

Pay attention to these things as you meditate on psalms:

- **Verb tense**
  - What is significant about a change in tense?
- **Emotion**
  - Don't miss strong emotion. Don't theologize. Feel it!
- **Pronouns**
  - Who is it about?
- **Speakers**
  - Who is saying this? To whom?
- **Cause & Effect**
  - What is the result of this or that?
- **Metaphor**
  - What is compared to what?
  - What's the point?
- **Repetition**
  - What phrases or imagery are repeated? Why?

To meditate fully on a psalm involves three steps:

- 1. Read it in the original context:**
  - Enter into the author's world.
  - Understand the world he was living in.
  - Slip on his shoes, imagine being him.
  - Empathize. Weep & rejoice with him.
- 2. Read it in light of Christ and all He has done:**
  - What do we see about Jesus here?
  - Imagine Jesus speaking these lines.
  - Is there a promise here He fulfills?
    - This is especially likely when God makes promises too big, or far-reaching, for the context.
- 3. Read it for yourself:**
  - What emotions do you share with the author?
  - When have you felt like the author? Why?
  - In light of Christ's finished work, what promise of God do you need to believe today?
  - Trust in God for your needs. Example from Psalm 62:1-2
    - *"My soul waits in silence, during my unemployment. God alone is my source of security. I shall not be shaken."*

# Sunroom Psalms

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47—Clap your hands, all you nations!

## 16 A MIKTAM OF DAVID.

- 1 Preserve me, O God, for in you I take refuge.
- 2 I say to the LORD, "You are my Lord;  
I have no good apart from you."
- 3 As for the saints in the land, they are the excellent ones,  
in whom is all my delight.
- 4 The sorrows of those who run after another god shall multiply;  
their drink offerings of blood I will not pour out  
or take their names on my lips.
- 5 The LORD is my chosen portion and my cup;  
you hold my lot.
- 6 The lines have fallen for me in pleasant places;  
indeed, I have a beautiful inheritance.
- 7 I bless the LORD who gives me counsel;  
in the night also my heart instructs me.
- 8 I have set the LORD always before me;  
because he is at my right hand, I shall not be shaken.
- 9 Therefore my heart is glad, and my whole being rejoices;  
my flesh also dwells secure.
- 10 For you will not abandon my soul to Sheol,  
or let your holy one see corruption.
- 11 You make known to me the path of life;  
in your presence there is fullness of joy;  
at your right hand are pleasures forevermore. (ESV)

## 121 A SONG OF ASCENTS.

- 1 I lift up my eyes to the hills.  
From where does my help come?
- 2 My help comes from the LORD,  
who made heaven and earth.
- 3 He will not let your foot be moved;  
he who keeps you will not slumber.
- 4 Behold, he who keeps Israel  
will neither slumber nor sleep.
- 5 The LORD is your keeper;  
the LORD is your shade on your right hand.
- 6 The sun shall not strike you by day,  
nor the moon by night.
- 7 The LORD will keep you from all evil;  
he will keep your life.
- 8 The LORD will keep  
your going out and your coming in  
from this time forth and forevermore.

*"It is at first very surprising that there is a prayerbook in the Bible.  
The Holy Scripture is the Word of God to us.  
But prayers are the words of men.  
How do prayers then get into the Bible?"  
(Dietrich Bonhoeffer)*

## 23 A PSALM OF DAVID.

- 1 The LORD is my shepherd; I shall not want.
- 2 He makes me lie down in green pastures.  
He leads me beside still waters.
- 3 He restores my soul.  
He leads me in paths of righteousness  
for his name's sake.
- 4 Even though I walk through the valley of the shadow of death,  
I will fear no evil, for you are with me;  
your rod and your staff, they comfort me.
- 5 You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.
- 6 Surely goodness and mercy shall follow me  
all the days of my life,  
and I shall dwell in the house of the LORD forever.

