

Sunday School Member Quarterly

Spring 2023

Psalms for Life

Selected Psalms

Sunday School Lessons for Adults and Youth

Written by John O. Yates



Morningside

B A P T I S T C H U R C H

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Sunday School – 9:00 each Sunday Morning

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Psalms, Part 2
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for use in the Spring 2023 quarter.

Unless otherwise noted, all scripture quotations are taken
from the King James Version of the Bible.

Soli Deo Gloria!

Sunday School Lessons

March through May 2023

Psalms for Life

Selected Psalms

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Daily Bible Reading Guide

Read the following scripture passages each day and complete the learning activities in this book each week. This will prepare you for Sunday School class, and God will bless you as you read, study, and memorize His Word.

Week of February 27 – March 4

Mon: Psalm 19; **Tues:** John 17; **Wed:** Romans 6;
Thurs: Memorize Psalm 19:1, 14; **Fri:** Romans 10;
Sat: Psalm 19

Week of March 6 - 11

Mon: Psalm 119:1-40; **Tues:** Luke 24:13-32; **Wed:** 1 Peter 2;
Thurs: Psalm 33; **Fri:** Memorize Psalm 119:9, 11;
Sat: Psalm 119:1-40

Week of March 13 – 18

Mon: Psalm 119:41-88; **Tues:** Isaiah 40; **Wed:** Hebrews 4;
Thurs: Memorize Psalm 119:89; **Fri:** 1 Peter 1;
Sat: Psalm 119:41-88

Week of March 20 – 25

Mon: Psalm 119:89-136; **Tues:** Psalm 119:137-176;
Wed: 2 Peter 1; **Thurs:** Memorize Psalm 119:105, 128;
Fri: Psalm 119:89-136; **Sat:** Psalm 119:137-176

Week of March 27 – April 1

Mon: Psalm 78; **Tues:** Psalm 91; **Wed:** Psalm 118;
Thurs: Memorize Psalm 118:14; **Fri:** Matthew 21;
Sat: Ephesians 2

Week of April 3 – 8

Mon: Luke 23; **Tues:** Psalm 109; **Wed:** Psalm 31;
Thurs: Psalm 16; **Fri:** Matthew 28; **Sat:** Acts 2

Week of April 10 – 15

Mon: Psalm 89; **Tues:** Psalm 45; **Wed:** Psalm 102;
Thurs: Hebrews 1; **Fri:** Psalm 72; **Sat:** Philippians 2

Week of April 17 – 22

Mon: Psalm 1; **Tues:** Psalm 37; **Wed:** 1 John 2;
Thurs: Memorize Psalm 1:1-2; **Fri:** John 15; **Sat:** Psalm 1

Week of April 24 – 29

Mon: Psalm 84; **Tues:** Psalm 127; **Wed:** Psalm 128;
Thurs: Memorize Psalm 127:1; **Fri:** Matthew 5:1-12;
Sat: Psalm 112

Week of May 1 – 6

Mon: Psalm 92; **Tues:** Psalm 107; **Wed:** Psalm 136;
Thurs: Memorize Psalm 107:1-2; **Fri:** Psalm 136;
Sat: Genesis 1

Week of May 8 – 13

Mon: Psalm 98; **Tues:** Psalm 66; **Wed:** Psalm 33;
Thurs: Memorize Psalm 98:4; **Fri:** Psalm 95; **Sat:** Psalm 147

Week of May 15 – 20

Mon: Psalm 93; **Tues:** Psalm 99; **Wed:** Psalm 113;
Thurs: Memorize Psalm 113:4; **Fri:** Psalm 104;
Sat: Psalm 108

Week of May 22 – 27

Mon: Psalm 148; **Tues:** Psalm 150; **Wed:** Psalm 100;
Thurs: Memorize Psalm 150:6; **Fri:** Psalm 135;
Sat: Psalm 150

**Coming Next Quarter
(June – August 2023)**

Survey of Bible Doctrine

Introduction to Psalms

Author: Various psalmists

Date: Approximately 1400-500 B.C.

The Hebrew word *psalm* simply means a poem set to music, so the psalms are songs. The book of Psalms is the Bible's hymnbook. The New Testament admonishes us to read and sing the psalms (Eph. 5:19; Col. 3:16; James 5:13).

Author and Date: Our Bible includes 150 psalms. King David wrote about half of them. Other credited writers include Asaph, the sons of Korah, Moses, Solomon, Ethan, and Hemam. Moses was the earliest of these writers, around 1445-1405 B.C. King David wrote his psalms around 1020-970 B.C. Some of the psalms were evidently written during or after the Babylonian captivity (600-530 B.C.).

This Quarter's Study: The psalms we will study this quarter are topical in nature (see the quarter outline below). Some were written by David, but most were not. In a future study we will focus on psalms written by King David.

Quarter Outline: The quarter is divided into four sections.

1. Psalms about the Word of God – Psalms 19 and 119
2. Psalms about the Messiah, Jesus Christ – Psalms 16; 31; 45; 72; 78; 89; 91; 102; 109; 118
3. Psalms about the Blessings of Righteous Living – Psalms 1; 84; 127; 128
4. Psalms of Praise – Psalms 92; 93; 98; 107; 108; 113; 136; 147; 148; 150

God's Revelation

What does the word **revelation** mean to you? When we hear that word we might think of the last book of the Bible, or we might think of a sudden burst of insight and understanding (as in, "I had a revelation today about ..."). The word "revelation" comes from the word "reveal." It simply means to disclose or make known something that was previously hidden.

God's revelation, then, is His disclosure or revealing of things about Himself. No one has seen God. He hasn't ever been interviewed on TV and He isn't subject to freedom of information disclosure laws. The only way we can know anything about God is for Him to reveal Himself to us. How does He do that?

There are two ways God reveals Himself to mankind: through **general revelation** and **special revelation**. You will learn about those two types of revelation in this lesson, as well as the value of God's revelation in our daily lives.

Ps. 19:1 The heavens and the firmament include the sky and all the celestial bodies we see above us. What two things do the sky and outer space reveal about God?

1. _____
2. _____

Astronomers study the stars and scientists send space probes to the planets hoping to discover the origin of the universe and evidence of life on other planets. They are searching for the wrong thing. What they can find, if they are willing, is evidence of the glory and creative power of Almighty God.

Ps. 19:2 The word **uttereth** means to gush forth. What are some things you can learn about God by watching the passing of the days and nights?

Ps. 19:3 God's revelation of Himself through His creation crosses all language barriers.

Ps. 19:4 How far does God's revelation extend?

What has He made a **tabernacle** (dwelling) for?

Ps. 19:5 The sun is glorious and powerful.

Ps. 19:6 The sun appears to make a daily circuit of the sky.
Can anything on earth be hidden from its heat?

Verses 1-6 describe **general revelation**. God's magnificent glory, creative power, and orderliness are revealed through the universe.

Verses 7-11 describe **special revelation**, truth that can only be learned by reading God's Word, the Bible. In these verses the Bible is referred to as God's **law**, **testimony**, **statutes**, **commandments**, and **judgments**. Read those verses to discover some of the work and value of God's Word.

Ps. 19:7 How is God's Law described?

What does it do?

