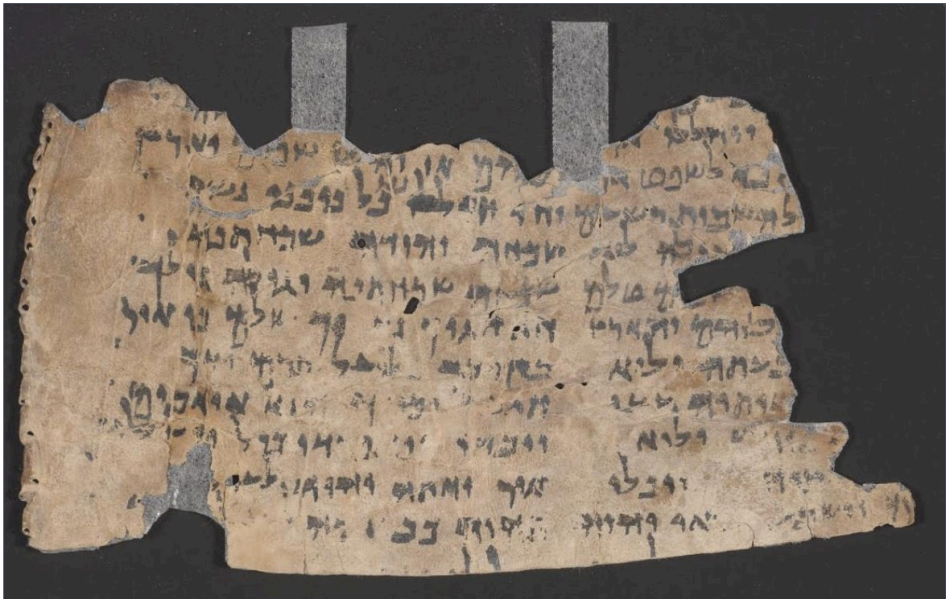


PSALMS

The Bible's Greatest Hits

AUTHOR	Many writers. David is named in 73 titles. Asaph has 12, the sons of Korah 11, Solomon 2, and Moses, Heman and Ethan 1 each. About 50 psalms name no writer.
DATE	Written over about 1,000 years, from Moses, about 1400 BC, to after the return from Babylon, about 500 BC. Put together in five books after the exile.
WRITTEN TO	God. These are songs and prayers, sung by God's people in the temple, at home and on the road.
KEY VERSE	Psalms 150:6. Let everything that has breath praise Yahweh! Hallelujah!



THE OLDEST COPIES OF PSALMS

A piece of 4QPs f, a Psalms scroll from Qumran Cave 4, copied about 50 BC. Its pieces hold parts of Psalms 22, 107 and 109, and three songs that are not in the Bible. God's name, YHWH, shows up again and again.

Psalms is the book found most often among the Dead Sea Scrolls, about 40 copies. The oldest, 4QPs a, was copied about 150 BC. Photo Shai Halevi, Israel Antiquities Authority, Leon Levy Dead Sea Scrolls Digital Library.

Historical Setting

Israel's songbook. Some psalms come from David's days on the run from Saul, some from the temple choirs, and some from the exiles crying by the rivers of Babylon. The Hebrew

name is Tehillim, praises. Our word psalm comes from the Greek for a song played on strings.

What Was Going Wrong

ENEMIES ALL AROUND. David was hunted by Saul and chased out by his own son Absalom, Psalms 3, 57 and 59.

SIN ON THE INSIDE. David's adultery and murder, Psalm 51. Again and again Israel forgot God, Psalms 78 and 106.

CHILD SACRIFICE. Israel sacrificed their sons and daughters to demons and poured out innocent blood to the idols of Canaan, 106:37 to 38.

A CITY IN RUINS. Babylon burned the temple and took the people away, Psalms 74, 79 and 137.

The Idiot Proof Summary

Psalms is 150 songs and prayers, plus Psalm 151 at the end. They cover every feeling there is: joy, fear, anger, guilt, grief and thanks. People cry out, How long, Lord? and then decide to trust Him anyway. They confess sin, remember what God did in the past, and look ahead to a King from David's line who will rule the nations. The book moves from crying to praise, and it ends with Hallelujah.

Psalms at a Glance

PS 1 to 41	BOOK I Mostly David. Ends with Amen and Amen, 41:13.
PS 42 to 72	BOOK II Korah's sons and David. The prayers of David are ended, 72:20.
PS 73 to 89	BOOK III Asaph and Korah. Hard questions; the promise to David.
PS 90 to 106	BOOK IV Moses' prayer. Yahweh reigns!
PS 107 to 150	BOOK V Thanks, Songs of Ascents, and Hallelujah.
PS 151	OUTSIDE THE NUMBER David and Goliath, from the Greek, in brackets.

Where Jesus Shows Up

PSALM 2:7 AND 110:1 God calls the King My Son and seats Him at His right hand. The New Testament applies both to Jesus again and again, Acts 13:33, Hebrews 1:5 and 1:13.

PSALM 22:1 My God, My God, why have You forsaken Me? Jesus prayed it from the cross, Matthew 27:46.

PSALM 16:10 You will not let Your Holy One see decay. Peter preached it about the resurrection, Acts 2:27 to 31.

PSALM 118:22 The stone the builders rejected has become the cornerstone, Matthew 21:42.

GOD'S NAMES IN PSALMS

Yahweh about 700 times, and God, Elohim. In Psalms 42 to 83, God is used far more often than Yahweh. Yah, the short form, is in Hallelujah, Praise Yah. Also the Most High, the Almighty, my Rock, my Shepherd.

What to Watch for in Psalms

MESSIANIC PROPHECIES	2:1-3, 2:6-8, 2:12, 8:2, 8:4-6, 16:8-11, 18:2-3 and 46 more
MESSIANIC FORESHADOW	17:15, 21:1, 21:3-5, 23:1, 72:1, 72:16, 91:11-12 and 3 more
END TIMES PROPHECIES	2:9, 9:7-10, 22:27-28, 45:17, 68:31, 72:8, 86:9 and 4 more
THE HEART	7:9, 9:1, 14:1, 15:2, 19:14, 24:4, 34:18 and 18 more
ARCHAEOLOGY	20:1, 33:2, 104:24, 145:13
MIRACLES	34:7, 103:20-21
DEMONIC	16:4, 31:6, 44:20, 78:58, 81:9, 96:5, 106:19-20 and 4 more
NOTABLE	1:1, 23:4, 27:1, 30:5, 34:8, 46:1, 55:22 and 9 more
GOD SPEAKING	Words in red are God speaking. Only the words He actually said are red.
BLOODLINE OF CHRIST	Names underlined in red are in the family line of Jesus.

Cool Stuff Most People Miss

FIVE BOOKS LIKE MOSES

An old Jewish teaching says: Moses gave Israel five books of the law, and David gave Israel five books of Psalms.

THE NEW TESTAMENT'S FAVORITE

Psalms is quoted in the New Testament more than almost any other Old Testament book. Jesus quoted it on the cross.

LUTHER'S LITTLE BIBLE

Martin Luther called Psalms a little Bible, because it holds the whole Bible in a short form. He wrote A Mighty Fortress from Psalm 46.

LONGEST AND SHORTEST

Psalm 119 is the longest chapter in the Bible, 176 verses. Psalm 117 is the shortest, 2 verses.

PSALM 151

The oldest complete Greek Bibles have one more psalm after 150. It is printed at the end in [brackets].

How Does It End?

With a party. The last five psalms all begin and end with Hallelujah, and Psalm 150 calls every instrument and everything that breathes to praise Yahweh.

MESSIANIC PROPHECIES END TIMES PROPHECIES OLD TESTAMENT QUOTED IN THE NEW NOTABLE GOD SPEAKING

BOOK I PSALMS 1 TO 41

1

PSALM 1 IN 30 SECONDS

Two roads. Love God's word and you are a tree by the water. Ignore it and you are chaff in the wind.

THE TWO PATHS // MATTHEW 5:3-12; LUKE 6:20-23

1 Blessed is the man
who does not walk in the counsel of the
wicked,

or set foot on the path of sinners,
or sit in the seat of mockers.

2 But his delight is in the Law of Yahweh,
and on His law he meditates day and
night.

3 He is like a tree planted by streams of
water,
yielding its fruit in season,
whose leaf does not wither,
and who prospers in all he does.

4 Not so the wicked!
For they are like chaff driven off by the
wind.

5 Therefore the wicked will not stand in the
judgment,
nor sinners in the assembly of the right-
eous.

6 For Yahweh guards the path of the right-
eous,
but the way of the wicked will perish.

2

PSALM 2 IN 30 SECONDS

The nations plot against God and His King. God laughs. He crowns His Son on Zion. Smart move: kiss the Son.

THE TRIUMPHANT MESSIAH // ACTS 4:23-31

1 Why do the nations rage
and the peoples plot in vain?

■ PS 1:1 [NOTABLE] The whole book opens with a choice. Who you walk with, stand with and sit with shapes who you become.

■ PS 1:1 [NOTE] BLESSED means truly happy, the kind of happy God gives. The book of Psalms opens with it, and Jesus opened His Sermon on the Mount the same way, Matthew 5:3.

■ PS 1:1 [NOTE] WALK, STAND, SIT. Watch the slide: first you walk by, then you stop and stand, then you sit down and stay.

■ PS 1:2 [NOTE] MEDITATES. The Hebrew word means to mutter or murmur, like reading out loud under your breath, over and over.

2 The kings of the earth take their stand
and the rulers gather together,
against Yahweh

and against His Anointed One:

3 "Let us break Their chains
and cast away Their cords."

4 The One enthroned in heaven laughs;
the Lord taunts them.

5 Then He rebukes them in His anger,
and terrifies them in His fury:

6 "I have installed My King on Zion,
upon My holy mountain."

7 I will proclaim the decree
spoken to Me by Yahweh:

"You are My Son,
today I have become Your Father."

8 Ask Me, and I will make the nations Your
inheritance,
the ends of the earth Your possession.

9 You will break them with an iron scepter;
You will shatter them like pottery."

■ PS 2:1 [PROPHECY] The hostility of kings and rulers against the Messiah foreordained → ACTS 4:25-28 p.-

■ PS 2:1 [QUOTED] Quoted in the New Testament → ACTS 4:25-26 p.-

■ PS 2:1 [NOTE] THE FIRST PRAYER MEETING IN ACTS.

When Peter and John were threatened, the church quoted these verses about Herod and Pilate, Acts 4:25 to 28.

■ PS 2:2 [PROPHECY] He would be the Anointed One →

JN 1:41; ACTS 2:36 p.-

■ PS 2:6 [PROPHECY] He would bear the title of King →

MT 2:2 p.-

■ PS 2:7 [PROPHECY] Declared to be the Beloved Son of

God → MT 3:17; ROM 1:4; HEB 1:5; HEB 5:5; 2PE 1:17 p.-

■ PS 2:7 [PROPHECY] The crucifixion and resurrection

foreshadowed → ACTS 13:29-33 p.-

■ PS 2:7 [ALLUDED TO] The New Testament refers to this

→ MT 3:17 p.-

■ PS 2:7 [ALLUDED TO] The New Testament refers to this

→ MT 17:5 p.-

■ PS 2:7 [ALLUDED TO] The New Testament refers to this

→ MK 1:11 p.-

■ PS 2:7 [ALLUDED TO] The New Testament refers to this

→ MK 9:7 p.-

■ PS 2:7 [ALLUDED TO] The New Testament refers to this

→ LK 3:22 p.-

■ PS 2:7 [QUOTED] Quoted in the New Testament → ACTS

13:33 p.-

■ PS 2:7 [QUOTED] Quoted in the New Testament → HEB

1:5a p.-

■ PS 2:7 [QUOTED] Quoted in the New Testament → HEB

5:5 p.-

■ PS 2:7 [QUOTED] Quoted in the New Testament → 2PE

1:17 p.-

■ PS 2:7 [MESSIAH SPEAKING] Red letters here mean the King, the Anointed One of 2:2, is speaking, and then God's own decree. Acts 13:33 and Hebrews 1:5 apply it to Jesus. Many Jewish readers see a king of David's line being crowned.

■ PS 2:7 [NOTE] TODAY I HAVE BECOME YOUR FATHER.

Kings in the ancient world were often called a god's son on their crowning day. Paul said God fulfilled this when He raised Jesus from the dead, Acts 13:33.

■ PS 2:8 [PROPHECY] He would rule the nations with a rod

of iron → STILL TO COME

■ PS 2:9 [QUOTED] Quoted in the New Testament → REV 2:27 p.-

MESSIANIC PROPHECIES BLOODLINE OF CHRIST

- ¹⁰ Therefore be wise, O kings;
be admonished, O judges of the earth.
- ¹¹ Serve Yahweh with fear,
and rejoice with trembling.
- ¹² Kiss the Son, lest He be angry
and you perish in your rebellion,
when His wrath ignites in an instant.

Blessed are all who take refuge in Him.

3

PSALM 3 IN 30 SECONDS

David is running from his own son Absalom. Enemies everywhere, but he still sleeps like a baby. God has his back.

DELIVER ME, O YAHWEH! // 2 SAMUEL 15:13-29
A Psalm of David, when he fled from his son Absalom.

- ¹ O Yahweh, how my foes have increased!
How many rise up against me!
- ² Many say of me,
“God will not deliver him.”

Selah

- ³ But You, O Yahweh, are a shield around
me,
my glory, and the One who lifts my
head.

- ⁴ To Yahweh I cry aloud,
and He answers me from His holy
mountain.

Selah

- ⁵ I lie down and sleep;
I wake again, for Yahweh sustains me.

- ⁶ I will not fear the myriads
set against me on every side.

- ⁷ Arise, O Yahweh!
Save me, O my God!

Strike all my enemies on the jaw;
break the teeth of the wicked.

■ PS 2:9 [ALLUDED TO] The New Testament refers to this
→ REV 12:5 p.--

■ PS 2:9 [ALLUDED TO] The New Testament refers to this
→ REV 19:15 p.--

■ PS 2:12 [PROPHECY] Eternal life through faith in Him →
JN 20:31 p.--

■ PS 2:12 [TEXT] KISS THE SON. The word for son here is
bar, the Aramaic word, not the usual Hebrew ben. Be-
cause of that, some translate do homage in purity or kiss
his feet. Many Bibles, like this one, say Kiss the Son.

■ PS 3:1 [NOTE] THE TITLES. Most psalms start with a
short title, like this one. In Hebrew Bibles the title is
counted as verse 1, so verse numbers in a Hebrew Bible
are often one ahead. See Who Wrote the Psalms?

■ PS 3:1 [NOTE] ABSALOM. David's son led a revolt and
drove his father out of Jerusalem, 2 Samuel 15 to 18.

■ PS 3:2 [NOTE] SELAH. Nobody knows for sure what it
means. See the Big Question What Does Selah Mean?

- ⁸ Salvation belongs to Yahweh;
may Your blessing be on Your people.

Selah

DEBATED THE BIG QUESTION

WHO WROTE THE PSALMS?

Seven Names and Many Unnamed

PSALM 3:1 · 72:20 · 90:1 · 2 SAMUEL 23:1

THE NAMES IN THE TITLES

David 73 psalms. Asaph 12, the sons of
Korah 11, Solomon 2, Moses 1, Heman 1,
Ethan 1. About 50 have no name.

DAVID THE SINGER

David played the lyre for Saul, 1 Samuel
16:23, and is called the sweet psalmist
of Israel, 2 Samuel 23:1. He set up the
temple singers, 1 Chronicles 25.

OF DAVID

The Hebrew word *le* can mean by David,
for David, or about David. Most read it
as by David.

STORIES IN THE TITLES

Thirteen titles tie the psalm to a scene in
David's life, like Psalm 3, when he fled
from Absalom, and Psalm 51, after
Bathsheba.

Are the Titles Original?

MARK 12:36 · ACTS 2:25 · ACTS 4:25 · HEBREWS 4:7

VIEW 1: THE TITLES ARE TRUE

Jews and Christians have long trusted
the titles. Jesus said David himself,
speaking by the Holy Spirit, wrote Psalm
110, Mark 12:36. Peter says David wrote
Psalm 16, Acts 2:25. The titles are in the
Hebrew text and in the Dead Sea Scrolls.

VIEW 2: OLD BUT ADDED

Many scholars think the titles were
added later by editors, maybe as a li-
brary label, and may not always name
the writer.

VIEW 3: LATE PSALMS

Many critical scholars date many psalms
after the exile, judging by their language.
Some say a psalm of David could mean
a psalm in David's style.

THE GREEK ADDS MORE

The Greek Old Testament gives David
more titles than the Hebrew, and the
New Testament names David for Psalm
2, Acts 4:25, and Psalm 95, Hebrews
4:7, which have no title in Hebrew.

OLD TESTAMENT QUOTED IN THE NEW **BLOODLINE OF CHRIST****WHAT ALL SIDES AGREE ON**

Psalms was written by many people over hundreds of years, and David stands at the center of it.

4

PSALM 4 IN 30 SECONDS

An evening prayer. Others want more stuff; David has joy and lies down in peace.

ANSWER ME WHEN I CALL!

For the choirmaster. With stringed instruments. A Psalm of David.

- ¹ Answer me when I call,
O God of my righteousness!
You have relieved my distress;
show me grace and hear my prayer.
- ² How long, O men, will my honor be maligned?
How long will you love vanity and seek after lies?
Selah
- ³ Know that Yahweh has set apart the godly for Himself;
Yahweh hears when I call to Him.
- ⁴ *Be angry, yet do not sin;
on your bed, search your heart and be still.*
Selah
- ⁵ Offer the sacrifices of the righteous and trust in Yahweh.
- ⁶ Many ask, "Who can show us the good?"
Shine the light of Your face upon us, O Yahweh.
- ⁷ You have filled my heart with more joy than when grain and new wine abound.
- ⁸ I will lie down and sleep in peace,
for You alone, O Yahweh, make me dwell in safety.

5

PSALM 5 IN 30 SECONDS

A morning prayer. David lays out his case and waits for God like a kid waiting for the mail.

GIVE EAR TO MY WORDS

For the choirmaster, to be accompanied by flutes. A Psalm of David.

- ¹ Give ear to my words, O Yahweh;
consider my groaning.
- ² Attend to the sound of my cry,
my King and my God,
for to You I pray.
- ³ In the morning, O Yahweh, You hear my voice;
at daybreak I lay my plea before You and wait in expectation.
- ⁴ For You are not a God who delights in wickedness;
no evil can dwell with You.
- ⁵ The boastful cannot stand in Your presence;
You hate all workers of iniquity.
- ⁶ You destroy those who tell lies;
Yahweh abhors the man of bloodshed and deceit.
- ⁷ But I will enter Your house
by the abundance of Your loving devotion;
in reverence I will bow down toward Your holy temple.
- ⁸ Lead me, O Yahweh, in Your righteousness
because of my enemies;
make straight Your way before me.
- ⁹ *For not a word they speak can be trusted;
destruction lies within them.
Their throats are open graves;
their tongues practice deceit.*
- ¹⁰ Declare them guilty, O God;
let them fall by their own devices.
Drive them out for their many transgressions,
for they have rebelled against You.
- ¹¹ But let all who take refuge in You rejoice;
let them ever shout for joy.
May You shelter them,
that those who love Your name may rejoice in You.
- ¹² For surely You, O Yahweh, bless the righteous;

■ **PS 4:1 [NOTE]** FOR THE CHOIRMASTER. Fifty five psalms have this note. It may mean these songs belonged to the temple music leader's collection.

■ **PS 4:4 [QUOTED]** Quoted in the New Testament → Eph 4:26 p.-

■ **PS 5:9 [QUOTED]** Quoted in the New Testament → Rom 3:13a p.-

THE HEART BLOODLINE OF CHRIST

You surround them with the shield of
Your favor.

6

PSALM 6 IN 30 SECONDS

*David is sick and crying so hard his bed floats.
Then he knows God heard him.*

DO NOT REBUKE ME IN YOUR ANGER // PSALM
38:1-22

*For the choirmaster. With stringed instruments,
according to Sheminith. A Psalm of
David.*

- ¹ O Yahweh, do not rebuke me in Your
anger
or discipline me in Your wrath.
- ² Be merciful to me, O Yahweh, for I am
frail;
heal me, O Yahweh, for my bones are in
agony.
- ³ My soul is deeply distressed.
How long, O Yahweh, how long?
- ⁴ Turn, O Yahweh, and deliver my soul;
save me because of Your loving devo-
tion.
- ⁵ For there is no mention of You in death;
who can praise You from Sheol?
- ⁶ I am weary from groaning;
all night I flood my bed with weeping
and drench my couch with tears.
- ⁷ My eyes fail from grief;
they grow dim because of all my foes.
- ⁸ Depart from me, all you workers of iniq-
uity,
for Yahweh has heard my weeping.
- ⁹ Yahweh has heard my cry for mercy;
Yahweh accepts my prayer.
- ¹⁰ All my enemies will be ashamed and dis-
mayed;
they will turn back in sudden disgrace.

7

PSALM 7 IN 30 SECONDS

*Someone named Cush is lying about David. Judge
me, God. Liars fall into their own pits.*

- **PS 6:1 [NOTE]** SHEMINITH may mean on the eighth, maybe an eight string instrument or a low octave. Many musical words in the titles are now a mystery.
- **PS 6:8 [ALLUDED TO]** The New Testament refers to this → MT 7:23 p.--
- **PS 6:8 [ALLUDED TO]** The New Testament refers to this → LK 13:27 p.--

I TAKE REFUGE IN YOU

*A Shiggaion of David, which he sang to Yah-
weh concerning the words of Cush, a Ben-
jamite.*

- ¹ O Yahweh my God, I take refuge in You;
save me and deliver me from all my pur-
suers,
 - ² or they will shred my soul like a lion
and tear me to pieces with no one to
rescue me.
 - ³ O Yahweh my God, if I have done this,
if injustice is on my hands,
 - ⁴ if I have rewarded my ally with evil,
if I have plundered my foe without
cause,
 - ⁵ then may my enemy pursue me and
overtake me;
may he trample me to the ground
and leave my honor in the dust.
- Selah*
- ⁶ Arise, O Yahweh, in Your anger;
rise up against the fury of my enemies.
Awake, my God, and ordain judgment.
 - ⁷ Let the assembled peoples gather
around You;
take Your seat over them on high.
 - ⁸ Yahweh judges the peoples;
vindicate me, O Yahweh,
according to my righteousness and in-
tegrity.
 - ⁹ Put an end to the evil of the wicked,
but establish the righteous,
O righteous God who searches hearts
and minds.
 - ¹⁰ My shield is with God,
who saves the upright in heart.
 - ¹¹ God is a righteous judge
and a God who feels indignation each
day.
 - ¹² If one does not repent,
God will sharpen His sword;
He has bent and strung His bow.
 - ¹³ He has prepared His deadly weapons;
He ordains His arrows with fire.
 - ¹⁴ Behold, the wicked man travails with
evil;

- **PS 7:1 [NOTE]** SHIGGAION. Maybe a wild, emotional song. The word shows up only here and in Habakkuk 3:1.
- **PS 7:9 [HEART]** The righteous God tests hearts and minds.

MESSIANIC PROPHECIES

END TIMES PROPHECIES

THE HEART

OLD TESTAMENT QUOTED IN THE NEW

BLOODLINE OF CHRIST

he conceives trouble and births falsehood.

¹⁵ He has dug a hole and hollowed it out; he has fallen into a pit of his own making.

¹⁶ His trouble recoils on himself, and his violence falls on his own head.

¹⁷ I will thank Yahweh for His righteousness and sing praise to the name of Yahweh Most High.

8

PSALM 8 IN 30 SECONDS

Look at the stars. Who are we that God even notices us? Yet He crowned us with glory.

HOW MAJESTIC IS YOUR NAME!

For the choirmaster. According to Gittith. A Psalm of David.

¹ O Yahweh, our Lord, how majestic is Your name in all the earth!

You have set Your glory above the heavens.

² *From the mouths of children and infants You have ordained praise on account of Your adversaries, to silence the enemy and avenger.*

³ When I behold Your heavens, the work of Your fingers, the moon and the stars, which You have set in place—

⁴ *what is man that You are mindful of him, or the son of man that You care for him?*

⁵ *You made him a little lower than the angels; You crowned him with glory and honor.*

⁶ *You made him ruler of the works of Your hands;*

■ PS 8:2 [PROPHECY] From the mouths of infants He would perfect His praise → MT 21:16 p.~

■ PS 8:2 [QUOTED] Quoted in the New Testament → MT 21:16 p.~

■ PS 8:2 [NOTE] OUT OF THE MOUTHS OF BABES. Jesus quoted this when children shouted Hosanna in the temple and the leaders got angry, Matthew 21:16.

■ PS 8:4 [PROPHECY] The son of man God cares for → HEB 2:6-9 p.~

■ PS 8:4 [QUOTED] Quoted in the New Testament → HEB 2:6-8 p.~

■ PS 8:5 [PROPHECY] His humiliation followed by exaltation → HEB 2:6-9 p.~

■ PS 8:5 [TEXT] ANGELS. The Hebrew word is *elohim*, which usually means God. The Greek Old Testament says angels, and Hebrews 2:7 quotes it that way about Jesus. Some Bibles say a little lower than God.

You have placed everything under his feet:

⁷ all sheep and oxen, and even the beasts of the field, ⁸ the birds of the air and the fish of the sea, all that swim the paths of the seas.

⁹ O Yahweh, our Lord, how majestic is Your name in all the earth!

9

PSALM 9 IN 30 SECONDS

Thanks for beating the bad guys. God never forgets the poor.