## 42 TO THE CHOIRMASTER. A MASKIL OF THE SONS OF KORAH.

- 1 As a deer pants for flowing streams,  
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?
- 3 My tears have been my food  
day and night,  
while they say to me all the day long,  
“Where is your God?”
- 4 These things I remember,  
as I pour out my soul:  
how I would go with the throng  
and lead them in procession to the house of God  
with glad shouts and songs of praise,  
a multitude keeping festival.

- 5 Why are you cast down, O my soul,  
and why are you in turmoil within me?  
Hope in God; for I shall again praise him,  
my salvation <sup>6</sup> and my God.  
  
My soul is cast down within me;  
therefore I remember you  
from the land of Jordan and of Hermon,  
from Mount Mizar.
- 7 Deep calls to deep  
at the roar of your waterfalls;  
all your breakers and your waves  
have gone over me.
- 8 By day the LORD commands his steadfast love,  
and at night his song is with me,  
a prayer to the God of my life.
- 9 I say to God, my rock:  
“Why have you forgotten me?  
Why do I go mourning  
because of the oppression of the enemy?”
- 10 As with a deadly wound in my bones,  
my adversaries taunt me,  
while they say to me all the day long,  
“Where is your God?”
- 11 Why are you cast down, O my soul,  
and why are you in turmoil within me?  
Hope in God; for I shall again praise him,  
my salvation and my God.

**19** FOR THE DIRECTOR OF MUSIC. A PSALM OF DAVID.

- <sup>1</sup> The heavens declare the glory of God;  
the skies proclaim the work of his hands.  
<sup>2</sup> Day after day they pour forth speech;  
night after night they reveal knowledge.  
<sup>3</sup> They have no speech, they use no words;  
no sound is heard from them.  
<sup>4</sup> Yet their voice goes out into all the earth,  
their words to the ends of the world.  
In the heavens God has pitched a tent for the sun.  
<sup>5</sup> It is like a bridegroom coming out of his chamber,  
like a champion rejoicing to run his course.  
<sup>6</sup> It rises at one end of the heavens  
and makes its circuit to the other;  
nothing is deprived of its warmth.  
<sup>7</sup> The law of the LORD is perfect,  
refreshing the soul.  
The statutes of the LORD are trustworthy,  
making wise the simple.  
<sup>8</sup> The precepts of the LORD are right,  
giving joy to the heart.  
The commands of the LORD are radiant,  
giving light to the eyes.  
<sup>9</sup> The fear of the LORD is pure,  
enduring forever.  
The decrees of the LORD are firm,  
and all of them are righteous.  
<sup>10</sup> They are more precious than gold,  
than much pure gold;  
they are sweeter than honey,  
than honey from the honeycomb.  
<sup>11</sup> By them your servant is warned;  
in keeping them there is great reward.  
<sup>12</sup> But who can discern their own errors?  
Forgive my hidden faults.  
<sup>13</sup> Keep your servant also from willful sins;  
may they not rule over me.

Then I will be blameless,  
innocent of great transgression.

- <sup>14</sup> May these words of my mouth and this meditation of my heart  
be pleasing in your sight,  
LORD, my Rock and my Redeemer.

**46** FOR THE DIRECTOR OF MUSIC. OF THE SONS OF KORAH.

- <sup>1</sup> God is our refuge and strength,  
an ever-present help in trouble.  
<sup>2</sup> Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,  
<sup>3</sup> though its waters roar and foam  
and the mountains quake with their surging.  
<sup>4</sup> There is a river whose streams make glad the city of God,  
the holy place where the Most High dwells.  
<sup>5</sup> God is within her, she will not fall;  
God will help her at break of day.  
<sup>6</sup> Nations are in uproar, kingdoms fall;  
he lifts his voice, the earth melts.  
<sup>7</sup> The LORD Almighty is with us;  
the God of Jacob is our fortress.  
<sup>8</sup> Come and see what the LORD has done,  
the desolations he has brought on the earth.  
<sup>9</sup> He makes wars cease  
to the ends of the earth.  
He breaks the bow and shatters the spear;  
he burns the shields with fire.  
<sup>10</sup> He says, "Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth."  
<sup>11</sup> The LORD Almighty is with us;  
the God of Jacob is our fortress. (NIV)