What does the testimony of the Lord do?

Ps. 19:8 Why do God's statutes make our hearts rejoice?

How are God's commandments described?

What do they do?

Ps. 19:9 The **fear** of the Lord is reverence, respect, and true commitment to Him through a saving relationship with Jesus Christ. How long does it last?

How are the judgments of the Lord described?

Ps. 19:10 How much should we desire God's Word?

Do you have that kind of desire for the Bible?

Ps. 19:11 What are two more things the Bible will do for you:

1. _____
2. _____

God's Word teaches us about His wisdom, rules, and salvation. What else does God reveal to us through the Bible?

Psalm 19:12 – It is human nature to justify ourselves, deny our errors, and hide our faults. When we compare ourselves to others, we think we are pretty good; but when we read the Bible, we realize that we don't measure up to God's standard of perfection. The Bible reveals our sin, causing us to ask God for cleansing.

Ps. 19:13 **Presumptuous** sins are willful sins we commit because we think we are entitled or think we can get away with them. Why do you think David needed God to restrain him from such sins?

What is the result of God's restraint in our lives?

Ps. 19:14 What did David pray?

What did he call the Lord?

Concluding Thoughts: The universe shows that God is great, powerful, good, orderly, and loving. This **general revelation** is sufficient to show us that we are sinners and do not measure up to God's perfection, but it doesn't tell a lost sinner how to be saved. The Bible (God's **special revelation** to man) is necessary for that.

Through God's Word we learn about God's Son, Jesus Christ, who came to earth, lived a sinless life in human flesh, and then died to pay the price for our sin. Jesus arose from the dead, proving that

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He had conquered sin and death. The Bible also contains God's guidance and rules for living. Obeying its commands will keep us from sin and give us happy, abundant lives.

Does God's creation move you to glorify Him? Go outside and look up at the night sky. Examine the beautiful intricacy of a flower in bloom. Consider the wonder of your amazing body. Glorify God for His handiwork in creation.

Do you desire God's Word? The psalmist said the Bible is more valuable than gold and sweeter than honey. Do you desire it that much, or do you leave it to collect dust from Sunday to Sunday?

Ask God to reveal to you your secret or hidden sins so you can confess them and turn from them. Ask God to cleanse you and keep you from willful sins.

What do you think about and talk about? Are your words and thoughts pleasing to God? Ask the Lord to make them acceptable to Him.

Project: Memorize **Psalm 19:1, 14**. Pray the words of verse 14 to God every day this week. Be on the lookout for His glory in creation. Read your Bible every day by following the **Daily Bible Reading Guide** found on pages 4-5.

Introduction to Psalm 119

Psalm 119 is the longest of the psalms and the longest chapter in the entire Bible. The psalm's 176 verses are divided into twenty-two sections or stanzas of eight verses each. If we could read Psalm 119 in its original Hebrew, we would recognize that it is a very detailed acrostic psalm. Each of the twenty-two sections is identified by one of the twenty-two letters of the Hebrew alphabet, appearing in alphabetic order (*Aleph, Beth, Gimel, Daleth*, etc.). Not only this, all eight verses within each section begin with the Hebrew letter that identifies that section. For example, verses 1-8 are the *Aleph* section, so each of those eight verses begins with the Hebrew letter *Aleph*. This pattern continues throughout the psalm. Psalm 119 is a song of praise and adoration of God's Word. Like Psalm 19, this psalm uses several different words to refer to the Bible. Those words and their meanings are as follows:

- **Law** (*torah*) – instruction, teaching, legal pronouncements, rules of divine administration, all of God's revelation for life.
- **Testimonies** – witness; God's declarations concerning His nature and purpose.
- **Precepts** – mandate, commandment, statute; man's moral obligations to God.
- **Statutes** – enactment, decree; civil and religious appointments of the Mosaic Law.
- **Commandments** – law, orders, precepts; authoritative orders used as religious principles.
- **Judgments** – verdict, sentence, formal decree; legal pronouncements, rules of divine administration.
- **Word** – speech or utterance, a general word for the disclosure of God's will.
- God's **Ways** – path, road; a general term used as a synonym for all of these other words.

We are devoting three weeks to the study of Psalm 119.

Long for God's Word

The dictionary defines the word **longing** as a strong or persistent desire or yearning for something.

What are some things modern people yearn for or desire? One way to tell is by considering how they spend their time and money. Sports, clothing, movies, music, electronic gadgets, fitness, weekend getaways, and hobbies consume a large percentage of Americans' available time and money. We long for those things. Our waistlines indicate that food is another thing we desire.

What do you long for? A good way to answer that question is by answering this one: if you had a day off with no commitments or obligations, how would you spend your time?

This is the first of three lessons on Psalm 119, the longest chapter in the Bible. The verses you will study this week describe the psalmist's longing for the Word of God.

Ps. 119:9 We live in a wicked and morally corrupt world.
How can you possibly stay clean and pure?

Ps. 119:11 Why did the psalmist memorize God's Word?

Ps. 119:12 "_____ me thy statutes."

Ps. 119:14 He rejoiced in God's Word as much as in _____.

Ps. 119:15 "I will _____ in thy precepts."

Ps. 119:16 "I will _____ myself in thy statutes."
What are some things that delight you?

We should desire God's Word because learning it and obeying it can keep us from sin.

Ps. 119:18 What did the psalmist ask God to do for him?

If God doesn't open your eyes you won't be able to understand His Word. Ask Him to do that for you right now.

Ps. 119:20 How did he describe his desire for God's Word?

Ps. 119:21-22 What did he ask God to remove?

Ps. 119:23 What did he do when people attacked him?

Ps. 119:24 "Thy testimonies also are my _____ and my _____."

We should desire God's Word, delight in (get joy from) it, and seek guidance and direction from it.

Ps. 119:25 How did the psalmist feel?

The word **quicken** means to revive or give life to.
How did he ask God to quicken him?

Ps. 119:26-27 He asked God to _____ him and to make him _____ His precepts.

Ps. 119:28 What did he need?

Ps. 119:30-32 What had he chosen?

What was he clinging to?

Where was he running?

He realized he desperately needed God's Word. Do you?

Ps. 119:33 Teach me _____ and I will _____.

Ps. 119:34 Give me _____ and I will _____.

Ps. 119:35 Make me _____. Why?

Ps. 119:36 Turn my heart to _____ and not to _____.

Ps. 119:37 Turn my eyes from _____ and quicken me _____.

Ps. 119:40 “Behold, I have _____ after thy precepts: quicken me in thy _____.”

Concluding Thoughts: The psalmist had an intense and persistent desire, yearning, and hunger for God’s Word. He realized he desperately needed it and saw the benefits of it. He longed for it.

Be very honest with yourself and with God. Would you rather read the Bible or watch a good movie? Would you rather spend time reading and memorizing the Bible or talking with your friends? Would you rather have the Bible or a good meal? Would you give up your time of Bible reading to go to a ball game, go shopping, or go to the gym for a workout? Would you rather hold and read your Bible or play games on your electronic gadget?

The psalmist said the Word of God could keep him from sin, revive his weary heart, strengthen him, and give him confidence in the face of enemies. Do you need any of those things?

