

Psalms

The Book of Praises



Lesson 5

Individual Lament Psalms – Part 1

Review



- What is a psalm?
 - Poems that are sung to the accompaniment of music played on strings.
- Original title of this book?
 - Sepher Tellihim – book of praises
- Writers?
 - David, Sons of Korah, Moses, Solomon, Asaph, Heman

Review



- Types of psalms so far:
 - Psalms of Praise
 - Instructional Psalms
- Some lessons so far:
 - Praise should come from within
 - To the righteous, God's omniscience is not a fearful thing but a source of comfort
 - How blessed we are to have the complete revelation

The Psalms of Lament – Individual Laments



- Lament - “To express sorrow or mourning for, often demonstratively; to cry out in grief” (Webster)
- The soul is poured forth and the Psalmist's heart is laid bare before God.
- Typical elements:
 - an introduction
 - the lament
 - a confession of trust in God
 - the petition
 - A declaration or vow of praise

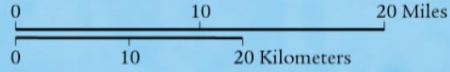
Lessons for Today



- It is often in life's darkest moments that we are reminded of our great need for God.
- Sinful behavior can have life-long consequences
- Turn to God in times of distress; use the power of prayer and trust in God to deliver you.
- Do not take sin too lightly; it should cause us grief before God when we sin.

Psalm 54 - “God is My Helper”

- A psalm of David; A ‘contemplation’
- Q4. What was the occasion on which this psalm was written? (see title to the psalm) Give references. How does this relate to its content?
 - 1 Sam. 23:14, 19 “And David stayed in strongholds in the wilderness, and remained in the mountains in the Wilderness of Ziph. Saul sought him every day, but God did not deliver him into his hand ... Then the Ziphites came up to Saul at Gibeah, saying, ‘Is David not hiding with us in strongholds in the woods, in the hill of Hachilah, which is on the south of Jeshimon?’”