**77** TO THE CHOIRMASTER: ACCORDING TO JEDUTHUN.  
A PSALM OF ASAPH.

- <sup>1</sup> I cried out to God for help;  
I cried out to God to hear me.
- <sup>2</sup> When I was in distress, I sought the Lord;  
at night I stretched out untiring hands,  
and I would not be comforted.
- <sup>3</sup> I remembered you, God, and I groaned;  
I meditated, and my spirit grew faint.
- <sup>4</sup> You kept my eyes from closing;  
I was too troubled to speak.
- <sup>5</sup> I thought about the former days,  
the years of long ago;
- <sup>6</sup> I remembered my songs in the night.  
My heart meditated and my spirit asked:
- <sup>7</sup> “Will the Lord reject forever?  
Will he never show his favor again?
- <sup>8</sup> Has his unfailing love vanished forever?  
Has his promise failed for all time?
- <sup>9</sup> Has God forgotten to be merciful?  
Has he in anger withheld his compassion?”
- <sup>10</sup> Then I thought, “To this I will appeal:  
the years when the Most High stretched out his right hand.
- <sup>11</sup> I will remember the deeds of the LORD;  
yes, I will remember your miracles of long ago.
- <sup>12</sup> I will consider all your works  
and meditate on all your mighty deeds.”
- <sup>13</sup> Your ways, God, are holy.  
What god is as great as our God?
- <sup>14</sup> You are the God who performs miracles;  
you display your power among the peoples.
- <sup>15</sup> With your mighty arm you redeemed your people,  
the descendants of Jacob and Joseph.

- <sup>16</sup> The waters saw you, God,  
the waters saw you and writhed;  
the very depths were convulsed.
- <sup>17</sup> The clouds poured down water,  
the heavens resounded with thunder;  
your arrows flashed back and forth.
- <sup>18</sup> Your thunder was heard in the whirlwind,  
your lightning lit up the world;  
the earth trembled and quaked.
- <sup>19</sup> Your path led through the sea,  
your way through the mighty waters,  
though your footprints were not seen.
- <sup>20</sup> You led your people like a flock  
by the hand of Moses and Aaron. (NIV)

**93**

- <sup>1</sup> The LORD reigns, he is robed in majesty;  
the LORD is robed in majesty and armed with strength;  
indeed, the world is established, firm and secure.
- <sup>2</sup> Your throne was established long ago;  
you are from all eternity.
- <sup>3</sup> The seas have lifted up, LORD,  
the seas have lifted up their voice;  
the seas have lifted up their pounding waves.
- <sup>4</sup> Mightier than the thunder of the great waters,  
mightier than the breakers of the sea—  
the LORD on high is mighty.
- <sup>5</sup> Your statutes, LORD, stand firm;  
holiness adorns your house  
for endless days. (NIV)

## 27 OF DAVID

- 1 The LORD is my light and my salvation;  
whom shall I fear?  
The LORD is the stronghold of my life;  
of whom shall I be afraid?
- 2 When evildoers assail me  
to eat up my flesh,  
my adversaries and foes,  
it is they who stumble and fall.
- 3 Though an army encamp against me,  
my heart shall not fear;  
though war arise against me,  
yet I will be confident.
- 4 One thing have I asked of the LORD,  
that will I seek after:  
that I may dwell in the house of the LORD  
all the days of my life,  
to gaze upon the beauty of the LORD  
and to inquire in his temple.
- 5 For he will hide me in his shelter  
in the day of trouble;  
he will conceal me under the cover of his tent;  
he will lift me high upon a rock.
- 6 And now my head shall be lifted up  
above my enemies all around me,  
and I will offer in his tent  
sacrifices with shouts of joy;  
I will sing and make melody to the LORD.
- 7 Hear, O LORD, when I cry aloud;  
be gracious to me and answer me!
- 8 You have said, "Seek my face."  
My heart says to you,  
"Your face, LORD, do I seek."

