

Introduction.

This book came about because of the following reasons.

Firstly: As a congregation, we attempt to pray through a number of Psalms corporately every year. The Psalms in this volume have been arranged in a manner that facilitates their use in corporate prayer.

To this end, the following book has been greatly helpful:

Borger, J., Tel, M., Witfliet, J.D., 2012. *Psalms for All Seasons: A Complete Psalter for Worship*,

Secondly: The Psalms in this volume are immensely helpful for private prayer. They encourage individual Christians to pray Biblically and to pray well.

Thirdly: Although this is not a Bible study book per se, the arrangement and use of these Psalms is theologically useful in getting to know the Psalms. The user will be instructed in Biblical wisdom and can add helpful personal notes to each of the Psalms.

Last, but not least I want to give huge credit to the late Alec Motyer, one of my greatest teachers in the Old Testament, although I have never met him in person. Many of the headings and subheadings are from his two treasured books:

Motyer, J.A., 2016. *Psalms by the Day*

Motyer, J.A., 1994. *The Psalms* in New Bible Commentary, 21st Century Edition.

I owe Alec Motyer an eternal debt of gratitude not only for my study of the Psalms but also for his precious work on Isaiah and Amos.

Below is an example of how we as a congregation use the Psalms for corporate prayer.

L: indicates the part the prayer leader speaks.

A: indicates the part where the whole congregation responds.

Note: I have left out the 'L' and 'A' indicators in the book, to facilitate the ease of use of these Psalms for individual prayer. These indicators can easily be added for corporate prayer and arranged to suit a particular setting.

L: Blessed is the one whose transgressions are forgiven,
whose sins are covered.
Blessed is the one whose sin the LORD does not count against him
and in whose spirit is no deceit.

A: When I kept silent, my bones wasted away through my groaning all day long.
For day and night your hand was heavy upon me;
my strength was sapped as in the heat of summer.
Then I acknowledged my sin to you and did not cover up my iniquity.
I said, "I will confess my transgressions to the LORD" -- and you forgave the guilt of
my sin.

L: Therefore let everyone who is godly pray to you while you may be found;
surely when the mighty waters rise, they will not reach him.

A: You are my hiding-place;
you will protect me from trouble and surround me with songs of deliverance.

L: *God said:* "I will instruct you and teach you in the way you should go;
I will counsel you and watch over you.
Do not be like the horse or the mule, which have no understanding
but must be controlled by bit and bridle or they will not come to you."

A: Many are the woes of the wicked,
but the LORD's unfailing love surrounds the man who trusts in him.

L: Rejoice in the LORD and be glad, you righteous;
sing, all you who are upright in heart!

A: *God of grace, when we keep silent in guilt or suffering, your saving love can free
our hearts to sing. Help us each day to confess our sin, receive your grace.
We pray in the name of the Prince of Peace, Jesus Christ our Saviour.
Amen.*

Book I

Psalm 1-41

The Decisive Contrast.

NIV Psalm 1

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.

But his delight is in the law of the LORD, and on his law he meditates day and night.

He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

Not so the wicked! They are like chaff that the wind blows away.
Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.

For the LORD watches over the way of the righteous, but the way of the wicked will perish.

*Lord our God, giver of blessing and judgement, your Son Jesus lived the only true life.
Because of him, we can know you, love you and delight in you.
Keep us watered by your grace and rooted in your Spirit.
So that our ears will hear your voice and our feet will follow your path.
Giving glory to you alone.*

Amen.

(Motyer, 1994, p.489)
(Borger et al., 2012, p.3)

The Anointed Son of God.

NIV Psalm 2

Why do the nations conspire and the peoples plot in vain?

The kings of the earth take their stand and the rulers gather together against **the LORD** and against his **Anointed One. (Messiah or Christ)**

"Let us break their chains," they say, "and throw off their fetters."

The **One** enthroned in heaven laughs; **the Lord** scoffs at them.

Then he rebukes them in his anger and terrifies them in his wrath, saying,

"I have installed my King on Zion, my holy hill."

I will proclaim the decree of **the LORD**: He said to me,

"You are my **Son**; today I have become your **Father**."

Ask of me, and I will make the nations your inheritance, the ends of the earth your possession.

You will rule them with an iron sceptre; you will dash them to pieces like pottery."

Therefore, you kings, be wise; be warned, you rulers of the earth.

Serve **the LORD** with fear and rejoice with trembling.

Kiss **the Son**, lest he be angry and you be destroyed in your way, for his wrath can flare up in a moment.

Blessed are all who take refuge in him.

*Mighty **God** and **Creator** of all, we are made in your image, yet many deny you and despise the **Messiah** who is your **Son**. By your **Spirit** keep, keep us humble and faithful so that our lives may proclaim our **Saviour's** love and inspire others to find their refuge in you. We pray in **Jesus'** name.*

Amen.

(Borger et al., 2012, p.11)

Who is the Son?

Who has gone up to heaven and come down? **Who** has gathered up the wind in the hollow of his hands? **Who** has wrapped up the waters in his cloak? **Who** has established all the ends of the earth? **What is his name, and the name of his Son?** Tell me if you know!
Proverbs 30:4

Note:

'Anointed One', i.e. *Messiah or Christ*.

The LORD hates the Wicked.

NIV Psalm 5

Give ear to my words, O LORD, consider my sighing.
Listen to my cry for help, my King and my God, for to you I pray.
In the morning, O LORD, you hear my voice;
in the morning I lay my requests before you and wait in expectation.

The Lord rejects the wicked...

You are not a God who takes pleasure in evil;
with you the wicked cannot dwell.
The arrogant cannot stand in your presence; you hate all who do wrong.
You destroy those who tell lies; bloodthirsty and deceitful men the LORD abhors.

Let us commit ourselves to the Lord!

But I, by your great mercy, will come into your house;
in reverence will I bow down toward your holy temple.
Lead me, O LORD, in your righteousness because of my enemies—
make straight your way before me.

The Lord will punish rebels...

Not a word from their mouth can be trusted;
their heart is filled with destruction.
Their throat is an open grave; with their tongue they speak deceit.
Declare them guilty, O God!
Let their intrigues be their downfall.
Banish them for their many sins, for they have rebelled against you.

Let us trust in the Lord!

But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you. For surely, O LORD, you bless the righteous; you surround them with your favour as with a shield.
Amen.

The God of the Insignificant.

NIV Psalm 8

O LORD, our Lord, how majestic is your name in all the earth!

You have set your glory above the heavens. From the lips of children and infants you have ordained praise, because of your enemies, to silence the foe and the avenger.

When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, the son of man that you care for him?

You made him a little lower than the heavenly beings and crowned him with glory and honour.

You made him ruler over the works of your hands; you put everything under his feet: all flocks and herds, and the beasts of the field, the birds of the air, and the fish of the sea, all that swim the paths of the seas.

O LORD, our Lord, how majestic is your name in all the earth!

Creator God, heavenly Father, you alone know why you love your people, and in you alone can we love one another.

By your Spirit, help us to find our true worth, not in created things, but in you.

Keep us faithful in our care for your world and in our compassion for your people.

We pray this in the name of Jesus, creation's Redeemer.

Amen.

(Motyer, 1994, p.492)

(Borger et al., 2012, p.38)

Transformation by Prayer.

NIV Psalm 13

How long, O LORD? Will you forget me for ever?
How long will you hide your face from me?

How long must I wrestle with my thoughts and every day have sorrow in my heart?
How long will my enemy triumph over me?

Look on me and answer, O LORD my God.
Give light to my eyes, or I will sleep in death;
My enemy will say, "I have overcome him," and my foes will rejoice when I fall.

But I trust in your unfailing love; my heart rejoices in your salvation.

I will sing to the LORD, for he has been good to me.

Loving God, in Jesus Christ you have come so near that our hearts can sing even when we feel most alone.

Guard our thoughts, guide our steps, and help us to put our trust in no-one but you.

Amen.

(Motyer, 1994, p.494)
(Borger et al., 2012, p.58)

Atheism and Experience.

NIV Psalm 14

The fool says in his heart, "There is no God."

They are corrupt, their deeds are vile;
there is no-one who does good.

The LORD looks down from heaven on the sons of men
to see if there are any who understand, any who seek God.
All have turned aside, they have together become corrupt;
there is no-one who does good, not even one.

Will evildoers never learn—
those who devour my people as men eat bread
and who do not call on the LORD?

There they are, overwhelmed with dread,
for God is present in the company of the righteous.

You evildoers frustrate the plans of the poor, but the LORD is their refuge.

Oh, that salvation for Israel would come out of Zion!
When the LORD restores the fortunes of his people,
let Jacob rejoice and Israel be glad!

*Patient and loving Lord,
In a world where many deny your very existence and fearlessly break your laws,
We trust that you are God Most High and that you judge the world with justice.
You are sovereign - we are not; you are holy - we are not.
Help us to see the foolishness of earthly wisdom.
Through Jesus Christ, lead us home to you.
Amen.*

(Motyer, 1994, p.494)
(Borger et al., 2012, p.65)

The Lord's Guest.

NIV Psalm 15

LORD, who may dwell in your sanctuary? Who may live on your holy hill?

He whose walk is blameless and
 who does what is righteous,
 who speaks the truth from his heart
And has no slander on his tongue,
 who does his neighbour no wrong
 and casts no slur on his fellow-man,

Who despises a vile man
 but honours those who fear the LORD,
 who keeps his oath even when it hurts,
Who lends his money without usury
 and does not accept a bribe against the innocent.

He who does these things will never be shaken.

Holy God, through your Word and your Son you have taught us to love you with our heart, soul and mind, and to love our neighbours as ourselves.

Pour out your Spirit upon us so that we may joyfully obey you and live today with confident praise.

We praise in Jesus' name.

Amen.

(Motyer, 1994, p.495)
(Borger et al., 2012, p.70)

Utter Security in YAHWEH.

NIV Psalm 16

Keep me safe, O God, for in you I take refuge.

I said to the LORD, "You are my Lord; apart from you I have no good thing."
As for the saints, who are in the land, they are the glorious ones in whom is all my delight.
The sorrows of those will increase who run after other gods.
I will not pour out their libations of blood or take up their names on my lips.

LORD, you have assigned me my portion and my cup;
you have made my lot secure.
The boundary lines have fallen for me in pleasant places;
surely I have a delightful inheritance.

I will praise the LORD, who counsels me;
even at night my heart instructs me.
I have set the LORD always before me.
Because he is at my right hand, I shall not be shaken.

Therefore my heart is glad and my tongue rejoices;
my body also will rest secure.
For you will not abandon me to the grave,
nor will you let your Holy One see decay.

You have made known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.

God of unending abundance, in you alone we find all we need in this life and even more in the life to come. Open our eyes to see your glory and our ears to hear your word until our hearts burn with the joy of your presence and our lives proclaim the power of your love. We pray in Jesus' Name.

Amen.

(Borger et al., 2012, p.76)

Acts 2:25 David said about him:

"I saw the Lord always before me. Because he is at my right hand, I will not be shaken. ²⁶ Therefore my heart is glad and my tongue rejoices; my body also will live in hope, ²⁷ because you will not abandon me to the grave, nor will you let your Holy One see decay. ²⁸ You have made known to me the paths of life; you will fill me with joy in your presence."

²⁹ Brothers, I can tell you confidently that the patriarch David died and was buried, and his tomb is here to this day. ³⁰ But he was a prophet and knew that God had promised him on oath that he would place one of his descendants on his throne.

³¹ Seeing what was ahead, he spoke of the resurrection of the Christ, that he was not abandoned to the grave, nor did his body see decay.

The heavens declare the glory of God; the skies proclaim the work of his hands.
Day after day they pour forth speech; night after night they display knowledge.
There is no speech or language where their voice is not heard.
Their message goes out into all the earth, their words to the ends of the world.

In the heavens he has pitched a tent for the sun, which is like a bridegroom coming forth from his pavilion, like a champion rejoicing to run his course.
It rises at one end of the heavens and makes its circuit to the other; nothing is hidden from its heat.

The Word of God is like the heat of the sun, it penetrates even to dividing soul and spirit. It judges the thoughts and attitudes of our hearts. Nothing in all creation is hidden from God's sight.

The **law** of the LORD is **perfect, reviving the soul**.
The **statutes** of the LORD are **trustworthy, making wise the simple**.
The **precepts** of the LORD are **right, giving joy to the heart**.
The **commands** of the LORD are **radiant, giving light to the eyes**.
The **fear** of the LORD is **pure, enduring forever**.
The **ordinances** of the LORD are **sure and altogether righteous**.
They are **more precious than gold**, than much pure gold;
They are **sweeter than honey**, than honey from the comb.

By them is your servant **warned**; in keeping them there is great **reward**.
My **errors**, who can see them? Declare me innocent from **hidden faults**.

Keep your servant also from willful sins; may they not rule over me.
Then will I be blameless, innocent of great transgression.
May the words of my mouth and the meditation of my heart be pleasing in your sight,
O LORD, my Rock and my Redeemer.
Amen.

(Motyer, 2016, p.51)

The Speech of God:

Word – God's words.

Promise – God's promises.

The Mind of God:

Laws – God's judgements. That which God has decided upon as truth.

Testimonies – God's witness to himself.

The Enduring Significance of God's Word:

Statutes – decrees engraved and prescribed for permanence.

The Authority of God's Word:

Instruction – Teaching prompted by the love of God.

The Practical application of God's Word:

Commands - God's revealed word intended for obedience. 'Do this!'

Precepts - the rightful application of God's word.