MEDITERRANEAN SEA

PHILISTIA

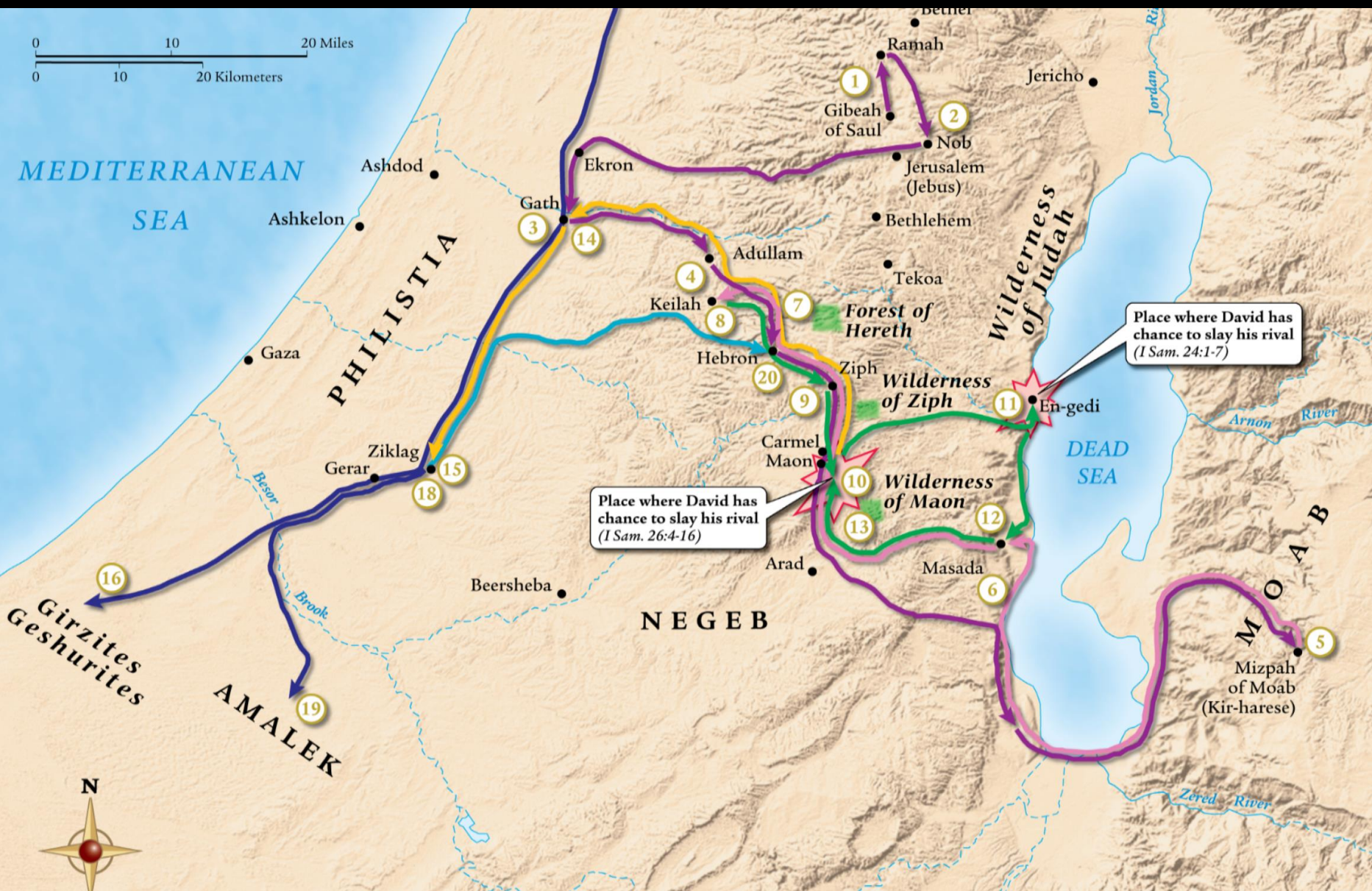
NEGEB

Wilderness of Judah

MOAB

Girzites
Geshurites

AMALEK

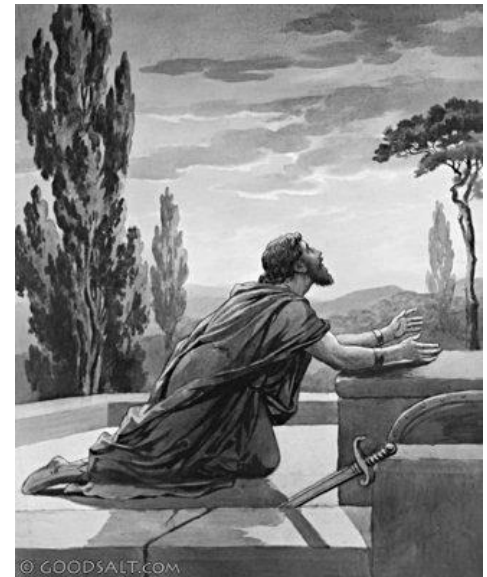


Place where David has chance to slay his rival
(I Sam. 26:4-16)

Place where David has chance to slay his rival
(I Sam. 24:1-7)

Psalm 54 - “God is My Helper”

- Follows typical pattern for a lament:
 - a) an introduction (v. 1)
 - b) the lament (v. 2-3)
 - c) a confession of trust in God (v. 4-5a)
 - d) the petition (v. 5b)
 - e) a declaration or vow of praise (v. 6-7).



Psalm 54 - “God is My Helper”



- What are some of the emotions expressed?
 - Fearful, confident, joyful
- Summary
 - Vv. 1-3 – an earnest prayer for deliverance
 - Vv. 4-5 – an expression of confident belief that God would deliver him
 - Vv. 6-7 – a resolution to render sacrifice to God if he is delivered

Psalm 6 – “A Psalm of Penitence”

- A psalm of David to the chief musician
- Specific instructions – 8-stringed harp
- Q1. Describe David's state of mind.
 - Extremely distressed and grieved; spiritually, emotionally, and even physically sick because of it – penitent
- Q2. What does it appear David is enduring at this time?
 - Persecution of some sort from his enemies; he views it as chastening by God for some sin.



Psalm 6 – “A Psalm of Penitence”



□ Summary

- Vv. 1-3a – a plea to God to end His rebuke, motivated by David’s extreme weakness
- Vv. 3b-5 – a further plea for deliverance, motivated by the thought that only if he survives can he praise God
- Vv. 6-7 – the extremity of David’s grief and its devastating effect
- Vv. 8-10 – sudden assurance of having been heard makes David bid all his enemies depart and predict their utter defeat

Psalm 6 – “A Psalm of Penitence”

- David was in the midst of enemies
 - Some point in his life when they pressed hard upon him
 - Crushed and broken-hearted; brought real sickness
- Vv. 1-3a
 - Pleading to be restored to God’s grace and favor
 - Does not do so based on good that he has done (see Lk. 18:10-14)
 - Expresses his misery – weak, bones troubled, soul greatly troubled
- Chasten - to correct by punishment or suffering
 - Can be physical punishment – 2 Sam. 12:11
 - Heb. 12:5ff; Eph. 6:4; 2 Tim. 3:16; 2 Cor. 6:9
- “I am weak,” “my bones are troubled,” “my soul is greatly troubled”

Psalm 6 – “A Psalm of Penitence”



- Vv. 3b-5
 - How long?
 - Pleads for His return and favor
 - On v. 5, see Ps. 30:9
- Vv. 6-7 – the very descriptive lament
- V. 8-10 – a dramatic change – his cry has been heard!

