
SG021901

For Week – 7/13 - 7/19

The Whole Counsel of God - Psalms

(Questions about this week's study?
Email Pastor Jason at Jasonduff@calvaryvista.com)

Psalms – What is the book about?

The Title “Psalms” simply means “songs”

Psalms is the handbook on praise for the Jewish nation and for us, but it is also a book that teaches us much about God. Of the 219 quotes from the Old Testament in the New Testament, 116 of them are from the book of Psalms, making it the most quoted Old Testament book in the New Testament. This book obviously inspired the New Testament authors.

Psalms is divided into 5 books, 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

Psalms – Who wrote it?

David is the primary author, but others include Asaph, the sons of Korah, King Solomon, King Hezekiah and even Moses

Psalms – Are they all the same?

Each of the Psalms are Hebrew Poetry and originally put to music, but there are five basic different types of Psalms

Didactic Psalms – Psalms that teach us something about God or us

Messianic Psalms – Psalms that speak prophetically about the Messiah

Prayer Psalms – Different types of prayers such as supplication, penitent and imprecatory psalms

Psalms of Ascent – Psalms that were studied while on the road to Jerusalem

Praise Psalms – Psalms that praised God for different reasons; historical faithfulness, power in creation, and simply because of who He is (Hallel)

Psalms – How can I get more out of this book?

#1 – Read it in its entirety

For the week of July 16th – July 22nd – Psalm 1-30

For the week of July 23rd – July 29th – Psalm 31-60

For the week of July 30th – August 5th – Psalm 61-90

For the week of August 6th – August 12th – Psalm 91-120

For the week of August 13th – 19th – Psalm 121 – 150

#2 – As you read, do what it says – i.e., “lift up your hands”, “sing out to the Lord” – do it!

The Book of Psalms

“The Didactic Psalms – Psalm 1 & 23”

Introduction

- Tonight we are going to begin a study in the book Psalms
 - And before we get to the actual text we need to consider a few things by way of introduction

Let's start with the title of the this book – Psalms which basically means “Songs”

The Book of Psalms – Title and Purpose

Hebrew Title – “Tehillim” – “Book of Praises”

Greek Title – “Psalmos” – “a song for a stringed instrument”

Latin Title – “Psalmorum” – “a stringed instrument”

English Title – “Psalms” – “Songs”

- in the Hebrew the title as translated into English is “Book of Praises”
 - now how we arrived at “Songs” from “Book of Praises” was when they translated the Hebrew Old Testament into Greek, the Greek word they used for the title of this book was “Psalmos” and it means “a song sung on a stringed instrument”
 - the next major translation the Latin Vulgate called the book “psalmorum” which means “a stringed instrument” and the KJV borrowed the first part of the Greek and Latin title for the book and simply called this book Psalms

And by the way if you are speaking about this book collectively it is Psalms, if you are mentioning a single Psalm, it is Psalm no “s”

- so I just helped you become Bible scholars, and so you don't sound dumb – don't say – Psalms 23, Psalms 18 – say Psalm 23, Psalm 18 from the book of Psalms - just to help us Bible nerds not grind our teeth

Now this Book of Praises or songs is simply that, a record of worship songs used by the nation of Israel

- in that sense this book is like our Hymnals from a generation ago, is a book filled with a collection of songs
 - today we have websites and databases, but in David's day, much as it was up until 20 years ago, you had books of songs you worshiped God from
- Psalms is Israel's Hymnal, it is their handbook on praise and worship
 - And I find this book very helpful in teaching us how to worship

As a kid I went to Baptist schools and I was taught that this book had great historical value because it shows us how the Jews used to relate to God but it certainly was not for us to learn how to worship

- and so when I would read it, it was interesting, it was moving, but not real life changing

Then I started going to Calvary Chapel and we sang songs right out of the scripture –

Psalm 123 “I lift my eyes up, to the mountains, where does my help come from, my help comes from you maker of heaven, creator of the earth - oh how I need...