Ways - the believer's lifestyle.

The Word of the LORD is Sharper.

^{NIV} Psalm 19, Hebrews 3&4

See to it, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another **daily**, as long as it is called **Today**, so that none of you may be hardened by sin's deceitfulness. We have come to share in Christ **if we hold firmly till the end** the confidence we had at first. **Hebrews 3:12-14**

Anyone who **enters God's rest** also rests from his own work, just as God did from his. Let us, therefore, make every effort to **enter God's rest**.

The **word of God** is living and active. Sharper than any double-edged sword, it **penetrates** even to dividing soul and spirit, joints and marrow; it **judges** the thoughts and attitudes of the heart.

Nothing in all creation is hidden from God's sight. **Everything is uncovered and laid bare** before the eyes of him to whom we must **give account**. **Hebrews 4:10-13**

The **law** of the LORD is **perfect, reviving the soul**.

The **statutes** of the LORD are **trustworthy, making wise the simple**.

The **precepts** of the LORD are **right, giving joy to the heart**.

The **commands** of the LORD are **radiant, giving light to the eyes**.

The **fear** of the LORD is **pure, enduring forever**.

The **ordinances** of the LORD are **sure and altogether righteous**.

They are **more precious than gold**, than much pure gold;

They are **sweeter than honey**, than honey from the comb.

Psalm 19:7-10

By them is your servant **warned**; in keeping them there is great **reward**.

My **errors**, who can see them? Declare me innocent from **hidden faults**.

Keep your servant also from **willful sins**; may they not rule over me.

Then will I be **blameless, innocent** of great **transgression**.

May the words of my mouth and the meditation of my heart be **pleasing** in your sight,
O LORD, my Rock and my Redeemer. **Psalm 19:11-14**

Amen.

One Righteous Suffering for the Many.

NIV Psalm 22

Messiah's Heartrending Lament.

My God, my God, why have you forsaken me?

Why are you so far from saving me, so far from the words of my groaning?

O my God, I cry out by day, but you do not answer, by night, and am not silent.

You are enthroned as the Holy One; you are the praise of Israel.

In you our fathers put their trust; they trusted and you delivered them.

They cried to you and were saved; in you they trusted and were not disappointed.

But I am a worm and not a man, scorned by men and despised by the people.

All who see me mock me; they hurl insults, shaking their heads saying:

"He trusts in the LORD; let the LORD rescue him.

Let him deliver him, since he delights in him."

Messiah's Plea for Help.

Yet you brought me out of the womb;

you made me trust in you even at my mother's breast.

From birth I was cast upon you; from my mother's womb you have been my God.

Do not be far from me, for trouble is near and there is no-one to help.

Messiah's Heartrending Lament.

I am poured out like water, and all my bones are out of joint.

My heart has turned to wax; it has melted away within me.

My strength is dried up like a potsherd,

and my tongue sticks to the roof of my mouth; you lay me in the dust of death.

Dogs have surrounded me; a band of evil men has encircled me,

they have pierced my hands and my feet.

I can count all my bones; people stare and gloat over me.

They divide my garments among them and cast lots for my clothing.

Messiah's Plea for Deliverance.

But you, O LORD, be not far off; O my Strength, come quickly to help me.

Merciful God, some of your children are joyfully singing your praises.

Others are languishing in despair. Through Jesus you are acquainted with our grief and in him we have resurrection hope. Bind up those who are broken, bless those who are dying, shield those who are joyous, and lead us all to your house, where we may feast together at your table.

Amen.

(Borger et al., 2012, p.116)

v: 1-10; 14-19

I will declare your name to my brothers;
in the congregation I will praise you.
You who fear the LORD, praise him!

For he has not despised or disdained the suffering of the afflicted one;
he has not hidden his face from him but has listened to his cry for help.
From you comes the theme of my praise in the great assembly;
before those who fear you will I fulfil my vows.

The poor will eat and be satisfied; they who seek the LORD will praise him –
may your hearts live forever!

All the ends of the earth will remember and turn to the LORD,
and all the families of the nations will bow down before him,
for dominion belongs to the LORD and he rules over the nations.

All the rich of the earth will feast and worship;
all who go down to the dust will kneel before him—
those who cannot keep themselves alive.

Posterity will serve him;
future generations will be told about the Lord.
They will proclaim his righteousness to a people yet unborn –
for he has done it.

Amen.

v. 22-31

Shepherd, Companion and Host.

NIV Psalm 23

The LORD is my shepherd, I shall not be in want.

He makes me lie down in green pastures,
he leads me beside quiet waters, he restores my soul.
He guides me in paths of righteousness for his name's sake.

Even though I walk through the valley of the shadow of death, ...

I will fear no evil, for you are with me;
your rod and your staff, they comfort me.

You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows.

Surely goodness and love will follow me all the days of my life,
and I will dwell in the house of the LORD for ever.

Jesus, loving shepherd, we hear your voice, and we know the price you paid because of your love for us.

Help us to move beyond hearing and knowing to accepting the life you offer us and committing ourselves to serving others, giving you all honour, glory and praise.

Amen.

(Motyer, 2016, p.60)
(Borger et al., 2012, p.129)

The King of Glory.

NIV Psalm 24

The earth is the LORD's, and all it contains, the world, and all who live in it; for he founded it upon the seas and established it upon the waters.

Who may ascend the hill of the LORD? Who may stand in his holy place?

He who has clean hands and a pure heart, who does not lift up his soul to an idol and does not swear deceitfully.

He will receive blessing from the LORD and righteousness from the God of his salvation.

Such is the generation of those who seek him, who seek your face, O God of Jacob.
Selah

Lift up your heads, O you gates; be lifted up, you ancient doors, that the King of glory may come in.

Who is this King of glory?

The LORD strong and mighty, the LORD mighty in battle.

Lift up your heads, O you gates; lift them up, you ancient doors, that the King of glory may come in.

Who is he, this King of glory?

The LORD of Hosts -- he is the King of glory. **Selah**

*All glory be to God the Father, Son and Holy Spirit;
From ages past it was, is now and evermore shall be.*

Amen.

Selah – to lift up, exalt

Confession and Hope in a Time of Trouble.

^{NIV} Psalm 25

To you, O LORD, I lift up my soul. In you I trust, O my God.
No one whose hope is in you will ever be put to shame.

Show me your ways, O LORD, teach me your paths;
guide me in your truth and teach me,
for you are God my Saviour, and my hope is in you all day long.
Remember, O LORD, your great mercy and love, for they are from of old.
Remember not the sins of my youth and my rebellious ways;
according to your love remember me, for you are good, O LORD.

Good and upright is the LORD; therefore he instructs sinners in his ways.
He guides the humble in what is right and teaches them his way.
All the ways of the LORD are loving and faithful for those who keep the demands of his covenant.

For the sake of your name, O LORD, forgive my iniquity, though it is great.

Who, then, is the man that fears the LORD?
The LORD will instruct him in the way chosen for him.
He will spend his days in prosperity, and his descendants will inherit the land.
The LORD confides in those who fear him; he makes his covenant known to them.

My eyes are ever on the LORD, for only he will release my feet from the snare.
Turn to me and be gracious to me, for I am lonely and afflicted.
The troubles of my heart have multiplied; free me from my anguish.

Look upon my affliction and my distress and take away all my sins.
Guard my life and rescue me; let me not be put to shame, for I take refuge in you.
May integrity and uprightness protect me, because my hope is in you.

Redeem Israel, O God, from all their troubles!

Amen.

The Confident Life.

NIV Psalm 27

The LORD is my light and my salvation--whom shall I fear?
The LORD is the stronghold of my life--of whom shall I be afraid?

When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall.
Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident.

One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek him in his temple.
For in the day of trouble he will keep me safe in his dwelling;
He will hide me in the shelter of his tabernacle and set me high upon a rock.

Then my head will be exalted above the enemies who surround me; at his tabernacle will I sacrifice with shouts of joy.
I will sing and make music to the LORD.

Hear my voice when I call, O LORD; be merciful to me and answer me.
My heart says of you, "Seek his face!" Your face, LORD, I will seek.

Do not hide your face from me, do not turn your servant away in anger; you have been my helper. Do not reject me or forsake me, O God my Saviour.
Though my father and mother forsake me, the LORD will receive me.

Teach me your way, O LORD; lead me in a straight path because of my oppressors.
Do not hand me over to the desire of my foes, for false witnesses rise up against me, breathing out violence.

I am still confident of this: I will see the goodness of the LORD in the land of the living.
Wait for the LORD; be strong and take heart and wait for the LORD.

*Light of the world, shine in our darkness.
Saviour of the world, come into our hearts.
There is much we should fear if we faced this day alone.
But you, O Lord, are with us.
Thanks be to God!
Amen.*

(Motyer, 2016, p.68)
(Borger et al., 2012, p.163)

The Splendour of God's Voice.

^{NIV} Psalm 29

Come let us pray and bring glory to God!

Ascribe to the LORD, O heavenly beings, ascribe to the LORD glory and strength.

Ascribe to the LORD the glory due to his name; worship the LORD in the splendour of his holiness.

The **voice of the LORD** is over the waters; the God of glory thunders, the LORD thunders over the mighty waters.

The **voice of the LORD** is powerful; the **voice of the LORD** is majestic.

The **voice of the LORD** breaks the cedars; the LORD breaks in pieces the cedars of Lebanon.

He makes Lebanon skip like a calf, Mount Hermon like a young wild ox.

The **voice of the LORD** flashes forth flames of fire.

The **voice of the LORD** shakes the desert; the LORD shakes the Desert of Kadesh.

The **voice of the LORD** twists the oaks and strips the forests bare.
And in his temple all cry, "**Glory!**"

The LORD sits enthroned over the flood; the LORD is enthroned as King for ever.
The LORD gives strength to his people; the LORD blesses his people with peace.

*Lord God Almighty, by the power of your Spirit we can sing "**Glory**" with the angels and praise you with all of creation.*

Holy God, receive the worship of those for whom you sent your Son, Jesus Christ our Lord, in whose name we pray.

Amen.

(Borger et al., 2012, p.181)

Grace from First to Last.

NIV Psalm 30

I will exalt you, O LORD, for you lifted me out of the depths and did not let my enemies gloat over me.

O LORD my God, I called to you for help and you healed me.

O LORD, you brought me up from the grave; you spared me from going down into the pit.

Sing to the LORD, you saints of his; praise his holy name.

For his anger lasts only a moment, but his favour lasts a lifetime;
weeping may remain for a night, but rejoicing comes in the morning.

When I felt secure, I said, "I shall never be shaken."

O LORD, when you favoured me, you made my mountain stand firm;
but when you hid your face, I was dismayed.

To you, O LORD, I called; to the Lord I cried for mercy:

"What gain is there in my destruction, in my going down into the pit?

Will the dust praise you? Will it proclaim your faithfulness?

Hear, O LORD, and be merciful to me; O LORD, be my help."

You turned my wailing into dancing;

you removed my sackcloth and clothed me with joy,
that my heart may sing to you and not be silent.

O LORD my God, I will give you thanks for ever.

O God, our healer and our help,

We will never face a challenge or a need that surpasses your provision and your love.

Fill our hearts with thankful praise, and use us to draw others close to you,

*so that after the night of sorrow they too may rejoice in the Dayspring from on high,
your Son, our Lord Jesus Christ, in whose name we pray.*

Amen.

(Motyer, 1994, p.504)

(Borger et al., 2012, p.189)

Celebrating God's Forgiveness.

NIV Psalm 32

Blessed is the one whose transgressions are forgiven,
whose sins are covered.

Blessed is the one whose sin the LORD does not count against him
and in whose spirit is no deceit.

When I kept silent, my bones wasted away through my groaning all day long.
For day and night your hand was heavy upon me;
my strength was sapped as in the heat of summer.

Then I acknowledged my sin to you and did not cover up my iniquity.
I said, "I will confess my transgressions to the LORD" -- and you forgave the guilt of
my sin.

Therefore let everyone who is godly pray to you while you may be found;
surely when the mighty waters rise, they will not reach him.

You are my hiding-place;
you will protect me from trouble and surround me with songs of deliverance.

God said: "I will instruct you and teach you in the way you should go;
I will counsel you and watch over you.
Do not be like the horse or the mule, which have no understanding
but must be controlled by bit and bridle or they will not come to you."

Many are the woes of the wicked,
but the LORD's unfailing love surrounds the man who trusts in him.

Rejoice in the LORD and be glad, you righteous;
sing, all you who are upright in heart!

*God of grace, when we keep silent in guilt or suffering, your saving love can free our
hearts to sing. Help us each day to confess our sin, receive your grace.
We pray in the name of the Prince of Peace, Jesus Christ our Saviour.*

Amen.

(Borger et al., 2012, p.206)

The LORD's unfailing Love in Creation and Election. ^{NIV} Psalm 33

Sing joyfully to **the LORD**, you righteous; it is fitting for the upright to praise him.
Praise **the LORD** with the harp; make music to him on the ten-stringed lyre.
Sing to him a new song; play skilfully, and shout for joy.

For **the word of the LORD** is right and true; he is faithful in all he does.
The LORD loves righteousness and justice; the earth is full of his unfailing love.

By the **word of the LORD** were the heavens made, their starry host by the breath of his mouth. He gathers the waters of the sea into jars; he puts the deep into storehouses.

Let all the earth fear **the LORD**; let all the people of the world revere him.

For **he spoke**, and it came to be; he commanded, and it stood firm.

The LORD foils the plans of the nations; he thwarts the purposes of the peoples.