Ask God to give you a desire for His Word. Ask Him to make you love it and yearn for it. Ask Him to open your eyes and help you understand the Bible (Luke 24:45; Acts 26:18).

The Bible will keep you from sin or sin will keep you from the Bible. The choice is yours.

Project: Memorize **Psalm 119:9** and **11**. Schedule time each day to read the Bible and meditate on what it says. A good place to start is the **Daily Bible Reading Guide** found on pages 4-5.

Lean on God's Word

Have you ever leaned on something for support? Those who are weak or sick must lean on something so they don't fall. It is not unusual to see an older person leaning on a walker or cane for stability. We lean on things when we are too weak to stand on our own. We lean on things to keep from falling.

What are some things we lean on? Physically weak or unstable people lean on handrails, canes, walkers, or other people to keep from falling. Sometimes we feel emotionally weak and must lean on someone for comfort and support. In a time of grief we might fall on the neck of a loved one and pour out our heart in tears. That loved one provides support and strength, just like a walker supports an elderly person. The same is true spiritually: a pastor, Sunday School teacher, or Christian friend can support us and help us through difficult times.

What do you lean on? In this lesson you will discover some ways and times when the psalmist leaned upon God's Word for strength.

Ps. 119:50 "This is my _____ in my _____:
for thy word hath quickened me."

Ps. 119:51-52 How did the psalmist comfort himself?

Ps. 119:54 God's words (statutes) were his _____ (see also Eph. 5:19-20; Col. 3:16).

The psalmist endured times of terrible affliction and persecution.

Ps. 119:67 What did he do before he was afflicted?

What did he lean upon during his affliction?

Ps. 119:68 "Thou art _____, and doest _____;
teach me thy _____."

Ps. 119:69 What were the proud people doing?

What did the psalmist determine to do?

Ps. 119:71 What was good about going through affliction?

The psalmist's afflictions taught him a very important lesson. The attack of the proud and arrogant people caused him to learn and lean upon God's Word. Clinging to God's Word enabled him to stand up in the midst of his afflictions. Our trials and troubles should cause us to run to and lean upon God's faithful Word.

Ps. 119:72 How much did he value God's Word?

Ps. 119:73 What did he know about God?

Ps. 119:75 He was confident that God would not allow anything to touch him except that which would be for his ultimate good (Rom. 8:28).

Ps. 119:76 "Let, I pray thee, thy _____
_____ be for my _____." He
prayed this according to (based upon) what?

Ps. 119:77 What did he ask God for?

"... that I may _____ ..." What did he delight in?

Ps. 119:78 What did he want to happen to his oppressors?

What was he going to do?

Ps. 119:80 What could God's Word do for his heart?

Ps. 119:81 He was weak, but what did he hope in?

Ps. 119:82 What did he need?

Ps. 119:83 The psalmist felt dried up and useless. What did he not forget?

Ps. 119:86 What did he know about God's Word?

What assurance did this give him?

What did he ask God?

Ps. 119:87 His persecutors almost destroyed him. What did he cling to throughout his ordeal?

Ps. 119:88 What did he promise to keep (obey)?

Concluding Thoughts: During times of affliction and persecution the psalmist leaned on God's Word for strength, stability, comfort, and courage. He remembered God's Word, believed God's Word, and clung to its truths in spite of the lies of his proud persecutors. Doing so gave him the comfort and strength he needed to stand.

Are you troubled or persecuted? Are people telling lies about you? Do you need strength? Are you fearful? Do you need help in your affliction? Do you need comfort or mercy?

God has given you something to lean on; there is a source of help, comfort, and strength readily available to you – God's Word, the Bible. It contains wonderful promises such as "*Casting all your care upon Him; for He careth for you*" (1 Pet. 5:7). Here are a few more that can help you: Jer. 33:3; Matt. 28:20; 1 Cor. 10:13; 2 Cor. 12:9; Phil. 4:13; Heb. 13:5; 1 John 1:9.

God has given you the Bible to lean upon. Will you read it?

Project: Memorize **Psalm 119:89**. When you see someone leaning on a cane or walker, use that as a visual reminder that you need to lean on God's Word for comfort, strength, and stability.

Love God's Word

The word **love** is used in many different ways. The Greek language actually uses different words to describe different kinds of love, such as brotherly love, marital love, and friendship love. In English we lump all different types of affection together and call them all “love.” It gets confusing at times. I love football, I love ice cream, and I love my wife. Does that mean I have the same feelings for all three? Of course not!

What makes the difference? It has to do with the value or worth we place on whatever we say we “love.” Ice cream provides me with momentary pleasure, but my wife is the source of life-long companionship, encouragement, friendship, enjoyment, and help. She is worth far more to me than an ice cream cone!

In this lesson you will hear the psalmist express his love for God's Word and tell why he felt it was so valuable.

Ps. 119:97 “O how _____ I thy law!” What did he do all day?

Ps. 119:98-100 Why was God's Word valuable to him?

Ps. 119:101 How did God's Word change his life?

Ps. 119:103 How much did he love God's Word?

Ps. 119:105 “Thy _____ is a _____ unto my feet, and a _____ unto my path.” That's valuable!

Ps. 119:111 What else did God's Word do for him?

Ps. 119:113 What did he hate?

What did he love?

In verses 114-117 he said God's Word provided hope and strength.

Ps. 119:127 How much did he love God's Word?

Ps. 119:128 How much value did he place in God's Word?

Everything God says about anything is right!

Ps. 119:129 What did he think of God's testimonies (words)?

Ps. 119:131 Have you ever been really thirsty on a very hot day?
That's how much the psalmist desired God's Word.

Ps. 119:133 What benefit comes from walking according to
God's Word?

Ps. 119:136 What made the psalmist cry?

This reveals the depth of his love for God's Word. When he saw
people disobeying the Bible it literally made him cry!

Ps. 119:140 Why did he love God's Word?

Ps. 119:153 Why did he feel free to ask God for deliverance?

Ps. 119:157 Did trouble cause him to turn from God's Word?

Ps. 119:158 Why was he grieved?

Ps. 119:159 "Consider how I _____ thy _____."
What did he ask God to do?

Ps. 119:160 "Thy word is _____ from the
_____ : and _____ one of thy
righteous judgments endureth _____."

Ps. 119:161 How did he feel about God’s Word?

Ps. 119:162 How much joy did he get from God’s Word?

Ps. 119:163 What did he abhor (hate)?

What did he love?

Ps. 119:165 What comes from loving God’s Word?

Ps. 119:167 “My soul hath kept thy _____; and I
_____ them _____.”

Concluding Thoughts: The psalmist **loved** God’s Word. He expressed that love repeatedly. Remember that the degree of our love is based upon the worth or value we ascribe to what we love. The psalmist said he loved God’s Word (the Bible) because it gave him wisdom, kept him from sin, taught him how to live, and was a source of great joy and peace. He knew that God’s Word is completely true and he grieved over those who disobeyed it.

Do you love God’s Word? Do you love it enough to read it? Do you desire it and look forward to reading it, or does your record of Bible reading indicate you don’t really care much for God’s Word?

Does it bother you when people disobey the Word of God? How about when they belittle it and say it is full of errors? Do you need wisdom, peace, joy, deliverance from sin, or guidance along the road of life? You will find all those things in the Bible.

