



Psalms

The Book of Praises

Lesson 10

Psalms of Trust and Assurance – Part II

Review

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

Review

- How many books make up the psalms?
 - Five
- Types of psalms so far:
 - Psalms of Praise
 - Instructional Psalms
 - Psalms of Lament
 - Psalms of Thanksgiving
 - Psalms of Penitence
 - Psalms of Trust and Assurance



Review – Some lessons so far

- ❑ 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
- ❑ Turn to God in times of distress; use the power of prayer and trust in God to deliver you.
- ❑ Sinful behavior can have life-long consequences
- ❑ Be more open to rebuke and correction
- ❑ God's abounding mercy should evoke our greatest thanksgiving
- ❑ The thing that God desires us to offer Him, far more than any physical offering, is “a broken spirit, a broken and a contrite heart
- ❑ Do you rise early to study the word of God? This can be a tremendous source of strength, confidence and serenity in our troubled world.



Psalms of Trust and Assurance

- ❑ Often in the darkest times in this life we learn real trust in God. He can bring us through those difficulties!
- ❑ In these psalms, we see the writers reflecting upon this thought and drawing strength from those reflections.
- ❑ What a blessing it is to be a child of God!



Lessons for Today

- ❑ A long life of faithfulness to God builds confidence in God that is rock solid. Those who would put off obedience and service to God until late in life will have a life of fear and uncertainty.
- ❑ Trust is always intimately connected with humility. If one is truly humble before God, he recognizes the greatness of God and trusts Him to provide and guide.
- ❑ Ambition unchecked can lead to a heart of pride.

Psalm 71

- Q1. What is the setting or situation in which we find this psalmist?
 - He is in some kind of trouble or difficulty for he cries out for deliverance several times: vv. 2, 3, 4, 10-13.
 - Some of these are a little more specific: “enemies speak against me,” “those who lie in wait for me take counsel together,” “adversaries of my life,” “seek my hurt”
 - Could apply to any number of psalmists and situations

Psalm 71

- Q2. What is mentioned about the writer's age several times? What bearing does this have on the thoughts expressed in the psalm?
 - He is an old man.
 - From birth he has trusted in God. (vv. 5, 6, 17, note vv. 9, 18)
- Bearing on the psalm:
 - An old man; has long enjoyed God's favor.
 - Cannot remember a time when strayed from confidence in God.
 - Clings to God with every fiber of being; has done from youth.
 - Lesson: A long life of faithfulness to God builds confidence in God that is rock solid. Those who would put off obedience and service to God until late in life will have a life of fear and uncertainty.

Psalm 71

Confidence

- V. 1 – put my trust
- V. 3b – my rock and my fortress
- Vv. 5-6 – upheld from birth
- Vv. 7b-8 – my strong refuge
- Vv. 14-17 – hope continually, Your salvation, strength of the Lord
- Vv. 18b-24 – strength, power, righteousness, revive me, increase my greatness, comfort, faithfulness, redeemed my soul

Fear

- V. 1b-3a – not put to shame, deliverance, escape, save, refuge
- V. 4 – deliver from wicked, unrighteous, and cruel man
- V. 7a – became a wonder to many
- Vv. 9-13 – do not cast off or forsake, enemies speak against, take counsel against, pursue and take, make haste to help me, adversaries of my life
- V. 18a – do not forsake me

Psalm 71

Words of Confidence

- Trust
- Rock
- Fortress
- Uphold
- Refuge
- Hope
- Salvation
- Strength
- Power
- Revive
- Comfort
- Redeem

Words of Fear

- Shame
- Escape
- Hand of wicked
- A wonder
- Cast off
- Forsaken
- Counsel against
- Pursued
- Adversaries

Psalm 131

- As Charles Spurgeon writes, “It is one of the shortest psalms to read, but one of the longest to learn. It speaks of a young child, but it contains the experience of a man in Christ. Lowliness and humility are here seen in connection with a sanctified heart, a will subdued to the mind of God, and a hope looking to the Lord alone. Happy is the man who can without falsehood use these words as his own; for he wears about him the likeness of his Lord, who said, ‘I am meek and lowly in heart.’”

Psalm 131

- Q6. What virtue does this psalm express?
How is this linked with trust in God?
 - Throws light on the virtue of humility which is always intimately linked with trust
 - If one is truly humble before God, he recognizes the greatness of God and trusts Him to provide and guide.