I WILL GIVE THANKS TO YAHWEH

For the choirmaster. To the tune of "The Death of the Son." A Psalm of David.

¹ I will give thanks to Yahweh with all my heart;

I will recount all Your wonders.

² I will be glad and rejoice in You; I will sing praise to Your name, O Most High.

³ When my enemies retreat, they stumble and perish before You.

⁴ For You have upheld my just cause; You sit on Your throne judging righteously.

⁵ You have rebuked the nations; You have destroyed the wicked; You have erased their name forever and ever.

⁶ The enemy has come to eternal ruin, and You have uprooted their cities; the very memory of them has vanished.

⁷ But Yahweh abides forever; He has established His throne for judgment.

⁸ He judges the world with justice; He governs the people with equity.

■ PS 8:6 [QUOTED] Quoted in the New Testament → 1CO 15:25-27 p.~

■ PS 8:6 [ALLUDED TO] The New Testament refers to this → EPH 1:22 p.~

■ PS 9:1 [HEART] I will give thanks to the Lord with all my heart.

■ PS 9:1 [NOTE] AN A TO Z. Psalms 9 and 10 together start most verses or pairs of verses with the next letter of the Hebrew alphabet, but some letters are missing. The Greek Old Testament counts 9 and 10 as one psalm, so its psalm numbers are usually one behind.

■ PS 9:7 [PROPHECY] He would judge the world in righteousness → STILL TO COME

END TIMES PROPHECIES OLD TESTAMENT QUOTED IN THE NEW

⁹Yahweh is a refuge for the oppressed,
a stronghold in times of trouble.

¹⁰Those who know Your name trust in
You,
for You, O Yahweh, have not forsaken
those who seek You.

¹¹Sing praises to Yahweh, who dwells in
Zion;
proclaim His deeds among the nations.

¹²For the Avenger of bloodshed remem-
bers;
He does not ignore the cry of the af-
flicted.

¹³Be merciful to me, O Yahweh;
see how my enemies afflict me!
Lift me up from the gates of death,

¹⁴that I may declare all Your praises—
that within the gates of Daughter Zion
I may rejoice in Your salvation.

¹⁵The nations have fallen into a pit of their
making;
their feet are caught in the net they have
hidden.

¹⁶Yahweh is known by the justice He
brings;
the wicked are ensnared by the work of
their hands.

Higgaion Selah

¹⁷The wicked will return to Sheol—
all the nations who forget God.

¹⁸For the needy will not always be forgot-
ten;
nor the hope of the oppressed forever
dashed.

¹⁹Rise up, O Yahweh, do not let man pre-
vail;
let the nations be judged in Your pres-
ence.

²⁰Lay terror upon them, O Yahweh;
let the nations know they are but men.

Selah

10

PSALM 10 IN 30 SECONDS

*Why does God seem far away while the wicked
get away with it? He sees, and He will act.*

THE PERILS OF THE PILGRIM

¹Why, O Yahweh, do You stand far off?

Why do You hide in times of trouble?

²In pride the wicked pursue the needy;
let them be caught in the schemes they
devise.

³For the wicked man boasts in the crav-
ings of his heart;
he blesses the greedy and reviles Yah-
weh.

⁴In his pride the wicked man does not
seek Him;
in all his schemes there is no God.

⁵He is secure in his ways at all times;
Your lofty judgments are far from him;
he sneers at all his foes.

⁶He says to himself, "I will not be moved;
from age to age I am free of distress."

⁷*His mouth is full of cursing, deceit, and vio-
lence;
trouble and malice are under his tongue.*

⁸He lies in wait near the villages;
in ambush he slays the innocent;
his eyes watch in stealth for the help-
less.

⁹He lies in wait like a lion in a thicket;
he lurks to seize the oppressed;
he catches the lowly in his net.

¹⁰They are crushed and beaten down;
the helpless fall prey to his strength.

¹¹He says to himself, "God has forgotten;
He hides His face and never sees."

¹²Arise, O Yahweh! Lift up Your hand, O
God!
Do not forget the helpless.

¹³Why has the wicked man renounced
God?
He says to himself, "You will never call
me to account."

¹⁴But You have regarded trouble and grief;
You see to repay it by Your hand.

The victim entrusts himself to You;
You are the helper of the fatherless.

¹⁵Break the arm of the wicked and evil-
doer;
call him to account for his wickedness
until none is left to be found.

¹⁶Yahweh is King forever and ever;
the nations perish from His land.

GOD SPEAKING BLOODLINE OF CHRIST

¹⁷ You have heard, O Yahweh, the desire of the humble;

You will strengthen their hearts.

You will incline Your ear,

¹⁸ to vindicate the fatherless and oppressed,
that the men of the earth
may strike terror no more.

11

PSALM 11 IN 30 SECONDS

Friends say, Run for the hills! David says, I trust Yahweh. He is still on His throne.

IN YAHWEH I TAKE REFUGE // HABAKKUK 1:12–17
For the choirmaster. Of David.

¹ In Yahweh I take refuge.

How then can you say to me:

"Flee like a bird to your mountain!

² For behold, the wicked bend their bows.

They set their arrow on the string
to shoot from the shadows at the upright in heart.

³ If the foundations are destroyed,
what can the righteous do?"

⁴ Yahweh is in His holy temple;
Yahweh is on His heavenly throne.
His eyes are watching closely;
they examine the sons of men.

⁵ Yahweh tests the righteous and the wicked;
His soul hates the lover of violence.

⁶ On the wicked He will rain down fiery coals and sulfur;
a scorching wind will be their portion.

⁷ For Yahweh is righteous; He loves justice.
The upright will see His face.

12

PSALM 12 IN 30 SECONDS

Everybody lies and flatters. God's words are pure like silver refined seven times.

THE GODLY ARE NO MORE

For the choirmaster. According to Sheminith. A Psalm of David.

¹ Help, O Yahweh, for the godly are no more;

the faithful have vanished from among men.

² They lie to one another;
they speak with flattering lips and a double heart.

³ May Yahweh cut off all flattering lips and every boastful tongue.

⁴ They say, "With our tongues we will prevail.

We own our lips—who can be our master?"

⁵ "For the cause of the oppressed and for the groaning of the needy, I will now arise," says Yahweh.
"I will bring safety to him who yearns."

⁶ The words of Yahweh are flawless,
like silver refined in a furnace,
like gold purified sevenfold.

⁷ You, O Yahweh, will keep us;
You will forever guard us from this generation.

⁸ The wicked wander freely,
and vileness is exalted among men.

13

PSALM 13 IN 30 SECONDS

How long, God? Four times in two verses. Then David decides to trust anyway.

HOW LONG, O YAHWEH?

For the choirmaster. A Psalm of David.

¹ How long, O Yahweh?

Will You forget me forever?

How long will You hide Your face from me?

² How long must I wrestle in my soul,
with sorrow in my heart each day?
How long will my enemy dominate me?

³ Consider me and respond, O Yahweh my God.

Give light to my eyes, lest I sleep in death,

⁴ lest my enemy say, "I have overcome him,"
and my foes rejoice when I fall.

⁵ But I have trusted in Your loving devotion;
my heart will rejoice in Your salvation.

⁶ I will sing to Yahweh,

THE HEART DEMONIC OLD TESTAMENT QUOTED IN THE NEW BLOODLINE OF CHRIST

for He has been good to me.

14

PSALM 14 IN 30 SECONDS

Only a fool says in his heart there is no God. No-body is good, not even one.

THE FOOL SAYS THERE IS NO GOD // PSALM 53:1-6; ISAIAH 59:1-17; ROMANS 3:9-20
 For the choirmaster. Of David.

¹ The fool says in his heart,
 "There is no God."

*They are corrupt; their acts are vile.
 There is no one who does good.*

² Yahweh looks down from heaven
 upon the sons of men
 to see if any understand,
 if any seek God.

³ All have turned away,
 they have together become corrupt;
 there is no one who does good,
 not even one.

⁴ Will the workers of iniquity never learn?

They devour my people like bread;
 they refuse to call upon Yahweh.

⁵ There they are, overwhelmed with dread,
 for God is in the company of the right-
 eous.

⁶ You sinners frustrate the plans of the op-
 pressed,
 yet Yahweh is their shelter.

⁷ Oh, that the salvation of Israel would
 come from Zion!

When Yahweh restores His captive peo-
 ple,
 let Jacob rejoice, let Israel be glad!

15

PSALM 15 IN 30 SECONDS

Who may live with God? The person who is hon-est, keeps promises and does not take bribes.

■ PS 14:1 [HEART] The fool says in his heart, There is no God. Unbelief starts in the heart before it reaches the mouth.

■ PS 14:1 [QUOTED] Quoted in the New Testament → ROM 3:10-12 p. 7

■ PS 14:1 [NOTE] THE FOOL. In the Bible a fool is not someone with a low IQ. It is someone who lives as if God does not matter. Paul quotes 14:1 to 3 in Romans 3:10 to 12: no one is righteous, not even one.

WHO MAY DWELL ON YOUR HOLY MOUNTAIN?

A Psalm of David.

¹ O Yahweh, who may abide in Your tent?
 Who may dwell on Your holy mountain?

² He who walks with integrity
 and practices righteousness,
 who speaks the truth from his heart,

³ who has no slander on his tongue,
 who does no harm to his neighbor,
 who casts no scorn on his friend,

⁴ who despises the vile
 but honors those who fear Yahweh,
 who does not revise a costly oath,

⁵ who lends his money without interest
 and refuses a bribe against the inno-
 cent.

He who does these things
 will never be shaken.

16

PSALM 16 IN 30 SECONDS

You are my Lord and my best thing. The grave will not hold Your Holy One. Peter preached this on Pentecost.

THE PRESENCE OF YAHWEH // ACTS 2:14-36
 A Miktam of David.

¹ Preserve me, O God,
 for in You I take refuge.

² I said to Yahweh, "You are my Lord;
 apart from You I have no good thing."

³ As for the saints in the land,
 they are the excellence
 in whom all my delight resides.

⁴ Sorrows will multiply
 to those who chase other gods.

I will not pour out their libations of blood,
 or speak their names with my lips.

⁵ Yahweh is my chosen portion and my
 cup;
 You have made my lot secure.

⁶ The lines of my boundary have fallen in
 pleasant places;
 surely my inheritance is delightful.

⁷ I will bless Yahweh who counsels me;
 even at night my conscience instructs
 me.

■ PS 15:2 [HEART] The one who may dwell with God speaks truth from his heart.

■ PS 16:4 [DEMONIC] Sorrows multiply for those who chase other gods

MESSIANIC PROPHECIES MESSIANIC FORESHADOW OLD TESTAMENT QUOTED IN THE NEW GOD SPEAKING

BLOODLINE OF CHRIST

8 *I have set Yahweh always before me.**Because He is at my right hand, I will not be shaken.***9** *Therefore my heart is glad and my tongue rejoices;**my body also will dwell securely.***10** *For You will not abandon my soul to Sheol, nor will You let Your Holy One see decay.***11** *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.*

17

PSALM 17 IN 30 SECONDS

Keep me as the apple of Your eye. Hide me in the shadow of Your wings.

HEAR MY RIGHTEOUS PLEA

*A prayer of David.***1** Hear, O Yahweh, my righteous plea; listen to my cry.Give ear to my prayer—
it comes from lips free of deceit.**2** May my vindication come from Your presence;
may Your eyes see what is right.**3** You have tried my heart;
You have visited me in the night.
You have tested me and found no evil;
I have resolved not to sin with my mouth.**4** As for the deeds of men—
by the word of Your lips
I have avoided the ways of the violent.**5** My steps have held to Your paths;
my feet have not slipped.**6** I call on You, O God,
for You will answer me.

Incline Your ear to me;

■ **PS 16:8 [PROPHECY]** The Holy One sets Yahweh always before Him and will not be shaken → ACTS 2:25 p.~■ **PS 16:8 [QUOTED]** Quoted in the New Testament → ACTS 2:25-28 p.~■ **PS 16:8 [MESSIAH SPEAKING]** Red letters here mean the Messiah is speaking. Peter said David was a prophet who saw ahead and spoke about the resurrection of Christ, Acts 2:25 to 31, and Paul said the same, Acts 13:35. Many Jewish readers hear David speaking about himself.■ **PS 16:9 [PROPHECY]** He would rise from the dead → JN 20:9 p.~■ **PS 16:10 [PROPHECY]** His body would not see corruption (decay) in the tomb → ACTS 2:31; 13:35 p.~■ **PS 16:10 [QUOTED]** Quoted in the New Testament → ACTS 13:35 p.~■ **PS 16:10 [NOTE]** SHEOL is the place of the dead. David died and was buried, Peter said, and his tomb is still here, but Jesus' body did not rot, Acts 2:29 to 31.

hear my words.

7 Show the wonders of Your loving devotion,You who save by Your right hand
those who seek refuge from their foes.**8** Keep me as the apple of Your eye;
hide me in the shadow of Your wings**9** from the wicked who assail me,
from my mortal enemies who surround me.**10** They have closed their callous hearts;
their mouths speak with arrogance.**11** They have tracked us down, and now surround us;
their eyes are set to cast us to the ground,**12** like a lion greedy for prey,
like a young lion lurking in ambush.**13** Arise, O Yahweh, confront them!Bring them to their knees;
deliver me from the wicked by Your sword,**14** from such men, O Yahweh, by Your hand—

from men of the world

whose portion is in this life.

May You fill the bellies of Your treasured ones and satisfy their sons,
so they leave their abundance to their children.**15** As for me, I will behold Your face in righteousness;
when I awake, I will be satisfied in Your presence.

18

PSALM 18 IN 30 SECONDS

David's big victory song: my Rock, my fortress, my deliverer. It is also in 2 Samuel 22.

YAHWEH IS MY ROCK // 2 SAMUEL 22:1-51

*For the choirmaster. Of David the servant of Yahweh, who sang this song to Yahweh on the day Yahweh had delivered him from the hand of all his enemies and from the hand of Saul. He said:***1** I love You, O Yahweh, my strength.■ **PS 17:15 [PROPHECY]** The resurrection foreshadowed in David's hope of awakening → LK 24:6 · MEDIUM p.~■ **PS 18:1 [NOTE]** THE SAME SONG TWICE. This psalm is almost word for word 2 Samuel 22. See the note there.

MESSIANIC PROPHECIES

²Yahweh is my rock, my fortress, and my deliverer.

My God is my rock, in whom I take refuge,

my shield, and the horn of my salvation, my stronghold.

³I will call upon Yahweh, who is worthy to be praised;
so shall I be saved from my enemies.

⁴The cords of death encompassed me;
the torrents of chaos overwhelmed me.

⁵The cords of Sheol entangled me;
the snares of death confronted me.

⁶In my distress I called upon Yahweh;
I cried to my God for help.

From His temple He heard my voice,
and my cry for His help reached His ears.

⁷Then the earth shook and quaked,
and the foundations of the mountains trembled;
they were shaken because He burned with anger.

⁸Smoke rose from His nostrils,
and consuming fire came from His mouth;
glowing coals blazed forth.

⁹He parted the heavens and came down
with dark clouds beneath His feet.

¹⁰He mounted a cherub and flew;
He soared on the wings of the wind.

¹¹He made darkness His hiding place,
and storm clouds a canopy around Him.

¹²From the brightness of His presence
His clouds advanced—
hailstones and coals of fire.

¹³Yahweh thundered from heaven;
the voice of the Most High resounded—
hailstones and coals of fire.

¹⁴He shot His arrows and scattered the foes;
He hurled lightning and routed them.

¹⁵The channels of the sea appeared,
and the foundations of the world were exposed,
at Your rebuke, O Yahweh,

at the blast of the breath of Your nostrils.

¹⁶He reached down from on high and took hold of me;

He drew me out of deep waters.

¹⁷He rescued me from my powerful enemy,
from foes too mighty for me.

¹⁸They confronted me in my day of calamity,
but Yahweh was my support.

¹⁹He brought me out into the open;
He rescued me because He delighted in me.

²⁰Yahweh has rewarded me according to my righteousness;
He has repaid me according to the cleanness of my hands.

²¹For I have kept the ways of Yahweh
and have not wickedly departed from my God.

²²For all His ordinances are before me;
I have not disregarded His statutes.

²³And I have been blameless before Him
and kept myself from iniquity.

²⁴So Yahweh has repaid me according to my righteousness,
according to the cleanness of my hands
in His sight.

²⁵To the faithful You show Yourself faithful,
to the blameless You show Yourself blameless;

²⁶to the pure You show Yourself pure,
but to the crooked You show Yourself shrewd.

²⁷For You save an afflicted people,
but You humble those with haughty eyes.

²⁸For You, O Yahweh, light my lamp;
my God lights up my darkness.

²⁹For in You I can charge an army,
and with my God I can scale a wall.

³⁰As for God, His way is perfect;
the word of Yahweh is flawless.
He is a shield to all who take refuge in Him.

³¹For who is God besides Yahweh?
And who is the Rock except our God?

■ PS 18:2 [PROPHECY] A horn of salvation raised up for His people → LK 1:69-71 · MEDIUM p.~

■ PS 18:2 [NOTE] ROCK. David uses the word rock for God again and again. He spent years hiding in rocky hills from Saul, and the rocks kept him alive.

MESSIANIC PROPHECIES OLD TESTAMENT QUOTED IN THE NEW BLOODLINE OF CHRIST

- 32 It is God who arms me with strength
and makes my way clear.
- 33 He makes my feet like those of a deer
and stations me upon the heights.
- 34 He trains my hands for battle;
my arms can bend a bow of bronze.
- 35 You have given me Your shield of salva-
tion;
Your right hand upholds me,
and Your gentleness exalts me.
- 36 You broaden the path beneath me
so that my ankles do not give way.
- 37 I pursued my enemies and overtook
them;
I did not turn back until they were con-
sumed.
- 38 I crushed them so they could not rise;
they have fallen under my feet.
- 39 You have armed me with strength for
battle;
You have subdued my foes beneath me.
- 40 You have made my enemies retreat be-
fore me;
I destroyed those who hated me.
- 41 They cried for help, but there was no
one to save them—
to Yahweh, but He did not answer.
- 42 I ground them as dust in the face of the
wind;
I trampled them like mud in the streets.
- 43 You have delivered me from the strife of
the people;
You have made me the head of nations;
a people I had not known shall serve
me.
- 44 When they hear me, they obey me;
foreigners cower before me.
- 45 Foreigners lose heart
and come trembling from their strong-
holds.
- 46 Yahweh lives, and blessed be my Rock!
And may the God of my salvation be
exalted—
- 47 the God who avenges me
and subdues nations beneath me,
48 who delivers me from my enemies.
- You exalt me above my foes;
You rescue me from violent men.

49 *Therefore I will praise You, O Yahweh,
among the nations;
I will sing praises to Your name.*

50 *Great salvation He brings to His king.
He shows loving devotion to His
anointed,
to David and his descendants forever.*

19

PSALM 19 IN 30 SECONDS

*The skies preach about God without a word. His
law is sweeter than honey.*

THE HEAVENS DECLARE THE GLORY OF GOD
For the choirmaster. A Psalm of David.

- 1 The heavens declare the glory of God;
the skies proclaim the work of His
hands.
- 2 Day after day they pour forth speech;
night after night they reveal knowledge.
- 3 Without speech or language,
without a sound to be heard,
4 *their voice has gone out into all the earth,
their words to the ends of the world.*
- In the heavens He has pitched
a tent for the sun.*
- 5 Like a bridegroom emerging from his
chamber,
like a champion rejoicing to run his
course,
- 6 it rises at one end of the heavens
and runs its circuit to the other;
nothing is deprived of its warmth.
- 7 The Law of Yahweh is perfect,
reviving the soul;
the testimony of Yahweh is trustworthy,
making wise the simple.
- 8 The precepts of Yahweh are right,
bringing joy to the heart;
the commandments of Yahweh are radi-
ant,
giving light to the eyes.

■ PS 18:49 [PROPHECY] The king would praise God
among the nations → ROM 15:9 p.~

■ PS 18:49 [QUOTED] Quoted in the New Testament →
ROM 15:9 p.~

■ PS 18:50 [PROPHECY] 'He gives great deliverance to His
king' → Matt 1:1 p.~

■ PS 19:1 [NOTE] TWO BOOKS. Verses 1 to 6 are God's
book of nature; verses 7 to 11 are God's book, the Law.
Both tell you about Him. Paul quotes 19:4 in Romans
10:18.

■ PS 19:4 [QUOTED] Quoted in the New Testament → ROM
10:18 p.~

THE HEART ARCHAEOLOGY BLOODLINE OF CHRIST

- ⁹ The fear of Yahweh is pure,
enduring forever;
the judgments of Yahweh are true,
being altogether righteous.
- ¹⁰ They are more precious than gold,
than much pure gold;
they are sweeter than honey,
than honey from the comb.
- ¹¹ By them indeed Your servant is warned;
in keeping them is great reward.
- ¹² Who can discern his own errors?
Cleanse me from my hidden faults.
- ¹³ Keep Your servant also from willful sins;
may they not rule over me.
Then I will be blameless
and cleansed of great transgression.
- ¹⁴ May the words of my mouth
and the meditation of my heart
be pleasing in Your sight,
O Yahweh, my Rock and my Redeemer.

20

PSALM 20 IN 30 SECONDS

A prayer for the king before battle. Some trust in chariots, but we trust in Yahweh.

THE DAY OF TROUBLE

For the choirmaster. A Psalm of David.

- ¹ May Yahweh answer you in the day of
trouble;
may the name of the God of Jacob protect you.
- ² May He send you help from the sanctuary
and sustain you from Zion.
- ³ May He remember all your gifts
and look favorably on your burnt offerings.
- ⁴ May He give you the desires of your heart
and make all your plans succeed.
- ⁵ May we shout for joy at your victory

Selah

- **PS 19:14 [HEART]** Let the words of my mouth and the meditation of my heart please You.
- **PS 19:14 [NOTE]** MOUTH AND HEART. Many pastors pray this verse before they preach.
- **PS 20:1 [ARCHAEOLOGY]** An Aramaic prayer written in Egyptian letters, 300s BC, sounds a lot like Psalm 20:1 to 5, see the Papyrus Amherst 63 Field Notes box → FIELD NOTES p.15
- **PS 20:1 [NOTE]** PAPYRUS AMHERST 63. An Egyptian papyrus has a prayer in Aramaic that sounds a lot like verses 1 to 5. See the Field Notes box after this psalm.

and raise a banner in the name of our God.

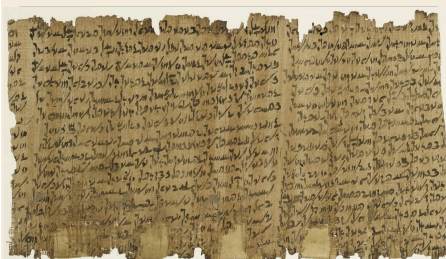
May Yahweh grant all your petitions.

- ⁶ Now I know that Yahweh saves His anointed;
He answers him from His holy heaven with the saving power of His right hand.
- ⁷ Some trust in chariots and others in horses,
but we trust in the name of Yahweh our God.
- ⁸ They collapse and fall,
but we rise up and stand firm.
- ⁹ O Yahweh, save the king.
Answer us on the day we call.

FIELD NOTES · ARCHAEOLOGY · CONFIDENCE: HIGH

PAPYRUS AMHERST 63

PSALM 20:1 TO 5



A piece of Papyrus Amherst 63, Aramaic written in Egyptian Demotic letters, about 300 BC. The Morgan Library and Museum, New York. Public domain.

WHAT IT IS

A long papyrus scroll, about 12 feet, from Egypt. It is written in Aramaic, but with Egyptian letters, the Demotic script. It holds prayers, hymns and stories of an Aramaic speaking group living in Egypt.

HOW OLD IT IS

Copied about 300 BC. The prayers in it may be older.

WHERE AND WHEN FOUND

Bought in Egypt in the 1800s, likely from Thebes. In 1944 a scholar saw that it was Aramaic in Egyptian letters, but it was not fully read until the 1980s.

WHAT IT SAYS

One prayer sounds a lot like Psalm 20:1 to 5: May the Lord answer us in our troubles; may He send help from His sanctuary and grant every wish of our heart. But it prays to the god Horus and

MESSIANIC PROPHECIES MESSIANIC FORESHADOW OLD TESTAMENT QUOTED IN THE NEW GOD SPEAKING

BLOODLINE OF CHRIST

names other gods too. One scholar reads Yaho, an old form of Yahweh, where others read Horus.

WHO BORROWED?

Scholars disagree. Some think both come from an older prayer. Others think a version of Psalm 20 was borrowed and changed by people who worshiped other gods.

WHAT IT DOES NOT PROVE

It does not show that Psalm 20 is pagan. It shows that a prayer like Psalm 20 was known outside Israel long ago.

21

PSALM 21 IN 30 SECONDS

The king won. Thank God. He gave the king what his heart wanted.

AFTER THE BATTLE // PROVERBS 21:1-31
For the choirmaster. A Psalm of David.

1 O Yahweh, the king rejoices in Your strength.

How greatly he exults in Your salvation!