Ask God to give you a love for His Word. Believe and obey what it says. Make a commitment to read the Bible every day and ask God to help you keep that commitment.

Project: Memorize **Psalm 119:105** and **128**. Read the Bible every day (see pages 4-5). Ask God to help you love His Word.

Christ's Life and Ministry

Where would you turn in the Bible to read about Jesus Christ? The obvious answer is the four New Testament Gospels: the books of Matthew, Mark, Luke, and John. But did you know you can also learn a lot about Jesus in the Old Testament? The Lord spoke through His prophets, centuries before Christ's birth, revealing many details of His life and ministry. Jesus perfectly fulfilled all of the Old Testament prophecies. In fact, more than 30 times the Gospels state that Christ's actions were in direct fulfillment of Old Testament prophecies.

Many of those prophecies concerning Jesus are found in the book of Psalms. This lesson and the next two are devoted to messianic prophecies in the psalms. The psalms you will study today contain prophecies about Jesus Christ's life and ministry. For starters, read Psalm 8:2. Jesus quoted that verse about Himself in Matthew 21:16 when the children hailed Him as their Messiah. In Psalms 78, 91, and 118 you will find several more prophecies.

Ps. 78:2 "I will open my mouth in a _____."

Matt. 13:34 How did Jesus teach the people?

Matt. 13:35 Why did He do that?

Psalm 78 was written 1,000 years before Christ came to earth.

Psalm 91 is about the safety and security enjoyed by those who place their trust in the Lord. Read it when you are afraid or under attack. Protection and safety are found in trusting the Lord (verses 1-4) because He protects us from harm (verses 5-10).

Ps. 91:11 "For he shall give his _____ charge over thee, to _____ thee in all thy ways."

Ps. 91:12 “They shall bear thee up in their _____, lest thou _____ thy foot against a _____.”

Do those verses sound familiar? Read Matthew 4:6 and Luke 4:10-11. The devil quoted these verses when he challenged Jesus to prove He was the Son of God by throwing Himself off the pinnacle of the Temple.

Did you realize that the devil can quote scripture? Satan knows the Bible better than you do, but He always twists or misquotes it to tempt people to do wrong (Gen. 3:1-4). Jesus **is** the Son of God – He didn’t have to perform a stunt to prove His identity. He answered the devil by saying that we are not supposed to put the Lord to the test (quoting Deut. 6:16). If you take a biblical promise out of context (as the devil did) and challenge the Lord to do what you want, you are putting God to the test. Be sure you understand the context and application of God’s promises.

Another important truth we can learn from the devil’s misuse of scripture is this: a person who quotes scripture is not necessarily a true Christian or a trustworthy advisor. Don’t believe everyone who quotes a scripture verse; check them out and be careful.

Psalm 118 is a wonderful expression of praise and thanksgiving for God’s mercy and help. Verses 22-26 contain some more prophecies about Jesus Christ.

Ps. 118:22 “The stone which the builders _____ is become the _____ stone of the _____.”

The corner stone was the most important stone in the construction of ancient buildings. If the corner stone wasn’t perfect the builders would reject it and cut a new one. The **corner stone** in this verse represents Jesus Christ and the **builders** were the Jewish religious leaders who rejected Him and wanted to kill Him.

Matt. 21:42 Who quoted Psalm 118:22-23?

Jesus Christ is the foundation of our salvation and the corner stone of the church, but the self-righteous Jewish religious leaders

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rejected Him. This prophecy recorded in Psalm 118:22 is so important that the New Testament refers to it **6 times** (Matt. 21:42; Mark 12:10; Luke 20:17; Acts 4:11; Eph. 2:20; 1 Peter 2:7)!

Ps. 118:24 “This is the day which the _____ hath made; we will _____ and be glad in it.”

That’s a great memory verse; but note its context: the coming of Jesus Christ as the corner stone of our faith.

Ps. 118:26 “Blessed be he that _____ in the _____ of the _____.”

Does that verse sound familiar? Read Matthew 21:9. The Jews clearly understood this verse to be a prophecy of the Messiah. The people of Jerusalem shouted it when Jesus rode into the city on Palm Sunday (see also Mark 11:9; Luke 19:38; John 12:13). Jesus also quoted it, referring to Himself (see Matt. 23:39; Luke 13:35).

Concluding Thoughts: The children greeted Jesus as the Messiah. Jesus taught in parables. The devil tempted Jesus to put God to the test. Christ, the chief corner stone, was rejected by the Jewish leaders. Jesus came to Jerusalem as the Messiah and was welcomed by the people quoting a messianic prophecy.

Those five specific prophecies were perfectly fulfilled by one person – Jesus Christ. There are many other prophecies about the Messiah (you will learn some more next week). It would be mathematically impossible for any one person to fulfill them all – but Jesus Christ did. He could do that because He is God.

In spite of this, many people are just like the ancient Jewish religious leaders – they reject Jesus. Have you received Jesus or do you reject Him? If you’ve never trusted Him for salvation please read the verses printed on the back of this book.

Project: Memorize **Psalm 118:14**. Rejoice in the fact that **Jesus Christ is Lord**. Try to tell someone about Him this week.

Christ's Crucifixion and Resurrection

Easter is the time each year when Christians around the world celebrate the resurrection of Jesus Christ. The resurrection is one of the key elements of the Gospel message. That message has three essential parts, as defined in 1 Corinthians 15:3-4:

*For I delivered unto you first of all that which I also received, how that **Christ died for our sins** according to the scriptures; And that **he was buried**, and that **he rose again** the third day according to the scriptures.*

Note the phrase “*according to the scriptures.*” The Bible makes it clear that Christ’s **death**, **burial**, and **resurrection** all happened “*by the determinate counsel and foreknowledge of God*” (Acts 2:23). God revealed His plans for Christ’s crucifixion and resurrection through numerous messianic prophecies in the Old Testament. For this Easter lesson we are going to examine some of those prophecies found in the book of Psalms.

Ps. 109:2-3 Jesus was utterly sinless, yet He was hated, lied against, and brutally attacked.

Ps. 109:4 He was motivated by love but hated in return.

Ps. 109:5 “And they have rewarded me _____ for _____, and _____ for my _____.”

Ps. 109:22-24 This tells about His weakened state on the cross.

Ps. 109:25 What did the people do when they saw Him?

Matthew 27 describes Christ’s crucifixion. Look at verse 39:

Matt. 27:39 What did the people do when they saw Him?

The Gospels tell us Jesus was on the cross for three hours, during which He said several things. Luke 23:44-46 describes His death.

Luke 23:46 What did Jesus say before He died?

Why did He say those specific words? Look at Psalm 31.

Ps. 31:5 “Into thine _____ I commit my _____ :
thou hast redeemed me, O LORD God of truth.”

Several other Old Testament prophecies describe Christ’s death on the cross (see Ps. 22:1-18; 69:21; Isa. 53 for a few examples). Those verses were written 600-1,000 years before Jesus died.

The Gospels tell us Jesus was hastily buried in a borrowed tomb before the Jewish Sabbath began at sundown. His body remained in the tomb for three days. Some of the women came to the tomb early on Sunday morning to finish the task of anointing and perfuming Jesus’ body for burial (they had not finished because of the approaching Sabbath). When they arrived at the tomb, they found the stone rolled away and Jesus’ body was not there. An angel told them He had risen from the dead (Matt. 28:1-6).