(Psalm 134) - “I lift up my hands in the sanctuary and bless, bless thee, the Lord.” -

and then the freaks started lifting their hands to the Lord, just like the Bible said to do, it was amazing to me, that people were doing what the Bible said to do, and at first it was hard for me

- but it revolutionized my relationship with the Lord, my worship – because as I thought about it, I realize we are singing the Bible and if the Bible says to do it, then it must be okay

And so I don't believe this book is a simple lesson on how they used to worship

- I believe it is workbook on how we are to worship together, today – we will see that more in the Praise Psalms

Now some hear that and think, well lifting of hands and bowing of knees that is just not who I am

- the reality is friends – God did not save you to keep you the way you are – a new creation
 - so I just challenge you to open your heart up to the Lord as we go through this workbook on worship

I also hear from time to time – look I am just not an emotional guy, or gal

- listen, the reality with that is you are in a relationship with Jesus, you are the bride of Christ
 - now I have a bride – and can you image if she said to me on our wedding day – look I believe in you, I believe you are real, I am committed to you
 - But there is no emotion toward you, there will be no intimacy with you – how would that marriage be?
- We could still be married today, but it would be a strange and dry relationship
 - How does your relationship with Christ look tonight? - Open your heart to connect with Him emotionally as we enter into worship later

This book of Psalms is a Hymnal, a handbook on worship, but it is also a Hymnal – Not Hymn, hymn, but HIM, Him, because this book teaches us so much about Him, about Jesus

- The New Testament tells us Jesus went to the cross, the psalms tells us what He was thinking
 - The NT says Jesus went to heaven, Psalms tells us what He is doing there now

It is really a book about Him

- In the New Testament there are 219 OT quotations
 - Of those 219 OT quotations, 116 are from the book of psalms, making Psalms the most quoted book from the Old Testament in the New Testament

Not only was this book important to the New Testament authors, it was important to Jesus as well

Jesus knew, loved and leaned on the Psalms

- **During His childhood Jesus revealed knowledge of Psalm 26 (Luke 2:49)**
- **In the Sermon on the Mount He quoted Psalm 48 and Psalm 6 (Matthew 5:35, 7:23)**
- **In teaching the multitude He cited Psalm 78 (Matthew 13:35)**
- **In cleansing the temple He quoted Psalm 8 (Matt 21:6)**
- **On the cross Jesus quoted Psalm 22 and 31 (Matt 27:46, Luke 23:46)**

The book of psalms inspired many of the New Testament writers, was loved and leaned on by Jesus and it should be important for us as well

The Book of Psalms – Title and Purpose (HYMN/Him)

The Book of Psalms – The Authors

- this next thing we need to consider is who wrote this book

David wrote the majority of the psalms

- As we were just studying his life in I and II Samuel as he was going through life and many of the stories we have already studied that the result of the trial was a beautiful psalm - Some examples if you want to take note

Psalm 30 – II Samuel 5 – The dedication of David's house

Psalm 34 – I Samuel 21 – When David feigned madness

Psalm 51 - II Samuel 11-12 – After David's sin

Psalm 52 – I Samuel 21 - When David was fleeing Jerusalem

Psalm 54 – I Samuel 23 – When David was betrayed by Ziph

Psalm 56 – I Samuel 29 – Time with the Philistines

Psalm 59 – I Samuel 19 – As Saul was trying to kill David

- And so this book we are looking at now, the psalms are written by the man we have been studying and they are born out of the events we have been looking at over the last few weeks
 - Now there are other authors mentioned in this book like Asaph, the Sons of Korah, Solomon, Hezekiah and even Moses

Now some scholars, like Charles Surgeon believed that David wrote all of the psalms and used those names as pseudo names or David wrote the songs and those other guys putting them out on their album to use today's language

- Kind of like Jeremy Camp put out "I wait for the Lord, my soul waits" but for us at Vista we know that will always be the song Scott Cunningham wrote - Could be- David wrote it, Asaph put it on his album