- 9 Hide not your face from me.  
Turn not your servant away in anger,  
O you who have been my help.  
Cast me not off; forsake me not,  
O God of my salvation!
- 10 For my father and my mother have forsaken me,  
but the LORD will take me in.
- 11 Teach me your way, O LORD,  
and lead me on a level path  
because of my enemies.
- 12 Give me not up to the will of my adversaries;  
for false witnesses have risen against me,  
and they breathe out violence.
- 13 I believe that I shall look upon the goodness of the LORD  
in the land of the living!
- 14 Wait for the LORD;  
be strong, and let your heart take courage;  
wait for the LORD! (ESV)

## 126 A SONG OF ASCENTS

- 1 When the LORD restored the fortunes of Zion,  
we were like those who dream.
- 2 Then our mouth was filled with laughter,  
and our tongue with shouts of joy;  
then they said among the nations,  
"The LORD has done great things for them."
- 3 The LORD has done great things for us;  
we are glad.
- 4 Restore our fortunes, O LORD,  
like streams in the Negeb!
- 5 Those who sow in tears  
shall reap with shouts of joy!
- 6 He who goes out weeping,  
bearing the seed for sowing,  
shall come home with shouts of joy,  
bringing his sheaves with him. (ESV)

## 62

For God alone my soul waits in silence;  
from him comes my salvation.

<sup>2</sup> He alone is my rock and my salvation,  
my fortress; I shall not be greatly shaken.

<sup>3</sup> How long will all of you attack a man to batter him,  
like a leaning wall, a tottering fence?

<sup>4</sup> They only plan to thrust him down from his high position.  
They take pleasure in falsehood.

They bless with their mouths,  
but inwardly they curse. *Selah*

<sup>5</sup> For God alone, O my soul, wait in silence,  
for my hope is from him.

<sup>6</sup> He only is my rock and my salvation,  
my fortress; I shall not be shaken.

<sup>7</sup> On God rests my salvation and my glory;  
my mighty rock, my refuge is God.

<sup>8</sup> Trust in him at all times, O people;  
pour out your heart before him;  
God is a refuge for us. *Selah*

<sup>9</sup> Those of low estate are but a breath;  
those of high estate are a delusion;  
in the balances they go up;  
they are together lighter than a breath.

<sup>10</sup> Put no trust in extortion;  
set no vain hopes on robbery;  
if riches increase, set not your heart on them.

<sup>11</sup> Once God has spoken;  
twice have I heard this:

that power belongs to God,

<sup>12</sup> and that to you, O Lord, belongs steadfast love.

For you will render to a man  
according to his work.

## 100

<sup>1</sup> Shout for joy to the LORD, all the earth.

<sup>2</sup> Worship the LORD with gladness;  
come before him with joyful songs.

<sup>3</sup> Know that the LORD is God.  
It is he who made us, and we are his;  
we are his people, the sheep of his pasture.

<sup>4</sup> Enter his gates with thanksgiving  
and his courts with praise;  
give thanks to him and praise his name.

<sup>5</sup> For the LORD is good and his love endures forever;  
his faithfulness continues through all generations. (NIV)