2 You have granted his heart's desire and have not withheld the request of his lips.

Selah

3 For You welcomed him with rich blessings;
You placed on his head a crown of pure gold.

4 He asked You for life, and You granted it—
length of days, forever and ever.

5 Great is his glory in Your salvation;
You bestow on him splendor and majesty.

6 For You grant him blessings forever;
You cheer him with joy in Your presence.

7 For the king trusts in Yahweh;
through the loving devotion of the Most High,
he will not be shaken.

- PS 21:1 [PROPHECY] 'The king shall rejoice in Your strength, O Yahweh' → PHIL 2:9 · MEDIUM p.~
- PS 21:3 [PROPHECY] Crown of pure gold set on His head → REV 19:12 · MEDIUM p.~
- PS 21:4 [PROPHECY] 'Length of days forever and ever' → HEB 7:16 · MEDIUM p.~
- PS 21:5 [PROPHECY] 'Honor and majesty You have laid upon Him' → JN 17:5 · MEDIUM p.~

8 Your hand will apprehend all Your enemies;
Your right hand will seize those who hate You.

9 You will place them in a fiery furnace at the time of Your appearing.

In His wrath Yahweh will engulf them,
and the fire will consume them.

10 You will wipe their descendants from the earth,
and their offspring from the sons of men.

11 Though they intend You harm,
the schemes they devise will not prevail.

12 For You will put them to flight
when Your bow is trained upon them.

13 Be exalted, O Yahweh, in Your strength;
we will sing and praise Your power.

22

PSALM 22 IN 30 SECONDS

My God, my God, why have You forsaken me? Jesus prayed this from the cross. It ends in victory.

THE PSALM OF THE CROSS // MATTHEW 27:32-56;
MARK 15:21-41; LUKE 23:26-43; JOHN 19:16-30
For the choirmaster. To the tune of "The Doe of the Dawn." A Psalm of David.

1 My God, my God,
why have You forsaken me?
Why are You so far from saving me,
so far from my words of groaning?

2 I cry out by day, O my God,
but You do not answer,
and by night,
but I have no rest.

3 Yet You are holy,
enthroned on the praises of Israel.

4 In You our fathers trusted;

- PS 22:1 [PROPHECY] 'My God, My God, why have You forsaken Me?' spoken from the cross → MT 27:46; MK 15:34 p.~
- PS 22:1 [QUOTED] Quoted in the New Testament → MT 27:46 p.~
- PS 22:1 [QUOTED] Quoted in the New Testament → MK 15:34 p.~
- PS 22:1 [MESSIAH SPEAKING] Red letters here mean the Messiah is speaking. Jesus cried out the first line from the cross, Matthew 27:46 and Mark 15:34, and Hebrews 2:12 puts 22:22 in His mouth. Many Jewish readers hear David or suffering Israel. See Psalm 22 and the Cross.
- PS 22:1 [NOTE] THE DOE OF THE DAWN was probably the name of a tune, like a hymn tune in a church hymnal.
- PS 22:2 [PROPHECY] He would cry out day and night with no answer → MT 27:45 · MEDIUM p.~

MESSIANIC PROPHECIES OLD TESTAMENT QUOTED IN THE NEW GOD SPEAKING

they trusted and You delivered them.

⁵ They cried out to You and were set free;
they trusted in You and were not disappointed.

⁶ But I am a worm and not a man,
scorned by men and despised by the people.

⁷ All who see me mock me;
they sneer and shake their heads:

⁸ "He trusts in Yahweh,
let Yahweh deliver him;
let Yahweh rescue him,
since He delights in him."

⁹ Yet You brought me forth from the womb;
You made me secure at my mother's breast.

¹⁰ From birth I was cast upon You;
from my mother's womb You have been my God.

¹¹ Be not far from me,
for trouble is near
and there is no one to help.

¹² Many bulls surround me;
strong bulls of Bashan encircle me.

¹³ They open their jaws against me
like lions that roar and maul.

¹⁴ I am poured out like water,
and all my bones are disjointed.

My heart is like wax;
it melts away within me.

¹⁵ 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.

¹⁶ For dogs surround me;
a band of evil men encircles me;
they have pierced my hands and feet.

¹⁷ I can count all my bones;
they stare and gloat over me.

¹⁸ They divide my garments among them
and cast lots for my clothing.

¹⁹ But You, O Yahweh, be not far off;
O my Strength, come quickly to help me.

²⁰ Deliver my soul from the sword,
my precious life from the power of wild dogs.

²¹ Save me from the mouth of the lion;
at the horns of the wild oxen You have answered me!

²² I will proclaim Your name to my brothers;
I will praise You in the assembly.

²³ You who fear Yahweh, praise Him!
All descendants of Jacob, honor Him!
All offspring of Israel, revere Him!

²⁴ For He has not despised or detested
the torment of the afflicted.

He has not hidden His face from him,
but has attended to his cry for help.

■ PS 22:6 [PROPHECY] He would be scorned by men and despised by the people → MT 27:39-44; LK 23:35 · MEDIUM p.~

■ PS 22:7 [PROPHECY] Mockers shoot out the lip and shake the head at Him → MT 27:39-44 p.~

■ PS 22:7 [ALLUDED TO] The New Testament refers to this → MT 27:39 p.~

■ PS 22:7 [ALLUDED TO] The New Testament refers to this → MK 15:29 p.~

■ PS 22:7 [NOTE] SHAKE THEIR HEADS. People passing the cross did exactly this, Matthew 27:39.

■ PS 22:8 [PROPHECY] 'He trusted in God → MT 27:43 p.~

■ PS 22:8 [ALLUDED TO] The New Testament refers to this → MT 27:43 p.~

■ PS 22:8 [NOTE] THE MOCKERS' WORDS stay black. The chief priests said almost the same thing at the cross, Matthew 27:43.

■ PS 22:9 [PROPHECY] Cared for from birth → LK 2:7 · MEDIUM p.~

■ PS 22:12 [PROPHECY] His enemies surround Him seeking His death → JN 19:6 p.~

■ PS 22:14 [PROPHECY] His strength poured out like water and His bones out of joint → MK 15:37; JN 19:34 · MEDIUM p.~

■ PS 22:14 [PROPHECY] He suffered agony at Calvary → MK 15:34-37 p.~

■ PS 22:15 [PROPHECY] He thirsted on the cross → JN 19:28 p.~

■ PS 22:16 [PROPHECY] They pierced His hands and feet → JN 20:25-27 p.~

■ PS 22:16 [TEXT] PIERCED. Most Hebrew copies read like a lion, ka'ari: like a lion, my hands and feet. The Greek Old Testament reads they dug or pierced, and a Dead Sea Scroll from Nahal Hever, 5/6HevPs, seems to read a verb, ka'aru. Many Bibles say pierced.

■ PS 22:16 [NOTE] DOGS. In Jesus' day, Jews sometimes called Gentiles dogs, Matthew 15:26. Roman soldiers, who were Gentiles, nailed Jesus to the cross. He showed His hands and feet afterward, Luke 24:39 and John 20:25.

■ PS 22:17 [PROPHECY] Stripped and stared at by His persecutors → LK 23:34-35 p.~

■ PS 22:18 [PROPHECY] His garments divided, lots cast for His clothing → JN 19:23-24 p.~

■ PS 22:18 [ALLUDED TO] The New Testament refers to this → MT 27:35 p.~

■ PS 22:18 [ALLUDED TO] The New Testament refers to this → MK 15:24 p.~

■ PS 22:18 [ALLUDED TO] The New Testament refers to this → LK 23:34 p.~

■ PS 22:18 [QUOTED] Quoted in the New Testament → JN 19:24 p.~

■ PS 22:18 [NOTE] CASTING LOTS. John says the soldiers did this so the Scripture would be fulfilled, John 19:23 to 24.

■ PS 22:20 [PROPHECY] He cried for rescue from the sword and the wild dogs → HEB 5:7 · MEDIUM p.~

■ PS 22:22 [PROPHECY] His resurrection declared to His brethren → HEB 2:12; JN 20:17 p.~

■ PS 22:22 [QUOTED] Quoted in the New Testament → HEB 2:12 p.~

MESSIANIC PROPHECIES MESSIANIC FORESHADOW END TIMES PROPHECIES GOD SPEAKING BLOODLINE OF CHRIST

25 My praise for You resounds in the great assembly;
I will fulfill my vows before those who fear You.

26 The poor will eat and be satisfied;
those who seek Yahweh will praise Him.
May your hearts live forever!

27 All the ends of the earth
will remember and turn to Yahweh.
All the families of the nations
will bow down before Him.

28 For dominion belongs to Yahweh
and He rules over the nations.

29 All the rich of the earth will feast and worship;
all who go down to the dust will kneel before Him—
even those unable to preserve their lives.

30 Posterity will serve Him;
they will declare the Lord to a new generation.

31 They will come and proclaim His righteousness
to a people yet unborn—
all that He has done.

THE BIG QUESTION

PSALM 22 AND THE CROSS

A Psalm Written Ahead

PSALM 22 · MATTHEW 27:35 TO 46 · JOHN 19:23 TO 37 · HEBREWS 2:12

THE CRY

Jesus prayed the first line on the cross in Aramaic, Eloi, Eloi, lema sabachthani? Mark 15:34. Many believe Jewish listeners would have recalled the whole psalm from its first line.

FROM PAIN TO PRAISE

Verses 1 to 21 are a cry of a man dying. Verses 22 to 31 turn to praise and to the nations coming to God. The cross was not the end.

BEFORE CRUCIFIXION

David wrote about 1000 BC. The Per-

- PS 22:24 [PROPHECY] God heard the cry of the afflicted one and did not hide His face → HEB 5:7 · MEDIUM p.–
- PS 22:27 [PROPHECY] He would govern the nations → STILL TO COME · MEDIUM
- PS 22:31 [PROPHECY] His declaration: 'It is finished' → JN 19:30; HEB 10:12, 14, 18 · MEDIUM p.–
- PS 22:31 [NOTE] HE HAS DONE IT. Some hear an echo in Jesus' last words, It is finished, John 19:30. The psalm that starts with forsaken ends with a victory told to people not yet born.

sians and later the Romans made crucifixion common, many centuries later.

WHAT JESUS SAID

Everything written about Me in the Law of Moses, the Prophets and the Psalms must be fulfilled, Luke 24:44.

Line by Line

ISAIAH 53 · LUKE 24:44

22:1

Forsaken. Matthew 27:46.

22:7 TO 8

Mocked, shaking heads, Let God rescue him. Matthew 27:39 to 43.

22:14 TO 15

Bones out of joint, heart like wax, thirsty. John 19:28.

22:16

Hands and feet pierced; see the TEXT note on 22:16. John 20:25.

22:17

They stare at me; I can count all my bones. Luke 23:35.

22:18

Dividing his clothes and casting lots. John 19:23 to 24.

22:22

I will proclaim Your name to my brothers. Hebrews 2:12 says Jesus says this.

VIEW 1: PROPHECY

Christians read it as a prophecy of the Messiah's suffering. David, a prophet, Acts 2:30, wrote more than he knew.

VIEW 2: DAVID'S OWN PAIN

Many Jewish readers hear David, or suffering Israel. Many Christians say both: David's real pain became a pattern that Jesus filled full.

WHAT ALL SIDES AGREE ON

The Gospel writers saw Psalm 22 all over the crucifixion, and Jesus Himself chose its words.

23

PSALM 23 IN 30 SECONDS

Yahweh is my Shepherd. Green grass, still water, a dark valley and a full cup. The most loved psalm.

YAHWEH IS MY SHEPHERD // EZEKIEL 34:11–24; JOHN 10:1–21

A Psalm of David.

1Yahweh is my shepherd;

MESSIANIC FORESHADOW

THE HEART

OLD TESTAMENT QUOTED IN THE NEW

NOTABLE

BLOODLINE OF CHRIST

I shall not want.

² He makes me lie down in green pastures;
He leads me beside quiet waters.

³ He restores my soul;
He guides me in the paths of righteousness
for the sake of His name.

⁴ 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.

⁵ You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.

⁶ Surely goodness and mercy will follow
me
all the days of my life,
and I will dwell in the house of Yahweh
forever.

24

PSALM 24 IN 30 SECONDS

The earth is Yahweh's. Open the gates! The King of Glory is coming in.

THE EARTH IS YAHWEH'S

A Psalm of David.

- ¹ *The earth is Yahweh's, and the fullness thereof,
the world and all who dwell therein.*
- ² For He has founded it upon the seas
and established it upon the waters.
- ³ Who may ascend the hill of Yahweh?
Who may stand in His holy place?
- ⁴ He who has clean hands and a pure heart,

■ **PS 23:1 [PROPHECY]** The Good Shepherd who lays down His life → JN 10:11; 1PE 2:25 p.-

■ **PS 23:1 [NOTE]** SHEPHERD. David was a shepherd before he was a king, 1 Samuel 16:11. Jesus said, I am the good shepherd, John 10:11.

■ **PS 23:4 [NOTABLE]** God does not promise there will be no valley. He promises to walk through it with you.

■ **PS 23:4 [NOTE]** ROD AND STAFF. A shepherd's rod was a club to fight off wild animals; the staff was a long stick to guide the sheep.

■ **PS 23:5 [NOTE]** ANOINT MY HEAD WITH OIL. A good host poured oil on an honored guest's head. Here God is the host, and the enemies have to watch.

■ **PS 24:1 [QUOTED]** Quoted in the New Testament → 1CO 10:26 p.-

■ **PS 24:1 [NOTE]** THE EARTH IS YAHWEH'S. Paul quotes this to say Christians can eat food from the market, 1 Corinthians 10:26.

who does not lift up his soul to an idol
or swear deceitfully.

⁵ He will receive blessing from Yahweh
and vindication from the God of his salvation.

⁶ Such is the generation of those who
seek Him,
who seek Your face, O God of Jacob.

Selah

⁷ Lift up your heads, O gates!
Be lifted up, O ancient doors,
that the King of Glory may enter!

⁸ Who is this King of Glory?
Yahweh strong and mighty,
Yahweh mighty in battle.

⁹ Lift up your heads, O gates!
Be lifted up, O ancient doors,
that the King of Glory may enter!

¹⁰ Who is He, this King of Glory?
Yahweh of Hosts—
He is the King of Glory.

Selah

25

PSALM 25 IN 30 SECONDS

An A to Z prayer. Show me Your ways, forgive my sins, and guard me.

TO YOU I LIFT UP MY SOUL

Of David.

- ¹ To You, O Yahweh, I lift up my soul;
² in You, my God, I trust.
- Do not let me be put to shame;
do not let my enemies exult over me.
- ³ Surely none who wait for You will be put
to shame;
but those who engage in treachery
without cause will be disgraced.
- ⁴ Show me Your ways, O Yahweh;
teach me Your paths.
- ⁵ Guide me in Your truth and teach me,
for You are the God of my salvation;
all day long I wait for You.
- ⁶ Remember, O Yahweh, Your compassion
and loving devotion,
for they are from age to age.

■ **PS 24:4 [HEART]** Only those with clean hands and a pure heart may stand in God's holy place.

■ **PS 24:4 [DEMONIC]** Clean hands do not lift up the soul to an idol

■ **PS 25:1 [NOTE]** AN A TO Z. Each verse starts with the next Hebrew letter, a little off in a few places. It made the psalm easy to remember.

NOTABLE | BLOODLINE OF CHRIST

- ⁷Remember not the sins of my youth,
nor my rebellious acts;
remember me according to Your loving
devotion,
because of Your goodness, O Yahweh.
- ⁸Good and upright is Yahweh;
therefore He shows sinners the way.
- ⁹He guides the humble in what is right
and teaches them His way.
- ¹⁰All Yahweh's ways are loving and faithful
to those who keep His covenant and His
decrees.
- ¹¹For the sake of Your name, O Yahweh,
forgive my iniquity, for it is great.
- ¹²Who is the man who fears Yahweh?
He will instruct him in the path chosen
for him.
- ¹³His soul will dwell in prosperity,
and his descendants will inherit the
land.
- ¹⁴Yahweh confides in those who fear Him,
and reveals His covenant to them.
- ¹⁵My eyes are always on Yahweh,
for He will free my feet from the mesh.
- ¹⁶Turn to me and be gracious,
for I am lonely and afflicted.
- ¹⁷The troubles of my heart increase;
free me from my distress.
- ¹⁸Consider my affliction and trouble,
and take away all my sins.
- ¹⁹Consider my enemies, for they are
many,
and they hate me with vicious hatred.
- ²⁰Guard my soul and deliver me;
let me not be put to shame,
for I take refuge in You.
- ²¹May integrity and uprightness preserve
me,
because I wait for You.
- ²²Redeem Israel, O God,
from all its distress.

26

PSALM 26 IN 30 SECONDS

*David asks God to check his life. I have not hung
out with liars.*

VINDICATE ME, O YAHWEH

Of David.

¹Vindicate me, O Yahweh!

- For I have walked with integrity;
I have trusted in Yahweh without waver-
ing.
- ²Test me, O Yahweh, and try me;
examine my heart and mind.
- ³For Your loving devotion is before my
eyes,
and I have walked in Your truth.
- ⁴I do not sit with deceitful men,
nor keep company with hypocrites.
- ⁵I hate the mob of evildoers,
and refuse to sit with the wicked.
- ⁶I wash my hands in innocence
that I may go about Your altar, O Yah-
weh,
- ⁷to raise my voice in thanksgiving
and declare all Your wonderful works.
- ⁸O Yahweh, I love the house where You
dwell,
the place where Your glory resides.
- ⁹Do not take my soul away with sinners,
or my life with men of bloodshed,
- ¹⁰in whose hands are wicked schemes,
whose right hands are full of bribes.
- ¹¹But I will walk with integrity;
redeem me and be merciful to me.
- ¹²My feet stand on level ground;
in the congregations I will bless Yahweh.

27

PSALM 27 IN 30 SECONDS

*Yahweh is my light. Whom shall I fear? One thing I
ask: to live in His house.*

YAHWEH IS MY SALVATION

Of David.

**¹Yahweh is my light and my salvation—
whom shall I fear?**

**Yahweh is the stronghold of my life—
whom shall I dread?**

- ²When the wicked came upon me to de-
vour my flesh,
my enemies and foes stumbled and fell.
- ³Though an army encamps around me,
my heart will not fear;
though a war breaks out against me,
I will keep my trust.

■ PS 27:1 [NOTABLE] Fear shrinks when you remember
how big God is.

BLOODLINE OF CHRIST

- ⁴ One thing I have asked of Yahweh;
this is what I desire:
to dwell in the house of Yahweh
all the days of my life,
to gaze on the beauty of Yahweh
and seek Him in His temple.
- ⁵ For in the day of trouble
He will hide me in His shelter;
He will conceal me under the cover of His
tent;
He will set me high upon a rock.
- ⁶ Then my head will be held high
above my enemies around me.
At His tabernacle I will offer sacrifices
with shouts of joy;
I will sing and make music to Yahweh.
- ⁷ Hear, O Yahweh, my voice when I call;
be merciful and answer me.
- ⁸ My heart said, "Seek His face."
Your face, O Yahweh, I will seek.
- ⁹ Hide not Your face from me,
nor turn away Your servant in anger.
You have been my helper;
do not leave me or forsake me,
O God of my salvation.
- ¹⁰ Though my father and mother forsake
me,
Yahweh will receive me.
- ¹¹ Teach me Your way, O Yahweh,
and lead me on a level path,
because of my oppressors.
- ¹² Do not hand me over to the will of my
foes,
for false witnesses rise up against me,
breathing out violence.
- ¹³ Still I am certain to see
the goodness of Yahweh
in the land of the living.
- ¹⁴ Wait patiently for Yahweh;
be strong and courageous.

Wait patiently for Yahweh!

28

PSALM 28 IN 30 SECONDS

Hear me, God, or I am done for. Then: He heard me! My heart jumps for joy.

YAHWEH IS MY STRENGTH

Of David.

- ¹ To You, O Yahweh, I call;

- be not deaf to me, O my Rock.
For if You remain silent,
I will be like those descending to the Pit.
- ² Hear my cry for mercy
when I call to You for help,
when I lift up my hands
toward Your holy sanctuary.
- ³ Do not drag me away with the wicked,
and with the workers of iniquity,
who speak peace to their neighbors
while malice is in their hearts.
- ⁴ Repay them according to their deeds
and for their works of evil.
Repay them for what their hands have
done;
bring back on them what they deserve.
- ⁵ Since they show no regard for the works
of Yahweh
or what His hands have done,
He will tear them down
and never rebuild them.
- ⁶ Blessed be Yahweh,
for He has heard my cry for mercy.
- ⁷ Yahweh is my strength and my shield;
my heart trusts in Him, and I am helped.
Therefore my heart rejoices,
and I give thanks to Him with my song.
- ⁸ Yahweh is the strength of His people,
a stronghold of salvation for His
anointed.
- ⁹ Save Your people and bless Your inheri-
tance;
shepherd them and carry them forever.

29

PSALM 29 IN 30 SECONDS

God's voice in a thunderstorm breaks cedars and shakes the desert. Then He gives peace.

ASCRIBE GLORY TO YAHWEH

A Psalm of David.

- ¹ Ascribe to Yahweh, O heavenly beings,
ascribe to Yahweh glory and strength.
- ² Ascribe to Yahweh the glory due His
name;
worship Yahweh in the splendor of His
holiness.

■ **PS 29:1 [NOTE] SEVEN THUNDERS.** The voice of Yahweh shows up seven times in this psalm, like seven claps of thunder. Many think it answers the Canaanite storm god Baal: the real Lord of the storm is Yahweh.

MESSIANIC PROPHECIES OLD TESTAMENT QUOTED IN THE NEW

NOTABLE BLOODLINE OF CHRIST

- ³ The voice of Yahweh is over the waters;
the God of glory thunders;
Yahweh is heard over many waters.
- ⁴ The voice of Yahweh is powerful;
the voice of Yahweh is majestic.
- ⁵ The voice of Yahweh breaks the cedars;
Yahweh shatters the cedars of Lebanon.
- ⁶ He makes Lebanon skip like a calf,
and Sirion like a young wild ox.
- ⁷ The voice of Yahweh
strikes with flames of fire.
- ⁸ The voice of Yahweh shakes the wilder-
ness;
Yahweh shakes the Wilderness of
Kadesh.
- ⁹ The voice of Yahweh twists the oaks
and strips the forests bare.
And in His temple all cry, "Glory!"
- ¹⁰ Yahweh sits enthroned over the flood;
Yahweh is enthroned as King forever.
- ¹¹ Yahweh gives His people strength;
Yahweh blesses His people with peace.

30

PSALM 30 IN 30 SECONDS

You turned my crying into dancing. Weeping may stay the night, but joy comes in the morning.

YOU TURNED MY MOURNING INTO DANCING

A Psalm. A song for the dedication of the temple. Of David.

- ¹ I will exalt You, O Yahweh,
for You have lifted me up
and have not allowed my foes
to rejoice over me.
- ² O Yahweh my God, I cried to You for
help,
and You healed me.
- ³ O Yahweh, You pulled me up from Sheol;
You spared me from descending into
the Pit.
- ⁴ Sing to Yahweh, O you His saints,
and praise His holy name.
- ⁵ For His anger is fleeting,
but His favor lasts a lifetime.
Weeping may stay the night,
but joy comes in the morning.

- PS 30:3 [PROPHECY] Resurrection from the grave fore-
shadowed → ACTS 2:32 · MEDIUM p.~
- PS 30:5 [NOTABLE] Hard nights do not last forever. Hang
on until morning.

- ⁶ In prosperity I said,
"I will never be shaken."
- ⁷ O Yahweh, You favored me;
You made my mountain stand strong.
When You hid Your face,
I was dismayed.
- ⁸ To You, O Yahweh, I called,
and I begged my Lord for mercy:
- ⁹ "What gain is there in my bloodshed,
in my descent to the Pit?
Will the dust praise You?
Will it proclaim Your faithfulness?"
- ¹⁰ Hear me, O Yahweh, and have mercy;
O Yahweh, be my helper."
- ¹¹ You turned my mourning into dancing;
You peeled off my sackcloth and
clothed me with joy,
- ¹² that my heart may sing Your praises and
not be silent.
O Yahweh my God, I will give thanks for-
ever.

31

PSALM 31 IN 30 SECONDS

Into Your hands I commit my spirit. Jesus used these words on the cross.

INTO YOUR HANDS I COMMIT MY SPIRIT // LUKE

23:44–49

For the choirmaster. A Psalm of David.

- ¹ In You, O Yahweh, I have taken refuge;
let me never be put to shame;
save me by Your righteousness.
- ² Incline Your ear to me;
come quickly to my rescue.
Be my rock of refuge,
the stronghold of my deliverance.
- ³ For You are my rock and my fortress;
lead me and guide me for the sake of
Your name.
- ⁴ You free me from the net laid out for me,
for You are my refuge.
- ⁵ Into Your hands I commit my spirit;
You have redeemed me, O Yahweh, God of
truth.

- PS 31:5 [PROPHECY] 'Into Your hands I commit My spirit'
→ LK 23:46 p.~
- PS 31:5 [QUOTED] Quoted in the New Testament → LK
23:46 p.~
- PS 31:5 [NOTE] JESUS' LAST WORDS. Into Your hands I
commit My spirit, Luke 23:46. Jesus borrowed David's
prayer, so here it stays black. In Luke it is red.

MESSIANIC PROPHECIES DEMONIC OLD TESTAMENT QUOTED IN THE NEW BLOODLINE OF CHRIST

⁶ I hate those who cling to worthless idols,
but in Yahweh I trust.

⁷ I will be glad and rejoice in Your loving devotion,
for You have seen my affliction;
You have known the anguish of my soul.

⁸ You have not delivered me to the enemy;
You have set my feet in the open.

⁹ Be merciful to me, O Yahweh,
for I am in distress;
my eyes fail from sorrow,
my soul and body as well.

¹⁰ For my life is consumed with grief
and my years with groaning;
my iniquity has drained my strength,
and my bones are wasting away.

¹¹ Among all my enemies I am a disgrace,
and among my neighbors even more.
I am dreaded by my friends—
they flee when they see me on the street.

