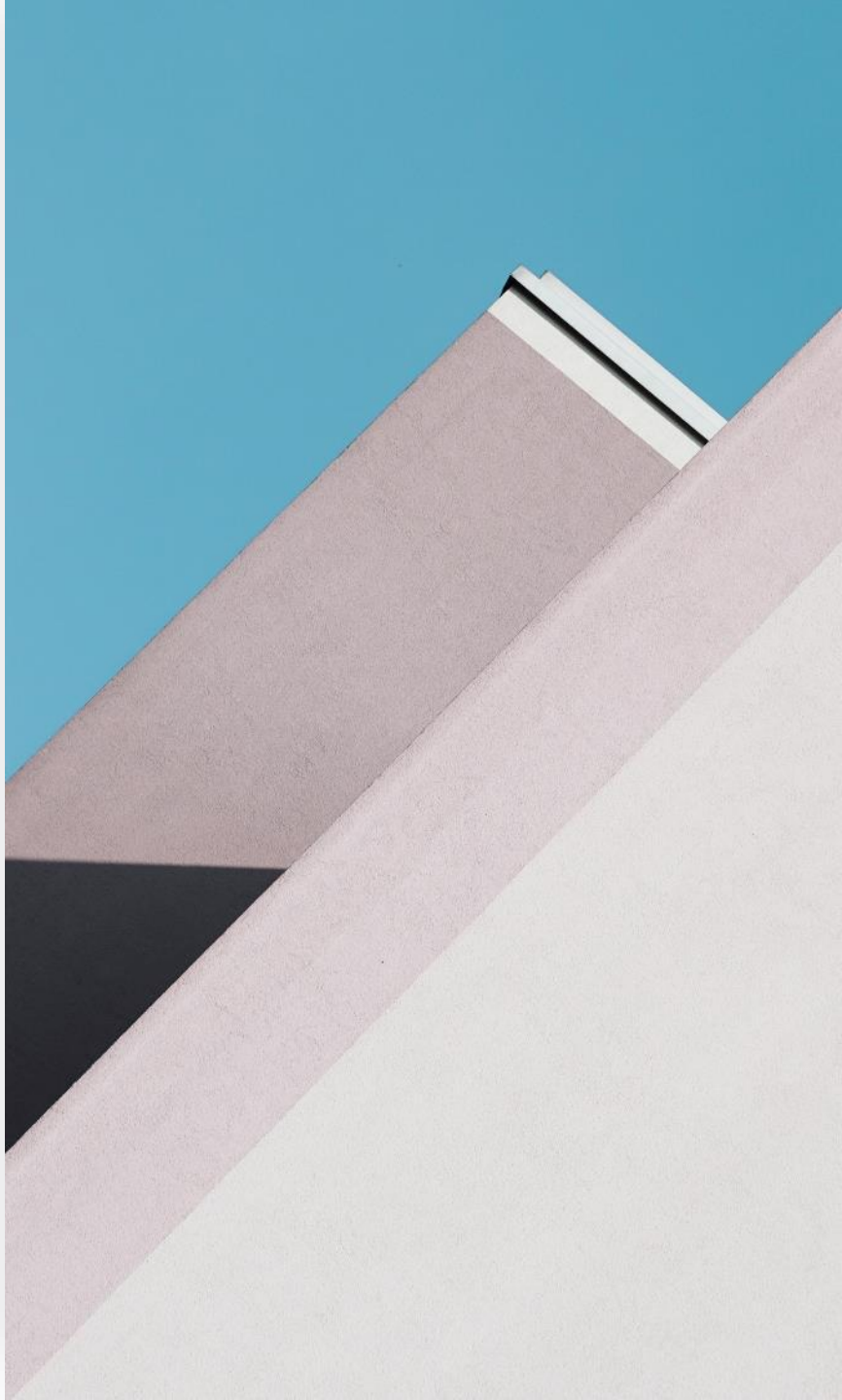


PSALM 44

Read

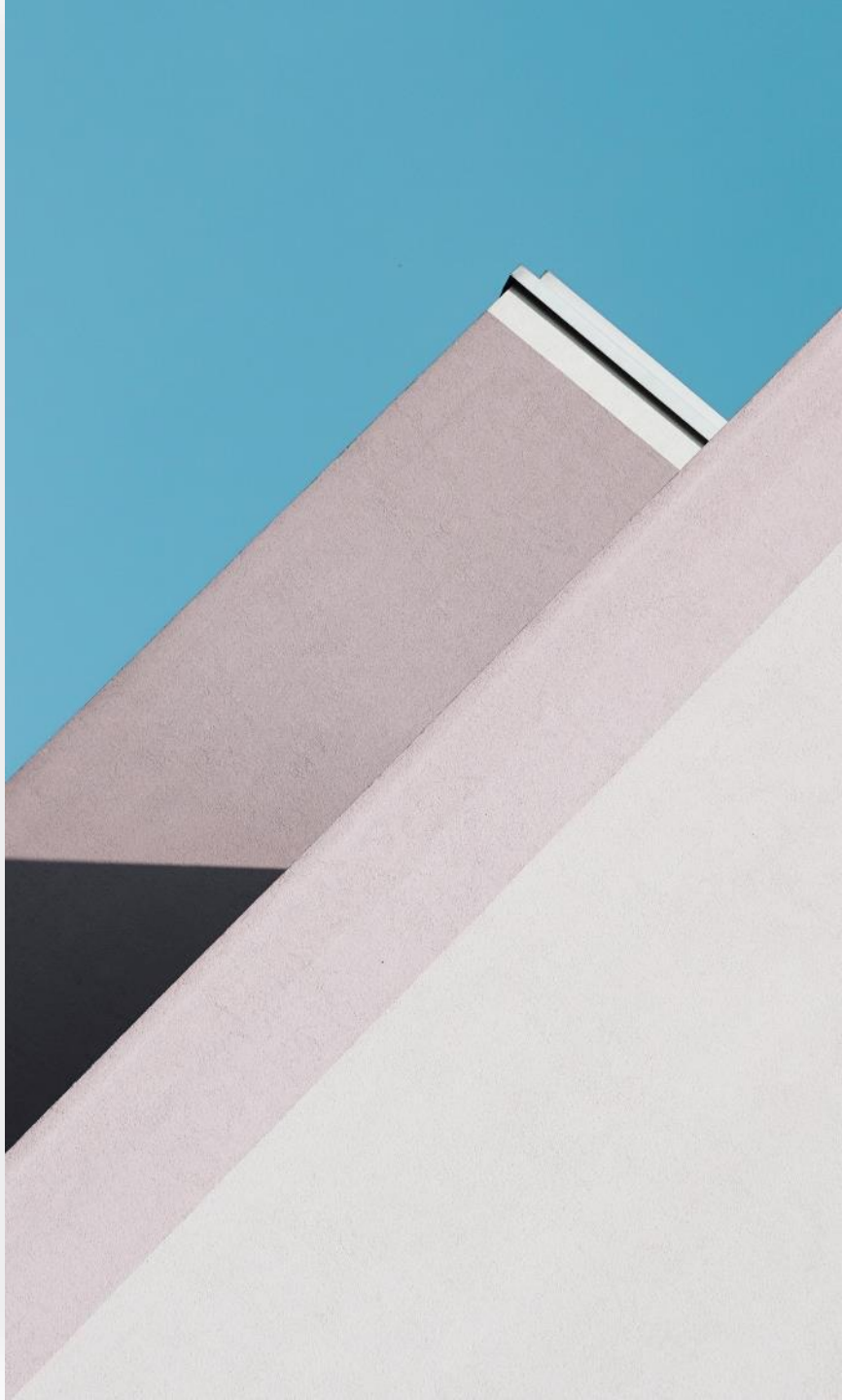
PSALM 44

AUTHOR:	SON'S OF KORAH
THEME:	A SONG BEFORE THE BATTLE
POINTS	• The Levites would sing before Israel went to Battle • To drive out the heathen refers to their enemies being driven out of the promised land by God • 6-7, the bow and sword represent reliance on personal protection • Only God is trustworthy – He never fails us • WHO OR WHAT ARE YOU PUTTING YOUR TRUST IN? • The psalmist was suffering and he did not like it. It was unfair and undeserved • He learned that he was suffering because he was serving God not because he was not.



