

Program: SS Panel 2024 1 Q

Quarterly title: The Book Of Psalms

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Lesson Title: #1 HOW TO READ THE PSALMS

Section title: Wednesday - Inspired Prayers

Record date: Monday Nov. 6, 2023

Email notes

How to Read *the Psalms*

Read for This Week's Study: *1 Chron. 16:7; Neh. 12:8; Ps. 25:1–5; Ps. 33:1–3; Rom. 8:26, 27; Ps. 82:8; Ps. 121:7.*

Memory Text: "Then He said to them, 'These are the words which I spoke to you while I was still with you, that all things must be fulfilled which were written in the Law of Moses and the Prophets and the Psalms concerning Me.' And He opened their understanding, that they might comprehend the Scriptures" (*Luke 24:44, 45, NKJV*).

WEDNESDAY

January 3

Inspired Prayers

*****READ*****

Read [2 Samuel 23:1, 2](#) and [Romans 8:26, 27](#). What do these texts teach us about prayer?

>>> As you read the Psalms you should notice that it is mistakably the work of the Holy Spirit. Even the order in which the Psalms are found

2 Samuel 23:1, 2 1 Now these are the last words of David. Thus says David the son of Jesse; Thus says the man raised up on high, The anointed of the God of Jacob, And the sweet psalmist of Israel:

2 "The Spirit of the Lord spoke by me, And His word was on my tongue.

Peter confirms that the Holy Spirit spoke through David

Act 1:15 And in those days Peter stood up in the midst of the disciples, and said, (the number of names together were about an hundred and twenty,)

Act 1:16 Men *and* brethren, **this scripture must needs have been fulfilled, which the Holy Ghost by the mouth of David spake before concerning Judas**, which was guide to them that took Jesus.

Act 1:20 For it is written in the book of Psalms, Let his habitation be desolate, and let no man dwell therein: and his bishoprick let another take.

Romans 8:26, 27 21 because the creation itself also will be delivered from the bondage of corruption into the glorious liberty of the children of God.

22 For we know that the whole creation groans and labors with birth pangs together until now.

23 Not only *that*, but we also who have the firstfruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body.

24 For we were saved in this hope, but hope that is seen is not hope; for why does one still hope for what he sees?

25 But if we hope for what we do not see, we eagerly wait for *it* with perseverance.

26 Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.

Comment: These verses bring out something that should inspire us and draw us to God....

> the Spirit Himself makes intercession for us

> with groanings which cannot be uttered

STORY: The phone & Psalms 46

>>> **Something very encouraging and important to understand is:**

*****READ*****

The Psalms are inspired prayers and praises of Israel, and so in the Psalms the voice is that of God intermingled with that of His people. The Psalms assume the dynamics of vivid interactions with God.

Psa 6:9 The LORD hath heard my supplication; the LORD will receive my prayer.

Psa 17:1 A Prayer of David. Hear the right, O LORD, attend unto my cry, give ear unto my prayer, *that goeth* not out of feigned lips.

Psa 39:12 Hear my prayer, O LORD, and give ear unto my cry; hold not thy peace at my tears: for I *am* a stranger with thee, *and* a sojourner, as all my fathers *were*.

Psa 54:2 Hear my prayer, O God; give ear to the words of my mouth.

Psa 55:1 To the chief Musician on Neginoth, Maschil, A Psalm of David. Give ear to my prayer, O God; and hide not thyself from my supplication.

Psa 61:1 To the chief Musician upon Neginah, A Psalm of David. Hear my cry, O God; attend unto my prayer.

*****READ*****

The psalmists address God personally as "my God," "O Lord," and "my King" (Ps. 5:2, Ps. 84:3). The psalmists often implore God to "give ear" (Ps. 5:1), "hear my prayer" (Ps. 39:12), "look" (Ps. 25:18), "answer me" (Ps. 102:2), and "deliver me" (Ps. 6:4, NKJV). **These are clearly the expressions of someone praying to God.**

The remarkable beauty and appeal of the Psalms as prayers and praises lie in the fact that the Psalms are the Word of God in the form of the pious prayers and praises of believers. The Psalms, thus, provide God's children with moments of intimacy, such as described in Romans 8:26, 27: "Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God" (NKJV).

Jesus, too, quoted from the Psalms, such as in Luke 20:42, 43, when He quoted directly from Psalm 110:1—" 'Now David himself said in the Book of Psalms; / "The LORD said to my Lord, / Sit at My right hand, / Till I make Your enemies Your footstool' " (NKJV).

Luke 20:42, 43 Now David himself said in the Book of Psalms: "The Lord said to my Lord, "Sit at My right hand,
43 Till I make Your enemies Your footstool."'
44 Therefore David calls Him 'Lord'; how is He then his Son?"

Psalm 110:1 The Lord said to my Lord, "Sit at My right hand, Till I make Your enemies Your footstool."

Psalms that are prophetic

>>> There are some Psalms that are prophetic in nature and gave God's children a preview of the sufferings of the Messiah. It is as the words of Jesus and the inner feeling of Jesus were communicate to the Psalmist hundreds of years before they were uttered. Let's take a look at some of them:

Psa 22:1 My God, my God, why hast thou forsaken me? *why art thou so far from helping me, and from the words of my roaring?*

Psa 69:8 I am become a stranger unto my brethren, and an alien unto my mother's children.

Psa 69:9 For the zeal of thine house hath eaten me up; and the reproaches of them that reproached thee are fallen upon me.

Psa 69:21 They gave me also gall for my meat; and in my thirst they gave me vinegar to drink.

Although some Psalms have sprung from, or refer to, specific historical events and the experiences of the psalmists themselves, as well as the experiences of Israel as a nation, the Psalms' spiritual depth speaks to a variety of life situations and crosses all cultural, religious, ethnic, and gender boundaries. In other words, as you read the Psalms, you will find them expressing hope, praise, fear, anger, sadness, and sorrow, things that people everywhere, in every age, no matter their circumstances, face. They speak to us all, in the language of our own experiences.

What should Jesus' use of the Psalms tell us about the importance that they could play in our own faith experience?

Memory Text: "Then He said to them, 'These are the words which I spoke to you while I was still with you, that all things must be fulfilled which were written in the Law of Moses and the Prophets and the Psalms concerning Me.' And He opened their understanding, that they might comprehend the Scriptures" (Luke 24:44, 45, NKJV).

James 5:13 Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.