Christ’s resurrection is a key element of the Gospel (1 Pet. 1:3). After all, if Jesus couldn’t save Himself from death, how could He possibly save us from our sins? Peter preached about Jesus’ resurrection in his famous sermon on the day of Pentecost.

Acts 2:24 “Whom God hath _____ up, having
_____ the pains of _____ : because it was
not possible that he should be _____ of it.”

Acts 2:25 Where is Jesus Christ now (see also Matt. 26:64)?

Acts 2:26 This truth gives us joy and hope.

Acts 2:27 “Because thou wilt not leave my soul in _____,
neither wilt thou suffer thine _____ to
see _____.”

Acts 2:28 Because of Christ's resurrection, believers are blessed with the joy of His presence forever.

Where did Peter get the words he quoted?

Ps. 16:8 Peter quoted this verse in Acts 2:25.

Ps. 16:9 Peter quoted this verse in Acts 2:26.

Ps. 16:10 Jesus Christ, the "*Holy One*" (see Mark 1:24; Luke 4:34) did not experience corruption and decay in the grave. Peter quoted this verse in Acts 2:27 and Paul quoted it in Acts 13:35.

Ps. 16:11 Peter quoted this verse in Acts 2:28.

Concluding Thoughts: In spite of the fact He never did anything wrong, Jesus Christ was rejected and hated. Jesus was crucified and died on the cross. He was buried, but after three days He arose from the dead. All of these things happened in direct fulfillment of Old Testament prophecies.

Christ's death and resurrection were prophesied centuries before they took place. Only Almighty God could accomplish that.

Christ's death and resurrection are proven facts, but do they matter to you? Jesus suffered a terrible and agonizingly painful death for you, but do you care? Take time right now to thank Him for dying to pay the price for your sins.

Jesus arose from the dead, just as the Old Testament promised. A God who can keep such a promise and overcome death is worthy of our trust. Regardless of the trials or troubles you may be facing, Jesus can help. Place your complete trust in Him right now.

Project: Jesus Christ is the sovereign God of the universe. He can help you with your problems. Turn them over to Him every day.

Christ's Eternal Kingdom

Kings are a thing of the past in most countries. A few nations still have kings, but most are basically ceremonial leaders with a title but little real power. Those who have lived all their lives in the United States have never experienced the rule of a king. Because of this unfamiliarity, royalty and royal families fascinate us.

Two things are common to all kings who have ever ruled: (1) their rule was **limited** to a certain span of time, and (2) they ruled over a **limited** territory. For example, King David ruled over Israel from 1010-970 B.C. and King Henry VIII ruled over England from A.D. 1509-1547. Like all other monarchs, they ruled over a **limited** area and only for a **limited** time.

The last two lessons have contained prophecies about Jesus Christ found in the Psalms. You have discovered prophecies about Christ's life, ministry, crucifixion, and resurrection. This lesson is about His Kingdom. Unlike earthly kings, however, the Kingdom of Jesus Christ is **NOT** limited by territory or time.

The PROMISE of the King

Ps. 89:3 "I have made a _____ with my _____,
I have sworn unto _____ my servant,"

A covenant is a contract. God chose David to be king of Israel (1 Sam. 16:7-13). He also made a special promise to David:

Ps. 89:4 "Thy seed will I establish _____, and build
up thy throne to all _____ . Selah."

Ps. 89:34 Will God change His mind or break His promise?

Ps. 89:35 By what did God swear?

Unlike humans, God **never** tells a lie (Titus 1:2).

Ps. 89:36 How long did He promise David's throne will last?

Ps. 89:37 "It shall be established _____."

While there is no king from the line of David ruling over Israel today, David's descendant, Jesus, rules the hearts of His children.

The COMING of the King

Ps. 45:3 What did the psalmist tell the King to do?

Ps. 45:4-5 Psalm 45 describes the coming of the King in great power and glory. Read Revelation 19:11-16 for a similar depiction.

Ps. 45:6-7 How does he address the King?

His throne will last _____ and His reign will be _____.

Who is this righteous everlasting King? The answer is in the New Testament. Read Hebrews 1:1-9. Who is the King? _____

The DURATION of the King

Ps. 102:24 How long are the King's years?

Ps. 102:25 What did He do in the past (see Heb. 1:10)?

Ps. 102:26 The universe will not last forever (Heb. 1:11-12).

Ps. 102:27 How long will King Jesus live and reign?

Just as God promised King David, Christ's reign will **never** end.

The SCOPE of His Kingdom

Ps. 72:6 Rain falls everywhere and waters the entire earth.

Ps. 72:7 Describe Christ's reign:

Ps. 72:8 How far will His kingdom extend?

Ps. 72:9-10 Who will yield to and honor Him?

Ps. 72:11 “Yea, all _____ shall _____ down before him: all _____ shall _____ him.”

Read Philippians 2:9-11.

Concluding Thoughts: Read 2 Samuel 7:12-16. Three thousand years ago God made a covenant with King David. He promised that David’s kingdom would endure and He promised to raise up a descendant who would reign as king forever. God made a **promise** of an everlasting kingdom.

The first time Jesus came to earth He came as a sacrifice, not a king; but the Bible tells us He is **coming back** one day to establish and rule over His kingdom. The **duration** of that kingdom will be forever and its **scope** will reach all the lands and people of earth.

That all sounds wonderful, but where is Christ’s kingdom now? It is within the heart of every person who has yielded his or her allegiance to Jesus Christ (Luke 17:21). If you know Jesus Christ as your Savior, you are part of His kingdom right now. As such, you experience protection and blessings from the King. If you’ve never trusted Jesus for salvation, you are **not** part of His kingdom – but you **can** be. Read the verses printed on the back of this book, confess and turn from your sins, and place your faith in Jesus.

If you watch the news and observe our modern world, there is little evidence of Christ’s kingdom. The king of darkness is ruling much of the earth now, but that won’t last forever. Thank the Lord for His promise that Christ’s kingdom will prevail and endure forever. Thank Him that you are part of Christ’s eternal kingdom.

Project: As you hear discouraging reports about modern society, thank the Lord Jesus that you belong to His eternal kingdom.

Two Paths

Back in the days when most people traveled on foot, a certain man came to a fork in the road. Unsure which way led to his destination, he stopped to consider his choices. One path was very narrow and headed uphill. It appeared to be steep, rough, and confining. Very few travelers were going that way. The other path was broad, inviting, and followed a gentle downhill slope. It was lined with pretty flowers and appeared to cross lush, green meadows. Most of the other travelers were going that way; they all seemed happy and carefree. The man made up his mind – he would take the broad path.

At first, he was certain he had made the right choice: the walking was easy, there were many pleasurable sights, and he was surrounded by joyful companions. Before long, however, the gentle downhill slope became steeper. Soon there were no more flowers and the beautiful meadows gave way to impassable wilderness. The path grew steeper and became very slippery. Some travelers tried to turn back, but the climb was too steep and slick. To his horror, the man realized the path ahead ended at a sheer drop-off where all the travelers were falling to their doom. He realized he had chosen the wrong path, but now it was too late.

