

From _____ to _____ through _____

- Books 1-3 (Ps 1 to Ps 89): 52 are laments (59%)
- Books 4-5 (Ps 90 to Ps 150): 37 are praise (61%)

"Orientation, disorientation, and re-orientation of life around the faithfulness of YAHWEH" (Brueggeman)

For discussion/reflection: Where does your life need "re-orienting around God's faithfulness"? What would help you? What would hinder?

Q. So where does our journey begin?

meditation and delight

Some practical suggestions ...

- Commit to reading 1 Psalm each day for the next 6 months
- Use the daily devotions/growth group material
- Enter the favourite Psalm competition at

<https://www.trinitycity.church/resources/psalms-series>

Recommended Reading

J I Packer, "Knowing God" (1973)
CS Lewis, "Reflections on the Psalms" (1958)
Tim Challies, "The Disciplines of Spiritual Discernment" (2007)
Matthew Jacoby, "Deeper Places: Experiencing God in the Psalms" (2013)

Ps 19:14 May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.

"A song for every situation"

1. Any time



Psalm 1

1 Blessed is the one
who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,
2 but whose delight is in the law of the LORD,
and who meditates on his law day and night.
3 That person is like a tree planted by streams
of water, which yields its fruit in season and
whose leaf does not wither— whatever they
do prospers.
4 Not so the wicked!
They are like chaff that the wind blows away.
5 Therefore the wicked will not stand in the
judgment, nor sinners in the assembly of the
righteous.
6 For the LORD watches over the way of the
righteous, but the way of the wicked leads to
destruction.

Psalm 150

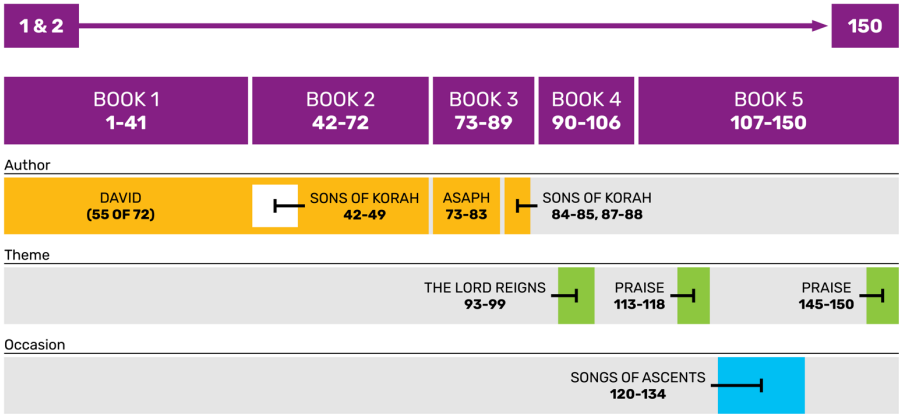
1 Praise the LORD.
Praise God in his sanctuary;
praise him in his mighty heavens.
2 Praise him for his acts of power;
praise him for his surpassing greatness.
3 Praise him with the sounding of the
trumpet,
praise him with the harp and lyre,
4 praise him with timbrel and dancing,
praise him with the strings and pipe,
5 praise him with the clash of cymbals,
praise him with resounding cymbals.
6 Let everything that has breath praise the
LORD.
Praise the LORD.

1. Why are we doing this series?

2. Some challenges with the Psalms

- i. there are a lot of them (!)
- ii. they have been deliberately collected into a single volume

THE SONGBOOK OF PSALMS



- iii. they are songs that were meant to be sung

3. My goal in this series

"A song for every situation"	Psalm	Geoff's Top Tips for reading Psalms for all they're worth
1. Any time	Ps 1, Ps 150	C_____
2. Under attack	Ps 2, Ps 3	M_____
3. After I've sinned	Ps 51	T_____
4. In the good times	Ps 116, Ps 128	P_____
5. When I'm alone and afraid	Ps 88, Ps 136	C_____
6. In transit	Ps 73, Ps 27	O_____

4. Geoff's Top Tip #1 for reading the Psalms for all they're worth

Ps 1:1 Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2 but whose delight is in the law of the LORD, and who meditates on his law day and night.

Ps 150:6 Let everything that has breath praise the LORD. Praise the LORD.

Ps 145:21 My mouth will speak in praise of the LORD. Let every creature praise his holy name for ever and ever.

- Ps 146:1 Praise the LORD.
- Ps 147:1 Praise the LORD.
- Ps 148:1 Praise the LORD.
- Ps 149:1 Praise the LORD.
- Ps 150:1 Praise the LORD.

Today's big idea: the editor is taking us on a journey ...