Psalm 6

To the tune “The World’s Bible”

O Lord, do not rebuke me

Nor in Your anger speak,

But come to me with mercy,

For I am worn and weak.

O Lord, I need Your healing;

My bones are filled with fear;

My soul is greatly troubled;

How long till You appear?

Psalm 6

To the tune “The World’s Bible”

Turn back, O Lord, and rescue;

In lovingkindness, save;

The dead do not remember

Nor thank You from the grave.

My sighs have made me weary;

I drench my bed with woes;

My eyes have swelled with sorrow,

Exhausted by my foes.

Psalm 6

To the tune “The World’s Bible”

O sinners, leave my presence;

O foes, depart from me;

My prayer has been accepted;

The Lord has been accepted;

The Lord has heard my plea.

He hears the supplication

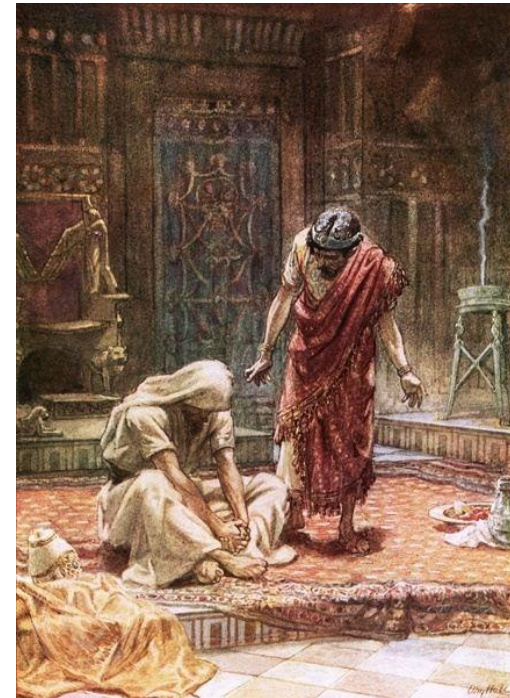
I offer to His name;

Their scheming will be baffled;

Their plots will end in shame.

Psalm 39 – “The Prayer of a Man Sorely Afflicted”

- Begins with a dedication to Jeduthun.
 - One of David’s three musicians (Asaph and Heman the other 2)
- A psalm of David
- What other wisdom literature does this psalm sound like?
 - Ecclesiastes (esp. vv. 4-6)
- What is his situation?
 - Under some kind of affliction (see v. 10)
 - Does not want the wicked to know about (v. 1)
 - Might give them occasion to scoff at him because he is godly yet afflicted.



Psalm 39 – “The Prayer of a Man Sorely Afflicted”

- Q3. What does David request of God in this psalm?
 - To remove the physical chastening he was enduring (see vv. 7-11)
- 2 Sam. 12:9-14
- Much of David’s life from there forward is fraught with strife in his own household
 - The sin of Amnon, his son with Amnon’s sister Tamar
 - Absalom’s murder of Amnon two years later
 - Absalom shunned for a time by his father
 - Absalom revolts and drives David from his throne and Jerusalem
 - Absalom defeated and slain by Joab
 - No doubt, there was much in David’s life to produce grief

Psalm 39 – “The Prayer of a Man Sorely Afflicted”



- What are some of the emotions you see in David as he writes this psalm?
 - Great sorrow, frustration, impatience, calm reliance or trust, despair
- Summary
 - The resolution to keep silent in a painful situation (vv. 1-3)
 - The prayer of impatience uttered at the time (vv. 4-6)
 - A trustful prayer for deliverance from sin and from the plague (stroke) of the almighty (vv. 7-11)

Psalm 69 – “The Prayer of a Man Suffering”



- Q5. Outline the psalm on the back of this page.
 - David’s situation described (vv. 1-4)
 - A prayer for deliverance (vv. 5-6)
 - The cause of his sufferings – zeal for the Lord (vv. 7-12)
 - An stronger plea for deliverance (vv. 13-18)
 - A sad complaint – reverts to his sufferings (vv. 19-21)
 - A prayer for the overthrow of the ungodly enemies (vv. 22-28)
 - A cry for help (v. 29)
 - Assurance of being answered and the positive effect it will have on others (vv. 30-33)
 - A hopeful outlook for the future (vv. 34-36)

Lessons for Today



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- Do not take sin too lightly; it should cause us grief before God when we sin.