¹² I am forgotten like a dead man, out of mind.
I am like a broken vessel.

¹³ For I hear the slander of many;
there is terror on every side.
They conspire against me
and plot to take my life.

¹⁴ But I trust in You, O Yahweh;
I say, "You are my God."

¹⁵ My times are in Your hands;
deliver me from my enemies
and from those who pursue me.

¹⁶ Make Your face shine on Your servant;
save me by Your loving devotion.

¹⁷ O Yahweh, let me not be ashamed,
for I have called on You.
Let the wicked be put to shame;
let them lie silent in Sheol.

¹⁸ May lying lips be silenced—
lips that speak with arrogance against
the righteous,
full of pride and contempt.

¹⁹ How great is Your goodness

which You have laid up for those who
fear You,
which You have bestowed before the sons
of men
on those who take refuge in You!
²⁰ You hide them in the secret place of
Your presence
from the schemes of men.
You conceal them in Your shelter
from accusing tongues.

²¹ Blessed be Yahweh,
for He has shown me His loving devo-
tion
in a city under siege.

²² In my alarm I said,
"I am cut off from Your sight!"
But You heard my plea for mercy
when I called to You for help.

²³ Love Yahweh, all His saints.
Yahweh preserves the faithful,
but fully repays the arrogant.

²⁴ Be strong and courageous,
all you who hope in Yahweh.

32

PSALM 32 IN 30 SECONDS

Hiding sin made David sick. Confessing it made him free. Happy is the forgiven man.

THE JOY OF FORGIVENESS // ROMANS 4:1-12
Of David. A Maskil.

¹ Blessed is he whose transgressions are for-
given,
whose sins are covered.

² Blessed is the man
whose iniquity Yahweh does not count
against him,
in whose spirit there is no deceit.

³ When I kept silent, my bones became
brittle
from my groaning all day long.

⁴ For day and night
Your hand was heavy upon me;
my strength was drained
as in the summer heat.

Selah

■ PS 31:6 [DEMONIC] David hates clinging to worthless idols

■ PS 31:11 [PROPHECY] His acquaintances fled from Him at His arrest → MK 14:50 p.-

■ PS 31:13 [PROPHECY] They took counsel together to put Him to death → MT 27:1; JN 11:53 p.-

■ PS 32:1 [QUOTED] Quoted in the New Testament → ROM 4:7-8 p.-

■ PS 32:1 [NOTE] MASKIL. Maybe a teaching song or a skillful song. Thirteen psalm titles use the word. Paul quotes 32:1 to 2 in Romans 4:7 to 8.

ARCHAEOLOGY

⁵ Then I acknowledged my sin to You
and did not hide my iniquity.
I said, "I will confess my transgressions to
Yahweh,"
and You forgave the guilt of my sin.

Selah

⁶ Therefore let all the godly pray to You
while You may be found.
Surely when great waters rise,
they will not come near.
⁷ You are my hiding place.
You protect me from trouble;
You surround me with songs of deliver-
ance.

Selah

⁸ I will instruct you and teach you the way
you should go;
I will give you counsel and watch over
you.
⁹ Do not be like the horse or mule,
which have no understanding;
they must be controlled with bit and bridle
to make them come to you.
¹⁰ Many are the sorrows of the wicked,
but loving devotion surrounds him who
trusts in Yahweh.
¹¹ Be glad in Yahweh and rejoice, O right-
eous ones;
shout for joy, all you upright in heart.

33

PSALM 33 IN 30 SECONDS

Sing a new song. God spoke and the world was made. Horses cannot save you.

PRAISE TO THE CREATOR // PSALM 148:1–14

¹ Rejoice in Yahweh, O righteous ones;
it is fitting for the upright to praise Him.

² Praise Yahweh with the harp;
make music to Him with ten strings.

³ Sing to Him a new song;
play skillfully with a shout of joy.

⁴ For the word of Yahweh is upright,
and all His work is trustworthy.

⁵ Yahweh loves righteousness and justice;

the earth is full of His loving devotion.

⁶ By the word of Yahweh the heavens
were made,
and all the stars by the breath of His
mouth.

⁷ He piles up the waters of the sea;
He puts the depths into storehouses.

⁸ Let all the earth fear Yahweh;
let all the people of the world revere
Him.

⁹ For He spoke, and it came to be;
He commanded, and it stood firm.

¹⁰ Yahweh frustrates the plans of the na-
tions;

He thwarts the devices of the peoples.

¹¹ The counsel of Yahweh stands forever,
the purposes of His heart to all genera-
tions.

¹² Blessed is the nation whose God is Yah-
weh,
the people He has chosen as His inheri-
tance!

¹³ Yahweh looks down from heaven;
He sees all the sons of men.

¹⁴ From His dwelling place He gazes
on all who inhabit the earth.

¹⁵ He shapes the hearts of each;
He considers all their works.

¹⁶ No king is saved by his vast army;
no warrior is delivered by his great
strength.

¹⁷ A horse is a vain hope for salvation;
even its great strength cannot save.

¹⁸ Surely the eyes of Yahweh are on those
who fear Him,
on those whose hope is in His loving
devotion

¹⁹ to deliver them from death
and keep them alive in famine.

²⁰ Our soul waits for Yahweh;
He is our help and our shield.

²¹ For our hearts rejoice in Him,
since we trust in His holy name.

²² May Your loving devotion rest on us, O
Yahweh,
as we put our hope in You.

■ PS 33:2 [ARCHAEOLOGY] Lyres about 2500 BC from the royal graves at Ur show the kind of instrument David played, see the Harps and Lyres Field Notes box → FIELD NOTES p.25

■ PS 33:2 [NOTE] TEN STRINGS. The lyre and harp were the guitars of David's day. See the Field Notes box Harps and Lyres after this psalm.

MIRACLES NOTABLE BLOODLINE OF CHRIST

FIELD NOTES · ARCHAEOLOGY · CONFIDENCE: HIGH

HARPS AND LYRES

PSALM 33:2 TO 3 · 150:3 TO 5 · 137:2 · 1 SAMUEL 16:23



The Queen's Lyre from the Royal Cemetery at Ur, about 2500 BC. The gold bull's head and the shell and stone inlay are ancient; the horns, wood and strings are modern. British Museum. Photo Osama Shukir Muhammed Amin, CC BY SA 4.0.

WHAT IT IS

One of the oldest stringed instruments ever found, a lyre from a royal grave at Ur in Iraq. Its sound box ends in a bull's head covered in gold.

HOW OLD IT IS

About 2500 BC, older than Abraham, who came from Ur of the Chaldeans, Genesis 11:31.

WHERE AND WHEN FOUND

Leonard Woolley dug it up in the Royal Cemetery of Ur in the 1920s. The wood had rotted away, so museum workers rebuilt the frame around the ancient pieces.

THE KINNOR

David's instrument, the kinnor, was a lyre, a small frame with strings, played while walking or sitting. Psalm 33:2 and 150:3 name it. The exiles hung theirs on the trees in Babylon, 137:2.

THE BAND IN PSALM 150

The ram's horn shofar, the harp and lyre, the drum or tambourine, strings, the flute, and two kinds of cymbals. Bronze cymbals have been found in digs in Israel.

SEE ALSO

Temple Music in 1 Chronicles, p.~, shows Assyrian lyre players, and The Beni Hasan Tomb Painting in Genesis, p.~, shows a man from Canaan carrying a lyre.

34

PSALM 34 IN 30 SECONDS

David acted crazy to escape a king. Taste and see that Yahweh is good. An A to Z psalm.

TASTE AND SEE THAT YAHWEH IS GOOD // 1

SAMUEL 21:8-15

Of David, when he pretended to be insane before Abimelech, so that the king drove him away.

- 1 I will bless Yahweh at all times;
His praise will always be on my lips.
- 2 My soul boasts in Yahweh;
let the oppressed hear and rejoice.
- 3 Magnify Yahweh with me;
let us exalt His name together.
- 4 I sought Yahweh, and He answered me;

He delivered me from all my fears.

- 5 Those who look to Him are radiant with joy;

their faces shall never be ashamed.

- 6 This poor man called out, and Yahweh heard him;

He saved him from all his troubles.

- 7 The angel of Yahweh encamps around those who fear Him, and he delivers them.

- 8 Taste and see that Yahweh is good; blessed is the man who takes refuge in Him!

- 9 Fear Yahweh, you His saints, for those who fear Him lack nothing.

- 10 Young lions go lacking and hungry,

■ PS 34:7 [MIRACLE] The angel of Yahweh encamps around those who fear Him

■ PS 34:8 [ALLUDED TO] The New Testament refers to this → 1PE 2:3 p.~

■ PS 34:8 [NOTABLE] Faith is not only something you think about. Try God for yourself.

■ PS 34:1 [TEXT] ABIMELECH. 1 Samuel 21:10 to 15 names the king of Gath Achish. Many think Abimelech was a royal title for Philistine kings, like Pharaoh in Egypt, Genesis 20:2 and 26:1.

MESSIANIC PROPHECIES THE HEART OLD TESTAMENT QUOTED IN THE NEW BLOODLINE OF CHRIST

but those who seek Yahweh lack no good thing.

¹¹ Come, children, listen to me;
I will teach you the fear of Yahweh.

¹² *Who is the man who delights in life,
who desires to see good days?*

¹³ *Keep your tongue from evil
and your lips from deceitful speech.*

¹⁴ *Turn away from evil and do good;
seek peace and pursue it.*

¹⁵ *The eyes of Yahweh are on the righteous,
and His ears are inclined to their cry.*

¹⁶ *But the face of Yahweh is against those who
do evil,
to wipe out all memory of them from the
earth.*

¹⁷ The righteous cry out, and Yahweh
hears;
He delivers them from all their troubles.

¹⁸ **Yahweh is near to the brokenhearted;
He saves the contrite in spirit.**

¹⁹ Many are the afflictions of the righteous,
but Yahweh delivers him from them all.

²⁰ **He protects all his bones;
not one of them will be broken.**

²¹ Evil will slay the wicked,
and the haters of the righteous will be
condemned.

²² Yahweh redeems His servants,
and none who take refuge in Him will be
condemned.

35

PSALM 35 IN 30 SECONDS

*Fight for me, God. People I prayed for are now
paying me back with evil.*

CONTENT WITH MY OPPONENTS, O YAHWEH
Of David.

¹ Contend with my opponents, O Yahweh;
fight against those who fight against
me.

² Take up Your shield and buckler;
arise and come to my aid.

■ **PS 34:12 [QUOTED]** Quoted in the New Testament → 1PE
3:10-12 p.~

■ **PS 34:18 [HEART]** The Lord is near the brokenhearted.

■ **PS 34:20 [PROPHECY]** Not a bone of His body would be
broken → JN 19:31-36 p.~

■ **PS 34:20 [QUOTED]** Quoted in the New Testament → JN
19:36 p.~

■ **PS 34:20 [NOTE]** NOT ONE BROKEN. John saw this
when the soldiers did not break Jesus' legs, John 19:36.

³ Draw the spear and javelin against my
pursuers;
say to my soul: "I am your salvation."

⁴ May those who seek my life
be disgraced and put to shame;
may those who plan to harm me
be driven back and confounded.

⁵ May they be like chaff in the wind,
as the angel of Yahweh drives them
away.

⁶ May their path be dark and slick,
as the angel of Yahweh pursues.

⁷ For without cause they laid their net for
me;
without reason they dug a pit for my
soul.

⁸ May ruin befall them by surprise;
may the net they hid ensnare them;
may they fall into the hazard they cre-
ated.

⁹ Then my soul will rejoice in Yahweh
and exult in His salvation.

¹⁰ All my bones will exclaim,
"Who is like You, O Yahweh,
who delivers the afflicted from the ag-
gressor,
the poor and needy from the robber?"

¹¹ **Hostile witnesses come forward;
they make charges I know nothing
about.**

¹² They repay me evil for good,
to the bereavement of my soul.

¹³ Yet when they were ill,
I put on sackcloth;
I humbled myself with fasting,
but my prayers returned unanswered.

¹⁴ I paced about
as for my friend or brother;
I was bowed down with grief,
like one mourning for his mother.

¹⁵ But when I stumbled, they assembled in
glee;
they gathered together against me.

Assailants I did not know
slandered me without ceasing.

¹⁶ Like godless jesters at a feast,

■ **PS 35:3 [NOTE]** STAYS BLACK. David asks God to say
this to him, but it is David's prayer, not words God is
quoted as saying.

■ **PS 35:11 [PROPHECY]** False witnesses rose up against
Him → MT 26:59 p.~

MESSIANIC PROPHECIES OLD TESTAMENT QUOTED IN THE NEW BLOODLINE OF CHRIST

they gnashed their teeth at me.

¹⁷ How long, O Lord, will You look on?
Rescue my soul from their ravages,
my precious life from these lions.

¹⁸ Then I will give You thanks in the great
assembly;
I will praise You among many people.

¹⁹ *Let not my enemies gloat over me without
cause,
nor those who hate me without reason wink
in malice.*

²⁰ For they do not speak peace,
but they devise deceitful schemes
against those who live quietly in the
land.

²¹ They gape at me and say,
"Aha, aha! Our eyes have seen!"

²² O Yahweh, You have seen it; be not
silent.
O Lord, be not far from me.

²³ Awake and rise to my defense,
to my cause, my God and my Lord!

²⁴ Vindicate me by Your righteousness, O
Yahweh my God,
and do not let them gloat over me.

²⁵ Let them not say in their hearts,
"Aha, just what we wanted!"

Let them not say,
"We have swallowed him up!"

²⁶ May those who gloat in my distress
be ashamed and confounded;
may those who exalt themselves over me
be clothed in shame and reproach.

²⁷ May those who favor my vindication
shout for joy and gladness;
may they always say, "Exalted be Yahweh
who delights in His servant's well-be-
ing."

²⁸ Then my tongue will proclaim Your
righteousness
and Your praises all day long.

36

PSALM 36 IN 30 SECONDS

*Sin whispers to the wicked. God's love reaches to
the skies. In Your light we see light.*

■ PS 35:19 [PROPHECY] He was hated without a cause →
JN 15:25 p.~

■ PS 35:19 [QUOTED] Quoted in the New Testament → JN
15:25 p.~

THE TRANSGRESSION OF THE WICKED

*For the choirmaster. A Psalm of David, the servant
of Yahweh.*

¹ *An oracle is in my heart
regarding the transgression of the wicked
man:*

*There is no fear of God
before his eyes.*

² For his eyes are too full of conceit
to detect or hate his own sin.

³ The words of his mouth are wicked and
deceitful;
he has ceased to be wise and well-do-
ing.

⁴ Even on his bed he plots wickedness;
he sets himself on a path that is not
good;
he fails to reject evil.

⁵ Your loving devotion, O Yahweh, reaches
to the heavens,
Your faithfulness to the clouds.

⁶ Your righteousness is like the highest
mountains;
Your judgments are like the deepest
sea.

O Yahweh, You preserve man and
beast.

⁷ How precious is Your loving devotion, O
God,
that the children of men take refuge
in the shadow of Your wings!

⁸ They feast on the abundance of Your
house,
and You give them drink from Your river
of delights.

⁹ For with You is the fountain of life;
in Your light we see light.

¹⁰ Extend Your loving devotion to those
who know You,
and Your righteousness to the upright in
heart.

¹¹ Let not the foot of the proud come
against me,
nor the hand of the wicked drive me
away.

¹² There the evildoers lie fallen,
thrown down and unable to rise.

■ PS 36:1 [QUOTED] Quoted in the New Testament → ROM
3:18 p.~

THE HEART BLOODLINE OF CHRIST

37

PSALM 37 IN 30 SECONDS

Do not fret about evil people. Delight in Yahweh, wait for Him, and the meek will inherit the earth.

DELIGHT YOURSELF IN YAHWEH // 1 KINGS 2:1-9

Of David.

¹Do not fret over those who do evil;
do not envy those who do wrong.

²For they wither quickly like grass
and wilt like tender plants.

³Trust in Yahweh and do good;
dwell in the land and cultivate faithfulness.

⁴Delight yourself in Yahweh,
and He will give you the desires of your heart.

⁵Commit your way to Yahweh;
trust in Him, and He will do it.

⁶He will bring forth your righteousness
like the dawn,
your justice like the noonday sun.

⁷Be still before Yahweh
and wait patiently for Him;
do not fret when men prosper in their
ways,
when they carry out wicked schemes.

⁸Refrain from anger and abandon wrath;
do not fret—it can only bring harm.

⁹For the evildoers will be cut off,
but those who hope in Yahweh will inherit the land.

¹⁰Yet a little while, and the wicked will be
no more;
though you look for them, they will not
be found.

¹¹But the meek will inherit the land
and delight in abundant prosperity.

¹²The wicked scheme against the righteous
and gnash their teeth at them,

¹³but the Lord laughs,
seeing that their day is coming.

¹⁴The wicked have drawn the sword

and bent the bow
to bring down the poor and needy,
to slay those whose ways are upright.

¹⁵But their swords will pierce their own
hearts,
and their bows will be broken.

¹⁶Better is the little of the righteous
than the abundance of many who are
wicked.

¹⁷For the arms of the wicked will be broken,
but Yahweh upholds the righteous.

¹⁸Yahweh knows the days of the blameless,
and their inheritance will last forever.

¹⁹In the time of evil they will not be
ashamed,
and in the days of famine they will be
satisfied.

²⁰But the wicked and enemies of Yahweh
will perish like the glory of the fields.
They will vanish;
like smoke they will fade away.

²¹The wicked borrow and do not repay,
but the righteous are gracious and giving.

²²Surely those He blesses will inherit the
land,
but the cursed will be destroyed.

²³The steps of a man are ordered by Yahweh
who takes delight in his journey.

²⁴Though he falls, he will not be overwhelmed,
for Yahweh is holding his hand.

²⁵I once was young and now am old,
yet never have I seen the righteous
abandoned
or their children begging for bread.

²⁶They are ever generous and quick to
lend,
and their children are a blessing.

²⁷Turn away from evil and do good,
so that you will abide forever.

²⁸For Yahweh loves justice
and will not forsake His saints.
They are preserved forever,

■ PS 37:4 [HEART] Delight in the Lord and He will give you the desires of your heart.

■ PS 37:11 [ALLUDED TO] The New Testament refers to this → MT 5:5 p.---

■ PS 37:11 [NOTE] THE MEEK. Jesus said, Blessed are the meek, for they will inherit the earth, Matthew 5:5.

MESSIANIC PROPHECIES BLOODLINE OF CHRIST

- but the offspring of the wicked will be cut off.
- ²⁹ The righteous will inherit the land and dwell in it forever.
- ³⁰ The mouth of the righteous man utters wisdom, and his tongue speaks justice.
- ³¹ The law of his God is in his heart; his steps do not falter.
- ³² Though the wicked lie in wait for the righteous, and seek to slay them,
- ³³ Yahweh will not leave them in their power or let them be condemned under judgment.
- ³⁴ Wait for Yahweh and keep His way, and He will raise you up to inherit the land.
- When the wicked are cut off, you will see it.
- ³⁵ I have seen a wicked, ruthless man flourishing like a well-rooted native tree,
- ³⁶ yet he passed away and was no more; though I searched, he could not be found.
- ³⁷ Consider the blameless and observe the upright, for posterity awaits the man of peace.
- ³⁸ But the transgressors will all be destroyed; the future of the wicked will be cut off.
- ³⁹ The salvation of the righteous is from Yahweh; He is their stronghold in time of trouble.
- ⁴⁰ Yahweh helps and delivers them; He rescues and saves them from the wicked, because they take refuge in Him.
- ¹ O Yahweh, do not rebuke me in Your anger or discipline me in Your wrath.
- ² For Your arrows have pierced me deeply, and Your hand has pressed down on me.
- ³ There is no soundness in my body because of Your anger; there is no rest in my bones because of my sin.
- ⁴ For my iniquities have overwhelmed me; they are a burden too heavy to bear.
- ⁵ My wounds are foul and festering because of my sinful folly.
- ⁶ I am bent and brought low; all day long I go about mourning.
- ⁷ For my loins are full of burning pain, and no soundness remains in my body.
- ⁸ I am numb and badly crushed; I groan in anguish of heart.
- ⁹ O Lord, my every desire is before You; my groaning is not hidden from You.
- ¹⁰ My heart pounds, my strength fails, and even the light of my eyes has faded.
- ¹¹ My beloved and friends shun my dis-ease, and my kinsmen stand at a distance.
- ¹² Those who seek my life lay snares; those who wish me harm speak destruction, plotting deceit all day long.
- ¹³ But like a deaf man, I do not hear; and like a mute man, I do not open my mouth.
- ¹⁴ I am like a man who cannot hear, whose mouth offers no reply.
- ¹⁵ I wait for You, O Yahweh; You will answer, O Lord my God.
- ¹⁶ For I said, "Let them not gloat over me—those who taunt me when my foot slips."
- ¹⁷ For I am ready to fall, and my pain is ever with me.
- ¹⁸ Yes, I confess my iniquity; I am troubled by my sin.
- ¹⁹ Many are my enemies without cause,

38

PSALM 38 IN 30 SECONDS

David is sick because of his sin, and his friends keep their distance. Hurry and help me, Lord.

DO NOT REBUKE ME IN YOUR ANGER // PSALM

6:1–10

A Psalm of David, for remembrance.

■ PS 38:11 [PROPHECY] His friends stood at a distance during His suffering → LK 23:49 · MEDIUM p.~

■ PS 38:12 [PROPHECY] He remained silent before His accusers → MT 27:12–14 p.~

MESSIANIC PROPHECIES OLD TESTAMENT QUOTED IN THE NEW GOD SPEAKING BLOODLINE OF CHRIST

and many hate me without reason.

²⁰ Those who repay my good with evil
attack me for pursuing the good.

²¹ Do not forsake me, O Yahweh;
be not far from me, O my God.

²² Come quickly to help me,
O Lord my Savior.

39

PSALM 39 IN 30 SECONDS

*Life is short, a breath. David tries to keep quiet,
but it bursts out of him.*

I WILL WATCH MY WAYS

For the choirmaster. For Jeduthun. A Psalm of David.

¹ I said, "I will watch my ways
so that I will not sin with my tongue;
I will guard my mouth with a muzzle
as long as the wicked are present."

² I was speechless and still;
I remained silent, even from speaking
good,
and my sorrow was stirred.

³ My heart grew hot within me;
as I mused, the fire burned.

Then I spoke with my tongue:

⁴ "Show me, O Yahweh, my end
and the measure of my days.
Let me know how fleeting my life is.

⁵ You, indeed, have made my days as
short as the width of a hand,
and my lifetime as nothing before You.
Truly each man at his best
exists as but a breath.

Selah

⁶ Surely every man goes about like a
phantom;
surely he bustles in vain;
he heaps up riches
not knowing who will haul them away.

⁷ And now, O Lord, for what do I wait?
My hope is in You.

⁸ Deliver me from all my transgressions;
do not make me the reproach of fools.

⁹ I have become mute;
I do not open my mouth

because of what You have done.

¹⁰ Remove Your scourge from me;
I am perishing by the force of Your
hand.

¹¹ You discipline and correct a man for his
iniquity,
consuming like a moth what he holds
dear;
surely each man is but a vapor.

Selah

¹² Hear my prayer, O Yahweh,
and give ear to my cry for help;
do not be deaf to my weeping.
For I am a foreigner dwelling with You,
a stranger like all my fathers.

¹³ Turn Your gaze away from me,
that I may again be cheered
before I depart and am no more."

40

PSALM 40 IN 30 SECONDS

*I waited for Yahweh. He pulled me out of the mud
and put a new song in my mouth.*

I WAITED PATIENTLY FOR YAHWEH // PSALM 70:1–
5; HEBREWS 10:1–18

For the choirmaster. A Psalm of David.

¹ I waited patiently for Yahweh;
He inclined to me and heard my cry.
² He lifted me up from the pit of despair,
out of the miry clay;
He set my feet upon a rock,
and made my footsteps firm.
³ 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 Yahweh.

⁴ Blessed is the man
who has made Yahweh his trust,
who has not turned to the proud,
nor to those who lapse into falsehood.

⁵ Many, O Yahweh my God,
are the wonders You have done,
and the plans You have for us—
none can compare to You—
if I proclaim and declare them,
they are more than I can count.

**⁶ Sacrifice and offering You did not desire,
but my ears You have opened.
Burnt offerings and sin offerings**

■ PS 39:5 [NOTE] THE WIDTH OF A HAND. In Hebrew it is a picture word for something only a few inches long. Life is short.

MESSIANIC PROPHECIES OLD TESTAMENT QUOTED IN THE NEW GOD SPEAKING BLOODLINE OF CHRIST

You did not require.

⁷ *Then I said, "Here I am, I have come—
it is written about me in the scroll."*

⁸ *I delight to do Your will, O my God;
Your law is within my heart."*

⁹ *I proclaim righteousness in the great as-
sembly;*

*behold, I do not seal my lips,
as You, O Yahweh, do know.*

¹⁰ *I have not covered up Your righteous-
ness in my heart;*

*I have declared Your faithfulness and
salvation;*

*I have not concealed Your loving devotion
and faithfulness
from the great assembly.*

¹¹ *O Yahweh, do not withhold Your mercy
from me;*

*Your loving devotion and faithfulness
will always guard me.*

¹² *For evils without number surround me;
my sins have overtaken me, so that I
cannot see.*

*They are more than the hairs of my head,
and my heart has failed within me.*

¹³ *Be pleased, O Yahweh, to deliver me;
hurry, O Yahweh, to help me.*

¹⁴ *May those who seek my life
be ashamed and confounded;
may those who wish me harm
be repelled and humiliated.*

¹⁵ *May those who say to me, "Aha, aha!"
be appalled at their own shame.*

¹⁶ *May all who seek You
rejoice and be glad in You;
may those who love Your salvation
always say, "Yahweh be magnified!"*

¹⁷ *But I am poor and needy;
may the Lord think of me.*

■ **PS 40:6 [PROPHECY]** His delight was to do the Father's will → JN 4:34; HEB 10:5-10; MK 14:36 p.-

■ **PS 40:6 [QUOTED]** Quoted in the New Testament → HEB 10:5-7 p.-

■ **PS 40:6 [QUOTED]** Quoted in the New Testament → HEB 10:8-9 p.-

■ **PS 40:6 [MESSIAH SPEAKING]** Red letters here mean the Messiah is speaking. Hebrews 10:5 to 7 says that when Christ came into the world, He said these words.