But the plans of **the LORD** stand firm for ever, the purposes of his heart through all generations.

Blessed is the nation whose **God is the LORD**, the people he chose for his inheritance.

From heaven **the LORD** looks down and sees all mankind;

from his dwelling-place he watches all who live on earth--

he who forms the hearts of all, who considers everything they do.

No king is saved by the size of his army; no warrior escapes by his great strength.

A horse is a vain hope for deliverance; despite all its great strength it cannot save.

But the eyes of **the LORD** are on those who fear him, on those whose hope is in his unfailing love, to deliver them from death and keep them alive in famine.

We wait in hope for **the LORD**; he is our help and our shield.

In him our hearts rejoice, for we trust in his holy name.

May your unfailing love rest upon us, **O LORD**, even as we put our hope in you.

Amen.

(Motyer, 1994, p.505)

'By the Word of the LORD were the heavens made', refers to the pre-incarnate Christ (John 1:1-2).

A Prayer of Confidence in Times of Hardship.

^{NIV} Psalm 34

I will extol the LORD at all times;
his praise will always be on my lips.
My soul will boast in the LORD;
let the afflicted hear and rejoice.
Glorify the LORD with me: let us exalt his name together...

I sought the LORD, and he answered me;
he delivered me from all my fears.
Those who look to him are radiant;
their faces are never covered with shame.
I called, and the LORD heard me;
he saved me out of all my troubles.

The **angel of the LORD encamps around those who fear him**,
and he delivers them.
Taste and see that the LORD is good;
blessed is the one who takes refuge in him.
Fear the LORD, you his saints, for those who fear him lack nothing.
The lions may grow weak and hungry,
but those who seek the LORD lack no good thing.

Come, my children, listen to me;
I will teach you the fear of the LORD.
Whoever of you loves life and desires to see many good days,
keep your tongue from evil and your lips from speaking lies.
Turn from evil and do good; seek peace and pursue it.

The eyes of the LORD are on the righteous
and his ears are attentive to their cry;
the face of the LORD is against those who do evil,
to cut off the memory of them from the earth.
The righteous cry out, and the LORD hears them;
he delivers them from all their troubles.
The LORD is close to the broken-hearted
and saves those who are crushed in spirit.

A righteous person may have many troubles,
but the LORD delivers you from them all;
he protects all your bones, not one of them will be broken.
Evil will slay the wicked;
the foes of the righteous will be condemned.
The LORD redeems his servants;
no-one will be condemned who takes refuge in him. **Amen.**

The **Angel of the LORD** is the pre-incarnate Christ. He came and pitched his tent among us (John 1:14).

The philosophy of the wicked.

An oracle is within my heart concerning the sinfulness of the wicked:
There is no fear of God before his eyes.

The wicked characterised.

For in his own eyes he flatters himself too much to detect or hate his sin.
The words of his mouth are wicked and deceitful; he has ceased to be wise and to do good.
Even on his bed he plots evil; he commits himself to a sinful course and does not reject what is wrong.

The Lord characterised.

Your love, O LORD, reaches to the heavens, your faithfulness to the skies.
Your righteousness is like the mighty mountains, your justice like the great deep.
O LORD, you preserve both man and beast.
How priceless is your unfailing love!
Both high and low among men find refuge in the shadow of your wings.
They feast in the abundance of your house; you give them drink from your river of delights.

Those who know the Lord characterised.

For with you is the fountain of life; in your light we see light.
Continue your love to those who know you, your righteousness to the upright in heart.
May the foot of the proud not come against me, nor the hand of the wicked drive me away.

The fate of the wicked.

See how the evildoers lie fallen--thrown down, not able to rise!

Loving and faithful God, we thank you that in Jesus Christ you have revealed the height and width, the breadth and depth of your love. With you is the fountain of life, and in your light we see light. May our lives reflect your goodness and by your Spirit bring healing to others, until all creation makes its home under the shadow of your wings.

Amen.

(Motyer, 1994, p.508)
(Borger et al., 2012, p.231)

Note:

There is a choice to be made which determines the sort of life we experience now and the destiny that awaits. The choice is how to react to the revelation of God?

To reject it is to listen to our own hearts, to live a life without values and ultimately to be condemned.

To embrace it is to enjoy life, light, provision and protection.

The God who Meets my Greatest Need.

^{NIV} Psalm 40

I waited patiently for the LORD; he turned to me and heard my cry.

He lifted me out of the slimy pit, out of the mud and mire;
he set my feet on a rock and gave me a firm place to stand.
He put a new song in my mouth, a hymn of praise to our God.
Many will see and fear and put their trust in the LORD.

Blessed is the man who makes the LORD his trust,
who does not look to the proud, to those who turn aside to false gods!

Many, O LORD my God, are the wonders you have done.
The things you planned for us no-one can recount to you;
were I to speak and tell of them, they would be too many to declare.

***Sacrifice and offering you did not desire,
But my ears you have opened;
Burnt offerings and sin offerings you did not require.
Then I said, "Here I am, I have come!
It is written about me in the scroll.
I desire to do your will, O my God;
Your law is within my heart."***

(Jesus)

I proclaim righteousness in the great assembly;
I do not seal my lips, as you know, O LORD.
I do not hide your righteousness in my heart;
I speak of your faithfulness and salvation.
I do not conceal your love and your truth from the great assembly.

Do not withhold your mercy from me, O LORD;
may your love and your truth always protect me.

May all who seek you rejoice and be glad in you;
may those who love your salvation always say ...

"The LORD be exalted!"
Amen.

v. 1-11, 16

Blessedness in Principle and in Experience.

^{NIV} Psalm 41

Blessed is he who has regard for the weak;
the LORD delivers him in times of trouble.

The LORD will protect him and preserve his life;
he will bless him in the land and not surrender him to the desire of his foes.

The LORD will sustain him on his sick-bed and restore him from his bed of illness.

I said, "O LORD, have mercy on me; heal me, for I have sinned against you."
My enemies say of me in malice, "When will he die and his name perish?"

Whenever one comes to see me, he speaks falsely,
while his heart gathers slander; then he goes out and spreads it abroad.

All my enemies whisper together against me;
they imagine the worst for me, saying,

"A vile disease has beset him;
he will never get up from the place where he lies."

***Even my close friend, whom I trusted,
he who shared my bread, has lifted up his heel against me.*** (Jesus)

But you, O LORD, have mercy on me;
raise me up, that I may repay them.
I know that you are pleased with me,
for my enemy does not triumph over me.

In my integrity you uphold me and set me in your presence for ever.
Praise be to the LORD, the God of Israel, from everlasting to everlasting.
Amen and Amen.

*Gracious God, our Lord Jesus Christ taught us that those who imitate your mercy are
blessed, and we know his to be true.
Support is in our times of chaos and despair.
And help us to be alert to the needs of others.
So that our lives and our lips may praise you, always and everywhere.
We pray in the name of Jesus.
Amen.*

(Motyer, 1994, p.512)
(Borger et al., 2012, p.252)

Book II

Psalm 42-72

The Lost Past...

NRS Psalm 42

As a deer longs for flowing streams, so my soul longs for you, O God.
My soul thirsts for God, for the living God.

When shall I come and behold the face of God?
My tears have been my food day and night, while people say to me continually,
"Where is your God?"

These things I remember, as I pour out my soul: how I went with the throng, and led them in procession to the house of God, with glad shouts and songs of thanksgiving, a multitude keeping festival.

**Why are you cast down, O my soul, and why are you disquieted within me?
Hope in God; for I shall again praise him, my help and my God.**

The Troubled Present...

NRS Psalm 42

My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar.

Deep calls to deep at the thunder of your cataracts; all your waves and your billows have gone over me.

By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.

I say to God, my rock, "Why have you forgotten me? Why must I walk about mournfully because the enemy oppresses me?"
As with a deadly wound in my body, my adversaries taunt me, while they say to me continually,
"Where is your God?"

**Why are you cast down, O my soul, and why are you disquieted within me?
Hope in God; for I shall again praise him, my help and my God.**

The Expected Future ...

NRS **Psalm 43**

Vindicate me, O God, and defend my cause against an ungodly people; from those who are deceitful and unjust deliver me!

For you are the God in whom I take refuge; why have you cast me off? Why must I walk about mournfully because of the oppression of the enemy?
O send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling.

Then I will go to the altar of God, to God my exceeding joy; and I will praise you with the harp, O God, my God.

**Why are you cast down, O my soul, and why are you disquieted within me?
Hope in God; for I shall again praise him, my help and my God.
Amen.**

(Motyer, 1994, p.513)

When Life seems Unfair and God far Away.

NRS **Psalm 44**

Lord of the glorious past.

We have heard with our ears, O God, our ancestors have told us, what deeds you performed in their days, in the days of old:
you with your own hand drove out the nations, but them you planted; you afflicted the peoples, but them you set free;
for not by their own sword did they win the land, nor did their own arm give them victory; but your right hand, and your arm, and the light of your countenance, for you delighted in them.

True undiminished faith.

You are my King and my God; you command victories for Jacob.
Through you we push down our foes; through your name we tread down our assailants. For not in my bow do I trust, nor can my sword save me.
But you have saved us from our foes, and have put to confusion those who hate us.
In God we have boasted continually, and we will give thanks to your name forever.
Selah

The dismal present.

Yet you have rejected us and abased us, and have not gone out with our armies.
You made us turn back from the foe, and our enemies have gotten spoil.
You have made us like sheep for slaughter, and have scattered us among the nations.
You have sold your people for a trifle, demanding no high price for them.
You have made us the taunt of our neighbors, the derision and scorn of those around us.
You have made us a byword among the nations, a laughingstock among the peoples.
All day long my disgrace is before me, and shame has covered my face at the words of the taunters and revilers, at the sight of the enemy and the avenger.

An undeviating faithfulness.

All this has come upon us, yet we have not forgotten you, or been false to your covenant.
Our heart has not turned back, nor have our steps departed from your way, yet you have broken us in the haunt of jackals, and covered us with deep darkness.
If we had forgotten the name of our God, or spread out our hands to a strange god, would not God discover this? For he knows the secrets of the heart.
Because of you we are being killed all day long, and accounted as sheep for the slaughter.

Lord of the future.

Rouse yourself! Why do you sleep, O Lord? Awake, do not cast us off forever!
Why do you hide your face? Why do you forget our affliction and oppression?
For we sink down to the dust; our bodies cling to the ground.
Rise up, come to our help. Redeem us for the sake of your steadfast love. **Amen.**

(Motyer, 1994, p.513)

The Wedding of a Divine King.

NRS Psalm 45

The King.

My heart overflows with a goodly theme; I address my verses to the king; my tongue is like the pen of a ready scribe.

You are the most handsome of men; grace is poured upon your lips; therefore God has blessed you forever.

Gird your sword on your thigh, O mighty one, in your glory and majesty.

In your majesty ride on victoriously for the cause of truth and to defend the right; let your right hand teach you dread deeds.

Your arrows are sharp in the heart of the king's enemies; the peoples fall under you.

Your throne, O God, endures forever and ever. Your royal scepter is a scepter of equity; you love righteousness and hate wickedness.

Therefore God, your God, has anointed you with the oil of gladness beyond your companions;

your robes are all fragrant with myrrh and aloes and cassia. From ivory palaces stringed instruments make you glad;

daughters of kings are among your ladies of honor; at your right hand stands the queen in gold of Ophir.

The Bride.

Hear, O daughter, consider and incline your ear; forget your people and your father's house,

and the king will desire your beauty. Since he is your lord, bow to him;

the people of Tyre will seek your favor with gifts, the richest of the people

with all kinds of wealth. The princess is decked in her chamber with gold-woven robes;

in many-colored robes she is led to the king; behind her the virgins, her companions, follow.

With joy and gladness they are led along as they enter the palace of the king.

The Offspring.

In the place of ancestors you, O king, shall have sons; you will make them princes in all the earth.

I will cause your name to be celebrated in all generations; therefore the peoples will praise you forever and ever.

Amen.

About the Son he says, "**Your throne, O God, will last for ever and ever**, and righteousness will be the sceptre of your kingdom (Hebrews 1:8).

The Lord of Hosts is our Eternal Refuge.

NRS Psalm 46

God is our refuge and strength, a very present help in trouble.

Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea;
though its waters roar and foam, though the mountains tremble with its tumult. **Selah**

There is a river whose streams make glad the city of God, the holy habitation of the Most High.

God is in the midst of the city; it shall not be moved; God will help it when the morning dawns.

The nations are in an uproar, the kingdoms totter; he utters his voice, the earth melts.

The LORD of hosts is with us; the God of Jacob is our refuge. Selah

Come, behold the works of the LORD; see what desolations he has brought on the earth.

He makes wars cease to the end of the earth; he breaks the bow, and shatters the spear; he burns the shields with fire.

"Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth."

The LORD of hosts is with us; the God of Jacob is our refuge. Selah

We praise and worship you, O God, because you are with your people; powerfully and miraculously you defend your church and your Word against all fanatic spirits, against the gates of hell, and against the assault of flesh and sin.

All glory and praise to you; Father, Son and Holy Spirit; now and forevermore.

Amen.

(Borger et al., 2012, p.282)

Selah means to 'lift up' or 'exalt'.

One God, one King, one People.

NRS Psalm 47

Clap your hands, all you peoples; shout to God with loud songs of joy.

For the LORD, the Most High, is awesome, a great king over all the earth.

He subdued peoples under us, and nations under our feet.

He chose our heritage for us, the pride of Jacob whom he loves. **Selah**

God has gone up with a shout, the LORD with the sound of a trumpet.