PSALM 44 (con't)

AUTHOR:	SON'S OF KORAH
THEME:	A SONG BEFORE THE BATTLE
POINTS	• The people in Israel were defeated despite of them serving God • **What do you do when everything falls apart?** • The Psalmist asked God for mercy • Not even death can separate us from the love of God • We can ask for mercy, grace and deliverance • God is still in Control • God is not sleep during the difficult times, He is just giving us an opportunity to build our faith in Him. He delays to Help • Microwave vs the Oven

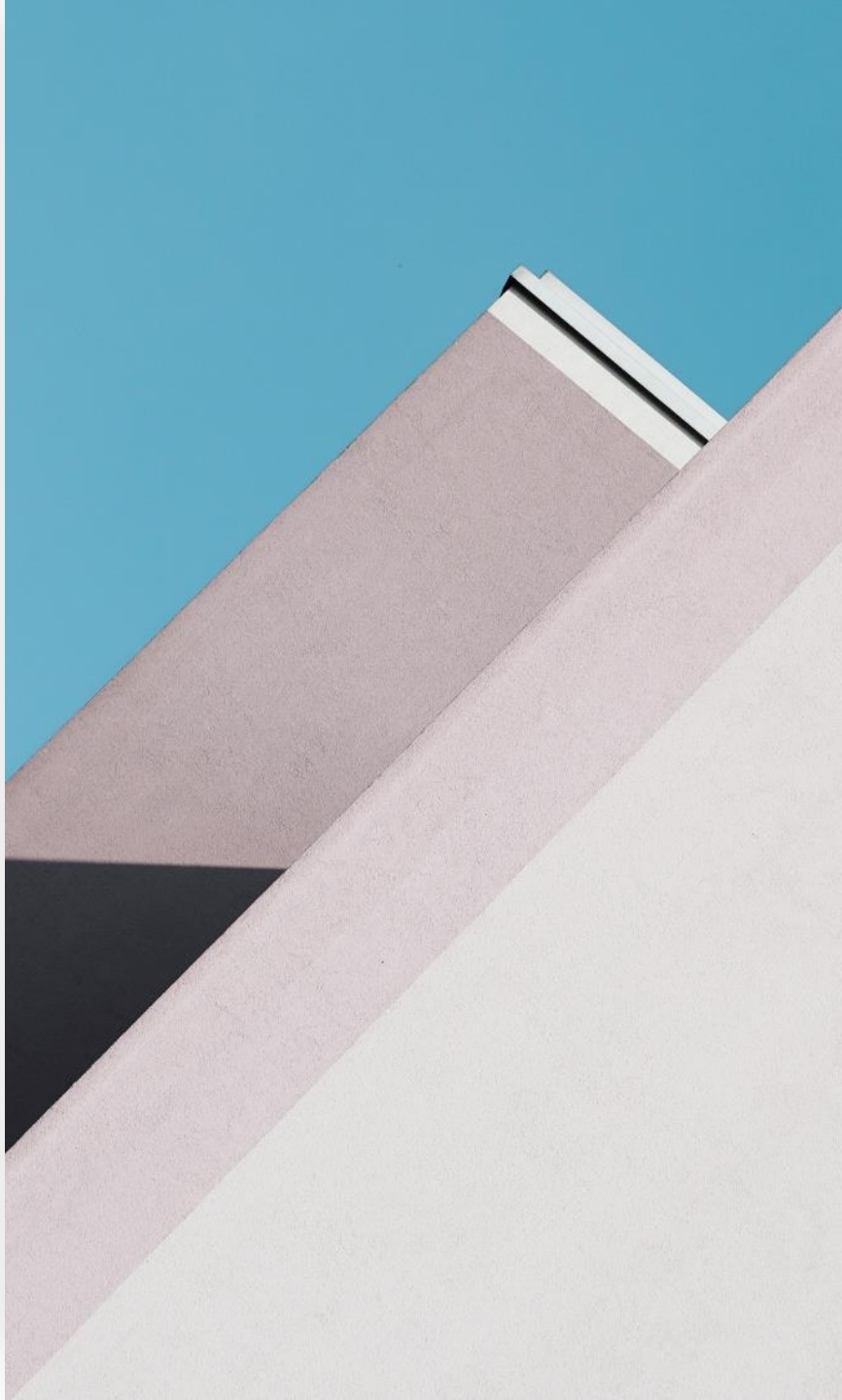


PSALM 45

Read

PSALM 45

AUTHOR:	SON'S OF KORAH
THEME:	PROPHECY OF CHRIST AND HIS BRIDE
POINTS	• This psalm speaks of the Messiah's relationship with the church (His bride) • Myrrh is a fragrant gum of an Arabian tree used in perfumes • Aloes are spices possibility from the sandalwood tree used for storage boxes and chests • Cassia flowers of the cinnamon tree • All of these were used in the King's wedding • Ophir was as famous as a source of gold • These help to paint a picture of Christ and His bride.