## 73 A PSALM OF ASAPH

- 1 Truly God is good to Israel,  
to those who are pure in heart.
- 2 But as for me, my feet had almost stumbled,  
my steps had nearly slipped.
- 3 For I was envious of the arrogant  
when I saw the prosperity of the wicked.
- 4 For they have no pangs until death;  
their bodies are fat and sleek.
- 5 They are not in trouble as others are;  
they are not stricken like the rest of mankind.
- 6 Therefore pride is their necklace;  
violence covers them as a garment.
- 7 Their eyes swell out through fatness;  
their hearts overflow with follies.
- 8 They scoff and speak with malice;  
loftily they threaten oppression.
- 9 They set their mouths against the heavens,  
and their tongue struts through the earth.
- 10 Therefore his people turn back to them,  
and find no fault in them.
- 11 And they say, "How can God know?  
Is there knowledge in the Most High?"
- 12 Behold, these are the wicked;  
always at ease, they increase in riches.
- 13 All in vain have I kept my heart clean  
and washed my hands in innocence.
- 14 For all the day long I have been stricken  
and rebuked every morning.
- 15 If I had said, "I will speak thus,"  
I would have betrayed the generation of your children.
- 16 But when I thought how to understand this,  
it seemed to me a wearisome task,
- 17 until I went into the sanctuary of God;  
then I discerned their end.
- 18 Truly you set them in slippery places;  
you make them fall to ruin.
- 19 How they are destroyed in a moment,  
swept away utterly by terrors!
- 20 Like a dream when one awakes,  
O Lord, when you rouse yourself,  
you despise them as phantoms.
- 21 When my soul was embittered,  
when I was pricked in heart,
- 22 I was brutish and ignorant;  
I was like a beast toward you.
- 23 Nevertheless, I am continually with you;  
you hold my right hand.
- 24 You guide me with your counsel,  
and afterward you will receive me to glory.
- 25 Whom have I in heaven but you?  
And there is nothing on earth that I desire besides you.
- 26 My flesh and my heart may fail,  
but God is the strength of my heart and my portion forever.
- 27 For behold, those who are far from you shall perish;  
you put an end to everyone who is unfaithful to you.
- 28 But for me it is good to be near God;  
I have made the Lord GOD my refuge,  
that I may tell of all your works. (ESV)



## 96

Oh sing to the LORD a new song;  
sing to the LORD, all the earth!  
2 Sing to the LORD, bless his name;  
tell of his salvation from day to day.  
3 Declare his glory among the nations,  
his marvelous works among all the peoples!  
4 For great is the LORD, and greatly to be praised;  
he is to be feared above all gods.  
5 For all the gods of the peoples are worthless idols,  
but the LORD made the heavens.  
6 Splendor and majesty are before him;  
strength and beauty are in his sanctuary.  
7 Ascribe to the LORD, O families of the peoples,  
ascribe to the LORD glory and strength!  
8 Ascribe to the LORD the glory due his name;  
bring an offering, and come into his courts!  
9 Worship the LORD in the splendor of holiness;  
tremble before him, all the earth!  
10 Say among the nations, “The LORD reigns!  
Yes, the world is established; it shall never be moved;  
he will judge the peoples with equity.”  
11 Let the heavens be glad, and let the earth rejoice;  
let the sea roar, and all that fills it;  
12 let the field exult, and everything in it!  
Then shall all the trees of the forest sing for joy  
13 before the LORD, for he comes,  
for he comes to judge the earth.  
He will judge the world in righteousness,  
and the peoples in his faithfulness. (ESV)

## Revelation 5:9-10

9 And they sang a **new song**, saying,  
“Worthy are you to take the scroll  
and to open its seals,  
for you were slain, and by your blood you ransomed people for God  
from every tribe and language and people and nation,  
10 and you have made them a kingdom and priests to our God,  
and they shall reign on the earth.”

## 47 FOR THE DIRECTOR OF MUSIC. OF THE SONS OF KORAH. A PSALM.

1 Clap your hands, all you nations;  
shout to God with cries of joy.  
2 For the LORD Most High is awesome,  
the great King over all the earth.  
3 He subdued nations under us,  
peoples under our feet.  
4 He chose our inheritance for us,  
the pride of Jacob, whom he loved.  
5 God has ascended amid shouts of joy,  
the LORD amid the sounding of trumpets.  
6 Sing praises to God, sing praises;  
sing praises to our King, sing praises.  
7 For God is the King of all the earth;  
sing to him a psalm of praise.  
8 God reigns over the nations;  
God is seated on his holy throne.  
9 The nobles of the nations assemble  
as the people of the God of Abraham,  
for the kings of the earth belong to God;  
he is greatly exalted. (NIV)