Sing praises to God, sing praises; sing praises to our King, sing praises.

For God is the king of all the earth; sing praises with a psalm.

God is king over the nations; God sits on his holy throne.

The princes of the peoples gather as the people of the God of Abraham.

For the shields of the earth belong to God; he is highly exalted.

King of all creation,

We wait for the day when with all the hosts of heaven we will sing:

“The kingdom of this world has become the kingdom of our Lord and of his Christ, and he shall reign forever.”

Until that day, receive the praise of our hearts and direct the pattern of our lives so that in word and action we may exhibit your kingdom to a watching world.

Amen.

(Motyer, 1994, p.516)

(Borger et al., 2012, p.294)

The King over all kings.

NRS Psalm 48

Great is the LORD and greatly to be praised in the city of our God.

His holy mountain,
beautiful in elevation, is the joy of all the earth, Mount Zion, in the far north, the city
of the great King.
Within its citadels God has shown himself a sure defense.

Then the kings assembled, they came on together.
As soon as they saw it, they were astounded; they were in panic, they took to flight;
trembling took hold of them there, pains as of a woman in labor,
as when an east wind shatters the ships of Tarshish.

As we have heard, so have we seen in the city of the LORD of hosts, in the city of
our God, which God establishes forever. Selah
We ponder your steadfast love, O God, in the midst of your temple.
Your name, O God, like your praise, reaches to the ends of the earth. Your right
hand is filled with victory.
Let Mount Zion be glad, let the towns of Judah rejoice because of your judgments.

Walk about Zion, go all around it, count its towers,
consider well its ramparts; go through its citadels, that you may tell the next
generation
that this is God, our God forever and ever. He will be our guide forever.

*Gracious God,
You have made us fellow citizens with the saints in the city of your eternal light.
In the times of upheaval or when the foundations shake, teach us to wait in silence for
your steadfast and transforming love, made known to us in Jesus Christ our Lord.
Amen.*

(Borger et al., 2012, p.305)

Beyond Life and Beyond Death.

NRS Psalm 49

Hear this, all you peoples; give ear, all inhabitants of the world,
both low and high, rich and poor together.
My mouth shall speak wisdom; the meditation of my heart shall be understanding.
I will incline my ear to a proverb; I will solve my riddle to the music of the harp:

*Why should I fear in times of trouble, when the iniquity of my persecutors
surrounds me,
those who trust in their wealth and boast of the abundance of their riches?*

Truly, no ransom avails for one's life, there is no price one can give to God for it.

For the ransom of life is costly, and can never suffice
that one should live on forever and never see the grave.

When we look at the wise, they die; fool and *dolt* perish together and leave their
wealth to others.
Their graves are their homes forever, their dwelling places to all generations, though
they named lands their own.
Mortals cannot abide in their pomp; they are like the animals that perish.
Such is the fate of the foolhardy, the end of those who are pleased with their lot.
Selah

Like sheep they are appointed for Sheol; Death shall be their shepherd; straight to
the grave they descend, and their form shall waste away; Sheol shall be their home.
But God will ransom my soul from the power of Sheol, for he will receive me.
Selah

Do not be afraid when some become rich, when the wealth of their houses
increases.
For when they die they will carry nothing away; their wealth will not go down after
them.
Though in their lifetime they count themselves happy-- for you are praised when you
do well for yourself--
they will go to the company of their ancestors, who will never again see the light.
Mortals cannot abide in their pomp; they are like the animals that perish.

*God of wisdom, we do not know when our life will end.
Help us to set our hearts on things above and not on the wealth and power of this
world. We pray this trusting in Jesus Christ our highest joy.*
Amen.

(Motyer, 2016, p.127)
(Borger et al., 2012, p.310)

Dolt – a stupid person

Let off with a Caution!

NRS Psalm 50

The mighty one, God the LORD, speaks and summons the earth from the rising of the sun to its setting. Out of Zion, the perfection of beauty, God shines forth.

Our God comes and does not keep silence, before him is a devouring fire, and a mighty tempest all around him.

He calls to the heavens above and to the earth, that he may judge his people:

"Gather to me my faithful ones, who made a covenant with me by sacrifice!"

The heavens declare his righteousness, for God himself is judge. **Selah**

"Hear, O my people, and I will speak, O Israel, I will testify against you.

I am God, your God.

Not for your sacrifices do I rebuke you; your burnt offerings are continually before me.

I will not accept a bull from your house, or goats from your folds.

For every wild animal of the forest is mine, the cattle on a thousand hills.

I know all the birds of the air, and all that moves in the field is mine.

"If I were hungry, I would not tell you, for the world and all that is in it is mine.

Do I eat the flesh of bulls, or drink the blood of goats?

Offer to God a sacrifice of thanksgiving, and pay your vows to the Most High.

Call on me in the day of trouble; I will deliver you, and you shall glorify me."

But to the wicked God says:

"What right have you to recite my statutes, or take my covenant on your lips?

For you hate discipline, and you cast my words behind you.

You make friends with a thief when you see one, and you keep company with adulterers.

"You give your mouth free rein for evil, and your tongue frames deceit.

You sit and speak against your kin; you slander your own mother's child.

These things you have done and I have been silent; you thought that I was one just like yourself. But now I rebuke you, and lay the charge before you.

"Mark this, then, you who forget God, or I will tear you apart, and there will be no one to deliver.

Those who bring thanksgiving as their sacrifice honor me; to those who go the right way I will show the salvation of God."

Just and holy God,

You need nothing from us, but delight in our humble trust and thankful obedience.

We repent of our shallow rituals and empty sacrifices.

Enable us to do justice, love kindness and humbly walk with you, our God.

Amen.

(Motyer, 1994, p.517)
(Borger et al., 2012, p.315)

The Sinner's Prayer.

NRS **Psalm 51**

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.

Wash me thoroughly from my iniquity, and cleanse me from my sin.

For I know my transgressions, and my sin is ever before me.

Against you, you alone, have I sinned, and done what is evil in your sight, so that you are justified in your sentence and blameless when you pass judgment.

Indeed, I was born guilty, a sinner when my mother conceived me.

You desire truth in the inward being; therefore teach me wisdom in my secret heart.

Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.

Let me hear joy and gladness; let the bones that you have crushed rejoice.

Hide your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and put a new and right spirit within me.

Do not cast me away from your presence, and do not take your holy spirit from me.

Restore to me the joy of your salvation, and sustain in me a willing spirit.

Then I will teach transgressors your ways, and sinners will return to you.

O Lord, open my lips, and my mouth will declare your praise.

For you have no delight in sacrifice; if I were to give a burnt offering, you would not be pleased.

The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise.

Do good to Zion in your good pleasure; rebuild the walls of Jerusalem...

Amen.

The Pain of Betrayal.

NRS Psalm 55

Give ear to my prayer, O God; do not hide yourself from my supplication.
Attend to me, and answer me; I am troubled in my complaint.
I am distraught by the noise of the enemy, because of the clamor of the wicked. For
they bring trouble upon me, and in anger they cherish enmity against me.

My heart is in anguish within me, the terrors of death have fallen upon me.
Fear and trembling come upon me, and horror overwhelms me.
And I say, "O that I had wings like a dove! I would fly away and be at rest;
truly, I would flee far away; I would lodge in the wilderness; Selah
I would hurry to find a shelter for myself from the raging wind and tempest."

Confuse, O Lord, confound their speech; for I see violence and strife in the city.
Day and night they go around it on its walls, and iniquity and trouble are within it;
ruin is in its midst; oppression and fraud do not depart from its marketplace.

It is not enemies who taunt me-- I could bear that;
it is not adversaries who deal insolently with me-- I could hide from them.

***But it is you, my equal, my companion,
my familiar friend, with whom I kept pleasant company;
we walked in the house of God with the throng.*** (Jesus)

But I call upon God, and the LORD will save me.
Evening and morning and at noon I utter my complaint and moan, and he will hear
my voice.
He will redeem me unharmed from the battle that I wage, for many are arrayed
against me.

Cast your burden on the LORD, and he will sustain you; he will never permit the
righteous to be moved.
But you, O God, will cast them down into the lowest pit; the bloodthirsty and
treacherous shall not live out half their days. But I will trust in you.

*Loving God, help us when we have been betrayed to look beyond hypocrisy and deceit
to your throne of grace, and there to lay our burdens down.
We trust in your covenant of unfailing love, revealed to us in the betrayal, death and
resurrection of Jesus our Saviour.*
Amen.

(Borger et al., 2012, p.355)

v. 1-14, 16-18, 22-23

My Darkness, His Wings.

NRS **Psalm 57**

Be merciful to me, O God, be merciful to me, for in you my soul takes refuge;
in the shadow of your wings I will take refuge, until the destroying storms pass by.

I cry to God Most High, to God who fulfills his purpose for me.

He will send from heaven and save me, he will put to shame those who trample on
me. **Selah**

God will send forth his steadfast love and his faithfulness.

I lie down among lions that greedily devour human prey; their teeth are spears and
arrows, their tongues sharp swords.

Be exalted, O God, above the heavens. Let your glory be over all the earth.

They set a net for my steps; my soul was bowed down. They dug a pit in my path,
but they have fallen into it themselves. **Selah**

My heart is steadfast, O God, my heart is steadfast. I will sing and make melody.

Awake, my soul! Awake, O harp and lyre! I will awake the dawn.

I will give thanks to you, O Lord, among the peoples;

I will sing praises to you among the nations.

For your steadfast love is as high as the heavens; your faithfulness extends to the
clouds.

Be exalted, O God, above the heavens. Let your glory be over all the earth.

Amen.

(Motyer, 2012, p.150)

Unfurling the Banner of Prayer.

NRS Psalm 60

Voice 1

O God, you have rejected us, broken our defenses; you have been angry; now restore us!

Voice 2

You have caused the land to quake; you have torn it open; repair the cracks in it, for it is tottering.

Voice 1

You have made your people suffer hard things; you have given us wine to drink that made us reel.

Voice 2

You have set up a banner for those who fear you, to rally to it out of bowshot. **Selah**

Give victory with your right hand, and answer us, so that those whom you love may be rescued.

God has spoken from his sanctuary:

"With exultation I will divide up Shechem, and portion out the Vale of Succoth. Gilead is mine, and Manasseh is mine; Ephraim is my helmet; Judah is my scepter. Moab is my washbasin; on Edom I hurl my shoe; over Philistia I shout in triumph."

Voice 1

Who will bring me to the fortified city? Who will lead me to Edom?

Voice 2

Have you not rejected us, O God? You do not go out, O God, with our armies.

Voice 1 and 2

O grant us help against the foe, for human help is worthless.

With God we shall do valiantly; it is he who will tread down our foes.

Victorious God, your Son Jesus taught us to ask, seek, knock in confidence that our requests would be answered.

In the struggles we face today and in the battles that lie ahead, give us the strength and wisdom to trust you in all circumstances and to rejoice in you always.

Amen.

(Motyer, 2016, p.157)
(Borger et al., 2012, p.370)

The Awe-inspiring God.

NRS **Psalm 62**

For God alone my soul waits in silence; from him comes my salvation.

He alone is my rock and my salvation, my fortress; I shall never be shaken.

How long will you assail a person, will you batter your victim, all of you, as you would a leaning wall, a tottering fence?

Their only plan is to bring down a person of prominence. They take pleasure in falsehood; they bless with their mouths, but inwardly they curse. **Selah**

For God alone my soul waits in silence, for my hope is from him.

He alone is my rock and my salvation, my fortress; I shall not be shaken.

On God rests my deliverance and my honor; my mighty rock, my refuge is in God.

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. **Selah**

Those of low estate are but a breath, those of high estate are a delusion; in the balances they go up; they are together lighter than a breath.

Put no confidence in extortion, and set no vain hopes on robbery; if riches increase, do not set your heart on them.

Once God has spoken; twice have I heard this: that power belongs to God, and steadfast love belongs to you, O Lord. For you repay to all according to their work.

God of strength and peace, sometimes the enemies who surround us threaten everything we know and love.

But you are closer than any evil and more powerful than any threat.

Help us live today in that joy, and rest tonight in that peace.

We pray in Jesus' name.

Amen.

(Motyer, 2016, p.162)
(Borger et al., 2012, p.379)

Morning Longings; Night Thoughts.

NRS **Psalm 63**

O God, you are my God, I seek you, my soul thirsts for you; my flesh faints for you,
as in a dry and weary land where there is no water.
So I have looked upon you in the sanctuary, beholding your power and glory.

Because your steadfast love is better than life, my lips will praise you.
So I will bless you as long as I live; I will lift up my hands and call on your name.

My soul is satisfied as with a rich feast, and my mouth praises you with joyful lips
when I think of you on my bed, and meditate on you in the watches of the night;

for you have been my help, and in the shadow of your wings I sing for joy.
My soul clings to you; your right hand upholds me.

But those who seek to destroy my life shall go down into the depths of the earth;
they shall be given over to the power of the sword, they shall be prey for jackals.

But the king shall rejoice in God; all who swear by him shall exult, for the mouths of
liars will be stopped.

*God our Redeemer, you greet us each morning, protect us each night,
and constantly reveal your justice and mercy.
Saturate us with a desire for your presence.
And then overwhelm us with the assurance of your love,
So that we can say with the apostle Paul
that "to live is Christ and to die is gain"- and mean it.
Hear us in Jesus' name.
Amen.*

(Motyer, 1994, p.524)
(Borger et al., 2012, p.387)

The All-sufficient God.