■ **PS 40:6 [TEXT]** A BODY. The Hebrew says my ears You have opened, or dug. The Greek Old Testament says a body You prepared for me, and Hebrews 10:5 quotes the Greek.

■ **PS 40:9 [PROPHECY]** He would preach righteousness publicly in Israel → MT 4:17 · MEDIUM p.-

You are my helper and deliverer;
O my God, do not delay.

41

PSALM 41 IN 30 SECONDS

Blessed is the one who cares for the poor. Even my close friend turned on me. Book One ends: Amen and Amen.

VICTORY OVER BETRAYAL // JOHN 13:18-30
For the choirmaster. A Psalm of David.

¹ *Blessed is the one who cares for the
poor;*

*Yahweh will deliver him in the day of
trouble.*

² *Yahweh will protect and preserve him;
He will bless him in the land
and refuse to give him over
to the will of his foes.*

³ *Yahweh will sustain him on his bed of ill-
ness
and restore him from his bed of sick-
ness.*

⁴ *I said, "O Yahweh, be gracious to me;
heal me, for I have sinned against You."*

⁵ *My enemies say with malice:
"When will he die and be forgotten?"*

⁶ *My visitor speaks falsehood;
he gathers slander in his heart;
he goes out and spreads it abroad.*

⁷ *All who hate me whisper against me;
they imagine the worst for me:*

⁸ *"A vile disease has been poured into him;
he will never get up from where he lies!"*

⁹ *Even my close friend whom I trusted,
the one who shared my bread,
has lifted up his heel against me.*

¹⁰ *But You, O Yahweh, be gracious to me
and raise me up,
that I may repay them.*

¹¹ *By this I know that You delight in me,
for my enemy does not triumph over
me.*

¹² *In my integrity You uphold me
and set me in Your presence forever.*

■ **PS 41:9 [PROPHECY]** Betrayed by a close friend who shared His table → JN 13:18; MK 14:43-45 p.-

■ **PS 41:9 [QUOTED]** Quoted in the New Testament → JN 13:18 p.-

■ **PS 41:9 [NOTE]** MY CLOSE FRIEND. Jesus quoted this about Judas, John 13:18. He left out the words whom I trusted.

¹³ Blessed be Yahweh, the God of Israel,
from everlasting to everlasting.

Amen and Amen.

BOOK II PSALMS 42 TO 72

42

PSALM 42 IN 30 SECONDS

*As a deer thirsts for water, my soul thirsts for God.
Why so downcast, my soul? Hope in God.*

AS THE DEER PANTS FOR THE WATER

For the choirmaster. A Maskil of the sons of Korah.

¹ As the deer pants for streams of water,
so my soul longs after You, O God.

² My soul thirsts for God, the living God.
When shall I come and appear in God's
presence?

³ My tears have been my food
both day and night,
while men ask me all day long,
"Where is your God?"

⁴ These things come to mind as I pour out
my soul:
how I walked with the multitude,
leading the festive procession to the
house of God
with shouts of joy and praise.

⁵ Why are you downcast, O my soul?
Why the unease within me?
Put your hope in God, for I will yet praise
Him
for the salvation of His presence.

⁶ O my God, my soul despairs within me.
Therefore I remember You
from the land of Jordan and the peaks of
Hermon—
even from Mount Mizar.

⁷ Deep calls to deep
in the roar of Your waterfalls;
all Your breakers and waves
have rolled over me.

■ **PS 41:13 [NOTE] AMEN AND AMEN.** Each of the five books of Psalms ends with a blessing like this: 41:13, 72:19, 89:52, 106:48, and all of Psalm 150.

■ **PS 42:1 [NOTE] THE SONS OF KORAH.** Korah rebelled against Moses and the earth swallowed him, but his sons did not die, Numbers 16:32 and 26:11. Their family became temple singers. Eleven psalms carry their name.

■ **PS 42:1 [NOTE] ONE SONG.** Psalms 42 and 43 share the same chorus, Why are you downcast, O my soul? Many think they were one psalm.

⁸ Yahweh decrees His loving devotion by
day,
and at night His song is with me
as a prayer to the God of my life.

⁹ I say to God my Rock,
"Why have You forgotten me?
Why must I walk in sorrow
because of the enemy's oppression?"

¹⁰ Like the crushing of my bones,
my enemies taunt me,
while they say to me all day long,
"Where is your God?"

¹¹ Why are you downcast, O my soul?
Why the unease within me?
Put your hope in God, for I will yet praise
Him,
my Savior and my God.

43

PSALM 43 IN 30 SECONDS

*Part two of the same song. Send Your light and
truth to lead me home.*

SEND OUT YOUR LIGHT

¹ Vindicate me, O God, and plead my case
against an ungodly nation;
deliver me from deceitful and unjust
men.

² For You are the God of my refuge.
Why have You rejected me?
Why must I walk in sorrow
because of the enemy's oppression?

³ Send out Your light and Your truth;
let them lead me.

Let them bring me to Your holy mountain
and to the place where You dwell.

⁴ Then I will go to the altar of God,
to God, my greatest joy.
I will praise You with the harp,
O God, my God.

⁵ Why are you downcast, O my soul?
Why the unease within me?
Put your hope in God, for I will yet praise
Him,
my Savior and my God.

■ **PS 42:7 [NOTE] DEEP CALLS TO DEEP.** The psalmist was near the Jordan and Mount Hermon, 42:6, where waterfalls roar.

THE HEART DEMONIC OLD TESTAMENT QUOTED IN THE NEW

44

PSALM 44 IN 30 SECONDS

We heard what God did for our fathers. So why are we losing? Wake up, Lord!

REDEEM US, O GOD // ROMANS 8:35-39

For the choirmaster. A Maskil of the sons of Korah.

- ¹We have heard with our ears, O God;
our fathers have told us
the work You did in their days,
in the days of old.
- ²With Your hand You drove out the nations
and planted our fathers there;
You crushed the peoples
and cast them out.
- ³For it was not by their sword that they
took the land;
their arm did not bring them victory.
It was by Your right hand,
Your arm, and the light of Your face,
because You favored them.
- ⁴You are my King, O God,
who ordains victories for Jacob.
- ⁵Through You we repel our foes;
through Your name we trample our enemies.
- ⁶For I do not trust in my bow,
nor does my sword save me.
- ⁷For You save us from our enemies;
You put those who hate us to shame.
- ⁸In God we have boasted all day long,
and Your name we will praise forever.
- Selah*
- ⁹But You have rejected and humbled us;
You no longer go forth with our armies.
- ¹⁰You have made us retreat from the foe,
and those who hate us have plundered us.
- ¹¹You have given us up as sheep to be devoured;
You have scattered us among the nations.
- ¹²You sell Your people for nothing;
no profit do You gain from their sale.
- ¹³You have made us a reproach to our neighbors,

a mockery and derision to those around us.

- ¹⁴You have made us a byword among the nations,
a laughingstock among the peoples.
- ¹⁵All day long my disgrace is before me,
and shame has covered my face,
- ¹⁶at the voice of the scorner and reviler,
because of the enemy, bent on revenge.
- ¹⁷All this has come upon us,
though we have not forgotten You
or betrayed Your covenant.
- ¹⁸Our hearts have not turned back;
our steps have not strayed from Your path.
- ¹⁹But You have crushed us in the lair of jackals;
You have covered us with deepest darkness.

²⁰If we had forgotten the name of our God
or spread out our hands to a foreign god,

²¹would not God have discovered,
since He knows the secrets of the heart?

- ²²Yet for Your sake we face death all day long;
we are considered as sheep to be slaughtered.
- ²³Wake up, O Lord! Why are You sleeping?
Arise! Do not reject us forever.
- ²⁴Why do You hide Your face
and forget our affliction and oppression?
- ²⁵For our soul has sunk to the dust;
our bodies cling to the earth.
- ²⁶Rise up; be our help!
Redeem us on account of Your loving devotion.

45

PSALM 45 IN 30 SECONDS

A royal wedding song. Your throne, O God, lasts forever. Hebrews applies it to Jesus.

- **PS 44:20 [DEMONIC]** God would know if we spread our hands to a foreign god.
- **PS 44:21 [HEART]** God knows the secrets of the heart. Nothing is hidden from Him.
- **PS 44:22 [QUOTED]** Quoted in the New Testament → ROM 8:36 p.~
- **PS 44:22 [NOTE]** SHEEP TO BE SLAUGHTERED. Paul quotes this in Romans 8:36, right before nothing can separate us from the love of God.

MESSIANIC PROPHECIES END TIMES PROPHECIES OLD TESTAMENT QUOTED IN THE NEW NOTABLE

MY HEART IS STIRRED BY A NOBLE THEME // 1

KINGS 3:1-15; 2 CHRONICLES 1:1-13; PSALM 72:1-20

For the choirmaster. To the tune of "The Lilies." A Maskil of the sons of Korah. A love song.

¹My heart is stirred by a noble theme
as I recite my verses to the king;
my tongue is the pen of a skillful writer.

²You are the most handsome of men;
grace has anointed your lips;
therefore God has blessed you forever.

³Strap your sword at your side, O mighty warrior;
appear in your majesty and splendor.

⁴In your splendor ride forth in victory
on behalf of truth and humility and justice;
may your right hand show your awesome deeds.

⁵Your arrows pierce the hearts of the king's foes;
the nations fall beneath your feet.

⁶Your throne, O God, endures forever and ever,
and justice is the scepter of Your kingdom.

⁷You have loved righteousness
and hated wickedness;

therefore God, your God, has anointed you
above your companions with the oil of joy.

⁸All your garments are fragrant
with myrrh and aloes and cassia;
from palaces of ivory the harps make
you glad.

⁹The daughters of kings are among your honored women;
the queen stands at your right hand,
adorned with the gold of Ophir.

¹⁰Listen, O daughter! Consider and incline your ear:

Forget your people and your father's house,

¹¹and the king will desire your beauty;

bow to him, for he is your lord.

¹²The Daughter of Tyre will come with a gift;
men of wealth will seek your favor.

¹³All glorious is the princess in her chamber;
her gown is embroidered with gold.

¹⁴In colorful garments she is led to the king;
her virgin companions are brought before you.

¹⁵They are led in with joy and gladness;
they enter the palace of the king.

¹⁶Your sons will succeed your fathers;
you will make them princes throughout the land.

¹⁷I will commemorate your name through all generations;
therefore the nations will praise you forever and ever.

46

PSALM 46 IN 30 SECONDS

God is our refuge. Even if the mountains fall into the sea, be still and know that I am God.

GOD IS OUR REFUGE AND STRENGTH // 2 KINGS

18:13-16; 2 CHRONICLES 32:1-8

For the choirmaster. Of the sons of Korah. According to Alamothe. A song.

¹God is our refuge and strength,
an ever-present help in times of trouble.

²Therefore we will not fear,
though the earth is transformed
and the mountains are toppled
into the depths of the seas,
³though their waters roar and foam
and the mountains quake in the surge.

Selah

⁴There is a river whose streams delight
the city of God,
the holy place where the Most High dwells.

⁵God is within her; she will not be moved.

■ **PS 45:2 [PROPHECY]** Words of grace would flow from His lips → JN 1:17; LK 4:22 · MEDIUM p.-

■ **PS 45:6 [PROPHECY]** He would bear the divine title → HEB 1:8 p.-

■ **PS 45:6 [QUOTED]** Quoted in the New Testament → HEB 1:8-9 p.-

■ **PS 45:6 [NOTE]** YOUR THRONE LASTS FOREVER. The king is called God. Hebrews 1:8 says the Father says this to the Son.

■ **PS 45:7 [PROPHECY]** Anointed with the Holy Spirit beyond measure → MT 3:16; HEB 1:9 p.-

■ **PS 45:7 [PROPHECY]** Called the Christ (the Anointed One) → LK 2:11 p.-

■ **PS 45:17 [PROPHECY]** His name remembered forever → STILL TO COME · MEDIUM

■ **PS 46:1 [NOTABLE]** When everything shakes, God is the safe place to run.

■ **PS 46:1 [NOTE]** A MIGHTY FORTRESS. Martin Luther wrote his most famous hymn, A Mighty Fortress Is Our God, from this psalm, about 1529.

■ **PS 46:1 [NOTE]** ALAMOTHE may mean young women, maybe for high voices like a soprano part.

GOD SPEAKING

God will help her when morning dawns.

- ⁶ Nations rage, kingdoms crumble;
the earth melts when He lifts His voice.
⁷ Yahweh of Hosts is with us;
the God of Jacob is our fortress.

Selah

- ⁸ Come, see the works of Yahweh,
who brings devastation upon the earth.
⁹ He makes wars to cease throughout the
earth;
He breaks the bow and shatters the
spear;
He burns the shields in the fire.

- ¹⁰ "Be still and know that I am God;
I will be exalted among the nations,
I will be exalted over the earth."

- ¹¹ Yahweh of Hosts is with us;
the God of Jacob is our fortress.

Selah

THE BIG QUESTION

WHAT DOES SELAH MEAN?

71 Times and Still a Mystery

PSALM 3:2 · 46:3 · 46:7 · 46:11 · HABAKKUK 3:3

WHERE IT IS

Selah shows up 71 times in 39 psalms, and 3 more times in the prayer of Habakkuk 3. Psalm 46 has it three times.

STILL SAID TODAY

Jewish worshipers still say it out loud when these psalms are prayed, like in the daily prayer called Ashrei, but no one knows what it means. Many think it began as a note for the singers or players.

NOT PART OF THE SENTENCE

It usually comes at the end of a thought, sometimes in the middle of a psalm, sometimes at the end.

IN THIS BIBLE

Selah is printed in small italics at the right, so you can see it without tripping over it.

The Best Guesses

PSALM 9:16 · 1 CHRONICLES 16:4 TO 6

GUESS 1: PAUSE

Many say it means stop and think about what you just heard, like a rest in music. This is the most popular guess today.

GUESS 2: LIFT UP

The Hebrew root *salal* means to lift up. Maybe the singers raised their voices, or the instruments played louder.

GUESS 3: AN INTERLUDE

The Greek Old Testament translates it *diapsalma*, which many think means an instrumental break between parts of the song.

GUESS 4: FOREVER

Old Jewish translations, like the Aramaic and Aquila's Greek, took it to mean always or forever.

HIGGAION

In 9:16 it is paired with *Higgaion*, maybe a soft musical sound or a time to think.

WHAT ALL SIDES AGREE ON

It is a music or worship note, not a word of the prayer itself. Pausing to think about God is never a bad idea.

47

PSALM 47 IN 30 SECONDS

Clap your hands, all you peoples! God is King over all the earth.

CLAP YOUR HANDS, ALL YOU PEOPLES

For the choirmaster. A Psalm of the sons of Korah.

- ¹ Clap your hands, all you peoples;
shout unto God with a voice of triumph.
² How awesome is Yahweh Most High,
the great King over all the earth!
³ He subdues nations beneath us,
and peoples under our feet.
⁴ He chooses our inheritance for us,
the pride of Jacob, whom He loves.

Selah

- ⁵ God has ascended amid shouts of joy,
Yahweh with the sound of the horn.
⁶ Sing praises to God, sing praises;
sing praises to our King, sing praises!
⁷ For God is King of all the earth;
sing to Him a psalm of praise.
⁸ God reigns over the nations;

■ PS 46:10 [NOTE] BE STILL. The Hebrew means let go, stop fighting. God says it to the warring nations, and to us.

God is seated on His holy throne.

⁹The nobles of the nations have assembled

as the people of the God of Abraham;
for the shields of the earth belong to God;
He is highly exalted.

48

PSALM 48 IN 30 SECONDS

A tour of Jerusalem. Count her towers. This God is our God forever.

BROKEN BONDAGE

A song. A Psalm of the sons of Korah.

¹Great is Yahweh,
and greatly to be praised
in the city of our God,
His holy mountain.

²Beautiful in loftiness,
the joy of all the earth,
like the peaks of Zaphon is Mount Zion,
the city of the great King.

³God is in her citadels;
He has shown Himself to be a fortress.

⁴For behold, the kings assembled;
they all advanced together.

⁵They saw and were astounded;
they fled in terror.

⁶Trembling seized them there,
anguish like a woman in labor.

⁷With a wind from the east
You wrecked the ships of Tarshish.

⁸As we have heard, so we have seen
in the city of Yahweh of Hosts,
in the city of our God:
God will establish her forever.

Selah

⁹Within Your temple, O God,
we contemplate Your loving devotion.

¹⁰Your name, O God, like Your praise,
reaches to the ends of the earth;
Your right hand is full of righteousness.

¹¹Mount Zion is glad,
the daughters of Judah rejoice,
on account of Your judgments.

¹²March around Zion, encircle her,
count her towers,

¹³consider her ramparts, tour her citadels,
that you may tell the next generation.

¹⁴For this God is our God forever and ever;
He will be our guide even till death.

49

PSALM 49 IN 30 SECONDS

You cannot take money with you. Rich or poor, everyone dies. Only God can buy a soul back.

THE EVANESCENCE OF WEALTH // ECCLESIASTES

5:8–20

For the choirmaster. A Psalm of the sons of Korah.

¹Hear this, all you peoples;
listen, all inhabitants of the world,
²both low and high,
rich and poor alike.

³My mouth will impart wisdom,
and the meditation of my heart will bring
understanding.

⁴I will incline my ear to a proverb;
I will express my riddle with the harp:

⁵Why should I fear in times of trouble,
when wicked usurpers surround me?

⁶They trust in their wealth
and boast in their great riches.

⁷No man can possibly redeem his brother
or pay his ransom to God.

⁸For the redemption of his soul is costly,
and never can payment suffice,

⁹that he should live on forever
and not see decay.

¹⁰For it is clear that wise men die,
and the foolish and the senseless both
perish

and leave their wealth to others.

¹¹Their graves are their eternal homes—
their dwellings for endless
generations—
even though their lands were their
namesakes.

¹²But a man, despite his wealth, cannot
endure;
he is like the beasts that perish.

¹³This is the fate of the foolish
and their followers who endorse their
sayings.

Selah

¹⁴Like sheep they are destined for Sheol.

■ **PS 48:2 [NOTE]** THE NORTH. Zaphon was the mountain of the gods in Canaanite stories. The psalm says Zion is the real mountain of the great King.

GOD SPEAKING

Death will be their shepherd.

The upright will rule them in the morning,
and their form will decay in Sheol,
far from their lofty abode.

¹⁵ But God will redeem my life from Sheol,
for He will surely take me to Himself.

Selah

¹⁶ Do not be afraid when a man grows rich,
when the splendor of his house in-
creases.

¹⁷ For when he dies, he will carry nothing
away;
his abundance will not follow him down.

¹⁸ Though in his lifetime he blesses his
soul—
and men praise you when you prosper—

¹⁹ he will join the generation of his fathers,
who will never see the light of day.

²⁰ A man who has riches without under-
standing
is like the beasts that perish.

50

PSALM 50 IN 30 SECONDS

God takes the stand as Judge. I own the cattle on a thousand hills. I want thanks, not just bulls.

THE MIGHTY ONE CALLS

A Psalm of Asaph.

¹ The Mighty One, God Yahweh,
speaks and summons the earth
from where the sun rises to where it
sets.

² From Zion, perfect in beauty,
God shines forth.

³ Our God approaches and will not be
silent!

Consuming fire precedes Him,
and a tempest rages around Him.

⁴ He summons the heavens above,
and the earth, that He may judge His
people:

⁵ "Gather to Me My saints,
who made a covenant with Me by sacri-
fice."

⁶ And the heavens proclaim His righteous-
ness,
for God Himself is Judge.

Selah

⁷ "Hear, O My people, and I will speak,
O Israel, and I will testify against you:
I am God, your God.

⁸ I do not rebuke you for your sacrifices,
and your burnt offerings are ever before
Me.

⁹ I have no need for a bull from your stall
or goats from your pens,

¹⁰ for every beast of the forest is Mine—
the cattle on a thousand hills.

¹¹ I know every bird in the mountains,
and the creatures of the field are Mine.

¹² If I were hungry, I would not tell you,
for the world is Mine, and the fullness
thereof.

¹³ Do I eat the flesh of bulls,
or drink the blood of goats?

¹⁴ Sacrifice a thank offering to God,
and fulfill your vows to the Most High.

¹⁵ Call upon Me in the day of trouble;
I will deliver you, and you will honor
Me."

¹⁶ To the wicked, however, God says,
"What right have you to recite My
statutes

and to bear My covenant on your lips?

¹⁷ For you hate My instruction
and cast My words behind you.

¹⁸ When you see a thief, you befriend him,
and throw in your lot with adulterers.

¹⁹ You unleash your mouth for evil
and harness your tongue to deceit.

²⁰ You sit and malign your brother;
you slander your own mother's son.

²¹ You have done these things, and I kept
silent;
you thought I was just like you.

But now I rebuke you
and accuse you to your face.

²² Now consider this, you who forget God,
lest I tear you to pieces,
with no one to rescue you:

²³ He who sacrifices a thank offering hon-
ors Me,
and to him who rightly orders his way,
I will show the salvation of God."

■ PS 50:1 [NOTE] ASAPH. David's music leader, 1 Chroni-
cles 16:5. Twelve psalms carry his name: 50 and 73 to
83.

■ PS 50:10 [NOTE] THE CATTLE ON A THOUSAND HILLS.
God does not need our sacrifices. He wants thanks and a
changed life, 50:14 and 50:23.

THE HEART OLD TESTAMENT QUOTED IN THE NEW BLOODLINE OF CHRIST

51

PSALM 51 IN 30 SECONDS

David's prayer after Bathsheba. Have mercy on me. Create in me a clean heart, O God.

CREATE IN ME A CLEAN HEART, O GOD // 2

SAMUEL 12:1–12

For the choirmaster. A Psalm of David. When Nathan the prophet came to him after his adultery with Bathsheba.

- 1 Have mercy on me, O God,
according to Your loving devotion;
according to Your great compassion,
blot out my transgressions.
- 2 Wash me clean of my iniquity
and cleanse me from my sin.
- 3 For I know my transgressions,
and my sin is always before me.
- 4 *Against You, You only, have I sinned
and done what is evil in Your sight,
so that You may be proved right when You
speak
and blameless when You judge.*
- 5 Surely I was brought forth in iniquity;
I was sinful when my mother conceived
me.
- 6 Surely You desire truth in the inmost be-
ing;
You teach me wisdom in the inmost
place.
- 7 Purify me with hyssop, and I will be
clean;
wash me, and I will be whiter than snow.
- 8 Let me hear joy and gladness;
let the bones You have crushed rejoice.
- 9 Hide Your face from my sins
and blot out all my iniquities.
- 10 Create in me a clean heart, O God,
and renew a right spirit within me.
- 11 Cast me not away from Your presence;
take not Your Holy Spirit from me.
- 12 Restore to me the joy of Your salvation,

■ **PS 51:1 [NOTE]** DAVID AND BATHSHEBA. Read 2 Samuel 11 and 12 first. This is what David prayed after Nathan said, You are the man.

■ **PS 51:4 [QUOTED]** Quoted in the New Testament → ROM 3:4 p. –

■ **PS 51:5 [NOTE]** SINFUL FROM BIRTH. Many Christians see here the teaching of original sin: we are born with a bent toward sin. Others read it as poetry for how deep David's sin went.

■ **PS 51:10 [HEART]** Create in me a clean heart, O God.

■ **PS 51:11 [NOTE]** DO NOT TAKE YOUR HOLY SPIRIT.

David had seen God's Spirit leave Saul, 1 Samuel 16:14.

and sustain me with a willing spirit.

- 13 Then I will teach transgressors Your
ways,
and sinners will return to You.
- 14 Deliver me from bloodguilt, O God,
the God of my salvation,
and my tongue will sing of Your right-
eousness.
- 15 O Lord, open my lips,
and my mouth will declare Your praise.
- 16 For You do not delight in sacrifice, or I
would bring it;
You take no pleasure in burnt offerings.
- 17 The sacrifices of God are a broken spirit;
a broken and a contrite heart,
O God, You will not despise.
- 18 In Your good pleasure, cause Zion to
prosper;
build up the walls of Jerusalem.
- 19 Then You will delight in righteous sacri-
fices,
in whole burnt offerings;
then bulls will be offered on Your altar.

52

PSALM 52 IN 30 SECONDS

Doeg the snitch is like a tree pulled up by the roots. David is like an olive tree in God's house.

WHY DO YOU BOAST OF EVIL? // 1 SAMUEL 22:6–23

For the choirmaster. A Maskil of David. After Doeg the Edomite went to Saul and told him, "David has gone to the house of Ahimelech."