Psalm 1 is about two paths. It is important to choose the right path.

Ps. 1:1 “ _____ is the man ...”

The word **blessed** means to be happy, full of joy, and contented. Do you want to be happy? Verse 1 gives us three things to avoid if we want to be happy and blessed:

1. Don't _____ in the _____ of the _____.
2. Don't _____ in the _____ of _____.
3. Don't _____ in the _____ of the _____.

The word **counsel** means advice. Do you take advice from lost people about how to live your life, do your work, raise your children, treat your spouse, or spend your time? Following the world's advice will not make you a happy, godly person.

The word **way** refers to a road or well-worn path. The way of sinners is the path or direction followed by sinful people. Stand around with sinners and you will pick up their wicked habits.

The **scornful** are those who mock, ridicule, deride, and scoff at the things of God. Sit with scoffers and you will become a negative, argumentative, unbelieving person.

Ps. 1:2 If you want to be happy, what should you delight in?

What should you think about?

Delight is something we draw pleasure from. What brings you delight? Is it your work, hobby, family, or favorite sports team? To **meditate** is to think or ponder. What do you think about most?

Verses 1-2 tell us how to be happy: avoid certain things and focus on other things. Verse 3 describes the result of doing that.

Ps. 1:3 “And he shall be like a tree planted by the rivers of _____, that bringeth forth his _____ in his season; his _____ also shall not _____; and whatsoever he doeth shall _____.”

Ps. 1:4 “The _____ are _____ so.” What does the psalmist compare them to?

Chaff is the useless husk of the grain. In ancient times chaff was separated from the grain by throwing it up in the air. The good grain fell to the ground while the wind carried the chaff away.

Ps. 1:5 How will the ungodly stand up to God's judgment?

Will sinners be able to hide among the righteous?

Ps. 1:6 What does God know?

What will happen to the ungodly and their wicked ways?

Unsaved people infiltrate God's church today and masquerade as believers. They may deceive people but they do not fool the Lord. Such deceivers will be exposed in the face of God's judgment and will not have a leg to stand on. The Lord knows who to reward and who deserves punishment.

Concluding Thoughts: Read the story at the beginning of the lesson again.

You are just like that man at the fork in the road. Two paths lie ahead and you must choose which one to take. Will it be the path of blessing? If so, you must avoid the sinful advice, behavior, and attitudes of the world and delight yourself instead in God's Word.

If you choose to ignore God's advice and follow the ways of the world, certain destruction lies in your path. You will not be blessed and happy, you will find yourself easily tossed about by every new trend, you will not be able to stand up to God's righteous judgment, and ultimately you will perish.

There are two paths in life – which one will **you** choose?

If you don't know Jesus Christ as your Savior – but you would **like to** – read the verses printed on the back of this book, turn away from your sins, and place your faith in Jesus.

If Bible reading is a chore that brings you no delight, confess that to God and ask Him to give you a hunger for His Word.

Project: Memorize **Psalm 1:1-2**. Read the Bible every day. A good method is to follow the **Daily Bible Reading Guide** found on pages 4-5. Delight yourself in God's Word and think about it throughout the day.

Finding True Happiness

Do you want to be happy?

See if you agree with this statement: The greatest driving force in America today is a desire for personal happiness. People want to be happy. Take away our happiness and you will hear about it.

Think about the things people do to try to be happy. Single people hope to find it in marriage, but some married people think divorce will make them happy. Many look for happiness in their children, their job, their home, their possessions, their hobbies, and their leisure-time activities. Sadly, some turn to immorality, alcohol, and drugs in their quest for happiness. People want to be happy.

The Bible word for happy is **blessed**. It means to be happy, content, and have deep-seated joy. In this lesson you will discover four things you must do if you want to find true happiness.

Ps. 84:1 A **tabernacle** is a tent or dwelling place.

Ps. 84:2 What did the psalmist **long** and **faint** for?

What did his flesh cry out for?

Ps. 84:3 Why did he envy the sparrow and swallow?

Ps. 84:4 Who is blessed (happy)?

True happiness comes from **dwelling with the Lord**. That doesn't mean you have to get a cot and move into the church; it means living in God's presence. How do we do that? The Bible says the Holy Spirit of God dwells within every believer. If you truly know Jesus Christ as your Savior then God's Holy Spirit lives in you. You dwell with the Lord when the Spirit lives within and you yield to His control and lordship. Doing so brings happiness.

Ps. 84:5 Who is blessed (happy)?

If you realize your strength comes from the Lord and your heart is fixed on following His ways, then you are depending upon Him. True happiness comes from **depending upon the Lord**.

Ps. 84:6-7 Those who depend on the Lord trust Him for provision and strength.

Ps. 84:8 Why do you think people pray to God?

Ps. 84:9 “Behold, O God our _____.”

Ps. 84:10 Where did the psalmist want to be?

Ps. 84:11 What did he know God would do for him?

Ps. 84:12 Who is blessed (happy)?

Ps. 127:1-2 Solomon wrote this psalm. List the things he said are **vain** (useless, futile) without the Lord:

Ps. 127:3 Where do children come from?

Ps. 127:5 Who is happy?

True happiness comes from **building your home and your life upon the Lord**. Humans are very proud and resourceful. We can build great buildings and do great works. Scientists are even experimenting with genetic engineering. But all of man’s works are vain and futile unless they are built upon the Lord. If you want to be happy, build your home (family) and life upon the Lord.

Ps. 128:1 Who is blessed (happy)?

To fear the Lord means to respect Him and recognize His place as your sovereign God. To walk in His ways is to obey Him.

Ps. 128:2 What results from fearing and obeying the Lord?

Ps. 128:3 What else will God bless if you fear and obey Him?

Ps. 128:4 Who is blessed (happy)?

Ps. 128:5-6 What other blessings will come?

True happiness comes from **fearing the Lord and obeying Him.**

Concluding Thoughts: Do you want to be happy? The three psalms you have studied today reveal four things you must do if you want to find true happiness:

1. **Dwell with the Lord.**
2. **Depend upon the Lord.**
3. **Build your home and your life upon the Lord.**
4. **Fear the Lord and obey Him.**

To dwell with the Lord, you must trust Jesus Christ as your Savior if you have never done so. Read the verses printed on the back of this book, confess and turn away from your sins, and receive Christ into your life. Dwelling with the Lord also means yielding to His control as Lord (boss) of your life.

To depend on the Lord, you must realize you can't do it alone. You must acknowledge your need of Him.

Builders do not begin building upward until they have laid a proper foundation. To build your home and life upon the Lord means He is your foundation and everything you do is based upon Him.

To fear the Lord is to respect Him and obey what He says.

Do you want to be happy? God has told you how. Are you willing to do the things listed above? If so, tell Him right now.

Project: Memorize **Psalm 127:1**. Review the list above every day.

Thank God

When was the last time you received a note thanking you for a gift you gave or a kindness you did for someone? How long has it been since you **wrote** a thank you note?

The sending of thank you notes is a courtesy that is dying out in our busy modern world. Other expressions of thanks (verbal, phone, email, text) are also on the decline. Does it really matter? Are thank you notes and other expressions of gratitude merely old fashioned and out of date courtesies?