NRS Psalm 65

Praise is due to you, O God, in Zion; and to you shall vows be performed,

O you who answer prayer! To you all flesh shall come.

When deeds of iniquity overwhelm us, you forgive our transgressions.

Happy are those whom you choose and bring near to live in your courts. We shall be satisfied with the goodness of your house, your holy temple.

By awesome deeds you answer us with deliverance, O God of our salvation; you are the hope of all the ends of the earth and of the farthest seas.

By your strength you established the mountains; you are girded with might.
You silence the roaring of the seas, the roaring of their waves, the tumult of the peoples.

Those who live at earth's farthest bounds are awed by your signs; you make the gateways of the morning and the evening shout for joy.

You visit the earth and water it, you greatly enrich it; the river of God is full of water; you provide the people with grain, for so you have prepared it.

You water its furrows abundantly, settling its ridges, softening it with showers, and blessing its growth.

You crown the year with your bounty; your wagon tracks overflow with richness.

The pastures of the wilderness overflow, the hills gird themselves with joy,
the meadows clothe themselves with flocks, the valleys deck themselves with grain,
they shout and sing together for joy.

Author of all beauty, source of all wonder,

you make the mountains sing for joy and the trees clap their hands with glee.

Inspire us to join with all creation in jubilant praise and thanksgiving.

Through our Lord Jesus Christ, in whom and through whom all things have their being.

Amen.

(Motyer, 2016, p.168)

(Borger et al., 2012, p.396)

The Life-long God.

NRS Psalm 71

In you, O LORD, I take refuge; let me never be put to shame.
In your righteousness deliver me and rescue me; incline your ear to me and save me.
Be to me a rock of refuge, a strong fortress, to save me, for you are my rock and my fortress.

Rescue me, O my God, from the hand of the wicked, from the grasp of the unjust and cruel. For you, O Lord, are my hope, my trust, O LORD, from my youth.
Upon you I have leaned from my birth; it was you who took me from my mother's womb. My praise is continually of you.

My mouth is filled with your praise, and with your glory all day long.
Do not cast me off in the time of old age; do not forsake me when my strength is spent.
O God, do not be far from me; O my God, make haste to help me!

But I will hope continually, and will praise you yet more and more.
My mouth will tell of your righteous acts, of your deeds of salvation all day long, though their number is past my knowledge.
I will come praising the mighty deeds of the Lord GOD, I will praise your righteousness, yours alone.

O God, from my youth you have taught me, and I still proclaim your wondrous deeds.
So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to all the generations to come. Your power
and your righteousness, O God, reach the high heavens. You who have done great things, O God, who is like you?

You who have made me see many troubles and calamities will revive me again; from the depths of the earth you will bring me up again.
You will increase my honor, and comfort me once again.

I will also praise you with the harp for your faithfulness, O my God; I will sing praises to you with the lyre, O Holy One of Israel.
My lips will shout for joy when I sing praises to you; my soul also, which you have rescued.
All day long my tongue will talk of your righteous help, for those who tried to do me harm have been put to shame, and disgraced.

*Faithful God, you walk with us throughout life's journey.
As our strength diminishes, may our faith increase.
As our eyes grow dim, let the light of Christ shine more brightly before us.
Help us to live to the end of our years in joy, knowing that you lead us into eternal life.
Amen.*

(Motyer, 2016, p.191)
(Borger et al., 2012, p.433)

A King Larger than Life! (short)

NRS Psalm 72

Give the king your justice, O God, and your righteousness to a king's son.
May he judge your people with righteousness, and your poor with justice.
May the mountains yield prosperity for the people, and the hills, in righteousness.

May he defend the cause of the poor of the people, give deliverance to the needy,
and crush the oppressor.

May he live while the sun endures, and as long as the moon, throughout all
generations.

May he be like rain that falls on the mown grass, like showers that water the earth.
In his days may righteousness flourish and peace abound, until the moon is no more.

May he have dominion from sea to sea, and from the River to the ends of the earth.

May his foes bow down before him, and his enemies lick the dust.

May the kings of Tarshish and of the isles render him tribute, may the kings of Sheba
and Seba bring gifts.

May all kings fall down before him, all nations give him service.

Blessed be the LORD, the God of Israel, who alone does wondrous things.

Blessed be his glorious name forever; may his glory fill the whole earth.

Amen and Amen.

(Motyer, 2016, p.195)

v. 1-11, 18-19

A King, Larger than Life! (full)

NRS Psalm 72

Give the king your justice, O God, and your righteousness to a king's son.
May he judge your people with righteousness, and your poor with justice.
May the mountains yield prosperity for the people, and the hills, in righteousness.

May he defend the cause of the poor of the people, give deliverance to the needy,
and crush the oppressor.
May he live while the sun endures, and as long as the moon, throughout all
generations.
May he be like rain that falls on the mown grass, like showers that water the earth.
In his days may righteousness flourish and peace abound, until the moon is no more.

May he have dominion from sea to sea, and from the River to the ends of the earth.
May his foes bow down before him, and his enemies lick the dust.
May the kings of Tarshish and of the isles render him tribute, may the kings of Sheba
and Seba bring gifts.
May all kings fall down before him, all nations give him service.

For he delivers the needy when they call, the poor and those who have no helper.
He has pity on the weak and the needy, and saves the lives of the needy.
From oppression and violence he redeems their life; and precious is their blood in his
sight.

Long may he live! May gold of Sheba be given to him. May prayer be made for him
continually, and blessings invoked for him all day long.
May there be abundance of grain in the land; may it wave on the tops of the mountains;
may its fruit be like Lebanon; and may people blossom in the cities like the grass of
the field.
May his name endure forever, his fame continue as long as the sun. May all nations
be blessed in him; may they pronounce him happy.

Blessed be the LORD, the God of Israel, who alone does wondrous things.
Blessed be his glorious name forever; may his glory fill the whole earth.

Amen and Amen.

*God of every nation, your law is right, your rule is just,
and even in this fallen world your rule knows no boundaries.
May the compassion, patience, and forgiveness you show us in Jesus Christ our
Saviour form the ministry of reconciliation we offer to all people in Jesus' name.
Amen.*

(Motyer, 2016, p.195)
(Borger et al., 2012, p.439)

Book III

Psalm 73-89

Truly God is good to Israel, to those who are pure in heart.

But as for me, my feet had almost stumbled, my steps had nearly slipped.
For I was envious of the arrogant when I saw the prosperity of the wicked.
For they have no pangs until death; their bodies are fat and sleek.
They are not in trouble as others are; they are not stricken like the rest of mankind.
Therefore pride is their necklace; violence covers them as a garment.

Their eyes swell out through fatness; their hearts overflow with follies.
They scoff and speak with malice; loftily they threaten oppression.
They set their mouths against the heavens, and their tongue struts through the earth.

Therefore his people turn back to them, and find no fault in them.
And they say, "How can God know? Is there knowledge in the Most High?"
Behold, these are the wicked; always at ease, they increase in riches.

All in vain have I kept my heart clean and washed my hands in innocence.
For all the day long I have been stricken and rebuked every morning.

If I had said, "I will speak thus," I would have betrayed the generation of your children.
But when I thought how to understand this, it seemed to me a wearisome task,
until I went into the sanctuary of God; then I discerned their end.

Truly you set them in slippery places; you make them fall to ruin.
How they are destroyed in a moment, swept away utterly by terrors!
Like a dream when one awakes, O Lord, when you rouse yourself, you despise them
as phantoms.

When my soul was embittered, when I was pricked in heart,
I was brutish and ignorant; I was like a beast toward you.
Nevertheless, I am continually with you; you hold my right hand.
You guide me with your counsel, and afterward you will receive me to glory.

Whom have I in heaven but you? And there is nothing on earth that I desire besides
you.
My flesh and my heart may fail, but God is the strength of my heart and my portion
forever.
For behold, those who are far from you shall perish; you put an end to everyone who
is unfaithful to you.

But for me it is good to be near God; I have made the Lord GOD my refuge, that I
may tell of all your works.

Amen.

(Motyer, 1994, p.532)

Give ear, O Shepherd of Israel, you who lead Joseph like a flock! You who are enthroned upon the cherubim, shine forth.

Before Ephraim and Benjamin and Manasseh, stir up your might and come to save us!

Restore us, O God; let your face shine, that we may be saved!

O **LORD God of hosts**, how long will you be angry with your people's prayers?

You have fed them with the bread of tears and given them tears to drink in full measure.

You make us an object of contention for our neighbors, and our enemies laugh among themselves.

Restore us, O God of hosts; let your face shine, that we may be saved!

You brought a vine out of Egypt; you drove out the nations and planted it. **(Israel)**

You cleared the ground for it; it took deep root and filled the land.

The mountains were covered with its shade, the mighty cedars with its branches.

It sent out its branches to the sea and its shoots to the River.

Why then have you broken down its walls, so that all who pass along the way pluck its fruit?

The boar from the forest ravages it, and all that move in the field feed on it.

Turn again, O God of hosts! Look down from heaven, and see; have regard for this vine,

the stock that your right hand planted, and for the son whom you made strong for yourself. **(Israel)**

Your vine is cut down, it is burned with fire; at your rebuke your people perish.

They have burned it with fire; they have cut it down; may they perish at the rebuke of your face!

But let your hand be on the man of your right hand, the son of man whom you have made strong for yourself! **(Jesus)**

Then we shall not turn back from you; give us life, and we will call upon your name!

Restore us, O LORD God of hosts! Let your face shine, that we may be saved!

Shepherd of your flock, restore your wayward people;

Lead us again to green pastures and renew us beside the waters of comfort.

Because of your faithful care we worship and praise your holy name.

Amen.

(Motyer, 2016, p.226)

(Borger et al., 2012, p.491)

Note: Benjamin = son at your right hand.

God Almighty, better **God who is Hosts;** יְהוָה אֱלֹהִים צְבָאוֹת

v. 4, 7, 14, 19.

(Motyer, 2016, p.226-227)

Praying for a World led Astray.

ESV Psalm 82

God has taken his place in the divine council; in the midst of the gods he holds judgment:

"How long will you judge unjustly and show partiality to the wicked? *Selah*

Give justice to the weak and the fatherless; maintain the right of the afflicted and the destitute.

Rescue the weak and the needy; deliver them from the hand of the wicked."

They have neither knowledge nor understanding, they walk about in darkness; all the foundations of the earth are shaken.

I said, "You are gods, sons of the Most High, all of you; nevertheless, like men you shall die, and fall like any prince."

Arise, O God, judge the earth; for you shall inherit all the nations!

Amen.

(Motyer, 2016, p.232)

Note:

The 'gods', אֱלֹהִים (*elohim*), i.e. heavenly beings.

Jesus said:

"For which of these do you stone me?"

"We are not stoning you for any of these," replied the Jews, "but for blasphemy, because you, a mere man, claim to be God."

Jesus answered them, "Is it not written in your Law, 'I have said you are gods'?

If he called them 'gods', to whom the word of God came -- and the Scripture cannot be broken... (John 10:32-35).

All-encompassing Blessedness.

ESV Psalm 84

How lovely is your dwelling-place, O LORD of Hosts!

My soul yearns, even faints, for the courts of the LORD; my heart and my flesh cry out for the living God.

Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young--a place near your altar, O LORD of Hosts, my King and my God.

Blessed are those who dwell in your house; they are ever praising you.
Blessed are those whose strength is in you, in whose heart are highways to Zion.

As they pass through the **valley of Baca**, they make it a place of springs; the early rains also cover it with pools.
They go from strength to strength, till each appears before God in Zion.

Hear my prayer, O LORD, **God of Hosts**. Listen to me, O God of Jacob.

Look upon our shield, O God; look at the face of your anointed one.

Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked.

For the LORD God is a sun and shield; the LORD bestows grace and glory; no good thing does he withhold from those whose walk is blameless.

O LORD of Hosts, blessed is the man who trusts in you.

*God of all loveliness and beauty, even the humblest of creatures finds its home close to you. May your church be a place of safety to every wanderer who seeks you, every believer who trusts you, and every disciple who follows you.
We pray this in Jesus' name.*

Amen.

(Borger et al., 2012, p.508)

Notes:

The LORD = YAHWEH.

Valley of balsam or Baca (NASB) – place of weeping.

‘LORD God of hosts’, better LORD **God who is Hosts**; יְהוָה אֱלֹהִים צְבָאוֹת
(Motyer, 2016, p.237).

Prayer for a Blessed Land.

ESV Psalm 85

Restore us again, O God of our salvation, and put away your indignation toward us!
Will you be angry with us forever? Will you prolong your anger to all generations?
Will you not revive us again, that your people may rejoice in you?
Show us your steadfast love, O LORD, and grant us your salvation.

Let me hear what God the LORD will speak, for he will speak peace to his people, to his saints; but let them not turn back to folly.
Surely his salvation is near to those who fear him, that glory may dwell in our land.

Steadfast love and faithfulness meet; righteousness and peace kiss each other.
Faithfulness springs up from the ground, and righteousness looks down from the sky.
Yes, the LORD will give what is good, and our land will yield its increase.
Righteousness will go before him and make his footsteps a way.

Provider of righteousness and peace, through the death and resurrection of Jesus Christ your Son, you reunited heaven and earth.

When sin disrupts the harmony of creation, pour out your Holy Spirit upon your waiting people so that we would trust you, love you, and become your agents of reconciliation in a cruel and hurting world.

Amen.

(Borger et al., 2012, p.519)

v. 4-13

The God who Hears, the Only, the All-Sufficient.

