Chapter 10 - WHAT WE CAN LEARN FROM THE PSALMS

PSALMS TEACH US ABOUT WORSHIP

Hebrew words for "*praise*" are found **160 times** in Psalms. "*Worship*" **15 times**; "*exalt*" **14 times**. *p. 145*

Worshipping God with Others:

*My praise shall be of you in the great **assembly**; I will pay my vows before those who fear Him (Ps. 22:25). p. 145*

Worshipping When we are Alone:

Let the saints be joyful in glory; let them sing aloud on their beds (Ps. 149:5). p. 146

God is Worthy of Praise!

*Praise the Lord! Praise God in His sanctuary; Praise Him in His mighty firmament! Praise Him for His mighty acts; Praise Him according to His **excellent greatness**! …. 6 Let everything that has breath praise the Lord! (Ps. 150:1-2, 6). p. 146*

Oh come, let us worship and bow down; Let us kneel before the Lord our Maker (Ps. 95:6). p. 146

"Blessing the Lord"

God is blessed and we can acknowledge His blessedness. It is proper to say, "*Blessed be the Living God*". Various forms of "*Bless the Lord*" shows up **18 times** in psalms. *p. 146*

*I will bless the LORD at all times; His praise shall **continually** be in my mouth (Ps. 34:1). p. 146*

Being Thankful

The Hebrew word for "*thanks*" is found **22 times** in Psalms; "*thanksgiving*" **8 times**. *p. 147*

*Enter into His gates with thanksgiving, and into His courts with praise. **Be thankful to Him**, and bless His name (Ps. 100:4). p. 147*

Oh, that men would give thanks to the Lord for His goodness, and for His wonderful works to the children of men! (Ps. 107:8). p. 147

Testifying of His Help and Deliverance

But You, O Lord, are a shield for me, My glory and the One who lifts up my head. 4 I cried to the Lord with my voice, and He heard me from His holy hill (Ps. 3:3-4). p. 147

He sent from above, He took me; He drew me out of many waters. 17 *He delivered me from my strong enemy, from those who hated me, for they were too strong for me.* 18 *They confronted me in the day of my calamity, but the Lord was my support.* 19 *He also brought me out into a broad place; He* ***delivered*** *me because He delighted in me (Ps. 18:18-19).* *p. 147* *[Note: "He sent from above" is to be understood as "He reached down"]*

ACTIVE FORMS OF WORSHIP

Singing

The Hebrew word for "*sing*" is found **67 times** in Psalms; "*song*" an additional **27 times**. *p. 147*

Serve the Lord with gladness; Come before His presence with ***singing*** (100:2). *p. 148*

Musical Instruments

Praise Him with the sound of the ***trumpet***; Praise Him, *with the* ***lute*** *and the* ***harp***! 4 Praise Him *with the* ***tambourine*** *and dance*; Praise Him *with* ***stringed instruments*** *and* ***flutes***! 5 Praise Him *with* ***loud cymbals***; Praise Him with ***clashing cymbals***! (Ps. 150:3-5). *p. 148*

Shouts of Joy (Lifting up your voice to proclaim God's glory)

Make a ***joyful*** ***shout*** *to God, all the earth!* 2 *Sing out the honor of His name; Make His praise glorious (Ps. 66:1-2).* *p. 148*

Clapping

Oh, Clap your hands, all you peoples! Shout to God with the voice of triumph! (Ps. 47:1). *p. 148*

Lifting Your Hands to the Lord *p. 148*

Thus will I bless You while I live; I will lift up my hands in Your name (Ps. 63:4). *p. 149*

Lift up your hands in the sanctuary, and bless the LORD (Ps. 134:2). *p. 149*

TESTIMONIES OF FAITH AND TRUST IN THE PSALMS

Praise Shows Our Faith

Whenever I am afraid, I will trust in You. 4 In God (I will praise His word), *In God I have put my trust;* I will not fear, what can flesh do to me? (Ps. 56:3-4). *p. 149*

Expressions of Confidence in God's Help

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for ***I*** ***shall*** ***yet*** ***praise*** ***Him*** *for the help of His countenance (Ps. 42:5).* *p. 149*

My soul, wait silently for God alone, for my expectation is from Him. 6 He only is my rock and my salvation; He is my defense; I shall not be moved (Ps. 62:5-8). *p. 150*

The Psalms Challenge us to Seek God

13 times in Psalms we are encouraged to seek God's presence. *p. 150*

When You said, 'Seek My face,' my heart said to You, Your face, Lord, I will seek." (Ps. 27:8) p. 150

***Seek the Lord** and His strength; Seek His face evermore! (Ps. 105:4). p. 150*

As the deer pants for the water brooks, so pants my soul for You, O God. 2 My soul thirsts for God, for the living God. When shall I come and appear before God? (Ps. 42:1-2). p. 151

A GUIDE FOR REPENTANCE: Ps. 51 is David's prayer of repentance. *p. 151*

*Have mercy upon me, O God, according to your loving kindness; according to the multitude of your tender mercies, blot out my transgressions. 2 Wash me thoroughly from my iniquity, and cleanse me from my sin. 3 For I **acknowledge** my transgressions [admit my sins], and my sin is always before me (Ps. 51:1-2). p. 151*

Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. 8 Make me hear joy and gladness, that the bones You have broken may rejoice. 9 Hide your face from my sins, and blot out all my iniquities. 10 Create in me a clean heart, O God, and renew a steadfast spirit within me (Ps. 51:7-10). p. 152