The person who is not thankful has one of two problems: either he (1) thinks he **deserves** whatever he receives, or (2) thinks he is the **source** of everything he has. Romans 1:22-32 describes people who spiraled deeper and deeper into terrible sins. What was the beginning point of all their wickedness and immorality? They were not thankful (Rom. 1:21). Let's learn about thanking God.

Ps. 92:1 "It is a good thing to give _____ unto the _____, and to sing _____ unto thy name, O most High."

Let's clarify those two terms. **Thanks** is gratitude for what someone does. **Praise** is glorifying someone for who they are: their nature and character. "You look nice" is praise; "I appreciate your help" is thanks. The psalmist said it is good to do both when we talk to the Lord. Note, too, that we should **sing** God's praises.

Ps. 92:2 When should we thank and praise God?

Ps. 92:3 How should we glorify Him?

Ps. 92:4 Why should we thank and praise God?

The word **triumph** means to shout for joy. What did he shout about?

The rest of Psalm 92 exalts God for His great works and identifies some of the blessings He gives His children.

Ps. 107:1 List two reason we should thank the LORD:

1. _____
2. _____

Mercy is withholding the punishment we deserve. Has God ever been merciful to you? Thank Him right now for His mercy.

Ps. 107:2 If you have trusted Jesus Christ for salvation, then the LORD redeemed you (bought you back) from the enemy (Satan). What should you do if you have been redeemed?

Psalm 92 said it is good to give thanks and Psalm 107 tells us to give thanks, speaking aloud so others can hear. We need to openly express our thanks to God. That is a good way to witness.

The rest of Psalm 107 urges us to praise the Lord for his help, salvation, sovereign power, and bountiful provision.

Ps. 136:1 “O give thanks unto the LORD; for he is _____ :
for His _____ endureth _____.”

That last phrase is repeated as a refrain in every verse of Psalm 136. The psalmist tells us three things we should thank God for.

Ps. 136:2-3 We should **thank God for who He is**.

Ps. 136:4 Thank Him for doing _____.

Ps. 136:5 Thank Him for making _____.

Ps. 136:6-9 What else did He do?

Verses 4-9 show that we must **thank God for His creative work**.

Ps. 136:10 What did the psalmist thank God for doing?

Ps. 136:11-15 What else did he thank God for?

Ps. 136:16 What did God do for the Israelites?

Ps. 136:17-22 What else did the Lord do?

Ps. 136:23 “Who _____ us in our low estate.”

Ps. 136:24 “And hath _____ us from our enemies.”

Ps. 136:25 “Who giveth _____ to all flesh.”

Verses 10-25 remind us that we should **thank God for His work in our lives**. What has God done for you?

Concluding Thoughts: Let’s review:

- We should thank God (Ps. 92). Don’t forget the references to singing and playing instruments. Are you using your talents to praise God?
- We should thank Him publicly (Ps. 107).
- We should thank Him for who He is (Ps. 136:1-3).
- We should thank Him for His creative work (Ps. 136:4-9).
- We should thank Him for His work in our lives (Ps. 136:10-25).

Remember: the person who is unthankful either thinks he **deserves** everything good that has ever come his way, or thinks he is the **source** of all he has. Are you a thankful person?

Take time right now to thank God for who He is, for His marvelous work of creation, and for His work in your life.

Now, find someone to **tell** about your thankfulness to the Lord.

Project: Memorize **Psalm 107:1-2**. Make a list of things you are thankful for. Read that list aloud to God during your prayer time. Do the **Daily Bible Readings** (pages 4-5) each day this week.

Sing to God

Music is all around us. We start singing simple songs as very young children and our lives are touched by music almost every day. Turn on the radio or TV and you will hear music. Go to a store or restaurant and music will be playing. You probably hear musical sounds when you turn on your computer or answer your phone. Movies, TV shows, and commercials use background music to set moods and convey emotions. Big events in our lives (graduations, weddings, funerals) all include music. Can you imagine how bland and empty our world would be without music?

Music is a very powerful force. You probably learned the letters of the alphabet through a song. Music helps us learn because our brains quickly memorize the melody and words of songs. Has a commercial jingle or some other silly song ever gotten “stuck” in your head? Music also stirs up our emotions. Do some songs (such as the national anthem) cause a lump in your throat or bring a tear to your eye? Songs can make us happy or sad.

God created us as musical creatures and He wants us to sing. There are 165 references to singing in the Bible. The book of Psalms has accurately been called the Bible’s song book. The psalms you will study today urge us to sing praises to God.

Ps. 98:1 “O _____ unto the LORD a new _____.”
Why should we do that?

Ps. 98:2 Why else should we sing to God?

Ps. 98:3 What else did He do that is worthy of a song?

Ps. 98:4 “Make a _____ noise unto the LORD, all the _____ : make a _____ noise, and _____, and _____ praise.”

You may think you don't sing well enough to sing to God. This verse is for you. Even if your singing just sounds like a noise, make it a joyful noise. The whole world is called to sing praise to the Lord. Note, too, that our singing should be loud and joyful.

Ps. 98:5 “_____ unto the LORD with the _____; with the harp, and the voice of a _____.”

Ps. 98:6 How else should we make a joyful noise?

To whom should our songs be directed?

Ps. 98:7-8 The entire physical world offers praise to God.

Ps. 98:9 What is the LORD coming to do?

How will He do it?

We should sing joyfully to the Lord, accompanied by musical instruments, in praise of His power and righteous judgment.

Ps. 147:1 What three things does this verse say about singing praises to God?

Ps. 147:2-3 What are some things that are worthy of praise?

Ps. 147:4 What does God know that we don't?

Ps. 147:5 “_____ is our Lord, and of great _____: his understanding is _____.”

Ps. 147:6 What does the LORD do?

Ps. 147:7 “_____ unto the LORD with _____; sing _____ upon the _____ unto our God.”

Ps. 147:8-9 What are some things that show His power and goodness?

Ps. 147:10 Does He delight in the strength of His creatures?

Ps. 147:11 What brings God pleasure?

Does that verse describe you? Does your life bring God pleasure?

The remaining verses of Psalm 147 tell us to sing praise to the LORD for His **protection, peace, provision, and powerful Word.**

Concluding Thoughts: Do you believe that you should obey the commands found in the Bible? The Bible tells us plainly to **sing praise to God.** Not only that, it tells us to sing loudly, joyfully, and with the accompaniment of musical instruments.

Singing is a valuable and worthwhile activity. It helps us learn and memorize truth, and even helps us teach that truth to others. Singing enables us to express the joy in our heart, far better than written or spoken words ever could.

Do you sing to the Lord? Do you participate in the singing of hymns and other songs during corporate worship at church?

Some folks think they can't sing. They might feel embarrassed for others to hear their voice. Everyone doesn't have a beautiful voice but every believer should have a song in his or her heart. The Bible explains it this way:

*“And be not drunk with wine, wherein is excess; but **be filled with the Spirit**; Speaking to yourselves in psalms and hymns and spiritual songs, **singing and making melody in your heart to the Lord.**” (Eph. 5:18-19).*

Singing is one of the results of being filled with the Spirit. If you are saved and filled with the Spirit, then your joy, gratitude, and praise to God will naturally come out in song.