ESV Psalm 86

Incline your ear, **O LORD**, and answer me, **for** I am poor and needy.
Preserve my life, for I am ^agodly; save your servant, who trusts in you -- you are my God.

Be gracious to me, **O Lord**, for to you do I cry all the day.
Gladden the soul of your servant, **for** to you, O Lord, do I lift up my soul.
For you, **O Lord**, are good and forgiving, abounding in steadfast love to all who call upon you.

Give ear, **O LORD**, to my prayer; listen to my plea for grace.
In the day of my trouble I call upon you, **for** you answer me.
There is none like you among the gods, O Lord, nor are there any works like yours.

All the nations you have made shall come and worship before you, O Lord, and shall glorify your name.
For you are great and do wondrous things; you alone are God.

Teach me your way, **O LORD**, that I may walk in your truth; unite my heart to fear your name.

I give thanks to you, **O Lord** my God, with my whole heart, and I will glorify your name forever.
For great is your steadfast love toward me; you have delivered my soul from the depths of Sheol.

O God, insolent men have risen up against me; a band of ruthless men seeks my life, and they do not set you before them.
But you, **O Lord**, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.

Turn to me and be gracious to me; give your strength to your servant, and save the son of your maidservant.
Show me a sign of your favor, that those who hate me may see and be put to shame **because** you, **LORD**, have helped me and comforted me.

Merciful God, whose very name is Love, you never turn away from anyone who seeks you. Like the tax collector who cried for mercy, keep us honest and humble in our prayer, receiving your forgiveness in our broken lives and proclaiming your salvation, available to all the world through Jesus Christ.

Amen.

(Borger et al., 2012, p.524)

Note:

LORD - YAHWEH

O Lord - O Sovereign One from 'Adonay'.

Zion's Children.

ESV Psalm 87

On the holy mount stands the city he founded;
the LORD loves the gates of Zion more than all the dwelling places of Jacob.

Glorious things of you are spoken, O city of God. *Selah*

Among those who know me I mention Rahab and Babylon; behold, Philistia and Tyre,
with Cush-- "**This one was born there,**" they say.

And of Zion it shall be said, "**This one and that one were born in her**"; for the Most
High himself will establish her.

The LORD records as he registers the peoples, "**This one was born there.**" *Selah*

Singers and dancers alike say, "All my springs are in you."
Amen.

(Motyer, 2016, p.243)

Note:

Rahab (NIB) - Egypt

Babylon - Iraq

Philistia - Palestine

Tyre - Lebanon

Cush - Ethiopia

Darkness without Light; Trust without Hope.

ESV Psalm 88

O LORD, God of my salvation; I cry out day and night before you.
Let my prayer come before you; incline your ear to my cry!
For my soul is full of troubles, and my life draws near to Sheol.

I am counted among those who go down to the pit; I am a man who has no strength,
like one set loose among the dead, like the slain that lie in the grave, like those whom
you remember no more, for they are cut off from your hand.
You have put me in the depths of the pit, in the regions dark and deep.
Your wrath lies heavy upon me, and you overwhelm me with all your waves. Selah

You have caused my companions to shun me; you have made me a horror to them. I
am shut in so that I cannot escape;
my eye grows dim through sorrow. Every day I call upon you, O LORD; I spread out
my hands to you.
Do you work wonders for the dead? Do the departed rise up to praise you? Selah

Is your steadfast love declared in the grave, or your faithfulness in Abaddon?
Are your wonders known in the darkness, or your righteousness in the land of
forgetfulness?
But I, O LORD, cry to you; in the morning my prayer comes before you.
O LORD, why do you cast my soul away? Why do you hide your face from me?
Afflicted and close to death from my youth up, I suffer your terrors; I am helpless.

Your wrath has swept over me; your dreadful assaults destroy me.
They surround me like a flood all day long; they close in on me together.
You have caused my beloved and my friend to shun me; my companions have become
darkness.

Amen.

(Motyer, 2016, p.244)

Book IV
Psalm 90-106

Lord, you have been our dwelling place in all generations.

Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God.

You return man to dust and say, "Return, O children of man!"

For a thousand years in your sight are but as yesterday when it is past, or as a watch in the night.

You sweep them away as with a flood; they are like a dream, like grass that is renewed in the morning:

in the morning it flourishes and is renewed; in the evening it fades and withers.

For we are brought to an end by your anger; by your wrath we are dismayed.

You have set our iniquities before you, our secret sins in the light of your presence.

For all our days pass away under your wrath; we bring our years to an end like a sigh.

The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away.

Who considers the power of your anger, and your wrath according to the fear of you?

So teach us to number our days that we may get a heart of wisdom.

Return, O LORD! How long? Have pity on your servants!

Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.

Make us glad for as many days as you have afflicted us, and for as many years as we have seen evil.

Let your work be shown to your servants, and your glorious power to their children.

Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!

Amen.

(Motyer, 2016, p.256)

Shout Out, Bow Down, Listen Up!

ESV Psalm 95

Praise!

Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!

Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!

For the LORD is a great God, and a great King above all gods.

In his hand are the depths of the earth; the heights of the mountains are his also.

The sea is his, for he made it, and his hands formed the dry land.

Worship!

Oh come, let us worship and bow down; let us kneel before the LORD, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand.

Listen!

Today, if you hear his voice,
do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness,
when your fathers put me to the test and put me to the proof, though they had seen my work.

For forty years I loathed that generation and said, "They are a people who go astray in their heart, and they have not known my ways."

Therefore I swore in my wrath, "They shall not enter my rest."

Holy God – Father Son and Holy Spirit, it is too easy for your people to talk about you without worshipping you, to worship you without obeying you, and to obey you without joy. Infuse us with such passion for you that our words become worship, our desires become obedience, and our lives reveal the joy that can only be found in you.

Amen.

(Motyer, 2016, p.269)
(Borger et al., 2012, p.584)

Joy to the World!

ESV Psalm 96

Oh sing to the LORD a new song; sing to the LORD, **all the earth!**
Sing to the LORD, bless his name; tell of his salvation from day to day.

Declare his glory among **the nations**, his marvelous works among **all the peoples!**
For great is the LORD, and greatly to be praised; he is to be feared above all gods.
For all the gods of **the peoples** are worthless idols, but the LORD made the heavens.
Splendor and majesty are before him; strength and beauty are in his sanctuary.

Ascribe to the LORD, **O families of the peoples**, ascribe to the LORD glory and strength!

Ascribe to the LORD the glory due his name; bring an offering, and come into his courts!
Worship the LORD in the splendor of holiness; tremble before him, **all the earth!**

Say among **the nations**, "The LORD reigns!
Yes, the world is established; it shall never be moved; he will judge **the peoples** with equity."

Let the heavens be glad, and let **the earth** rejoice; let the sea roar, and all that fills it;
let the field exult, and everything in it!
Then shall all the trees of the forest sing for joy
before the LORD, for he comes, for he comes to judge **the earth**.
He will judge **the world** in righteousness, and **the peoples** in his faithfulness.

*Great and wondrous God, your love and your mercy are new every morning.
Do not let your people be content with the repetition of feeble praise.
Inspire us to join with all of your creation in fresh songs of hope and blessing offered
to you each new day, through Jesus Christ our Lord.
Amen.*

(Motyer, 2016, p.270)
(Borger et al., 2012, p.596)

All Creation praise the LORD!

ESV Psalm 98

Oh sing to the LORD a new song, for he has done marvelous things! His right hand and his holy arm have worked salvation for him.

The LORD has made known his salvation; he has revealed his righteousness in the sight of the nations.

He has remembered his steadfast love and faithfulness to the house of Israel. All the ends of the earth have seen the salvation of our God.

Make a joyful noise to the LORD, all the earth; break forth into joyous song and sing praises!

Sing praises to the LORD with the lyre, with the lyre and the sound of melody!
With trumpets and the sound of the horn make a joyful noise before the King, the LORD!

Let the sea roar, and all that fills it; the world and those who dwell in it!

Let the rivers clap their hands; let the hills sing for joy together before the LORD, for he comes to judge the earth.

He will judge the world with righteousness, and the peoples with equity.

Victorious God, all creation lifts its voice in a cacophony of joyful praise.

In your Son, Jesus Christ our Lord, you have come to judge the world in truth and equity.

We await His return to make all things new, joining creation's chorus with our new songs of praise.

Amen.

(Borger et al., 2012, p.611)

Praise my Soul the King of Heaven!

ESV Psalm 103

Bless the LORD, O my soul, and all that is within me, bless his holy name!
Bless the LORD, O my soul, and forget not all his benefits,
 who forgives all your iniquity, who heals all your diseases,
 who redeems your life from the pit, who crowns you with steadfast love and
 mercy,
 who satisfies you with good so that your youth is renewed like the eagle's.

The LORD works righteousness and justice for all who are oppressed.
He made known his ways to Moses, his acts to the people of Israel.
The LORD is merciful and gracious, slow to anger and abounding in steadfast love.
He will not always chide, nor will he keep his anger forever.
He does not deal with us according to our sins, nor repay us according to our
iniquities.

For as high as the heavens are above the earth, so great is his steadfast love toward
those who fear him;
as far as the east is from the west, so far does he remove our transgressions from
us.

As a father shows compassion to his children, so the LORD shows compassion to
those who fear him.
For he knows our frame; he remembers that we are dust.

As for man, his days are like grass; he flourishes like a flower of the field;
for the wind passes over it, and it is gone, and its place knows it no more.

But the steadfast love of the LORD is from everlasting to everlasting on those who
fear him, and his righteousness to children's children,
to those who keep his covenant and remember to do his commandments.

The LORD has established his throne in the heavens, and his kingdom rules over all.
Bless the LORD, O you his angels, you mighty ones who do his word, obeying the
voice of his word!
Bless the LORD, all his hosts, his ministers, who do his will!
Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my
soul!

*Creator of all, you formed us in your image and filled us with life-giving breath.
We bless you: even your name is holy.
Redeemer of all, you have ransomed and healed us, restored and forgiven us.
We remember your blessings with thankful praise.
Sustainer of all, tune the very fibre of our being to resonate with the songs of
angels.
We join the hymn of all creation, praising you, Father, Son and Holy Spirit – one
God forever.
Amen.*

(Borger et al., 2012, p.642)

Book V
Psalm 107-150

Lost in a Wide World.

ESV **Psalm 107**

YAHWEH's world-wide redeeming Love.

Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!

Let the redeemed of the LORD say so, whom he has redeemed from trouble
and gathered in from the lands, from the east and from the west, from the north and
from the south.

Lost in a wide world: the Love that leads the lost Home.

Some wandered in desert wastelands, finding no way to a city where they could settle.
They were hungry and thirsty, and their lives ebbed away.

Then they cried out to the LORD in their trouble, and he delivered them from their
distress.

Some wandered in desert wastes, finding no way to a city to dwell in;
hungry and thirsty, their soul fainted within them.

Then they cried to the LORD in their trouble, and he delivered them from their distress.

He led them by a straight way till they reached a city to dwell in.

Let them thank the LORD for his steadfast love, for his wondrous works to the children
of man!

For he satisfies the longing soul, and the hungry soul he fills with good things.

Amen.

(Motyer, 1994, p.558)

v. 1-9

Hemmed in a Narrow World.

ESV **Psalm 107**

YAHWEH's world-wide redeeming Love.

Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!

Let the redeemed of the LORD say so, whom he has redeemed from trouble
and gathered in from the lands, from the east and from the west, from the north and
from the south.

Hemmed in a narrow world: the Love that sets sinners free.

Some sat in darkness and the deepest gloom, prisoners suffering in iron chains, for
they had rebelled against the words of God and despised the counsel of the Most
High. So he subjected them to bitter labor; they stumbled, and there was no one to
help.

Some sat in darkness and in the shadow of death, prisoners in affliction and in irons,
for they had rebelled against the words of God, and spurned the counsel of the Most
High.

So he bowed their hearts down with hard labor; they fell down, with none to help.

Then they cried to the LORD in their trouble, and he delivered them from their distress.

He brought them out of darkness and the shadow of death, and burst their bonds apart.

Let them thank the LORD for his steadfast love, for his wondrous works to the children
of man!

For he shatters the doors of bronze and cuts in two the bars of iron.

Amen.

(Motyer, 1994, p.558)

v. 1-3; 10-16

Damaged in a Sinful World.

ESV **Psalm 107**

YAHWEH's committed Love on a World-wide Scale.

Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!

Let the redeemed of the LORD say so, whom he has redeemed from trouble
and gathered in from the lands, from the east and from the west, from the north and
from the south.

Damaged in a Sinful world: Love heals the broken whole.

Some were fools through their sinful ways, and because of their iniquities suffered
affliction;
they loathed any kind of food, and they drew near to the gates of death.

Then they cried to the LORD in their trouble, and he delivered them from their distress.

He sent out his word and healed them, and delivered them from their destruction.

Let them thank the LORD for his steadfast love, for his wondrous works to the children
of man!

And let them offer sacrifices of thanksgiving, and tell of his deeds in songs of joy!
Amen.

(Motyer, 1994, p.558)

v. 1-3; 17-22

YAHWEH's committed love on a world-wide scale

Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!

Let the redeemed of the LORD say so, whom he has redeemed from trouble
and gathered in from the lands, from the east and from the west, from the north and
from the south.

Beaten in a Hostile world: Love that brings Peace amidst the Storms of Life.

Some went down to the sea in ships, doing business on the great waters;
they saw the deeds of the LORD, his wondrous works in the deep.
For he commanded and raised the stormy wind, which lifted up the waves of the sea.
They mounted up to heaven; they went down to the depths; their courage melted away
in their evil plight;
they reeled and staggered like drunken men and were at their wits' end.