- 1 Why do you boast of evil, O mighty man?
The loving devotion of God endures all
day long.
- 2 Your tongue devises destruction
like a sharpened razor,
O worker of deceit.
- 3 You love evil more than good,
falsehood more than speaking truth.
- 4 You love every word that devours,
O deceitful tongue.
- 5 Surely God will bring you down to ever-
lasting ruin;

Selah

■ **PS 51:17 [HEART]** God wants a broken and contrite heart more than sacrifices.

■ **PS 52:1 [NOTE]** DOEG. He told Saul that the priests helped David, then killed 85 priests, 1 Samuel 22:9 to 19.

OLD TESTAMENT QUOTED IN THE NEW **BLOODLINE OF CHRIST**

He will snatch you up and tear you away
from your tent;
He will uproot you from the land of the
living.

Selah

⁶ The righteous will see and fear;
they will mock the evildoer, saying,
⁷ "Look at the man
who did not make God his refuge,
but trusted in the abundance of his wealth
and strengthened himself by destruc-
tion."

⁸ But I am like an olive tree
flourishing in the house of God;
I trust in the loving devotion of God
forever and ever.

⁹ I will praise You forever,
because You have done it.
I will wait on Your name—
for it is good—
in the presence of Your saints.

53

PSALM 53 IN 30 SECONDS

Almost the same as Psalm 14. The fool says there is no God. Psalm 14 says Yahweh; this one says God.

THE FOOL SAYS THERE IS NO GOD // PSALM 14:1–7;
ISAIAH 59:1–17; ROMANS 3:9–20

*For the choirmaster. According to Mahalath. A
Maskil of David.*

¹ The fool says in his heart,
"There is no God."

*They are corrupt; their ways are vile.
There is no one who does good.*

² God looks down from heaven
upon the sons of men
to see if any understand,
if any seek God.

³ All have turned away,
they have together become corrupt;
there is no one who does good,
not even one.

⁴ Will the workers of iniquity never learn?
They devour my people like bread;

■ **PS 53:1 [QUOTED]** Quoted in the New Testament → ROM 3:10–12 p. 7

■ **PS 53:1 [NOTE]** PSALM 14 AGAIN. Almost the same words, but Psalm 14 uses Yahweh and this one uses God. In Psalms 42 to 83, God is used far more than Yahweh. Many call this part of the book the Elohim psalms.

they refuse to call upon God.

⁵ There they are, overwhelmed with dread,
where there was nothing to fear.

For God has scattered the bones
of those who besieged you.

You put them to shame,
for God has despised them.

⁶ Oh, that the salvation of Israel would
come from Zion!

When God restores His captive people,
let Jacob rejoice, let Israel be glad!

54

PSALM 54 IN 30 SECONDS

The Ziphites ratted David out to Saul. God is my helper.

SAVE ME BY YOUR NAME // 1 SAMUEL 23:7–29

*For the choirmaster. With stringed instru-
ments. A Maskil of David. When the Ziphites
went to Saul and said, "Is David not hiding
among us?"*

¹ Save me, O God, by Your name,
and vindicate me by Your might!

² Hear my prayer, O God;
listen to the words of my mouth.

³ For strangers rise up against me,
and ruthless men seek my life—
men with no regard for God.

Selah

⁴ Surely God is my helper;
the Lord is the sustainer of my soul.

⁵ He will reward my enemies with evil.
In Your faithfulness, destroy them.

⁶ Freely I will sacrifice to You;
I will praise Your name, O Yahweh, for it
is good.

⁷ For He has delivered me from every trou-
ble,
and my eyes have looked in triumph on
my foes.

55

PSALM 55 IN 30 SECONDS

*My close friend betrayed me. Oh, that I had wings
like a dove! Cast your burden on Yahweh.*

CAST YOUR BURDEN UPON YAHWEH // 2 SAMUEL 17:15–29

*For the choirmaster. With stringed instru-
ments. A Maskil of David.*

MESSIANIC PROPHECIES | NOTABLE | BLOODLINE OF CHRIST

- ¹ Listen to my prayer, O God,
and do not ignore my plea.
- ² Attend to me and answer me.
I am restless in my complaint,
and distraught ³ at the voice of the enemy,
at the pressure of the wicked.
For they bring down disaster upon me
and resent me in their anger.
- ⁴ My heart pounds within me,
and the terrors of death assail me.
- ⁵ Fear and trembling grip me,
and horror has overwhelmed me.
- ⁶ I said, "Oh, that I had wings like a dove!
I would fly away and find rest.
- ⁷ How far away I would flee!
In the wilderness I would remain.

Selah

- ⁸ I would hurry to my shelter,
far from this raging tempest."
- ⁹ O Lord, confuse and confound their
speech,
for I see violence and strife in the city.
- ¹⁰ Day and night they encircle the walls,
while malice and trouble lie within.
- ¹¹ Destruction is within;
oppression and deceit never leave the
streets.

¹² For it is not an enemy who insults me;
that I could endure.

It is not a foe who rises against me;
from him I could hide.

¹³ But it is you, a man like myself,
my companion and close friend.

¹⁴ We shared sweet fellowship together;
we walked with the crowd into the
house of God.

¹⁵ Let death seize them by surprise;
let them go down to Sheol alive,
for evil is with them in their homes.

¹⁶ But I call to God,
and Yahweh saves me.

¹⁷ Morning, noon, and night, I cry out in
distress,
and He hears my voice.

¹⁸ He redeems my soul in peace
from the battle waged against me,

even though many oppose me.

¹⁹ God will hear and humiliate them—
the One enthroned for the ages—

Selah

because they do not change
and they have no fear of God.

²⁰ My companion attacks his friends;
he violates his covenant.

²¹ His speech is smooth as butter,
but war is in his heart.

His words are softer than oil,
yet they are swords unsheathed.

²² Cast your burden upon Yahweh
and He will sustain you;
He will never let the righteous be
shaken.

²³ But You, O God, will bring them down
to the Pit of destruction;
men of bloodshed and deceit
will not live out half their days.

But I will trust in You.

56

PSALM 56 IN 30 SECONDS

*Caught by the Philistines in Gath. When I am
afraid, I trust in You. God keeps my tears in a bot-
tle.*

BE MERCIFUL TO ME, O GOD // 1 SAMUEL 21:8-15
*For the choirmaster. To the tune of "A Dove
on Distant Oaks." A Miktam of David, when
the Philistines seized him in Gath.*

- ¹ Be merciful to me, O God,
for men are hounding me;
all day they press their attack.
- ² My enemies pursue me all day long,
for many proudly assail me.
- ³ When I am afraid,
I put my trust in You.
- ⁴ In God, whose word I praise—
in God I trust.
I will not be afraid.
What can man do to me?

■ **PS 55:22 [ALLUDED TO]** The New Testament refers to
this → 1PE 5:7 p.~

■ **PS 55:22 [NOTABLE]** You were not made to carry every-
thing alone. Hand it to God.

■ **PS 55:22 [NOTE]** CAST YOUR BURDEN. Peter says the
same thing, Cast all your anxiety on Him, because He
cares for you, 1 Peter 5:7.

■ **PS 56:1 [NOTE] MIKTAM.** Six psalms are called a Miktam,
16 and 56 to 60. Some think it means a golden poem,
others a poem carved like an inscription. No one is sure.

■ **PS 55:12 [PROPHECY]** Betrayed by a familiar friend, not
an enemy → JN 13:18 p.~

■ **PS 55:15 [PROPHECY]** The unrepentant death of the be-
trayer → MT 27:3-5; ACTS 1:16-19 · MEDIUM p.~

BLOODLINE OF CHRIST

- ⁵ All day long they twist my words;
all their thoughts are on my demise.
- ⁶ They conspire, they lurk,
they watch my steps
while they wait to take my life.
- ⁷ In spite of such sin, will they escape?
In Your anger, O God, cast down the na-
tions.
- ⁸ You have taken account of my wander-
ings.
Put my tears in Your bottle—
are they not in Your book?
- ⁹ Then my enemies will retreat
on the day I cry for help.
By this I will know that God is on my
side.
- ¹⁰ In God, whose word I praise,
in Yahweh, whose word I praise,
- ¹¹ in God I trust; I will not be afraid.
What can man do to me?
- ¹² Your vows are upon me, O God;
I will render thank offerings to You.
- ¹³ For You have delivered my soul from
death,
and my feet from stumbling,
that I may walk before God
in the light of life.

57

PSALM 57 IN 30 SECONDS

*Hiding from Saul in a cave. My heart is steady. I
will wake up the dawn with music.*

IN YOU MY SOUL TAKES REFUGE // 1 SAMUEL 22:1–
5; PSALM 108:1–13; PSALM 142:1–7

*For the choirmaster. To the tune of "Do Not
Destroy." A Miktam of David, when he fled
from Saul into the cave.*

- ¹ Have mercy on me, O God, have mercy,
for in You my soul takes refuge.
In the shadow of Your wings I will take
shelter
until the danger has passed.
- ² I cry out to God Most High,
to God who fulfills His purpose for me.
- ³ He reaches down from heaven and
saves me;
He rebukes those who trample me.

Selah

- God sends forth
His loving devotion and His truth.
- ⁴ My soul is among the lions;
I lie down with ravenous beasts—
with men whose teeth are spears and ar-
rows,
whose tongues are sharp swords.
- ⁵ Be exalted, O God, above the heavens;
may Your glory cover all the earth.
- ⁶ They spread a net for my feet;
my soul was despondent.
They dug a pit before me,
but they themselves have fallen into it!

Selah

- ⁷ My heart is steadfast, O God, my heart is
steadfast.
I will sing and make music.
- ⁸ Awake, my glory!
Awake, O harp and lyre!
I will awaken the dawn.
- ⁹ I will praise You, O Lord, among the na-
tions;
I will sing Your praises among the peo-
ples.
- ¹⁰ For Your loving devotion reaches to the
heavens,
and Your faithfulness to the clouds.
- ¹¹ Be exalted, O God, above the heavens;
may Your glory cover all the earth.

58

PSALM 58 IN 30 SECONDS

*Crooked judges get a scorching review. God will
judge the judges.*

GOD JUDGES THE EARTH

*For the choirmaster. To the tune of "Do Not
Destroy." A Miktam of David.*

- ¹ Do you indeed speak justly, O rulers?
Do you judge uprightly, O sons of men?
- ² No, in your hearts you devise injustice;
with your hands you mete out violence
on the earth.
- ³ The wicked are estranged from the
womb;
the liars go astray from birth.
- ⁴ Their venom is like the venom of a
snake,

■ PS 57:1 [NOTE] THE CAVE. David hid from Saul in caves
at Adullam and En Gedi, 1 Samuel 22:1 and 24:3.

BLOODLINE OF CHRIST

like a cobra that shuts its ears,
⁵ refusing to hear the tune of the charmer
 who skillfully weaves his spell.
⁶ O God, shatter their teeth in their
 mouths;
 O Yahweh, tear out the fangs of the li-
 ons.
⁷ May they vanish
 like water that runs off;
 when they draw the bow,
 may their arrows be blunted.
⁸ Like a slug that dissolves in its slime,
 like a woman's stillborn child,
 may they never see the sun.
⁹ Before your pots can feel the burning
 thorns—
 whether green or dry—
 He will sweep them away.
¹⁰ The righteous will rejoice
 when they see they are avenged;
 they will wash their feet
 in the blood of the wicked.
¹¹ Then men will say,
 "There is surely a reward for the right-
 eous!
 There is surely a God who judges the
 earth!"

59

PSALM 59 IN 30 SECONDS

*Saul's men are watching David's house. They
 prowl like dogs at night. God is my fortress.*

DELIVER ME FROM MY ENEMIES // 1 SAMUEL 19:1–
 24

*For the choirmaster. To the tune of "Do Not
 Destroy." A Miktam of David, when Saul sent
 men to watch David's house in order to kill
 him.*

¹ Deliver me from my enemies, O my God;
 protect me from those who rise against
 me.
² Deliver me from workers of iniquity,
 and save me from men of bloodshed.
³ See how they lie in wait for me.
 Fierce men conspire against me
 for no transgression or sin of my own, O
 Yahweh.
⁴ For no fault of my own,
 they move swiftly to attack me.

Arise to help me, and take notice.

⁵ O Yahweh God of Hosts, the God of Is-
 rael,
 rouse Yourself to punish all the nations;
 show no mercy to the wicked traitors.

Selah

⁶ They return in the evening, snarling like
 dogs
 and prowling around the city.

⁷ See what they spew from their mouths—
 sharp words from their lips:
 "For who can hear us?"

⁸ But You, O Yahweh, laugh at them;
 You scoff at all the nations.

⁹ I will keep watch for You, O my strength,
 because You, O God, are my fortress.

¹⁰ My God of loving devotion will come to
 meet me;
 God will let me stare down my foes.

¹¹ Do not kill them,
 or my people will forget.
 Scatter them by Your power,
 and bring them down,
 O Lord, our shield.

¹² By the sins of their mouths
 and the words of their lips,
 let them be trapped in their pride,
 in the curses and lies they utter.

¹³ Consume them in wrath;
 consume them till they are no more,
 so it may be known to the ends of the
 earth
 that God rules over Jacob.

Selah

¹⁴ They return in the evening,
 snarling like dogs
 and prowling around the city.

¹⁵ They scavenge for food,
 and growl if they are not satisfied.

¹⁶ But I will sing of Your strength
 and proclaim Your loving devotion in the
 morning.

For You are my fortress,
 my refuge in times of trouble.

¹⁷ To You, O my strength, I sing praises,
 for You, O God, are my fortress,
 my God of loving devotion.

GOD SPEAKING BLOODLINE OF CHRIST

60

PSALM 60 IN 30 SECONDS

A war defeat. Then God speaks: Moab is My washbasin. With God we will win.

VICTORY WITH GOD // 2 SAMUEL 8:1-14; 1 CHRONICLES 18:1-13; PSALM 108:1-13

For the choirmaster. To the tune of "The Lily of the Covenant." A Miktam of David for instruction. When he fought Aram-naharaim and Aram-zobah, and Joab returned and struck down 12,000 Edomites in the Valley of Salt.

- ¹ You have rejected us, O God;
You have broken us;
You have been angry;
restore us!
- ² You have shaken the land
and torn it open.
Heal its fractures,
for it is quaking.
- ³ You have shown Your people hardship;
we are staggered from the wine You
made us drink.
- ⁴ You have raised a banner for those who
fear You,
that they may flee the bow.

Selah

- ⁵ Respond and save us with Your right
hand,
that Your beloved may be delivered.
- ⁶ God has spoken from His sanctuary:
"I will triumph!
I will parcel out Shechem
and apportion the Valley of Succoth.
- ⁷ Gilead is Mine, and Manasseh is Mine;
Ephraim is My helmet, Judah is My
scepter.
- ⁸ Moab is My washbasin;
upon Edom I toss My sandal;
over Philistia I shout in triumph."

- ⁹ Who will bring me to the fortified city?
Who will lead me to Edom?
- ¹⁰ Have You not rejected us, O God?
Will You no longer march out, O God,
with our armies?

■ **PS 60:1 [NOTE]** THE VALLEY OF SALT. 2 Samuel 8:13 and 1 Chronicles 18:12 tell this war. The numbers are told differently there; see Samuel and Chronicles in 2 Samuel, p. 7.

- ¹¹ Give us aid against the enemy,
for the help of man is worthless.
- ¹² With God we will perform with valor,
and He will trample our enemies.

61

PSALM 61 IN 30 SECONDS

From the ends of the earth I call. Lead me to the rock that is higher than I.

YOU HAVE HEARD MY VOWS

For the choirmaster. With stringed instruments. Of David.

- ¹ Hear my cry, O God;
attend to my prayer.
 - ² From the ends of the earth I call out to
You
whenever my heart is faint.
Lead me to the rock
that is higher than I.
 - ³ For You have been my refuge,
a tower of strength against the enemy.
 - ⁴ Let me dwell in Your tent forever
and take refuge in the shelter of Your
wings.
- Selah
- ⁵ For You have heard my vows, O God;
You have given me the inheritance
reserved for those who fear Your name.
 - ⁶ Increase the days of the king's life;
may his years span many generations.
 - ⁷ May he sit enthroned in God's presence
forever;
appoint Your loving devotion
and Your faithfulness to guard him.
 - ⁸ Then I will ever sing praise to Your name
and fulfill my vows day by day.

62

PSALM 62 IN 30 SECONDS

My soul waits in silence for God alone. Do not trust in riches.

WAITING ON GOD

For the choirmaster. According to Jeduthun. A Psalm of David.

- ¹ In God alone my soul finds rest;
my salvation comes from Him.
- ² He alone is my rock and my salvation.
He is my fortress;
I will never be shaken.

THE HEART OLD TESTAMENT QUOTED IN THE NEW BLOODLINE OF CHRIST

³How long will you threaten a man?
Will all of you throw him down
like a leaning wall
or a tottering fence?
⁴They fully intend to cast him down from
his lofty perch;
they delight in lies;
with their mouths they bless,
but inwardly they curse.

Selah

⁵Rest in God alone, O my soul,
for my hope comes from Him.
⁶He alone is my rock and my salvation;
He is my fortress; I will not be shaken.
⁷My salvation and my honor rest on God,
my strong rock;
my refuge is in God.

⁸Trust in Him at all times, O people;
pour out your hearts before Him.
God is our refuge.

Selah

⁹Lowborn men are but a vapor;
the exalted are but a lie.
Weighed on the scale, they go up;
together they are but a vapor.
¹⁰Place no trust in extortion
or false hope in stolen goods.
If your riches increase,
do not set your heart upon them.

¹¹God has spoken once;
I have heard this twice:
that power belongs to God,
¹²and loving devotion to You, O Lord.
For You will repay each man
according to his deeds.

63

PSALM 63 IN 30 SECONDS

*In the desert of Judah: my soul thirsts for You.
Your love is better than life.*

THIRSTING FOR GOD // 2 SAMUEL 15:30–37

A Psalm of David, when he was in the Wilderness of Judah.

¹O God, You are my God.
Earnestly I seek You;

my soul thirsts for You.
My body yearns for You
in a dry and weary land without water.

²So I have seen You in the sanctuary
and beheld Your power and glory.

³Because Your loving devotion is better
than life,
my lips will glorify You.

⁴So I will bless You as long as I live;
in Your name I will lift my hands.

⁵My soul is satisfied as with the richest of
foods;
with joyful lips my mouth will praise You.

⁶When I remember You on my bed,
I think of You through the watches of
the night.

⁷For You are my help;
I will sing for joy in the shadow of Your
wings.

⁸My soul clings to You;
Your right hand upholds me.

⁹But those who seek my life to destroy it
will go into the depths of the earth.

¹⁰They will fall to the power of the sword;
they will become a portion for foxes.

¹¹But the king will rejoice in God;
all who swear by Him will exult,
for the mouths of liars will be shut.

64

PSALM 64 IN 30 SECONDS

Enemies sharpen their tongues like swords. God shoots back.

THE HURTFUL TONGUE // JAMES 3:1–12

For the choirmaster. A Psalm of David.

¹Hear, O God, my voice of complaint;
preserve my life from dread of the enemy.

²Hide me from the scheming of the
wicked,

from the mob of workers of iniquity,
³who sharpen their tongues like swords
and aim their bitter words like arrows,

⁴ambushing the innocent in seclusion,
shooting suddenly, without fear.

⁵They hold fast to their evil purpose;

■ PS 62:8 [HEART] Trust Him at all times. Pour out your hearts before Him.

■ PS 62:10 [HEART] If riches increase, do not set your heart on them.

■ PS 62:12 [QUOTED] Quoted in the New Testament → ROM 2:6 p.~

■ PS 63:1 [NOTE] THE WILDERNESS OF JUDAH. The dry hills between Jerusalem and the Dead Sea. David hid there from Saul and later from Absalom.

BLOODLINE OF CHRIST

- they speak of hiding their snares.
 “Who will see them?” they say.
- ⁶ They devise injustice and say,
 “We have perfected a secret plan.”
 For the inner man and the heart are
 mysterious.
- ⁷ But God will shoot them with arrows;
 suddenly they will be wounded.
- ⁸ They will be made to stumble,
 their own tongues turned against them.
 All who see will shake their heads.
- ⁹ Then all mankind will fear
 and proclaim the work of God;
 so they will ponder what He has done.
- ¹⁰ Let the righteous rejoice in Yahweh
 and take refuge in Him;
 let all the upright in heart exult.

65

PSALM 65 IN 30 SECONDS

God waters the earth. The hills wear joy and the meadows are dressed in flocks.

PRAISE AWAITS GOD IN ZION

For the choirmaster. A Psalm of David. A song.

- ¹ Praise awaits You, O God, in Zion;
 to You our vows will be fulfilled.
- ² O You who listen to prayer,
 all people will come to You.
- ³ When iniquities prevail against me,
 You atone for our transgressions.
- ⁴ Blessed is the one You choose
 and bring near to dwell in Your courts!
 We are filled with the goodness of Your
 house,
 the holiness of Your temple.
- ⁵ With awesome deeds of righteousness
 You answer us,
 O God of our salvation,
 the hope of all the ends of the earth
 and of the farthest seas.
- ⁶ You formed the mountains by Your
 power,
 having girded Yourself with might.
- ⁷ You stilled the roaring of the seas,
 the pounding of their waves,
 and the tumult of the nations.
- ⁸ Those who live far away fear Your won-
 ders;

You make the dawn and sunset shout
 for joy.

- ⁹ You attend to the earth and water it;
 with abundance You enrich it.
 The streams of God are full of water,
 for You prepare our grain
 by providing for the earth.
- ¹⁰ You soak its furrows and level its ridges;
 You soften it with showers and bless its
 growth.
- ¹¹ You crown the year with Your bounty,
 and Your paths overflow with plenty.
- ¹² The pastures of the wilderness over-
 flow;
 the hills are robed with joy.
- ¹³ The pastures are clothed with flocks,
 and the valleys are decked with grain.
 They shout in triumph;
 indeed, they sing.

66

PSALM 66 IN 30 SECONDS

Come and see what God has done! He turned the sea into dry land.

MAKE A JOYFUL NOISE // PSALM 100:1–5

For the choirmaster. A song. A Psalm.

- ¹ Make a joyful noise to God,
 all the earth!
- ² Sing the glory of His name;
 make His praise glorious.
- ³ Say to God, “How awesome are Your
 deeds!
 So great is Your power
 that Your enemies cower before You.
- ⁴ All the earth bows down to You;
 they sing praise to You;
 they sing praise to Your name.”
- Selah*
- ⁵ Come and see the works of God;
 how awesome are His deeds toward
 mankind.
- ⁶ He turned the sea into dry land;
 they passed through the waters on foot;
 there we rejoiced in Him.
- ⁷ He rules forever by His power;
 His eyes watch the nations.
 Do not let the rebellious exalt them-
 selves.
- Selah*

THE HEART BLOODLINE OF CHRIST

- ⁸ Bless our God, O peoples;
let the sound of His praise be heard.
- ⁹ He preserves our lives
and keeps our feet from slipping.
- ¹⁰ For You, O God, have tested us;
You have refined us like silver.
- ¹¹ You led us into the net;
You laid burdens on our backs.
- ¹² You let men ride over our heads;
we went through fire and water,
but You brought us into abundance.
- ¹³ I will enter Your house with burnt offerings;
I will fulfill my vows to You—
¹⁴ the vows that my lips promised
and my mouth spoke in my distress.
- ¹⁵ I will offer You fatlings as burnt offerings,
with the fragrant smoke of rams;
I will offer bulls and goats.
- Selah
- ¹⁶ Come and listen, all you who fear God,
and I will declare what He has done for me.
- ¹⁷ I cried out to Him with my mouth
and praised Him with my tongue.
- ¹⁸ If I had cherished iniquity in my heart,
the Lord would not have listened.
- ¹⁹ But God has surely heard;
He has attended to the sound of my prayer.
- ²⁰ Blessed be God, who has not rejected my prayer
or withheld from me His loving devotion!

67

PSALM 67 IN 30 SECONDS

May God bless us so that all nations will know Him. It echoes the priestly blessing.

MAY GOD CAUSE HIS FACE TO SHINE UPON US
For the choirmaster. With stringed instruments. A Psalm. A song.

- ¹ May God be gracious to us and bless us,
and cause His face to shine upon us,

Selah

- **PS 66:18 [HEART]** If I cherish sin in my heart, the Lord will not listen.
- **PS 67:1 [NOTE]** THE PRIESTLY BLESSING. This echoes Numbers 6:24 to 26. The oldest Bible words ever found are that blessing on two tiny silver scrolls. See The Ketef Hinnom Silver Scrolls in Numbers, p.~.

- ² that Your ways may be known on earth,
Your salvation among all nations.
- ³ Let the peoples praise You, O God;
let all the peoples praise You.
- ⁴ Let the nations be glad and sing for joy,
for You judge the peoples justly
and lead the nations of the earth.

Selah

- ⁵ Let the peoples praise You, O God;
let all the peoples praise You.
- ⁶ The earth has yielded its harvest;
God, our God, blesses us.
- ⁷ God blesses us,
that all the ends of the earth shall fear Him.

68

PSALM 68 IN 30 SECONDS

God marches out and His enemies scatter. He is a father to the fatherless.

GOD'S ENEMIES ARE SCATTERED

For the choirmaster. A Psalm of David. A song.