Will you obey the Bible's commands to sing joyfully to the Lord?

Project: Memorize **Psalm 98:4.** Sing to God at church this week.

Exalt God

America loves heroes. Our ancestors idolized pioneers, military leaders, and presidents. The heroes of today are athletes, singers, and movie stars. These are the people we lift up, idolize, honor, reward, and imitate. We hold them in high regard. They are often the subject of our conversations, in which we speak very highly of them. We honor them and keep up with their activities. Their names and emblems find their way onto our clothing, vehicles, and cell phones. Even in difficult financial times, we spend hundreds of dollars on travel and tickets to go see them perform in person. Modern America exalts athletes, singers, and movies stars.

The word **exalt** means to raise to a high level, to praise highly, to magnify, to lift up, to hold in high regard, to speak highly of, to glorify, praise, or honor. Those definitions describe the way many people think of their favorite athlete, singer, or movie star.

Do you exalt God? The following psalms urge us to exalt Him.

Ps. 93:1 What words in this verse show that God is lifted up?

Ps. 93:2 Superstars come and go. How long will God reign?

Ps. 93:3 The mighty, raging oceans exalt the Lord.

Ps. 93:4 How is God described?

What is He mightier than?

Ps. 93:5 What else about God is worthy of praise?

God is highly exalted. His reign is eternal, majestic, powerful, and holy. Praise Him for those things. Honor and exalt Him now.

Ps. 108:1 The word **fixed** means to be settled, established, or firmly rooted. What was David determined to do?

Ps. 108:2 The psaltery and harp were ancient musical instruments. When was David going to praise God?

Ps. 108:3 “I will _____ thee, O LORD, among the _____: and I will sing praises unto thee among the _____.”

The **people** were David’s fellow Jews: those who believed in God like he did. The word **nations** refers to heathen people: those who do not believe in God. David was not ashamed to praise and exalt the Lord in the hearing of non-believers. We should do the same.

Ps. 108:4 What two things about God are very high?

Ps. 108:5 “Be thou _____, O God, above the _____: and thy glory above all the _____.”

Some people today glorify, idolize, and worship the earth. Since God **made** the universe, He is highly exalted **above** it. We should not worship creation; we should worship the Creator.

In verses 6-13 David rejoiced in God’s triumph over his enemies.

Ps. 113:1 Who and what should we praise?

Ps. 113:2 The word **blessed** means to kneel out of respect. How long should we respect and praise the LORD?

Ps. 113:3 Where should God’s name be praised?

Ps. 113:4 “The LORD is _____ above all _____, and His _____ above the _____.”
The word **high** is the same word translated **exalted**.

Ps. 113:5 Where does the LORD dwell?

Who is like God? Who can be compared to Him?

Ps. 113:6-9 God is the highly exalted Lord of the universe, but He still cares deeply about His people. Verses 6-9 name several good, merciful, and gracious things God does for us. List them here:

Concluding Thoughts: The Lord our God is high and lifted up. He is greater, more powerful, more majestic, and more holy than anyone else in the universe. These are facts, but the important question is this: **is He highly exalted in your life?**

The psalms you studied today tell us to **exalt** God. Honestly evaluate your thoughts, words, actions. Do they reveal that you magnify God and hold Him in higher regard than your favorite athlete, singer, or movie star?

Idolizing a human being is sin. The Bible warns us not to worship and serve “*the creature more than the Creator.*” (Rom. 1:25). If you are exalting, honoring, or lifting up some human superstar, you need to confess that as sin and turn away from it.

Psalms 108:3 teaches that we should praise God among our fellow believers and out in public when we are around unsaved people. While they exalt their favorite superstars we should lift up the Lord. Doing so will give us opportunities to witness to them.

Stop right now to **exalt** God. Write some of His characteristics in the space below:

Project: Memorize **Psalm 113:4**. Praise God all the time, in private and in public. **Exalt** God. Remind yourself and tell others how great He is.

Praise God

Do you have a prayer list? You probably have a list of people and needs that you take to the Lord on a regular basis. Your prayer list may be on paper or in your head, but either way, you undoubtedly pray about certain things whenever you talk to the Lord.

Think about your prayer list and your personal prayer time. What percentage of your prayer time is devoted to asking God for things? What percent is focused on praising God?

The word **praise** means to say good things about someone or to express approval, admiration, thanks, love, or respect for someone.

Let's think about your prayer time again. If you're like most people, you probably spend a small fraction of your prayer time praising God, while the vast majority of it is spent asking Him for things. We already know **what** praise is, but in Psalm 148 and Psalm 150 we will learn the **who**, **where**, **why**, and **how** of praise.

Ps. 148:1 "Praise ye the _____." **Where** should He receive this praise?

The word **praise** is the Hebrew word *halal*. The phrase translated **praise the LORD** is literally *halal Yah* (God's personal name is *Yahweh*; *Yah* is a shortened version of it). We transliterate this Hebrew phrase into English as the word **hallelujah**. Verses 1-6 tell us the heavens and all who dwell there should praise the LORD.

Ps. 148:2 **Who** should praise Him?

Ps. 148:3 What else should praise Him?

Ps. 148:5-6 What should they praise?

Why should they praise the LORD?

Ps. 148:7 **Where** else should the LORD be praised?

Verses 7-14 tell us earth and all its inhabitants should praise God.

Ps. 148:7-8 What created things should praise the LORD?

What do those things fulfill?

Ps. 148:9-10 What else should praise God?

Ps. 148:11-12 What sorts of people should praise the LORD?

Ps. 148:13-14 They should praise the name of the LORD because:

- His name is _____
- His glory is _____
- He _____ His people

Ps. 150:1 **Where** should God be praised?

Ps. 150:2 **Why** should we praise Him?

1. _____
2. _____

Ps. 150:3 **How** should we praise the LORD?

- _____
- _____
- _____

Ps. 150:4 List some more ways:

- _____
- _____
- _____
- _____

Let's be clear. Dancing in ancient times was not anything like most dancing today. Men and women did not dance together and dances did not include suggestive or lewd gestures. David danced before the LORD when he brought the Ark of the Covenant into Jerusalem (2 Sam. 6:14-16).

Ps. 150:5 Name two more ways we should praise God:

- _____
- _____

Ps. 150:6 **Who** should praise the LORD?

“Let _____ thing that hath _____
praise the LORD. Praise _____ the LORD.”

Concluding Thoughts: Let's review.

- **Where** should God be praised? Everywhere in heaven and on earth.
- **Why** should we praise Him? For the things He has done (in creation, in history, and in our lives) and for who He is (His nature and character).
- **How** should we praise God? In every way possible.
- **Who** should praise the LORD? Everyone and everything.

This lesson is useless unless you put it into practice. You probably have a prayer list, so why don't you also make a "praise" list of things you want to praise God for. Turn to the next page and start making your list. Be sure to include expressions of praise for who God is and not just thanks for things He has done for you.

Project: Memorize **Psalm 150:6**. Try to devote more of your prayer time this week to praising God. Be sure to pick up a *Sunday School Member Quarterly* for the new quarter so you can begin the Daily Bible Readings on Monday.