Then they cried to the LORD in their trouble, and he delivered them from their distress.

He made the storm be still, and the waves of the sea were hushed.

Then they were glad that the waters were quiet, and he brought them to their desired
haven.

Let them thank the LORD for his steadfast love, for his wondrous works to the children
of man!

Let them extol him in the congregation of the people, and praise him in the assembly
of the elders.

Amen.

(Motyer, 1994, p.558)

v. 1-3; 23-32

Redeeming love / YAHWEH's committed love on a world-wide scale.

Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!

Let the redeemed of the LORD say so, whom he has redeemed from trouble
and gathered in from the lands, from the east and from the west, from the north and
from the south.

Providential, caring Love: God's marvelous Transformations.

He turns rivers into a desert, springs of water into thirsty ground,
a fruitful land into a salty waste, because of the evil of its inhabitants.

He turns a desert into pools of water, a parched land into springs of water.
And there he lets the hungry dwell, and they establish a city to live in;
they sow fields and plant vineyards and get a fruitful yield.
By his blessing they multiply greatly, and he does not let their livestock diminish.

The upright see it and are glad, and all wickedness shuts its mouth.

Conclusion:

Whoever is wise, let him attend to these things; let them consider the steadfast love
of the LORD.

Amen.

(Motyer, 1994, p.558)

v. 1-3; 33-38; 42-43

Note:

v. 39-41 not covered.

The Lord, Exalted and Exalting.

ESV **Psalm 113**

Praise the LORD! Praise, O servants of the LORD, praise the name of the LORD!

**Blessed be the name of the LORD from this time forth and forevermore!
From the rising of the sun to its setting, the name of the LORD is to be praised!
The LORD is high above all nations, and his glory above the heavens!**

Who is like the LORD our God, who is seated on high,
who looks far down on the heavens and the earth?

**He raises the poor from the dust and lifts the needy from the ash heap,
to make them sit with princes, with the princes of his people.
He gives the barren woman a home, making her the joyous mother of children.
Praise the LORD!**

*Compassionate God,
Your ears are open to the cries of the poor,
And you come to the aid of the needy.
Tune our hearts toward the least of these,
that we may meet our Lord Jesus in them.
and that the great reversal of your kingdom may come.
Amen.*

(Motyer, 1994, p.562)
(Borger et al., 2012, p.715)

The Sovereign Lord: Over all, in all, Through all.

ESV Psalm 114

When Israel went out from Egypt,
the house of Jacob from a people of strange language,
Judah became his sanctuary,
Israel his dominion.

**The sea looked and fled;
Jordan turned back.
The mountains skipped like rams,
the hills like lambs.**

What ails you, O sea, that you flee?
O Jordan, that you turn back?
O mountains, that you skip like rams?
O hills, like lambs?

**Tremble, O earth, at the presence of the Lord,
at the presence of the God of Jacob,
who turns the rock into a pool of water,
the flint into a spring of water.**

*We worship you, God of freedom and release;
You set us free from every form of slavery,
You quench our thirsty souls.
How can we keep from singing?
Drench your people with your Holy Spirit, so that we may praise you with all joy
Through Jesus Christ our Lord.
Amen.*

(Motyer, 1994, p.562)
(Borger et al., 2012, p.719)

Blessing the God who Blesses.

ESV Psalm 115

Not to us, O LORD, not to us, but to your name give glory, for the sake of your steadfast love and your faithfulness!

Why should the nations say, "Where is their God?"

Our God is in the heavens; he does all that he pleases.

Their idols are silver and gold, the work of human hands.

They have mouths, but do not speak; eyes, but do not see.

They have ears, but do not hear; noses, but do not smell.

They have hands, but do not feel; feet, but do not walk; and they do not make a sound in their throat.

Those who make them become like them; so do all who trust in them.

O Israel, trust in the LORD! He is their help and their shield.

O house of Aaron, trust in the LORD! He is their help and their shield.

You who fear the LORD, trust in the LORD! He is their help and their shield.

The LORD has remembered us; he will bless us; he will bless the house of Israel; he will bless the house of Aaron;

he will bless those who fear the LORD, both the small and the great.

May the LORD give you increase, you and your children!

May you be blessed by the LORD, who made heaven and earth!

The heavens are the LORD's heavens, but the earth he has given to the children of man.

The dead do not praise the LORD, nor do any who go down into silence. But we will bless the LORD from this time forth and forevermore. Praise the LORD!

The dead cannot praise you, O God; wicked people do not want to praise you, and careless people neglect to praise you.

Inspire your redeemed and faithful people to turn from all that is false and to love and serve you alone, shouting "Hallelujah" now and forever.

Amen.

(Motyer, 2016, p.321)

(Borger et al., 2012, p.726)

Note:

'Hallelujah', i.e. Praise the LORD.

I love the LORD, because he has heard my voice and my pleas for mercy.
Because he inclined his ear to me, therefore I will call on him as long as I live.
The snares of death encompassed me; the pangs of Sheol laid hold on me; I
suffered distress and anguish.

**Then I called on the name of the LORD: "O LORD, I pray, deliver my soul!"
Gracious is the LORD, and righteous; our God is merciful.
The LORD preserves the simple; when I was brought low, he saved me.
Return, O my soul, to your rest; for the LORD has dealt bountifully with you.
For you have delivered my soul from death, my eyes from tears, my feet from
stumbling;**

I will walk before the LORD in the land of the living.
I believed, even when I spoke, "I am greatly afflicted";
I said in my alarm, "All mankind are liars."

**What shall I render to the LORD for all his benefits to me?
I will lift up the cup of salvation and call on the name of the LORD,
I will pay my vows to the LORD in the presence of all his people.**

Precious in the sight of the LORD is the death of his saints.
O LORD, I am your servant; I am your servant, the son of your maidservant. You
have loosed my bonds.

**I will offer to you the sacrifice of thanksgiving and call on the name of the
LORD.
I will pay my vows to the LORD in the presence of all his people,
in the courts of the house of the LORD, in your midst, O Jerusalem. Praise the
LORD!**

*Compassionate God,
You protect us from unseen danger
And catch us when we stumble and fall.
You answer when we call to you in prayer.
Help our worship of you to be sacrificial and our vows to you to be sincere,
Serving and rejoicing because of you as long as we live.
Amen.*

(Motyer, 1994, p.563)
(Borger et al., 2012, p.730)

One God, one World, one Joy.

ESV Psalm 117

Praise the LORD, all nations! Extol him, all peoples!

For great is his steadfast love toward us, and the faithfulness of the LORD endures forever. Praise the LORD!

God of all, you have revealed your love to all the world through Jesus Christ your Son. Gather all peoples to yourself so that in every tongue one mighty hymn may rise to the glory of your holy name.

Amen.

(Motyer, 1994, p.564)
(Borger et al., 2012, p.737)

The King's Procession.

ESV Psalm 118

Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!

Let those who fear the LORD say, "His steadfast love endures forever."

Out of my distress I called on the LORD;
the LORD answered me and set me free.
The LORD is on my side; I will not fear.
What can man do to me?
The LORD is on my side as my helper;
I shall look in triumph on those who hate me.
It is better to take refuge in the LORD than to trust in man.

The LORD is my strength and my song; he has become my salvation.

Glad songs of salvation are in the tents of the righteous:
"The right hand of the LORD does valiantly,
the right hand of the LORD exalts, the right hand of the LORD does valiantly!"

**I shall not die, but I shall live, and recount the deeds of the LORD.
The LORD has disciplined me severely, but he has not given me over to death.
Open to me the gates of righteousness, that I may enter through them and give
thanks to the LORD.
This is the gate of the LORD; the righteous shall enter through it.
I thank you that you have answered me and have become my salvation.**

The stone that the builders rejected has become the cornerstone.
This is the LORD's doing; it is marvelous in our eyes.

This is the day that the LORD has made; let us rejoice and be glad in it.

Save us, we pray, O LORD! O LORD, we pray, give us success!
Blessed is he who comes in the name of the LORD! We bless you from the house of
the LORD.

The LORD is God, and he has made his light to shine upon us. Bind the festal sacrifice
with cords, up to the horns of the altar!

You are my God, and I will give thanks to you; you are my God; I will extol you.
Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!
Amen.

(Motyer, 2016, p.327)

v. 1, 4-8, 14-29

The King's Procession. (short)

ESV **Psalm 118**

Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!

Let those who fear the LORD say,
"His steadfast love endures forever."

Out of my distress I called on the LORD;
the LORD answered me and set me free.
The LORD is on my side; I will not fear.
What can man do to me?
The LORD is on my side as my helper;
I shall look in triumph on those who hate me.
It is better to take refuge in the LORD than to trust in man.

The LORD is my strength and my song; he has become my salvation.

Glad songs of salvation are in the tents of the righteous:
"The right hand of the LORD does valiantly,
the right hand of the LORD exalts, the right hand of the LORD does valiantly!"

This is the day that the LORD has made; let us rejoice and be glad in it.

Save us, we pray, O LORD! O LORD, we pray, give us success!
Blessed is he who comes in the name of the LORD! We bless you from the house of
the LORD.

You are my God, and I will give thanks to you;
you are my God; I will extol you.
Oh give thanks to the LORD, for he is good;
for his steadfast love endures forever!
Amen.

(Motyer, 2016, p.327)

v. 1, 4-8, 14-16, 24-28

The great 'If Only!'

Psalm 119

Blessed are those whose way is blameless, who walk in the instruction of the LORD!

Blessed are those who keep his testimonies, who seek him with their whole heart,
who also do no wrong, but walk in his ways!

You have commanded your precepts to be kept diligently.

Oh that my ways may be steadfast in keeping your statutes!
Then I shall not be put to shame, having my eyes fixed on all your commandments.

I will praise you with an upright heart, when I learn your righteous judgements.

I will keep your statutes; do not utterly forsake me!

Amen.

(Motyer, 1994, p.566)

v. 1-8

A Heart absorbed by the Word: Mind, Emotions and Will. Psalm 119

How can a young man keep his way pure?

By living according to your word.
I seek you with all my heart; do not let me stray from your commandments.

I have hidden your speech in my heart that I might not sin against you.

Praise be to you, O LORD; teach me your statutes.

With my lips I recount all the judgements that come from your mouth.

I rejoice in following your testimonies as one rejoices in great riches.

I meditate on your precepts and consider your ways.

I delight in your statutes; I will not neglect your word.

Amen.

(Motyer, 1994, p.567)

v. 9-16

Notes:

The Speech of God:

Word – God's words.

Promise – God's promises.

The Mind of God:

Laws – God's judgements. That which God has decided upon as truth.

Testimonies – God's witness to himself.

The Enduring Significance of God's Word:

Statutes – decrees engraved and prescribed for permanence.

The Authority of God's Word:

Instruction – Teaching prompted by the love of God.

The Practical application of God's Word:

Commands - God's revealed word intended for obedience. 'Do this!'

Precepts - the rightful application of God's word.

Ways - the believer's lifestyle.

Dependency and Devotion to the LORD.

Psalm 119

Deal bountifully with your servant, that I may live and keep your word.
Open my eyes that I may see wonderful things in your teaching.

I am a stranger on earth; do not hide your commandments from me.
My soul is consumed with longing for your judgements at all times.

You rebuke the arrogant, accursed ones, who err from your commandments.
Remove from me scorn and contempt, for I preserve your testimonies.

Though rulers sit together and slander me, your servant will meditate on your statutes.
Your testimonies are my delight; they are my counsellors.

Amen.

(Motyer, 2016, p.332)

v. 17-24

In Times of Trouble, Clinging On.

Psalm 119

I am laid low in the dust; preserve my life according to your word.
I recounted my ways and you answered me; **teach me** your statutes.

Let me understand the teaching of your precepts; then *I will* meditate on your wonders.
My soul is weary with sorrow; **strengthen me** according to your word.

Keep me from deceitful ways; **be gracious to me** through your instruction.
I have chosen the way of truth; *I have* set my heart on your judgements.

I hold fast to your testimonies, O LORD; **do not let me** be put to shame.
I run in the way of your commandments, for you have set my heart free.

Amen.

(Motyer, 2016, p.336)

v. 25-32

A Dependent Spirit for a Wandering Heart.

Psalm 119

Teach me, O LORD, the way of your statutes; then I will keep them to the end.

Give me understanding, and I will keep your instruction and preserve it with all my heart.

Direct me in the path of your commandments, for I find delight in it.

Turn my heart towards your testimonies and not towards selfish gain.

Turn my eyes away from worthless things; and **revive me** in your ways.

Fulfil your promise to your servant, so that you may be feared.

Take away the disgrace I dread, for your judgements are good.

How I long for your precepts! **Preserve my life** through your righteousness.
Amen.

(Motyer, 2016, p.336)

v. 33-40

YAHWEH's Unchanging Love in every Situation of Life. Psalm 119

May your unfailing love (lovingkindness) come to me, O LORD,
your salvation according to your promise;
then *I will* answer the one who taunts me, for *I trust* in your word.

Do not snatch the word of truth from my mouth,
for *I have put* my hope in your ordinances (judgements).
I will always keep your instruction, for ever and ever.

I will walk about in freedom, for *I have sought* out your precepts.
I will speak of your testimonies before kings and *will* not be put to shame,

for *I delight* in your commandments because *I love* them.
I lift up my hands to your commandments, which I love,
and *I meditate* on your decrees.

Amen.