- ¹ God arises. His enemies are scattered,
and those who hate Him flee His presence.
- ² As smoke is blown away,
You will drive them out;
as wax melts before the fire,
the wicked will perish in the presence of God.
- ³ But the righteous will be glad
and rejoice before God;
they will celebrate with joy.
- ⁴ Sing to God!
Sing praises to His name.
Exalt Him who rides on the clouds—
His name is Yahweh—
and rejoice before Him.
- ⁵ A father of the fatherless
and a defender of widows
is God in His holy habitation.
- ⁶ God settles the lonely in families;
He leads the prisoners out to prosperity,
but the rebellious dwell in a sun-scorched land.
- ⁷ O God, when You went out before Your people,

MESSIANIC PROPHECIES

END TIMES PROPHECIES

OLD TESTAMENT QUOTED IN THE NEW

GOD SPEAKING

when You marched through the waste-
land,

Selah

⁸ the earth shook and the heavens poured
down rain

before God, the One on Sinai,
before God, the God of Israel.

⁹ You sent abundant rain, O God;
You refreshed Your weary inheritance.

¹⁰ Your flock settled therein;
O God, from Your bounty You provided
for the poor.

¹¹ The Lord gives the command;
a great company of women proclaim it:

¹² "Kings and their armies flee in haste;
she who waits at home divides the plunder.

¹³ Though you lie down among the sheep-
folds,
the wings of the dove are covered with
silver,
and her feathers with shimmering gold."

¹⁴ When the Almighty scattered the kings
in the land,
it was like the snow falling on Zalmon.

¹⁵ A mountain of God is Mount Bashan;
a mountain of many peaks is Mount
Bashan.

¹⁶ Why do you gaze in envy, O mountains
of many peaks?
This is the mountain God chose for His
dwelling,
where Yahweh will surely dwell forever.

¹⁷ The chariots of God are tens of
thousands—
thousands of thousands are they;
the Lord is in His sanctuary
as He was at Sinai.

¹⁸ *You have ascended on high;
You have led captives away.
You have received gifts from men,
even from the rebellious,
that Yahweh God may dwell there.*

¹⁹ Blessed be the Lord,

who daily bears our burden,
the God of our salvation.

Selah

²⁰ Our God is a God of deliverance;
the Lord Yahweh is our rescuer from
death.

²¹ Surely God will crush the heads of His
enemies,
the hairy crowns of those who persist in
guilty ways.

²² The Lord said, "*I will retrieve them from
Bashan,
I will bring them up from the depths of
the sea,*

²³ *that your foot may be dipped
in the blood of your foes—
the tongues of your dogs in the same."*

²⁴ They have seen Your procession, O
God—
the march of my God and King into the
sanctuary.

²⁵ The singers lead the way,
the musicians follow after,
among the maidens playing tam-
bourines.

²⁶ Bless God in the great congregation;
bless Yahweh from the fountain of Is-
rael.

²⁷ There is Benjamin, the youngest, ruling
them,
the princes of Judah in their company,
the princes of Zebulun and of Naphtali.

²⁸ Summon Your power, O God;
show Your strength, O God,
which You have exerted on our behalf.

²⁹ Because of Your temple at Jerusalem
kings will bring You gifts.

³⁰ Rebuke the beast in the reeds,
the herd of bulls among the calves of
the nations,

until it submits, bringing bars of silver.
Scatter the nations who delight in war.

³¹ *Envoys will arrive from Egypt;
Cush will stretch out her hands to God.*

³² Sing to God, O kingdoms of the earth;
sing praises to the Lord—

Selah

■ PS 68:18 [PROPHECY] He would ascend on high and
give gifts to men → EPH 4:8-10 p. 7

■ PS 68:18 [QUOTED] Quoted in the New Testament →
EPH 4:8 p. 7

■ PS 68:18 [TEXT] RECEIVED GIFTS. The Hebrew says You
received gifts from men. Paul says He gave gifts to men,
Ephesians 4:8, like an old Aramaic translation. Christ
won, then shared the spoils.

■ PS 68:31 [PROPHECY] Princes of Egypt bringing gifts to
King Messiah → STILL TO COME · MEDIUM

MESSIANIC PROPHECIES OLD TESTAMENT QUOTED IN THE NEW BLOODLINE OF CHRIST

³³to Him who rides upon the highest
heavens of old;
behold, His mighty voice resounds.
³⁴Ascribe the power to God,
whose majesty is over Israel,
whose strength is in the skies.
³⁵O God, You are awesome in Your sanc-
tuary;
the God of Israel Himself
gives strength and power to His people.
Blessed be God!

69

PSALM 69 IN 30 SECONDS

I am sinking in deep mud. They gave me vinegar for my thirst. The New Testament quotes it often.

THE WATERS ARE UP TO MY NECK

For the choirmaster. To the tune of "Lilies." Of David.

¹Save me, O God,
for the waters are up to my neck.
²I have sunk into the miry depths,
where there is no footing;
I have drifted into deep waters,
where the flood engulfs me.
³I am weary from my crying;
my throat is parched.
My eyes fail,
looking for my God.

⁴*Those who hate me without cause
outnumber the hairs of my head;
many are those who would destroy me—
my enemies for no reason.
Though I did not steal,
I must repay.*

⁵You know my folly, O God,
and my guilt is not hidden from You.
⁶May those who hope in You not be
ashamed through me,
O Lord Yahweh of Hosts;
may those who seek You not be dishon-
ored through me,
O God of Israel.

⁷For I have endured scorn for Your sake,
and shame has covered my face.

⁸*I have become a stranger to my brothers*

*and a foreigner to my mother's sons,
⁹because zeal for Your house has consumed
me,
and the insults of those who insult You have
fallen on me.*

¹⁰I wept and fasted,
but it brought me reproach.
¹¹I made sackcloth my clothing,
and I was sport to them.
¹²Those who sit at the gate mock me,
and I am the song of drunkards.
¹³But my prayer to You, O Yahweh,
is for a time of favor.
In Your abundant loving devotion, O God,
answer me with Your sure salvation.
¹⁴Rescue me from the mire
and do not let me sink;
deliver me from my foes
and out of the deep waters.
¹⁵Do not let the floods engulf me
or the depths swallow me up;
let not the Pit close its mouth over me.
¹⁶Answer me, O Yahweh,
for Your loving devotion is good;
turn to me in keeping with Your great
compassion.
¹⁷Hide not Your face from Your servant,
for I am in distress.
Answer me quickly!
¹⁸Draw near to my soul and redeem me;
ransom me because of my foes.
¹⁹You know my reproach, my shame and
disgrace.
All my adversaries are before You.

²⁰*Insults have broken my heart,
and I am in despair.
I looked for sympathy, but there was
none,
for comforters, but I found no one.*
²¹*They poisoned my food with gall*

■ PS 69:4 [PROPHECY] Hated without cause → JN 15:25 p.-

■ PS 69:4 [QUOTED] Quoted in the New Testament → JN 15:25 p.-

■ PS 69:8 [PROPHECY] A stranger to His own brethren → JN 1:11; 7:5 p.-

■ PS 69:9 [PROPHECY] Zealous for His Father's house → JN 2:17; ROM 15:3 p.-

■ PS 69:9 [QUOTED] Quoted in the New Testament → JN 2:17 p.-

■ PS 69:9 [QUOTED] Quoted in the New Testament → ROM 15:3 p.-

■ PS 69:9 [NOTE] ZEAL FOR YOUR HOUSE. When Jesus cleared the temple, His disciples remembered this verse, John 2:17. Paul says the second half was true of Christ, Romans 15:3. It stays black because David is the one praying here.

■ PS 69:20 [PROPHECY] Heartbroken, He looked for comforters but found none → MT 26:38; MK 14:37–41 p.-

MESSIANIC PROPHECIES OLD TESTAMENT QUOTED IN THE NEW BLOODLINE OF CHRIST

and gave me vinegar to quench my thirst.

²² *May their table become a snare; may it be a retribution and a trap.*

²³ *May their eyes be darkened so they cannot see, and their backs be bent forever.*

²⁴ Pour out Your wrath upon them, and let Your burning anger overtake them.

²⁵ *May their place be deserted; let there be no one to dwell in their tents.*

²⁶ For they persecute the one You struck and recount the pain of those You wounded.

²⁷ Add iniquity to their iniquity; let them not share in Your righteousness.

²⁸ May they be blotted out of the Book of Life and not listed with the righteous.

²⁹ But I am in pain and distress; let Your salvation protect me, O God.

³⁰ I will praise God's name in song and exalt Him with thanksgiving.

³¹ And this will please Yahweh more than an ox, more than a bull with horns and hooves.

³² The humble will see and rejoice. You who seek God, let your hearts be revived!

³³ For Yahweh listens to the needy and does not despise His captive people.

³⁴ Let heaven and earth praise Him,

the seas and everything that moves in them.

³⁵ For God will save Zion and rebuild the cities of Judah, that they may dwell there and possess it.

³⁶ The descendants of His servants will inherit it, and those who love His name will settle in it.

70

PSALM 70 IN 30 SECONDS

Hurry, God, help me! A short emergency prayer, almost the same as the end of Psalm 40.

HURRY, O YAHWEH, TO HELP ME! // PSALM 40:1-17; PSALM 141:1-10

For the choirmaster. Of David. To bring remembrance.

¹ Make haste, O God, to deliver me! Hurry, O Yahweh, to help me!

² May those who seek my life be ashamed and confounded; may those who wish me harm be repelled and humiliated.

³ May those who say, "Aha, aha!" retreat because of their shame.

⁴ May all who seek You rejoice and be glad in You; may those who love Your salvation always say,

"Let God be magnified!"

⁵ But I am poor and needy; hurry to me, O God.

You are my help and my deliverer; O Yahweh, do not delay.

71

PSALM 71 IN 30 SECONDS

An old man's prayer. You have been my hope since I was young. Do not leave me now that I am gray.

BE MY ROCK OF REFUGE

¹ In You, O Yahweh, I have taken refuge; let me never be put to shame.

² In Your justice, rescue and deliver me; incline Your ear and save me.

³ Be my rock of refuge,

■ PS 69:21 [PROPHECY] Given vinegar to drink in His thirst → MT 27:34; MT 27:48; JN 19:28-30 p.-

■ PS 69:21 [ALLUDED TO] The New Testament refers to this → MT 27:34 p.-

■ PS 69:21 [ALLUDED TO] The New Testament refers to this → MT 27:48 p.-

■ PS 69:21 [ALLUDED TO] The New Testament refers to this → MK 15:36 p.-

■ PS 69:21 [ALLUDED TO] The New Testament refers to this → LK 23:36 p.-

■ PS 69:21 [ALLUDED TO] The New Testament refers to this → JN 19:28-29 p.-

■ PS 69:21 [NOTE] VINEGAR. At the cross Jesus was offered sour wine, Matthew 27:34 and 27:48.

■ PS 69:22 [PROPHECY] Those who reject Him would be blinded and trapped → ROM 11:9-10 p.-

■ PS 69:22 [QUOTED] Quoted in the New Testament → ROM 11:9-10 p.-

■ PS 69:25 [PROPHECY] The betrayer's place would be left empty → ACTS 1:20 p.-

■ PS 69:25 [QUOTED] Quoted in the New Testament → ACTS 1:20 p.-

MESSIANIC FORESHADOW BLOODLINE OF CHRIST

where I can always go.
 Give the command to save me,
 for You are my rock and my fortress.
⁴ Deliver me, O my God, from the hand of
 the wicked,
 from the grasp of the unjust and ruth-
 less.
⁵ For You are my hope, O Lord Yahweh,
 my confidence from my youth.
⁶ I have leaned on You since birth;
 You pulled me from my mother's womb.
 My praise is always for You.
⁷ I have become a portent to many,
 but You are my strong refuge.
⁸ My mouth is filled with Your praise
 and with Your splendor all day long.
⁹ Do not discard me in my old age;
 do not forsake me when my strength
 fails.
¹⁰ For my enemies speak against me,
 and those who lie in wait for my life
 conspire,
¹¹ saying, "God has forsaken him;
 pursue him and seize him,
 for there is no one to rescue him."
¹² Be not far from me, O God.
 Hurry, O my God, to help me.
¹³ May the accusers of my soul
 be ashamed and consumed;
 may those who seek my harm
 be covered with scorn and disgrace.
¹⁴ But I will always hope
 and will praise You more and more.
¹⁵ My mouth will declare Your righteous-
 ness
 and Your salvation all day long,
 though I cannot know their full measure.
¹⁶ I will come in the strength of the Lord
 Yahweh;
 I will proclaim Your
 righteousness—Yours alone.
¹⁷ O God, You have taught me from my
 youth,
 and to this day I proclaim Your mar-
 velous deeds.
¹⁸ Even when I am old and gray,
 do not forsake me, O God,
 until I proclaim Your power to the next
 generation,

Your might to all who are to come.

- ¹⁹ Your righteousness reaches to the heav-
 ens, O God,
 You who have done great things.
 Who, O God, is like You?
²⁰ Though You have shown me many trou-
 bles and misfortunes,
 You will revive me once again.
 Even from the depths of the earth
 You will bring me back up.
²¹ You will increase my honor
 and comfort me once again.
²² So I will praise You with the harp
 for Your faithfulness, O my God;
 I will sing praise to You with the lyre,
 O Holy One of Israel.
²³ When I sing praise to You
 my lips will shout for joy,
 along with my soul,
 which You have redeemed.
²⁴ My tongue will indeed proclaim
 Your righteousness all day long,
 for those who seek my harm
 are disgraced and confounded.

72

PSALM 72 IN 30 SECONDS

*A prayer for the king: may he rule from sea to sea.
 Book Two ends: the prayers of David are ended.*

ENDOW THE KING WITH YOUR JUSTICE // 1 KINGS

3:1-15; 2 CHRONICLES 1:1-13; PSALM 45:1-17

Of Solomon.

- ¹ Endow the king with Your justice, O God,
 and the son of the king with Your right-
 eousness.
² May he judge Your people with right-
 eousness
 and Your afflicted with justice.
³ May the mountains bring peace to the
 people,
 and the hills bring righteousness.
⁴ May he vindicate the afflicted among the
 people;
 may he save the children of the needy
 and crush the oppressor.

■ PS 72:1 [PROPHECY] 'Give the king Your judgments, O
 God' → JN 5:22 · MEDIUM p. 7

■ PS 72:1 [NOTE] OF SOLOMON. This is one of two psalms
 with Solomon's name, with 127. Many think David prayed
 it for his son, 72:20.

MESSIANIC PROPHECIES

MESSIANIC FORESHADOW

END TIMES PROPHECIES

BLOODLINE OF CHRIST

- ⁵ May they fear him as long as the sun shines,
as long as the moon remains,
through all generations.
- ⁶ May he be like rain that falls on freshly cut grass,
like spring showers that water the earth.
- ⁷ May the righteous flourish in his days
and prosperity abound
until the moon is no more.

⁸ May he rule from sea to sea,
and from the Euphrates to the ends of
the earth.

⁹ May the nomads bow before him,
and his enemies lick the dust.

¹⁰ May the kings of Tarshish and distant
shores bring tribute;
may the kings of Sheba and Seba offer
gifts.

¹¹ May all kings bow down to him
and all nations serve him.

¹² For he will deliver the needy who cry out
and the afflicted who have no helper.

¹³ He will take pity on the poor and needy
and save the lives of the oppressed.

¹⁴ He will redeem them from oppression
and violence,
for their blood is precious in his sight.

¹⁵ Long may he live!
May gold from Sheba be given him.
May people ever pray for him;
may they bless him all day long.

¹⁶ May there be an abundance of grain in
the land;
may it sway atop the hills.

May its fruit trees flourish like the forests
of Lebanon,
the people of its cities like the grass of
the field.

¹⁷ May his name endure forever;
may his name continue as long as the
sun shines.

In him may all nations be blessed;
may they call him blessed.

¹⁸ Blessed be Yahweh God, the God of Israel,
who alone does marvelous deeds.

¹⁹ And blessed be His glorious name forever;
may all the earth be filled with His glory.

Amen and amen. ²⁰ Thus conclude the
prayers of David son of Jesse.

BOOK III PSALMS 73 TO 89

73

PSALM 73 IN 30 SECONDS

Asaph almost gave up because the wicked had it easy. Then he went into God's house and saw their end.

SURELY GOD IS GOOD TO ISRAEL

A Psalm of Asaph.

- ¹ Surely God is good to Israel,
to those who are pure in heart.
- ² But as for me, my feet had almost stumbled;
my steps had nearly slipped.
- ³ For I envied the arrogant
when I saw the prosperity of the
wicked.
- ⁴ They have no struggle in their death;
their bodies are well-fed.
- ⁵ They are free of the burdens others
carry;
they are not afflicted like other men.
- ⁶ Therefore pride is their necklace;
a garment of violence covers them.
- ⁷ From their prosperity proceeds iniquity;
the imaginations of their hearts run wild.
- ⁸ They mock and speak with malice;
with arrogance they threaten oppression.
- ⁹ They set their mouths against the heavens,
and their tongues strut across the earth.
- ¹⁰ So their people return to this place
and drink up waters in abundance.

■ **PS 72:8 [PROPHECY]** The King would rule from sea to sea and to the ends of the earth → STILL TO COME · MEDIUM

■ **PS 72:10 [PROPHECY]** Great kings (Magi) would visit Him → MT 2:1-11 p. -

■ **PS 72:16 [PROPHECY]** The grain of wheat falling into the ground (His death and harvest) → JN 12:24-25 · MEDIUM p. -

■ **PS 72:17 [PROPHECY]** All nations would be blessed in Him and call Him blessed → GAL 3:8 p. -

■ **PS 72:20 [NOTE]** THE PRAYERS OF DAVID ARE ENDED. This ends Book Two. Some psalms of David still come later, so this line likely closed an older collection.

■ **PS 73:1 [NOTE]** ASAPH'S PROBLEM. Why do the wicked have it so easy? The turning point comes in 73:17, when he goes into God's sanctuary.

THE HEART

- ¹¹ The wicked say, "How can God know?
Does the Most High have knowledge?"
- ¹² Behold, these are the wicked—
always carefree as they increase their
wealth.
- ¹³ Surely in vain I have kept my heart pure;
in innocence I have washed my hands.
- ¹⁴ For I am afflicted all day long
and punished every morning.
- ¹⁵ If I had said, "I will speak this way,"
then I would have betrayed Your chil-
dren.
- ¹⁶ When I tried to understand all this,
it was troublesome in my sight
- ¹⁷ until I entered God's sanctuary;
then I discerned their end.
- ¹⁸ Surely You set them on slick ground;
You cast them down into ruin.
- ¹⁹ How suddenly they are laid waste,
completely swept away by terrors!
- ²⁰ Like one waking from a dream,
so You, O Lord, awaken and despise
their form.
- ²¹ When my heart was grieved
and I was pierced within,
- ²² I was senseless and ignorant;
I was a brute beast before You.
- ²³ Yet I am always with You;
You hold my right hand.
- ²⁴ You guide me with Your counsel,
and later receive me in glory.
- ²⁵ Whom have I in heaven but You?
And on earth I desire no one besides
You.
- ²⁶ My flesh and my heart may fail,
but God is the strength of my heart
and my portion forever.
- ²⁷ Those far from You will surely perish;
You destroy all who are unfaithful to
You.
- ²⁸ But as for me, it is good to draw near to
God.
I have made the Lord Yahweh my
refuge,
that I may proclaim all Your works.

74

PSALM 74 IN 30 SECONDS

*The enemy burned the temple. Remember us,
God. You crushed Leviathan; You can handle this.*

WHY HAVE YOU REJECTED US FOREVER? //

PSALM 79:1-13; JEREMIAH 52:1-11

A Maskil of Asaph.

- ¹ Why have You rejected us forever, O
God?
Why does Your anger smolder
against the sheep of Your pasture?
- ² Remember Your congregation,
which You purchased long ago
and redeemed as the tribe of Your
inheritance—
Mount Zion, where You dwell.
- ³ Turn Your steps to the everlasting ruins,
to everything in the sanctuary the en-
emy has destroyed.
- ⁴ Your foes have roared within Your meet-
ing place;
they have unfurled their banners as
signs,
- ⁵ like men wielding axes in a thicket of
trees
⁶ and smashing all the carvings with
hatchets and picks.
- ⁷ They have burned Your sanctuary to the
ground;
they have defiled the dwelling place of
Your Name.
- ⁸ They said in their hearts,
"We will crush them completely."
They burned down every place
where God met us in the land.
- ⁹ There are no signs for us to see.
There is no longer any prophet.
And none of us knows how long this will
last.
- ¹⁰ How long, O God, will the enemy taunt
You?
Will the foe revile Your name forever?
- ¹¹ Why do You withdraw Your strong right
hand?
Stretch it out to destroy them!
- ¹² Yet God is my King from ancient times,
working salvation on the earth.
- ¹³ You divided the sea by Your strength;

GOD SPEAKING

- You smashed the heads of the dragons
of the sea;
- ¹⁴ You crushed the heads of Leviathan;
You fed him to the creatures of the
desert.
- ¹⁵ You broke open the fountain and the
flood;
You dried up the ever-flowing rivers.
- ¹⁶ The day is Yours, and also the night;
You established the moon and the sun.
- ¹⁷ You set all the boundaries of the earth;
You made the summer and winter.
- ¹⁸ Remember how the enemy has mocked
You, O Yahweh,
how a foolish people has spurned Your
name.
- ¹⁹ Do not deliver the soul of Your dove to
beasts;
do not forget the lives of Your afflicted
forever.
- ²⁰ Consider Your covenant,
for haunts of violence fill the dark
places of the land.
- ²¹ Do not let the oppressed retreat in
shame;
may the poor and needy praise Your
name.
- ²² Rise up, O God; defend Your cause!
Remember how the fool mocks You all
day long.
- ²³ Do not disregard the clamor of Your ad-
versaries,
the uproar of Your enemies that as-
cends continually.

75

PSALM 75 IN 30 SECONDS

*God says, I choose the time to judge. He lifts up
one and brings down another.*

GOD'S RIGHTEOUS JUDGMENT // ROMANS 2:1–16
*For the choirmaster: To the tune of "Do Not
Destroy." A Psalm of Asaph. A song.*

- ¹ We give thanks to You, O God;
we give thanks, for Your Name is near.
The people declare Your wondrous
works.

- ² "When I choose a time,
I will judge fairly.
- ³ When the earth and all its dwellers
quake,
it is I who bear up its pillars.

Selah

- ⁴ I say to the proud, 'Do not boast,'
and to the wicked, 'Do not lift up your
horn.
- ⁵ Do not lift up your horn against heaven
or speak with an outstretched neck."
- ⁶ For exaltation comes neither from east
nor west,
nor out of the desert,
- ⁷ but it is God who judges;
He brings down one and exalts another.
- ⁸ For a cup is in the hand of Yahweh,
full of foaming wine mixed with spices.
He pours from His cup,
and all the wicked of the earth
drink it down to the dregs.
- ⁹ But I will proclaim Him forever;
I will sing praise to the God of Jacob.
- ¹⁰ "All the horns of the wicked I will cut off,
but the horns of the righteous will be
exalted."

76

PSALM 76 IN 30 SECONDS

*God broke the arrows and shields. Even the angry
rage of man will bring Him praise.*

GOD'S NAME IS GREAT IN ISRAEL

*For the choirmaster. With stringed instru-
ments. A Psalm of Asaph. A song.*

- ¹ God is known in Judah;
His name is great in Israel.
- ² His tent is in Salem,
His dwelling place in Zion.
- ³ There He shattered the flaming arrows,
the shield and sword and weapons of
war.
- ⁴ You are resplendent with light,
more majestic than mountains filled with
game.
- ⁵ The valiant lie plundered; they sleep their
last sleep.
No men of might could lift a hand.
- ⁶ At Your rebuke, O God of Jacob,

Selah

■ **PS 74:14 [NOTE] LEVIATHAN.** God crushed the heads of
the sea monster. The name was known in Canaan long
before. See Lotan in the Ugarit Tablets in Job, p. 1.

MESSIANIC PROPHECIES OLD TESTAMENT QUOTED IN THE NEW

both horse and rider lie stunned.

⁷You alone are to be feared.

When You are angry, who can stand before You?

⁸From heaven You pronounced judgment, and the earth feared and was still

⁹when God rose up to judge, to save all the lowly of the earth.

Selah

¹⁰Even the wrath of man shall praise You; with the survivors of wrath You will clothe Yourself.

¹¹Make and fulfill your vows to Yahweh your God; let all the neighboring lands bring tribute to Him who is to be feared.

¹²He breaks the spirits of princes; He is feared by the kings of the earth.

77

PSALM 77 IN 30 SECONDS

I cried out at night and could not sleep. Then I remembered how God led His people through the sea.

IN THE DAY OF TROUBLE I SOUGHT THE LORD
For the choirmaster. According to Jeduthun. A Psalm of Asaph.

¹I cried out to God;

I cried aloud to God to hear me.

²In the day of trouble I sought the Lord; through the night my outstretched hands did not grow weary; my soul refused to be comforted.

³I remembered You, O God, and I groaned; I mused and my spirit grew faint.

Selah

⁴You have kept my eyes from closing; I am too troubled to speak.

⁵I considered the days of old, the years long in the past.

⁶At night I remembered my song; in my heart I mused, and my spirit pondered:

⁷"Will the Lord spurn us forever and never show His favor again?

⁸Is His loving devotion gone forever? Has His promise failed for all time?

⁹Has God forgotten to be gracious?

Has His anger shut off His compassion?"

Selah

¹⁰So I said, "I am grieved that the right hand of the Most High has changed."

¹¹I will remember the works of Yahweh; yes, I will remember Your wonders of old.

¹²I will reflect on all You have done and ponder Your mighty deeds.

¹³Your way, O God, is holy. What god is so great as our God?

¹⁴You are the God who works wonders; You display Your strength among the peoples.

¹⁵With power You redeemed Your people, the sons of Jacob and Joseph.

Selah

¹⁶The waters saw You, O God; the waters saw You and swirled; even the depths were shaken.