But it is much simpler to just see David as the primary author and over the years, their songbook like our songbooks just increased with new songs from new people

- The sons of Korah, who were priests, worship leaders in the temple, they wrote 11 psalms
 - Asaph was a worship leader in David's time, wrote 10 psalms
- And various others like King Solomon, David's son and King Hezekiah, David's great, great, great, grandson also wrote a few

After the song writers wrote, this book was compiled in David's day and then added to if a majority scholarship is to be believed by King Hezekiah and finally Ezra during the return to Jerusalem

The Book of Psalms – Title and Purpose

The Book of Psalms – The Authors

The Book of Psalms – How we are going to study it

- As I said before it is not my intention to cover all 150 psalms
 - I have given you a reading plan that you can follow and get all of the book over the next 5 weeks
 - But what I am going to do instead of covering all 150 psalms is I have broken them down into their 5 basic divisions
- And understanding these different types of psalms will help you in your reading and interpreting of the book

Types of Psalms

#1 - The Didactic Psalms

- Basic definition of a didactic psalm is one that teaches a formal lesson, teaches us something about God
 - Now all of them in a sense do this, but for didactic psalms it is their primary purposes to teach the people a truth about God and walking with God
 - And we will look at two of the most famous in just a minute

Types of Psalms

#1 - The Didactic Psalms

#2 - The Messianic Psalms

- of those 116 OT quotations from Psalms in the New Testament I told you about a minute ago, most of them point to Jesus being the Messiah and what He would endure, and be like
 - those types of psalms that see the life of Jesus in a prophetic sense coming from David's lifetime are called Messianic psalms and we will look at the most famous of those next week

Types of Psalms

#1 - The Didactic Psalms

#2 - The Messianic Psalms

#3 - The Prayer Psalms

- those are psalms where prayers are being offered to God
 - some are supplication prayers – or asking God for something

- some are penitent psalms – or repenting to God for something
- some are imprecatory psalms – and that was when David was asking God to judge his enemies

➤ And we will study all of those types of prayer psalms in a couple weeks

Types of Psalm

#1 - The Didactic Psalms

#2 - The Messianic Psalms

#3 - The Prayer Psalms

#4 - Songs of Ascent or Pilgrim Psalms

- Psalm 120-134 were Psalms the people of Israel would sing as they would go to Jerusalem three times a year if they were able
 - On the way and as they would arrive, they would worship the Lord with these psalms
 - We will study them and see the implications to when we go before the Lord – great week

Types of Psalm

#1 - The Didactic Psalms

#2 - The Messianic Psalms

#3 - The Prayer Psalms

#4 - The Songs of Ascent or Pilgrim Psalms

#5 - The Praise Psalms

These are psalms were David just lets loose about how good the Lord is and the wonderful things He has done

- Sometimes the praise flows from historical events being recounted – known as historical praise psalms
 - Sometimes the praise flows because of the wonder of nature – David being an outside guy, would worship the Lord because of His creation – these are known as nature psalms
 - Sometimes the praise would flow just because of who the Lord was – and these are called the Hallel or Hallelujah psalms, psalms of plain and simple thanksgiving to the Lord
- And we will look at those a month from tonight ending our study on this praise book with the praise psalms

Anyway tonight we start with The Didactic Psalms – or as I already said, those psalms which primary purpose is to teach us a great truth

- These psalms include psalm if you want to take note, Psalm 1, 5, 7, 15, 17, 50, 73, 94, and 101
 - We are going to look at two of these, normally we will do 3 psalms a Wednesday Night, but we had an introduction tonight,
 - But as we look at these two teaching psalms, we will and see two distinct lessons these psalms want to teach us about walking with God
- We start with my personal favorite

Psalm One – The Lesson – How to be happy

- we are told much today on how to be happy, many books today, seminars to attend
 - but not many say what David is about to teach about what really blesses a man's life

David will first tell us there is something to avoid if we are going to happy, blessed, and then tell us something we need to do – typical Hebrew Poetry, contrasting instead of rhyming – Talk about this in Proverbs

- First David says if you want to be happy you need to stay away from these things - These things are devastating to you

- What are they?