Psalm 131

- V. 1 – result achieved – pride has been put aside
 - “my heart is not haughty (proud)” – pride always has its seat in the heart; from there it has been removed as far as he is concerned
 - What is ambition?
 - An ardent desire for rank, fame, or power; desire to achieve a particular end.
 - We must be careful with ambition. A certain amount of it is needful in that we should be striving for success in God’s kingdom.
 - Ambition unchecked can lead to a heart of pride.

Psalm 131

- V. 2 – how the results were attained
- Q7. Elaborate on the simile used in verse 2.
 - Had to take himself in hand – “stilled and quieted his soul”
 - Uses a child to illustrate
 - A weaned child rests content – no longer clamoring for his mother’s milk.
 - Has been weaned of ambitions; rests content at the side of his God.
 - The soul will never cease from worldly objectives until it has found its true rest and peace in God.
- “There may have been a time when great plans and mighty projects surged through his thoughts and drove him onward along the road of ambition, but he came to see it is wrong for man to seek great things for himself and to aim at that type of fame. When the wrongness of his course became apparent, he desisted from his former pursuits.” (Leupold)

Psalm 131

- V. 3 – lesson & parallel for the nation
 - The last verse is not merely an appendage with an admonishment growing from the personal experience.
 - It is a parallel between the writer and his situation to the nation.
 - All of their glorious goals were really nothing
 - They had been conceived in too material a fashion
 - True inner objectives had to be sought

Psalm 131

To the tune “Abide with Me”

O Lord, I am not haughty in my heart,
Nor in great matters do I seek a part.
I turn from things that I cannot control;
I surely have composed and calmed my soul.

Just like a child within its mother’s arms,
So is my soul at rest from all alarms;
O Israel, find in God your hope and peace
Because His care for you will never cease.



E-flat – 4/4 - Me↑

Psalm 115

- According to one commentator, Kittel, it can possibly be divided as follows:
 - Vv. 1-2 – the congregation
 - Vv. 3-8 – a choir
 - Vv. 9-11 – the Levites
 - Vv. 12-13 – the priests
 - Vv. 14-15 – the choir
 - Vv. 16-18 – the congregation

Psalm 115

- Q4. This psalm is a strong polemic against what? How is this turned around to instill trust in God?
 - “polemic” – an aggressive refutation of the opinions or principles of another
- Polemic against idols
 - Notice the sarcastic tone used as idol worship is described (vv. 4-8)
- The time of writing – shortly after the return from the Babylonian captivity
- While there, they had ample opportunity to observe the prevalence and the futility of idol worship, and to reflect on the enlightened position that Israel held on this question: vv. 9-11

Psalm 115

- Vv. 1-2 – a basic plea for help on the part of the nation
 - This is a classic expression of how to give God all honor and glory and disavow man's achievements.
 - Implied, but not stated, is a plea for help.
 - Really a request for God's mighty presence among the nation.
- Vv. 3-8 – God's power highlighted by the impotence of the idols
 - This section begins with a statement of confidence in God. It is set against a dark background of idolatry that illustrates the worthless impotence of idols.
 - Not a whisper, not a movement, not a sound, not a single token of life ever issues from these fabricated gods.
 - The last verse is the climax. Futility is the mark of the idols; futility marks their worshippers.

Psalm 115

- Q5. Does verse 8 remind you of some N.T. passage? Cite a reference.
 - Rom. 1:22-25 – “Professing to be wise, they became fools, and changed the glory of the incorruptible God into an image made like corruptible man--and birds and four-footed animals and creeping things. Therefore God also gave them up to uncleanness, in the lusts of their hearts, to dishonor their bodies among themselves, who exchanged the truth of God for the lie, and worshiped and served the creature rather than the Creator, who is blessed forever.”

Psalm 115

- Vv. 9-11 – an exhortation to trust in the Lord
 - Here, the theme of “trusting in the Lord” is found in sharp contrast to the utter untrustworthiness of idols.
- Vv. 12-13 – assurance of God’s blessing
 - The psalm now takes on a tone of strong assurance. The fact that the Lord has helped in the past means that He can be counted on to bless them now.
- Vv. 14-15 – prayer for blessing
 - A better translation may be, “May the Lord add to your numbers...”
- Vv. 16-18 – resolve to bless the Lord
 - As the psalm closes, the assurance of God’s help has been expressed, and now they turn to give God praise.



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