**The Psalms**

*The song book and prayer book of the bible*

Well known Psalms:

Psalm 1 “Blessed is the one who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers”

Psalm 8 “Oh Lord our Lord how majestic is your name in all the earth.”

Psalm 22 “My God, my God, why have you forsaken me?”

Psalm 23 “The Lord is my shepherd

Psalm 36 “Your love Oh Lord, reaches to the heavens”

Psalm 42 “As the deer pants for the water, so my soul longs for you”

Psalm 46 “God is our refuge and strength, our ever present help in trouble. . . Be still and know that I am God”

Psalm 98, Cantate Domino “Sing to the Lord a new song, for God has done marvelous things; God’s right hand and holy arm have worked salvation.”

Psalm 133 “How good and pleasant it is when sisters and brothers dwell together in unity”

Psalm 136 “His love endures forever”

Psalm 137 “By the rivers of Babylon . . .”

Psalm 139 “You knitted me together in my mother’s womb”

Structure: 5 books

* Book I, 1-41,
* Book II, 42-72,
* Book III, 73-89,
* Book IV, 90-106,
* Book V, 107-150

Psalm Collections: Sons of Korah 42-49; 84-85; 87-88; Asaph: 50; 73-83; Ascents 120-134;

Shortest Psalm 117—Longest Psalm 119

Kinds of Psalms:

Seven Penitential Psalms 6; 32; 38; **51**; 102; 130; 143

Ten Royal Psalms: 2,18, 20, 21, 45, 72,101, **110**, 132, 144:1-11

Six Songs of Zion: 46, **48**, 76, 84, 87,122

Acrostics (lines beginning with letters of the Hebrew alphabet): 25, 34, 37, 111, 112, 119, 145

Wisdom Psalms, e.g. 1

Creation Psalms, e.g. 19, 33

Journal how you hope to encounter God in the midst of your life, through the Psalms:

**Psalm 126**

1 When the Lord restored the fortunes of Zion,  
    we were like those who dreamed.   
2 Our mouths were filled with laughter,  
    our tongues with songs of joy.  
Then it was said among the nations,  
    “The Lord has done great things for them.”  
3 The Lord has done great things for us,  
    and we are filled with joy.

4 Restore our fortunes, Lord,  
    like streams in the Negev.  
5 Those who sow with tears  
    will reap with songs of joy.  
6 Those who go out weeping,  
    carrying seed to sow,  
will return with songs of joy,  
    carrying sheaves with them

**Four sources of joy in Psalm 126**

First source of joy: God’s work in history.

Second source of joy: God’s care for the creation demonstrates Divine love.

Third source of joy: the promises of God

Fourth source of joy: communion with God