Something we need to avoid - The counsel of the World

- David is saying if you want to walk in joy, you can't be receiving counsel from the ungodly
 - Now in our world today, we don't sit down face to face with the ungodly and say, counsel me – I guess some do, but most of us don't
- However through a wide variety of sources, TV, movies, iPad, iPhone – we can expose our heart to the counsel of the world
 - And parents – I highly encourage, stay involved in what your kids are putting into their heart
 - When I was a kid – the show that preached the worldly – party, sleep around, its all about how much money you can make was Beverly Hills 90210 – the first one, I've heard it's a show again
 - And my heart as freshman in high school was deeply affected
- But in my day, you had to watch it on the living room TV, you had to watch it live – pause it or record wasn't really an option – on demand?
 - Where kids today have that same type of content and message available for instant viewing from a wide variety of sources

And so we need to guard our kids, but let's be honest – we need to guard our hearts

- that stuff is just as dangerous to our hearts

The message of the world is those things that they glorify, they cause happiness

- but the Word is telling you the exact opposite
 - we need to be careful because if not guarded against we will start a slow downward spiral described in Psalm 1

Notice the progression of walking, standing and sitting

- It starts when we start tuning our ear to the message of the ungodly world
 - Then it moves on to standing in their path
 - Then we find ourselves sitting among them, doing what they glorify
 - That is the progression of sin
- And you will be blessed if you never let the process get started
 - Walk not in the counsel of the ungodly, don't follow what the world says is best for you and what will make you happy
 - The reality is the opposite is actually true

Something we need to avoid - The counsel of the World

Something we need to do – Delight and meditate in the Word

- You are not to walk in the counsel of the ungodly, but if you want to be happy, if you want to be blessed, you are to meditate in the Word day and night
 - David says, blessed is he who is in the law, in the Word of God, meditating on it day and night

That word meditating, do you remember what it means???

- meditate comes from the term to chew the cud – many of you know a cow has multiple stomachs and they bring the food up, chew it again, and bring it up again and chew it again

In fact when we were teaching through the law, not too long ago, I was just so ministered to by the fact of what made the animal clean or unclean for the Jewish diet was this process it went through of bringing its food up and over again – the clean animals were those that were chewing the cud

- How that works out for me practically is I take time every day to read the Word
 - And as I do there will be a verse or two that will jump off the page at me
- I like to write that verse down and bring it out all throughout the day, meditating on its truth - clean

And I found so often I need that verse I wrote down as it has such implications to the things that I will face that day

- and I just get overjoyed at the wonderful privilege I have, not duty, the privilege I have every day to meet with God and talk things over with Him, and be recharged and cleansed by His Word
 - What a privilege!
 - It is such a blessing to me, and adds such happiness to my life

David says, blessed is the man, oh how happy is the man who does not walk in the counsel of the ungodly, but instead what he does is meditate upon the Word day and night

- and please remember there are two steps to the blessing
 - we don't walk in the world's ways
 - but instead we walk in the Word
 - so often we get just one – we don't walk in the world's way and also never get into the Word or maybe you do read the Word, but partake in the world all the time – the blessing does not apply without both

Charles Spurgeon that great preacher of old said this about this psalm,

“How few of us can claim the blessing of this text. Perhaps some of you can claim a sort of negative purity, because you don't walk in the ways of the ungodly, but let me ask you, Is your delight in the law of the Lord, do you study it, do you make it that man of your right hand, your best companion and hourly guide? If not this blessing does not belong to you” – Charles Spurgeon

We need to turn from the world

- and we need to turn toward the Lord and His word
 - the result – you will be blessed
 - you will have fruit in the season God intends
 - whatever you will do will prosper
- I want my life to last into future generation, I don't want my life to be a sand castle, so much effort and it's erased twice a day - No way - So turn from the world, turn to the Lord
 - Well I don't know, how do we know the Lord is the one to turn to???