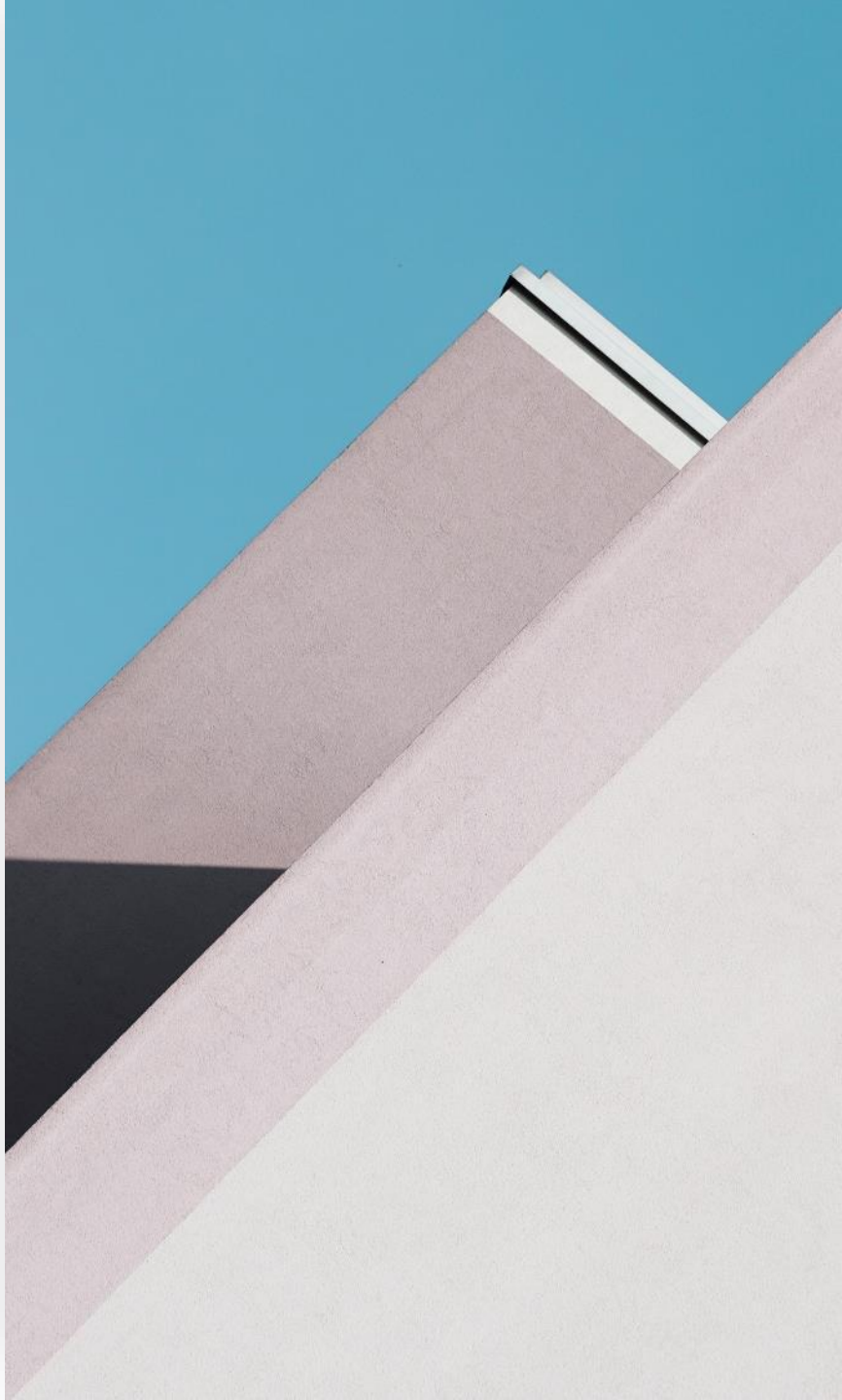
PSALM 46

Read

Alamoth – high pitched sound like a soprano – young women melody – a harp or lyer

