

Book 19: Psalms

The Bible's Book of Prayer, Praise and Worship

- The Book of Psalms was the national hymnbook of the nation of Israel.
- It is the ultimate book of Hebrew poetry.
- We may consider it the “heart of the Bible”.
- With 150 psalms or “chapters” it is the Bible’s longest book.

- Many have said that a biblical faith is not a *religion*, but a *relationship* with God.
- More than any other book in the Bible, Psalms displays that relationship.
- In it we have the whole range of human emotion and experience.

- We also have the cries of the psalmist’s heart in the midst of these varied circumstances.
- In the Psalms, we see true prayer, true praise and true worship, all inspired by the Holy Spirit.
- They are a glimpse into a completely open and honest relationship with God.

Psalms: Authors

- David’s name is on 73 of the 150 Psalms.
- 50 of the Psalms are anonymous.
- Other authors include Asaph (12), Solomon (2), Moses (1) and others.

Psalms: Structure

- The Book of Psalms is divided into five parts or “books” each of which ends with a *benediction* or “blessing”.
- The separate books were added over several generations until the book took its final form after the Jews were released from captivity.

- Each Psalm is an individual work or composition.
- They do not form a continuous story or progression.
- Therefore, although it might be best to study them in order, they can also be looked at separately, without paying attention where they “fit” in the book.

Psalms: Bible Trivia

- Psalm 117 is the shortest and the middle chapter in the Bible.
- Psalm 118:8 is the middle verse.
- Psalm 119 is the longest chapter.
- Psalms is the Old Testament book most quoted in the New Testament.
- Psalm 110:1 is the most quoted verse.

- The Hebrew name of Jesus, *Yeshuah*, is found 78 times in the Old Testament, but 45 of those times are in the Psalms. It is usually translated “salvation”.
- The Psalms contain some of the clearest prophecies of Christ in all of Scripture.
Psalms: Bible Trivia
- Jesus quoted the Psalms twice from the cross. Compare the following verses:
 - Matthew 27:46 with Psalm 22:1
 - Luke 23:46 with Psalm 31:5

A Sample of the Psalms

Psalm 1
The Tree and the Chaff

Psalm 19
God's Revelation

Psalm 22
The Psalm of the Cross

Psalm 32
The Happiness of Forgiveness

Psalm 117
The Shortest Psalm

Psalm 118:8
The Middle Verse of the Bible

Psalm 150
Let Everything That Has Breath Praise the Lord