Psalm 23 – The Lesson – The Greatness of our Shepherd

- Before David was a king, he was a shepherd
 - And David draws on what He knows about sheep and shepherds in this most famous of psalms
- David understood that the health of the sheep was directly related to the quality of the shepherd
 - And that is why He overflowed with joy, when he realized – The Lord is my shepherd – the Lord is the one looking out for me
- And in Psalm 23 David lists the benefits you and I should enjoy because He is our shepherd – maybe story of my kids, when Mom is around life gets better

The Benefits of God being our Shepherd

#1 – I shall not want

- I used to wonder why he didn't want the Lord, but that is not what that means, it means – you will be fulfilled
 - He doesn't give us everything we want, like my son would like to eat donuts at every meal, actually so would I
 - But as a Father I know that is not good for him
- The Lord doesn't give us everything we want, but if we will cling to Him, we will have everything we need

- He will lead us to the greenest of pastures in His Word and the stillest of waters, so we can be refreshed
- He will lead us, but sometimes we refuse to eat and stay and live where He wants us
- So then, blessing number two

The Benefits of God being our Shepherd

#1 – I shall not want

#2 – He restores my soul

- sheep will get themselves in trouble
 - sometimes as they get a little too fat, a little too comfortable – they will fall and actually not be able to get up
- and the process of how this happens is so interesting

#1 – The sheep lies down on some soft spot or depression in the ground

#2 – It begins to roll or stretch out, and suddenly its center of gravity shifts

#3 – It turns far enough that its feet can no longer touch the ground, so it panics and tries desperately to get back up, making things worse

- so with me and you, I get little too comfortable, I loose my center, I fall and then I panic and try to fix things myself and things gets worse

But we need to remember we have a good shepherd

- I can come to Him and He, and He alone can restore my soul

The Benefits of God being our Shepherd

#1 – I shall not want

#2 – He restores my soul

#3 – He leads us and protects us

- Sheep will eat a field until there is no more food and then they will just die unless they have a good shepherd
 - A Shepherd would once a year take his sheep from the home ranges to high up in the mountains
 - And the grass was much healthier, the water purer
 - But the journey was hard
- But David knew that the sheep had nothing to fear
 - For David knew the Shepherd was going to be with them
 - And he had been there before them
- And so too the Lord does with us
 - He walks through the valley of the shadow of death, through deep trials, because He is taking us to a higher plain
- And though it hurts at times, we do not have to fear, for He will be with us and has been before us

He gives us everything we need, He leads us in the paths we are to go, and He has tools to help us along the way

- there are three of them that David mentions in our text - The rod, the staff, and the oil
- The rod and the staff was like a bobby club and a long stick, and they were used for defense and for correction - In defense they would throw it at predators – maybe Phil Mckay & the squirrel story

And to correct they would often break the legs of a wayward sheep

- and then carry that sheep around their necks while their leg healed, creating a bond between shepherd and sheep
 - I just think of the Lord – who will defend us from our enemies and when we are the enemy, He will allow brokenness, but He will hold us close that a bond between Him and us might develop

Another tool David mentions is the oil

- in the middle east, the nasal fly is a horrible problem for sheep
 - they fly into the nostrils of the sheep and lay their eggs on the membrane of the nose, and when the babies hatch they eat away at the insides of the sheep
- It's horrible and the only remedy in David's day was to cover the sheep in oil
 - Something about the smell of the oil, kept the flies at bay

And the picture is great because oil in the scriptures is a picture of the Holy Spirit and we are constantly under the attack of the world, the flesh and the Devil

- and the only real answer as we saw on Sunday Morning in our Open Sails series is to be filled with the Holy Spirit
 - and the Lord would love to do that, if we would only ask

Goodness and Mercy can just follow you around too, if you let Him be your shepherd

- you see we can rebel, so we need to submit and let Him work
 - great lessons from these two most famous teaching Psalms – let's worship