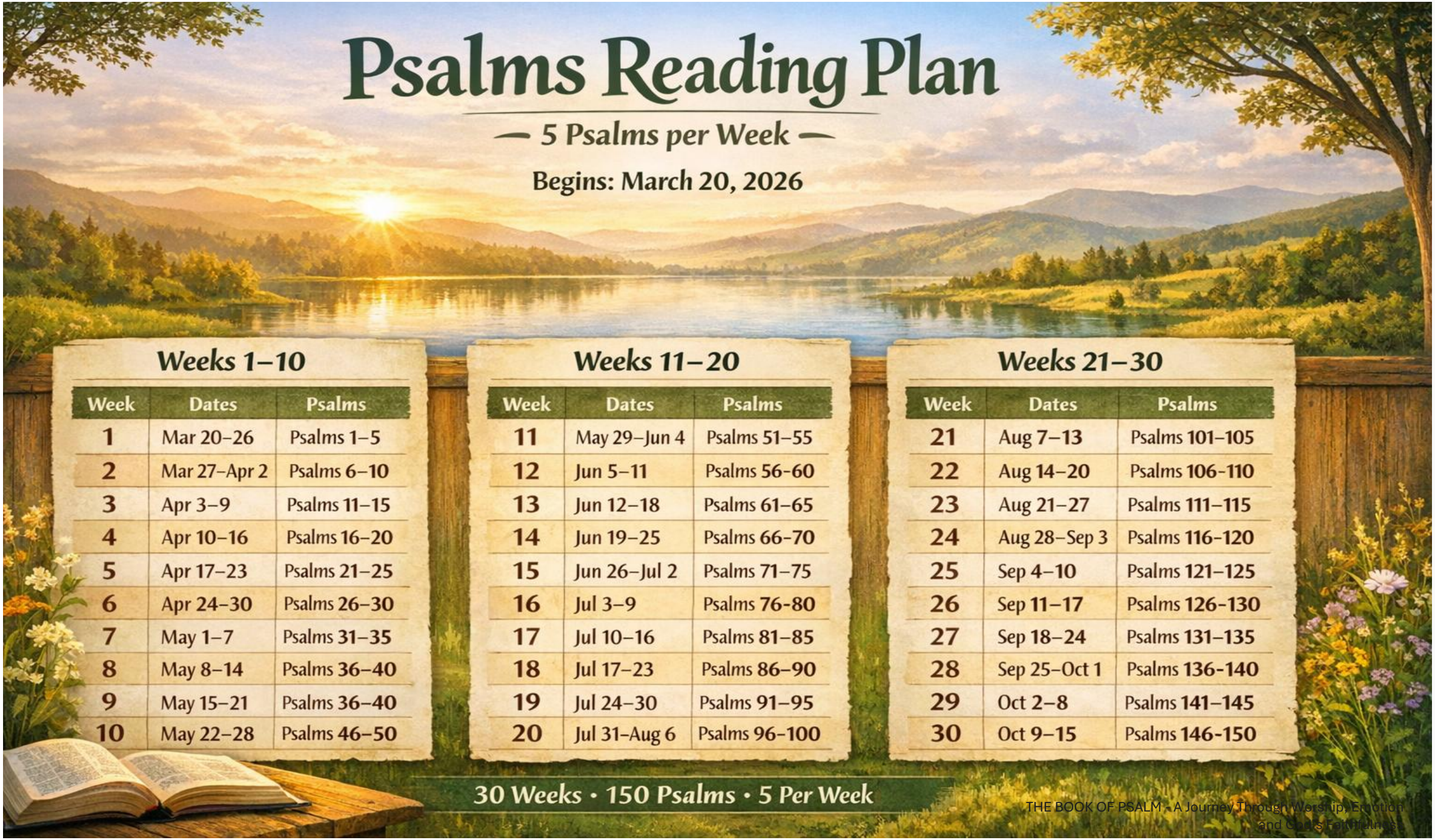
PSALM 46

AUTHOR:	SON'S OF KORAH
THEME:	GOD IS ALWAYS THERE TO HELP – HE WILL RESCUE THOSE WHO LOVE HIM
POINTS	• 46-48 are Psalms of praise celebrating deliverance • The fear of destruction haunts people – the Psalmist says even if the world ends – we do not have to fear • God is our refuge even in the uncertainty or certainty of destruction • God is our eternal place of safety and strength in any circumstance • Jerusalem had not river – this is referring to God being a sustainer of life – if God lives there, the city could not fall • Yes there is war and destruction, but God's victory is sure • Be still and hear from the victorious God we serve.



What else?

Is there anything you want to talk about?


