



The Book of Psalms

An Introduction

Illustrative



They paint a picture for us:

*The LORD is my shepherd; I shall not want.
(Psalm 23:1)*

Illustrative



*As a deer pants for flowing streams, so pants my soul
for you, O God. (Psalm 42:1)*

Emotionally Honest



They give us permission to express our feelings:

How long, O LORD? Will you forget me forever?

How long will you hide your face from me? (Psalm 13:1)

Emotionally Honest



*I am weary with my moaning;
every night I flood my bed with tears;
I drench my couch with my weeping. (Psalm 6:6)*

Prophetic



They point us toward Jesus:

*16 For dogs encompass me; a company of evildoers encircles me; they have pierced my hands and feet—
17 I can count all my bones—they stare and gloat over me; 18 they divide my garments among them, and for my clothing they cast lots. (Psalm 22:16-18)*

Prophetic



*Then He said to them, “These are my words that I spoke to you while I was still with you, that everything written about me in the Law of Moses and the Prophets and the Psalms must be fulfilled.”
(Luke 24:44)*

Offer Hope



They offer us hope for the future:

1 *Hear my cry, O God, listen to my prayer;*
2 *from the end of the earth I call to you when my*
heart is faint. Lead me to the rock that is higher than
I, 3 for you have been my refuge, a strong tower
against the enemy. (Psalm 61:1-3)

True to Life



They speak to our spiritual journey:

*“In Psalms, we find poems of **orientation**, poems of **disorientation**, and poems of **reorientation**. These correspond to the realities of human life . . . Human life consists in satisfied seasons of well-being that evoke gratitude for the constancy of blessing . . . Human life also consists in anguished seasons of hurt, alienation, suffering, and death . . .”*

True to Life



*“These evoke rage, resentment, self-pity, and hatred
... Finally, human life consists in turns of surprise
when we are overwhelmed with the new gifts of God,
when joy breaks through the despair.”*

(W. Brueggemann)

True to Life



“The dominant message in the Book of Psalms is twofold: (1) God is good, and (2) life is difficult. The life of faith is lived between these two realities.” (The Nelson Study Bible)

The Journey



1. *We are all on a journey.*

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1. *We are all on a journey.*
2. *On this journey, we will experience times of awakening (orientation), sorrow (disorientation) and renewal (reorientation).*
3. *We are not to walk this journey alone.*
4. *There is always hope!*