(Motyer, 2016, p.337)

v. 41-48

The Resident Alien in a Foreign Land.

Psalm 119

- *The comfort of the word* -

Remember your word to your servant, upon which you have made me hope.
This is my comfort in my humiliation, that your promise has given me life.

- *Life in an alien society* -

The arrogant mock me without restraint, but I do not turn from your teaching.
I remember your ancient judgements, O LORD, and I find comfort in them.
Burning indignation grips me because of the wicked, who have forsaken your instruction.
Your statutes have become my songs, in the house of my pilgrimage.

- *The Name and the word* -

In the night *I remember your name*, O LORD, and I will keep your teaching.
This has been my practice, that I have guarded your precepts.

Amen.

(Motyer, 2016, p.341)

v. 49-56

The Ordering of Life.

Psalm 119

- *One who is all-sufficient* –

You are my portion, O LORD; I have promised to obey your words.

I have sought your face with all my heart; be gracious to me according to your promise.
I have considered my ways and have turned my steps to your statutes.
I will hasten and not delay to obey your commands.

- *One whose love is everywhere* –

Though the wicked bind me with ropes, I will not forget your law.

At midnight I rise to give you thanks for your righteous laws.
I am a friend to all who fear you, to all who follow your precepts.
The earth is filled with your love, O LORD; teach me your decrees.

Amen.

(Motyer, 1994, p.568)

v. 57-64

Hard Knocks, Good Knocks.

Psalm 119

You have done **good** to your servant, O LORD, in accordance with your word.
Teach me **good** judgment and knowledge, because I believe in your commandments.

Before I was humbled, I was straying, but now I am determined to obey your word.
You are **good**, and ever doing **good**. Teach me your statutes.

Though the arrogant have smeared me with lies, I keep your precepts with all my heart.
Their heart are callous as fat, but I delight in your instruction.

It is **good** for me that I was humbled, so that I might learn your statutes.
The instruction from your mouth is **good** for me, more than thousands of pieces of gold and silver.

Amen.

(Motyer, 2016, p.342)

v. 65-72

Shaped by God.

Psalm 119

Your hands made me and formed me;
Give me understanding to learn your commandments.
May those who fear you rejoice when they see me,
For I have put my hope in your word.

I know, O LORD, that your judgements are righteous,
and it is in **faithfulness** that you have brought me low.
May your **unfailing love** be my comfort,
According to your promise to your servant.

Let your **compassion** come upon me so that I may live,
For your teaching is my delight.
May the arrogant be put to shame for wronging me without cause;
As for me I will meditate on your precepts.

May those who fear you turn to me,
Those who understand your testimonies.
May my heart be blameless towards your statutes,
In order that I may not be put to shame.
Amen.

(Motyer, 2016, p.345)

v. 73-80

The Promise of Eternal Security.

ESV Psalm 121

I lift up my eyes to the hills. From where does my help come?

My help comes from the LORD, who made heaven and earth.

He will not let your foot be moved; he who keeps you will not slumber.

Behold, he who keeps Israel will neither slumber nor sleep.

The LORD is your keeper; the LORD is your shade on your right hand.

The sun shall not strike you by day, nor the moon by night.

The LORD will keep you from all evil; he will keep your life.

The LORD will keep your going out and your coming in from this time forth and forevermore.

Maker of heaven and earth, we trust you to keep us in your care.

Guard us from evil, protect us from harm.

Help us to know you, and knowing you to follow you, so that all our comings and goings may conform to your purpose for our lives, through Jesus Christ our Lord.

Amen.

(Borger et al., 2012, p.792)

The Peace of Jerusalem.

ESV **Psalm 122**

I was glad when they said to me, "Let us go to the house of the LORD!"

Our feet have been standing within your gates, O **Jerusalem!**

Jerusalem--built as a city that is bound firmly together,
to which the tribes go up, the tribes of the LORD, as was decreed for Israel, to give
thanks to the name of the LORD.

There thrones for judgment were set, the thrones of the house of David.

Pray for the peace of **Jerusalem!** "May they be secure who love you!

Peace be within your walls and security within your towers!"

For my brothers and companions' sake I will say, "Peace be within you!"

For the sake of the house of the LORD our God, I will seek your good.

Amen.

The LORD encircling his People.

ESV Psalm 125

Let us pray together...

Those who trust in the LORD are like Mount Zion, which cannot be moved, but abides forever.

As the mountains surround Jerusalem, so the LORD surrounds his people, from this time forth and forevermore.

For the scepter of wickedness shall not rest on the land allotted to the righteous, lest the righteous stretch out their hands to do wrong.

Do good, O LORD, to those who are good, and to those who are upright in their hearts!

But those who turn aside to their crooked ways the LORD will lead away with evildoers!

Peace be upon Israel!

Zion's God; our God; renew our trust in you.

Ground us in your righteousness; protect us in times of trouble.

Guide us through times of testing, and deliver us from the evil one.

We ask all this through Jesus Christ our Lord.

Amen.

(Motyer, 1994, p.573)
(Borger et al., 2012, p.825)

Note: LORD = YAHWEH

Glorious Past, Troubled Present, Hopeful Future.

ESV **Psalm 126**

When the LORD restored the fortunes of Zion, we were like those who dream.

Then our mouth was filled with laughter, and our tongue with shouts of joy; then they said among the nations, "The LORD has done great things for them."
The LORD has done great things for us; we are glad.

Restore our fortunes, O LORD, like streams in the Negeb!

Those who sow in tears shall reap with shouts of joy!
He who goes out weeping, bearing the seed for sowing, shall come home with shouts of joy, bringing his sheaves with him.

*We are overwhelmed, O Lord, by your love and saving goodness.
In Christ Jesus you restore both our lives and our world.
Like reapers at an unexpected harvest, we shout your praise and sing your goodness.
Amen.*

(Borger et al., 2012, p.829)

Human Predicament, God's Grace.

ESV Psalm 130

Out of the depths I cry to you, O LORD! ² O Lord, hear my voice!

Let your ears be attentive to the voice of my pleas for mercy!

If you, O LORD, should mark iniquities, O Lord, who could stand?

But with you there is forgiveness, that you may be feared.

I wait for the LORD, my soul waits, and in his word I hope;

my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning.

O Israel, hope in the LORD! For with the LORD there is steadfast love, and with him is plentiful redemption.

And he will redeem Israel from all his iniquities.

When we realise the depths of our sin, O God, we are driven to dark despair.

It is only when we realise the height of your mercy and the breadth of your forgiveness, that we begin to see the dawning of new life in Jesus Christ.

Thanks be to you, O Lord our Redeemer.

Amen.

(Borger et al., 2012, p.848)

Praise the LORD! Praise the name of the LORD, give praise, O servants of the LORD,
who stand in the house of the LORD, in the courts of the house of our God!
Praise the LORD, for the LORD is good; sing to his name, for it is pleasant!

For the LORD has chosen Jacob for himself, Israel as his own possession.
For I know that the LORD is great, and that our Lord is above all gods.
Whatever the LORD pleases, he does, in heaven and on earth, in the seas and all
deeps.
He it is who makes the clouds rise at the end of the earth, who makes lightnings for
the rain and brings forth the wind from his storehouses.

He it was who struck down the firstborn of Egypt, both of man and of beast;
who in your midst, O Egypt, sent signs and wonders against Pharaoh and all his
servants; who struck down many nations and killed mighty kings,

Your name, O LORD, endures forever, your renown, O LORD, throughout all ages.
For the LORD will vindicate his people and have compassion on his servants.

The idols of the nations are silver and gold, the work of human hands.
They have mouths, but do not speak; they have eyes, but do not see;
they have ears, but do not hear, nor is there any breath in their mouths.
Those who make them become like them, so do all who trust in them!

O house of Israel, bless the LORD!
You who fear the LORD, bless the LORD!
Blessed be the LORD from Zion, he who dwells in Jerusalem!
Praise the LORD!

*Lord of creation, you shape human history and form your people to accomplish your
purpose; yet we continue to be drawn to idols of our own making.
In Jesus Christ, deliver us from false gods. Set us free to sing your songs and to bless
your name forever and ever.*
Amen.

(Motyer, 2016, p.390)
(Borger et al., 2012, p.879)

No Escape ..., no hiding Place..., no Regrets...

ESV Psalm 139

O LORD, you have searched me and known me!
You know when I sit down and when I rise up; you discern my thoughts from afar.
You search out my path and my lying down and are acquainted with all my ways.
Even before a word is on my tongue, behold, O LORD, you know it altogether.

You hem me in, behind and before, and lay your hand upon me.
Such knowledge is too wonderful for me; it is high; I cannot attain it.

Where shall I go from your Spirit? Or where shall I flee from your presence?
If I ascend to heaven, you are there! If I make my bed in Sheol, you are there!
If I take the wings of the morning and dwell in the uttermost parts of the sea,
even there your hand shall lead me, and your right hand shall hold me.

If I say, "Surely the darkness shall cover me, and the light about me be night,"
even the darkness is not dark to you; the night is bright as the day, for darkness is as
light with you.

For you formed my inward parts; you knitted me together in my mother's womb.
I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my
soul knows it very well.

My frame was not hidden from you, when I was being made in secret, intricately woven
in the depths of the earth.
Your eyes saw my unformed substance; in your book were written, every one of them,
the days that were formed for me, when as yet there was none of them.

How precious to me are your thoughts, O God! How vast is the sum of them!
If I would count them, they are more than the sand. I awake, and I am still with you.

Search me, O God, and know my heart! Try me and know my thoughts!
And see if there be any grievous way in me, and lead me in the way everlasting!

*Almighty God, creator of all things, you know each of us so intimately that no thought
in our minds or cell in our bodies is hidden from your eyes. Secure us in the loving
embrace of our Lord, Jesus Christ. We open our hearts and lives to your searching
gaze.*

Amen.

(Motyer, 2016, p.397)
(Borger et al., 2012, p.907)

Praise the LORD!

ESV Psalm 146

Praise the LORD! Praise the LORD, O my soul!

I will praise the LORD as long as I live; I will sing praises to my God while I have my being.

Put not your trust in princes, in a son of man, in whom there is no salvation.
When his breath departs, he returns to the earth; on that very day his plans perish.

Blessed is he whose help is the God of Jacob, whose hope is in the LORD his God,
who made heaven and earth, the sea, and all that is in them, who keeps faith forever;
who executes justice for the oppressed, who gives food to the hungry.

The LORD sets the prisoners free;
the LORD opens the eyes of the blind. The LORD lifts up those who are bowed down;
the LORD loves the righteous.

The LORD watches over the sojourners; he upholds the widow and the fatherless, but
the way of the wicked he brings to ruin.

The LORD will reign forever, your God, O Zion, to all generations.
Praise the LORD!

*Sovereign God, when confronted by would-be messiahs promising health, prosperity
and peace, grant to us your wisdom and discernment.
Help us to place confidence in no-one but you.
You are our only Saviour and our only Lord.
Amen.*

(Borger et al., 2012, p.954)

Praise the LORD, O Zion!

ESV Psalm 147

Praise the LORD!

For it is good to **sing praises to our God; for it is pleasant, and a song of praise is fitting.**

The LORD builds up Jerusalem; he gathers the outcasts of Israel.

He heals the brokenhearted and binds up their wounds.

He determines the number of the stars; he gives to all of them their names.

Great is our Lord, and abundant in power; his understanding is beyond measure.

The LORD lifts up the humble; he casts the wicked to the ground.

Sing to the LORD with thanksgiving; **make melody to our God** on the lyre!

He covers the heavens with **clouds**; he prepares **rain** for the earth; he makes grass grow on the hills.

He gives to the beasts their food, and to the young ravens that cry.

His delight is not in the strength of the horse, nor his pleasure in the legs of a man, but the LORD takes pleasure in those who fear him, in those who hope in his steadfast love.

Praise the LORD, O Jerusalem! Praise your God, O Zion!

For he strengthens the bars of your gates; he blesses your children within you.

He makes peace in your borders; he fills you with the finest of the wheat.

He sends his command to the earth; his word runs swiftly.

He spreads the **snow** like wool and scatters the **frost** like ashes.

He hurls down **hail** like pebbles. Who can withstand his icy blast?

He sends his word and melts them; he stirs up his breezes, and the **waters flow**.

He sends out his command to the earth; his word runs swiftly.

He gives **snow** like wool; he scatters **hoarfrost** like ashes.

He hurls down his **crystals of ice** like crumbs; who can stand before his cold?

He sends out his word, and melts them; he makes his wind blow and the **waters flow**.

Praise the LORD!

Amen.

All of Creation Praise the LORD!

ESV **Psalm 148**

Praise the LORD!

Praise the LORD from the heavens; praise him in the heights!

Praise him, all his angels; praise him, all his hosts!

Praise him, sun and moon, praise him, all you shining stars!

Praise him, you highest heavens, and you waters above the heavens!

Let them **praise the name of the LORD**! For he commanded and they were created.
And he established them forever and ever; he gave a decree, and it shall not pass away.

Praise the LORD from the earth, you great sea creatures and all deeps,
fire and hail, snow and mist, stormy wind fulfilling his word!
Mountains and all hills, fruit trees and all cedars!
Beasts and all livestock, creeping things and flying birds!
Kings of the earth and all peoples, princes and all rulers of the earth!
Young men and maidens together, old men and children!

Let them **praise the name of the LORD**, for his name alone is exalted; his majesty is above earth and heaven.

He has raised up a horn for his people, praise for all his saints, for the people of Israel who are near to him.

Praise the LORD.

Amen.