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



HOW THE PLAN WORKS

365 DAILY READINGS:

OLD TESTAMENT

NEW TESTAMENT,

PSALMS,

PROVERBS

EACH DAY TAKES 15–20 MINUTES

YOU MAY USE THE AUDIO BIBLE AS WELL

PRINTABLE CHECKLIST

AND DIGITAL TOOLS

AVAILABLE AT

WWW.BIBLICA.COM



WHAT TO EXPECT

1

Moments of clarity and challenge

2

New insights from familiar passages

3

God meeting you in unexpected ways

HOW WE'LL DO THIS TOGETHER

Weekly encouragement from the pulpit

Small group check-ins and discussions

Church-wide milestones and celebrations

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.

SCRIPTURE INTERPRETATION Hermeneutics

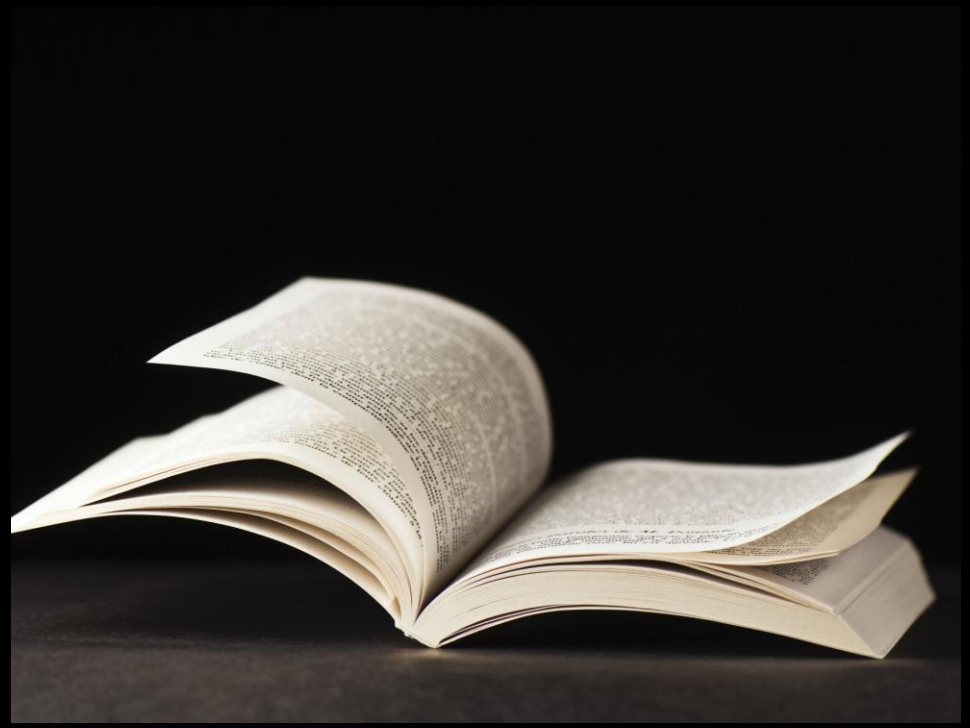
Moral Interpretation

- Principles by which ethical lessons may be drawn from various parts of the Bible
  - The Sermon on the Mount
  - The Lord's Prayer
  - The Ten Commandments

Anagogical-(an a go ge cal) Interpretation

- Seeks to explain biblical events as they relate to the life to come
  - **Shall inherit everlasting life**
- interpretation of a word, passage, or text (as of Scripture or poetry) that finds beyond the literal, allegorical, and moral senses a fourth and ultimate spiritual or mystical sense (application)

HERMENEUTICS SCRIPTURE INTERPRETATION



- **Literal Interpretation**
  - the actual content of the Word of God
  - **1a:** according with the letter of the scriptures; adheres to a *literal* reading of the passage
    - **b:** adhering to fact or to the ordinary construction or primary meaning of a term or expression **:** ACTUAL
    - **c:** free from exaggeration or embellishment the *literal* truth
    - **d:** characterized by a concern mainly with facts
  - **2:** of, relating to, or expressed in letters
  - **3:** reproduced word for word **:** EXACT, VERBATIM
- **Allegorical Interpretation**
- **(story, poem or picture use to reveal a hidden meaning; a symbol) (Corporate or Private)**
  - interprets the biblical narratives as having a second level of reference beyond those persons, things, and events explicitly mentioned in the text.
  - a word for the body of Christ - Sermon on the mount