

Psalm

Prayers From The Heart

Psalm: [Greek]
psalmoi – “instrumental music”
psalms – “song for the harp”

[Hebrew] *tehillim* – “praises”
 [Hebrew] *tephillot* – “prayers”

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A Collection of Collections

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)

There are a variety of psalms:

Hymns: Simple hymns or songs of praise.

Lament: Prayers for God’s deliverance in moments of despair.

Thanksgiving: Praise to God for His gracious act.

Royal: Portray the reign of the earthly king, as well as the heavenly King of Israel.

Wisdom: Instruct worshipers in the way of wisdom & righteousness.

Psalmists

David: 73[76]

Asaph: 12

Sons of Korah: 11[12]

Solomon: 2

Ethan: 1

Heman: 1

Moses: 1

Anonymous: 50[46]

PSALMS

	1490 BC: DAYS OF MOSES	Book One 41 Psalms HUMANITY ↑ PSALMS 1–41	Book Two 31 Psalms DELIVERANCE ↑ PSALMS 42–72	Book Three 17 Psalms SANCTUARY ↑ PSALMS 73–89	Book Four 17 Psalms REIGN OF GOD ↑ PSALMS 90–106	Book Five 44 Psalms WORD OF GOD ↑ PSALMS 107–150	444 BC: DAYS OF EZRA
Analogy		Genesis	Exodus	Leviticus	Numbers	Deuteronomy	
Content		Personal	Devotional	Liturgical, Historical	General	Prophetical, Natural	
Doxology		Psalm 41:13	Psalm 72:18–19	Psalm 89:52	Psalm 106:48	Psalm 150	
Theme	We worship God for who He is and what He has done.						
Key Verse	19:14						
Christ in Psalms	Jesus Christ is anticipated, portrayed, and prophesied in such images as the coming King, the Redeemer, the loving Shepherd, and the righteous Sufferer.						

Psalm 1 [Author: Anonymous]



*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.*



SO WHAT?

:: Proximity shapes **IDENTITY**.

:: When we're rooted in God's Word, we can truly **THRIVE** in life.

:: Circumstances don't depict favor, **FRUIT** does!

:: The more we delight in **GOD** the more fruitful we become.

NOTES:

Matthew 7:17-19

¹⁷“Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. ¹⁸A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. ¹⁹Every tree that does not bear good fruit is cut down and thrown into the fire. ²⁰Thus, by their fruit you will recognize them.”

- Jesus



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Now What? [For Further Reflection]:

:: Share a Psalm [or verse from a Psalm] you've found helpful or especially meaningful in your life. Why is that the case?

:: Since psalms are prayers of the heart, discuss ways you have/could use them in your daily prayer life.

:: What have you found to be most challenging/helpful in that process?

:: What are some ways we could more effectively pray the Psalms?

:: Take a moment to pray and then reread Psalm 1.

:: What stands out to you in this passage?

:: What are tangible examples of how we walk, stand and sit in our relationship with others? With God?

:: What is the evidence of walking, standing or sitting with Him?

:: Jesus draws a very clear connection between being fruitful and fruitless in our lives. [ref. Matthew 7:17-19]

:: What are the implications/benefits of either scenario?

:: How have you seen that play out in your life or others?

:: Pastor Shawn said, "The more we delight in God the more fruitful we become."

:: What are some implications of that reality? Why is that the case?

:: What happens when we don't consistently pursue His presence?

:: What is one thing you can do this week to walk, stand & sit with Jesus? Tell at least one person and ask them to pray for you & hold you accountable to do it.

How to become rooted in relationship with God:

- 1) Admitting that you, like everyone else, are in need of rescue.
- 2) Asking God to forgive your sins.
- 3) Saying YES to God by trusting Jesus as Savior & Lord.

You can do that right now by simply talking to God in a prayer like this:

**Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness.
I believe You died for my sins and rose from the dead. Today, I recognize
you as Savior; and I choose to respond to you as my Risen LORD.
Help me to walk, stand and sit with you by faith in every area of my life.
In Your name, Amen.**

Unless otherwise noted, today's Scripture is from the
New International Version [NIV].
Shawn Cossin (@shawncossin) – June 30 & July 1, 2018

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