¹⁷The clouds poured down water; the skies resounded with thunder; Your arrows flashed back and forth.

¹⁸Your thunder resounded in the whirlwind; the lightning lit up the world; the earth trembled and quaked.

¹⁹Your path led through the sea, Your way through the mighty waters, but Your footprints were not to be found.

²⁰You led Your people like a flock by the hand of Moses and Aaron.

78

PSALM 78 IN 30 SECONDS

A long history lesson so the kids will not repeat their fathers' mistakes. Then God chose David.

I WILL OPEN MY MOUTH IN PARABLES //

MATTHEW 13:34-35

A Maskil of Asaph.

¹Give ear, O my people, to my instruction; listen to the words of my mouth.

²I will open my mouth in parables;

■ PS 78:1 [PROPHECY] He would teach in parables → MT 13:34-35 p.-

MESSIANIC PROPHECIES THE HEART OLD TESTAMENT QUOTED IN THE NEW

I will utter things hidden from the beginning,

- ³ that we have heard and known
and our fathers have relayed to us.
- ⁴ We will not hide them from their children
but will declare to the next generation
the praises of Yahweh and His might
and the wonders He has performed.
- ⁵ For He established a testimony in Jacob
and appointed a law in Israel,
which He commanded our fathers
to teach to their children,
- ⁶ that the coming generation would know
them—
even children yet to be born—
to arise and tell their own children
- ⁷ that they should put their confidence in
God,
not forgetting His works,
but keeping His commandments.
- ⁸ Then they will not be like their fathers,
a stubborn and rebellious generation,
whose heart was not loyal,
whose spirit was not faithful to God.
- ⁹ The archers of Ephraim
turned back on the day of battle.
- ¹⁰ They failed to keep God's covenant
and refused to live by His law.
- ¹¹ They forgot what He had done,
the wonders He had shown them.
- ¹² He worked wonders before their fathers
in the land of Egypt, in the region of
Zoan.
- ¹³ He split the sea and brought them
through;
He set the waters upright like a wall.
- ¹⁴ He led them with a cloud by day
and with a light of fire all night.
- ¹⁵ He split the rocks in the wilderness
and gave them drink as abundant as the
seas.
- ¹⁶ He brought streams from the stone
and made water flow down like rivers.
- ¹⁷ But they continued to sin against Him,

rebellious in the desert against the Most
High.

¹⁸ They tested God in their heart

by demanding the food they craved.

- ¹⁹ They spoke against God, saying,
"Can God really prepare a table in the
wilderness?"
- ²⁰ When He struck the rock, water gushed
out
and torrents raged.
But can He also give bread
or supply His people with meat?"
- ²¹ Therefore Yahweh heard
and was filled with wrath;
so a fire was kindled against Jacob,
and His anger flared against Israel,
- ²² because they did not believe God
or rely on His salvation.
- ²³ Yet He commanded the clouds above
and opened the doors of the heavens.
- ²⁴ He rained down manna for them to eat;
He gave them grain from heaven.
- ²⁵ Man ate the bread of angels;
He sent them food in abundance.
- ²⁶ He stirred the east wind from the heav-
ens
and drove the south wind by His might.
- ²⁷ He rained meat on them like dust,
and winged birds like the sand of the
sea.
- ²⁸ He felled them in the midst of their
camp,
all around their dwellings.
- ²⁹ So they ate and were well filled,
for He gave them what they craved.
- ³⁰ Yet before they had filled their desire,
with the food still in their mouths,
- ³¹ God's anger flared against them,
and He put to death their strongest
and subdued the young men of Israel.
- ³² In spite of all this, they kept on sinning;
despite His wonderful works, they did
not believe.
- ³³ So He ended their days in futility,
and their years in sudden terror.

■ PS 78:2 [PROPHECY] He would speak the wisdom of
God with authority → MT 7:29 - MEDIUM p.-
■ PS 78:2 [QUOTED] Quoted in the New Testament → MT
13:35 p.-
■ PS 78:2 [NOTE] PARABLES. Matthew says Jesus spoke
in parables to fulfill this verse, Matthew 13:35.

■ PS 78:18 [HEART] Israel tested God in their heart by de-
manding the food they craved.
■ PS 78:18 [NOTE] IN THEIR HEART. The Hebrew says they
tested God in their heart. The problem started inside.
■ PS 78:24 [QUOTED] Quoted in the New Testament → JN
6:31 p.-

THE HEART DEMONIC

³⁴ When He slew them, they would seek Him;
 they repented and searched for God.
³⁵ And they remembered that God was their Rock,
 that God Most High was their Redeemer.
³⁶ But they deceived Him with their mouths,
 and lied to Him with their tongues.
³⁷ Their hearts were disloyal to Him,
 and they were unfaithful to His covenant.
³⁸ And yet He was compassionate;
 He forgave their iniquity and did not destroy them.
 He often restrained His anger
 and did not unleash His full wrath.
³⁹ He remembered that they were but flesh,
 a passing breeze that does not return.
⁴⁰ How often they disobeyed Him in the wilderness
 and grieved Him in the desert!
⁴¹ Again and again they tested God
 and provoked the Holy One of Israel.
⁴² They did not remember His power—
 the day He redeemed them from the adversary,
⁴³ when He performed His signs in Egypt
 and His wonders in the fields of Zoan.
⁴⁴ He turned their rivers to blood,
 and from their streams they could not drink.
⁴⁵ He sent swarms of flies that devoured them,
 and frogs that devastated them.
⁴⁶ He gave their crops to the grasshopper,
 the fruit of their labor to the locust.
⁴⁷ He killed their vines with hailstones
 and their sycamore-figs with sleet.
⁴⁸ He abandoned their cattle to the hail
 and their livestock to bolts of lightning.
⁴⁹ He unleashed His fury against them,
 wrath, indignation, and calamity—
 a band of destroying angels.
⁵⁰ He cleared a path for His anger;
 He did not spare them from death

but delivered their lives to the plague.
⁵¹ He struck all the firstborn of Egypt,
 the virility in the tents of Ham.
⁵² He led out His people like sheep
 and guided them like a flock in the wilderness.
⁵³ He led them safely, so they did not fear,
 but the sea engulfed their enemies.
⁵⁴ He brought them to His holy land,
 to the mountain His right hand had acquired.
⁵⁵ He drove out nations before them
 and apportioned their inheritance;
 He settled the tribes of Israel in their tents.
⁵⁶ But they tested and disobeyed God Most High,
 for they did not keep His decrees.
⁵⁷ They turned back and were faithless like their fathers,
 twisted like a faulty bow.
⁵⁸ They enraged Him with their high places
 and provoked His jealousy with their idols.
⁵⁹ On hearing it, God was furious
 and rejected Israel completely.
⁶⁰ He abandoned the tabernacle of Shiloh,
 the tent He had pitched among men.
⁶¹ He delivered His strength to captivity,
 and His splendor to the hand of the adversary.
⁶² He surrendered His people to the sword
 because He was enraged by His heritage.
⁶³ Fire consumed His young men,
 and their maidens were left without wedding songs.
⁶⁴ His priests fell by the sword,
 but their widows could not lament.
⁶⁵ Then the Lord awoke as from sleep,
 like a mighty warrior overcome by wine.
⁶⁶ He beat back His foes;
 He put them to everlasting shame.
⁶⁷ He rejected the tent of Joseph
 and refused the tribe of Ephraim.
⁶⁸ But He chose the tribe of Judah,
 Mount Zion, which He loved.
⁶⁹ He built His sanctuary like the heights,

PS 78:37 [HEART] Their heart was not loyal to God even when their mouths said the right things.

PS 78:58 [DEMONIC] Israel provokes God with high places and idols

THE HEART BLOODLINE OF CHRIST

like the earth He has established forever.

- ⁷⁰ He chose David His servant
and took him from the sheepfolds;
⁷¹ from tending the ewes He brought him
to be shepherd of His people Jacob,
of Israel His inheritance.

⁷² So David shepherded them with integrity of heart
and guided them with skillful hands.

79

PSALM 79 IN 30 SECONDS

Jerusalem is in ruins. Help us for Your name's sake.

A PRAYER FOR DELIVERANCE // PSALM 74:1-23;
JEREMIAH 52:1-11
A Psalm of Asaph.

- ¹ The nations, O God, have invaded Your inheritance;
they have defiled Your holy temple
and reduced Jerusalem to rubble.
² They have given the corpses of Your servants
as food to the birds of the air,
the flesh of Your saints to the beasts of the earth.
³ They have poured out their blood like water
all around Jerusalem,
and there is no one to bury the dead.
⁴ We have become a reproach to our neighbors,
a scorn and derision to those around us.
⁵ How long, O Yahweh?
Will You be angry forever?
Will Your jealousy burn like fire?
⁶ Pour out Your wrath on the nations
that do not acknowledge You,
on the kingdoms
that refuse to call on Your name,
⁷ for they have devoured Jacob
and devastated his homeland.
⁸ Do not hold past sins against us;
let Your compassion come quickly,

for we are brought low.

- ⁹ Help us, O God of our salvation,
for the glory of Your name;
deliver us and atone for our sins,
for the sake of Your name.
¹⁰ Why should the nations ask,
"Where is their God?"
Before our eyes, make known among the nations
Your vengeance for the bloodshed of
Your servants.
¹¹ May the groans of the captives reach
You;
by the strength of Your arm preserve
those condemned to death.
¹² Pay back into the laps of our neighbors
sevenfold the reproach they hurled at
You, O Lord.
¹³ Then we Your people, the sheep of Your pasture,
will thank You forever;
from generation to generation
we will declare Your praise.

80

PSALM 80 IN 30 SECONDS

*Israel is God's vine, now chewed up by wild boars.
Restore us, God; make Your face shine.*

HEAR US, O SHEPHERD OF ISRAEL

For the choirmaster. To the tune of "The Lilies of the Covenant." A Psalm of Asaph.

- ¹ Hear us, O Shepherd of Israel,
who leads Joseph like a flock;
You who sit enthroned between the cherubim,
shine forth ² before Ephraim, Benjamin,
and Manasseh.
Rally Your mighty power
and come to save us.
³ Restore us, O God,
and cause Your face to shine upon us,
that we may be saved.
⁴ O Yahweh God of Hosts,
how long will Your anger smolder
against the prayers of Your people?
⁵ You fed them with the bread of tears
and made them drink the full measure of
their tears.

■ **PS 78:70 [NOTE]** FROM THE SHEEP PENS. God took David from the sheep to shepherd His people. Psalm 151 tells the same story in David's voice.

■ **PS 78:72 [HEART]** David shepherded Israel with a heart of integrity.

MESSIANIC PROPHECIES DEMONIC GOD SPEAKING

- ⁶ You make us contend with our neighbors;
our enemies mock us.
- ⁷ Restore us, O God of Hosts,
and cause Your face to shine upon us,
that we may be saved.
- ⁸ You uprooted a vine from Egypt;
You drove out the nations and transplanted it.
- ⁹ You cleared the ground for it,
and it took root and filled the land.
- ¹⁰ The mountains were covered by its shade,
and the mighty cedars with its branches.
- ¹¹ It sent out its branches to the Sea,
and its shoots toward the River.
- ¹² Why have You broken down its walls,
so that all who pass by pick its fruit?
- ¹³ The boar from the forest ravages it,
and the creatures of the field feed upon it.
- ¹⁴ Return, O God of Hosts, we pray!
Look down from heaven and see!
Attend to this vine—
- ¹⁵ the root Your right hand has planted,
the son You have raised up for Yourself.
- ¹⁶ Your vine has been cut down and burned;
they perish at the rebuke of Your countenance.
- ¹⁷ Let Your hand be upon the man at Your right hand,
on the son of man You have raised up for Yourself.
- ¹⁸ Then we will not turn away from You;
revive us, and we will call on Your name.
- ¹⁹ Restore us, O Yahweh God of Hosts;
cause Your face to shine upon us,
that we may be saved.

81

PSALM 81 IN 30 SECONDS

A festival song. God says, Open your mouth wide and I will fill it. If only you would listen.

SING FOR JOY TO GOD OUR STRENGTH

For the choirmaster. According to Gittith. Of Asaph.

- ¹ Sing for joy to God our strength;
make a joyful noise to the God of Jacob.
- ² Lift up a song, strike the tambourine,
play the sweet-sounding harp and lyre.
- ³ Sound the ram's horn at the New Moon,
and at the full moon on the day of our Feast.
- ⁴ For this is a statute for Israel,
an ordinance of the God of Jacob.
- ⁵ He ordained it as a testimony for Joseph
when he went out over the land of Egypt,
where I heard an unfamiliar language:
- ⁶ "I relieved his shoulder of the burden;
his hands were freed from the basket.
- ⁷ You called out in distress, and I rescued you;
I answered you from the cloud of thunder;
I tested you at the waters of Meribah.
- Selah
- ⁸ Hear, O My people, and I will warn you:
O Israel, if only you would listen to Me!
- ⁹ There must be no strange god among you,
nor shall you bow to a foreign god.
- ¹⁰ I am Yahweh your God,
who brought you up out of Egypt.
Open wide your mouth,
and I will fill it.
- ¹¹ But My people would not listen to Me,
and Israel would not obey Me.
- ¹² So I gave them up to their stubborn hearts
to follow their own devices.
- ¹³ If only My people would listen to Me,
if Israel would follow My ways,
- ¹⁴ how soon I would subdue their enemies
and turn My hand against their foes!
- ¹⁵ Those who hate Yahweh would feign obedience,
and their doom would last forever.
- ¹⁶ But I would feed you the finest wheat;
with honey from the rock I would satisfy you."

OLD TESTAMENT QUOTED IN THE NEW GOD SPEAKING

82

PSALM 82 IN 30 SECONDS

God judges the judges in the divine council. You are gods, but you will die like men. Jesus quoted it.

GOD PRESIDES IN THE DIVINE ASSEMBLY

A Psalm of Asaph.

- ¹ God presides in the divine assembly;
He renders judgment among the gods:
- ² "How long will you judge unjustly
and show partiality to the wicked?" *Selah*
- ³ Defend the cause of the weak and fatherless;
uphold the rights of the afflicted and oppressed.
- ⁴ Rescue the weak and needy;
save them from the hand of the wicked.
- ⁵ They do not know or understand;
they wander in the darkness;
all the foundations of the earth are shaken.
- ⁶ *I have said, 'You are gods;
you are all sons of the Most High.'*
- ⁷ But like mortals you will die,
and like rulers you will fall."
- ⁸ Arise, O God, judge the earth,
for all the nations are Your inheritance.

DEBATED THE BIG QUESTION

YE ARE GODS

Psalm 82 and John 10:34

PSALM 82 · JOHN 10:31 TO 36 · EXODUS 21:6 · DEUTERONOMY 32:8

THE SCENE

God stands up in the divine assembly and judges among the gods, 82:1. He scolds them for unfair judging, 82:2 to 4, says You are gods, 82:6, and then, But you will die like mortals, 82:7.

WHERE JESUS USED IT

When the crowd picked up stones because He said, I and the Father are one,

Jesus answered: 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, why do you accuse Me for saying, I am the Son of God? John 10:34 to 36.

YE ARE GODS

That is the King James wording people know. This Bible says You are gods.

Who Are the Gods?

JOB 1:6 · DANIEL 10:13 · EPHESIANS 6:12

VIEW 1: HUMAN JUDGES

Many say the gods are Israel's judges and rulers, called *elohim* because they judged in God's place, like Exodus 21:6 and 22:8 to 9 in some translations. Jesus' point: if even human judges were called gods, why is it wrong for Me to say I am God's Son?

VIEW 2: SPIRIT BEINGS

Many scholars today, and some early Jewish readers, say the gods are spiritual beings, the sons of God, Job 1:6, put over the nations, Deuteronomy 32:8, who ruled them badly. God sentences them to die like men.

VIEW 3: ISRAEL AT SINAI

Some old rabbis said it meant Israel when they received the law at Sinai, and they lost that glory with the golden calf.

NOT LITTLE GODS

Some modern teachers use John 10:34 to say Christians are little gods. Most Christians say Jesus did not teach that. In the psalm the gods are judged and will die.

WHAT ALL SIDES AGREE ON

There is one true God, Deuteronomy 6:4, and He judges every judge and every power, 82:8.

83

PSALM 83 IN 30 SECONDS

A whole list of nations ganging up on Israel. Make them like tumbleweeds.

O GOD, BE NOT SILENT

A song. A Psalm of Asaph.

- ¹ O God, be not silent; be not speechless;
be not still, O God.
- ² See how Your enemies rage,

- PS 82:1 [NOTE] THE DIVINE ASSEMBLY. God stands up in a council of gods, *elohim*. Who are they? Human judges or spiritual beings? See the Big Question Ye Are Gods.
- PS 82:6 [QUOTED] Quoted in the New Testament → JN 10:34 p. --
- PS 82:6 [NOTE] YOU ARE GODS. Jesus quoted this when He was accused of claiming to be God, John 10:34 to 36.

how Your foes have reared their heads.
³With cunning they scheme against Your people
 and conspire against those You cherish,
⁴saying, "Come, let us erase them as a
 nation;
 may the name of Israel be remembered
 no more."
⁵For with one mind they plot together;
 they form an alliance against You—
⁶the tents of Edom and the Ishmaelites,
 of Moab and the Hagrites,
⁷of Gebal, Ammon, and Amalek,
 of Philistia with the people of Tyre.
⁸Even Assyria has joined them,
 lending strength to the sons of Lot.
Selah
⁹Do to them as You did to Midian,
 as to Sisera and Jabin at the River
 Kishon,
¹⁰who perished at Endor
 and became like dung on the ground.
¹¹Make their nobles like Oreb and Zeeb,
 and all their princes like Zebah and Zal-
 munna,
¹²who said, "Let us possess for ourselves
 the pastures of God."
¹³Make them like tumbleweed, O my God,
 like chaff before the wind.
¹⁴As fire consumes a forest,
 as a flame sets the mountains ablaze,
¹⁵so pursue them with Your tempest,
 and terrify them with Your storm.
¹⁶Cover their faces with shame,
 that they may seek Your name, O Yah-
 weh.
¹⁷May they be ever ashamed and terrified;
 may they perish in disgrace.
¹⁸May they know that You alone,
 whose name is Yahweh,
 are Most High over all the earth.

84

PSALM 84 IN 30 SECONDS

How lovely is Your house! One day there beats a thousand somewhere else.

BETTER IS ONE DAY IN YOUR COURTS // JOHN

1:14–18

For the choirmaster. According to Gittith. A Psalm of the sons of Korah.

¹How lovely is Your dwelling place,
 O Yahweh of Hosts!
²My soul longs, even faints,
 for the courts of Yahweh;
 my heart and my flesh cry out
 for the living God.
³Even the sparrow has found a home,
 and the swallow a nest for herself,
 where she places her young near Your al-
 tars,
 O Yahweh of Hosts, my King and my
 God.
⁴How blessed are those who dwell in Your
 house!
 They are ever praising You.
Selah
⁵Blessed are those whose strength is in
 You,
 whose hearts are set on pilgrimage.
⁶As they pass through the Valley of Baca,
 they make it a place of springs;
 even the autumn rain covers it with
 pools.
⁷They go from strength to strength,
 until each appears before God in Zion.
⁸O Yahweh God of Hosts, hear my prayer;
 give ear, O God of Jacob.
Selah
⁹Take notice of our shield, O God,
 and look with favor on the face of Your
 anointed.
¹⁰For 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.
¹¹For Yahweh God is a sun and a shield;
 Yahweh gives grace and glory;
 He withholds no good thing
 from those who walk with integrity.
¹²O Yahweh of Hosts,
 how blessed is the man who trusts in
 You!

■ **PS 83:6 [NOTE] THE LIST.** Edom, Ishmaelites, Moab, Hagrites, Gebal, Ammon, Amalek, Philistia, Tyre and Assyria. Israel was surrounded.

■ **PS 84:6 [NOTE] THE VALLEY OF BACA.** Maybe a valley of weeping, or of balsam trees. Pilgrims going up to Jerusalem passed through dry places on the way.

END TIMES PROPHECIES THE HEART BLOODLINE OF CHRIST

85

PSALM 85 IN 30 SECONDS

Revive us again. Love and truth meet; righteousness and peace kiss.

YOU SHOWED FAVOR TO YOUR LAND

For the choirmaster. A Psalm of the sons of Korah.

- ¹You showed favor to Your land, O Yahweh;
You restored Jacob from captivity.
- ²You forgave the iniquity of Your people;
You covered all their sin.
- Selah*
- ³You withheld all Your fury;
You turned from Your burning anger.
- ⁴Restore us, O God of our salvation,
and put away Your displeasure toward us.
- ⁵Will You be angry with us forever?
Will You draw out Your anger to all generations?
- ⁶Will You not revive us again,
that Your people may rejoice in You?
- ⁷Show us Your loving devotion, O Yahweh,
and grant us Your salvation.
- ⁸I will listen to what God Yahweh will say;
for He will surely speak peace to His people and His saints;
He will not let them return to folly.
- ⁹Surely His salvation is near to those who fear Him,
that His glory may dwell in our land.
- ¹⁰Loving devotion and faithfulness have
joined together;
righteousness and peace have kissed.
- ¹¹Faithfulness sprouts from the earth,
and righteousness looks down from heaven.
- ¹²Yahweh will indeed provide what is
good,
and our land will yield its increase.
- ¹³Righteousness will go before Him
to prepare the way for His steps.

86

PSALM 86 IN 30 SECONDS

Teach me Your way. Give me an undivided heart.

TRIED BUT TRUSTING

A prayer of David.

- ¹Incline Your ear, O Yahweh, and answer me,
for I am poor and needy.
- ²Preserve my soul, for I am godly.
You are my God; save Your servant who trusts in You.
- ³Be merciful to me, O Lord,
for I call to You all day long.
- ⁴Bring joy to Your servant,
for to You, O Lord, I lift up my soul.
- ⁵For You, O Lord, are kind and forgiving,
rich in loving devotion to all who call on You.
- ⁶Hear my prayer, O Yahweh,
and attend to my plea for mercy.
- ⁷In the day of my distress I call on You,
because You answer me.
- ⁸O Lord, there is none like You among the gods,
nor any works like Yours.
- ⁹All the nations You have made
will come and bow before You, O Lord,
and they will glorify Your name.
- ¹⁰For You are great and perform wonders;
You alone are God.
- ¹¹Teach me Your way, O Yahweh,
that I may walk in Your truth.
Give me an undivided heart,
that I may fear Your name.
- ¹²I will praise You, O Lord my God, with all my heart;
I will glorify Your name forever.
- ¹³For great is Your loving devotion to me;
You have delivered me from the depths of Sheol.
- ¹⁴The arrogant rise against me, O God;
a band of ruthless men seeks my life;
they have no regard for You.

■ PS 86:9 [PROPHECY] All nations would come and worship the Lord → STILL TO COME

■ PS 86:9 [ALLUDED TO] The New Testament refers to this → REV 15:3-4 p.~

■ PS 86:11 [HEART] Give me an undivided heart to fear Your name.

MESSIANIC PROPHECIES | GOD SPEAKING

- ¹⁵ But You, O Lord, are a compassionate and gracious God,
slow to anger, abounding in loving devotion and faithfulness.
- ¹⁶ Turn to me and have mercy;
grant Your strength to Your servant;
save the son of Your maidservant.
- ¹⁷ Show me a sign of Your goodness,
that my enemies may see and be ashamed;
for You, O Yahweh, have helped me and comforted me.

87

PSALM 87 IN 30 SECONDS

God's city Zion will count people from every nation as born there.

YAHWEH LOVES THE GATES OF ZION

A Psalm of the sons of Korah. A song.

- ¹ He has founded His city
on the holy mountains.
- ² Yahweh loves the gates of Zion
more than all the dwellings of Jacob.
- ³ Glorious things are ascribed to you,
O city of God.
- Selah*
- ⁴ "I will mention Rahab and Babylon
among those who know Me—
along with Philistia, Tyre, and Cush—
when I say, 'This one was born in Zion.'"
- ⁵ And it will be said of Zion:
"This one and that one were born in her,
and the Most High Himself will establish her."
- ⁶ Yahweh will record in the register of the peoples:
"This one was born in Zion."
- Selah*
- ⁷ Singers and pipers will proclaim,
"All my springs of joy are in You."

88

PSALM 88 IN 30 SECONDS

The darkest psalm. It ends in darkness. Even then, the man is still praying.

■ **PS 87:4 [NOTE]** RAHAB here is a poetic name for Egypt, not Rahab of Jericho. It means pride or storm, and it is also a sea monster's name, Isaiah 51:9.

I CRY OUT BEFORE YOU

A song. A Psalm of the sons of Korah. For the choirmaster. According to Mahalath Leannoth. A Maskil of Heman the Ezrahite.

- ¹ O Yahweh, the God of my salvation,
day and night I cry out before You.
- ² May my prayer come before You;
incline Your ear to my cry.
- ³ For my soul is full of troubles,
and my life draws near to Sheol.
- ⁴ I am counted among those descending to the Pit.
I am like a man without strength.
- ⁵ I am forsaken among the dead,
like the slain who lie in the grave,
whom You remember no more,
who are cut off from Your care.
- ⁶ You have laid me in the lowest Pit,
in the darkest of the depths.
- ⁷ Your wrath weighs heavily upon me;
all Your waves have submerged me.
- Selah*
- ⁸ You have removed my friends from me;
You have made me repulsive to them;
I am confined and cannot escape.
- ⁹ My eyes grow dim with grief.
I call to You daily, O Yahweh;
I spread out my hands to You.
- ¹⁰ Do You work wonders for the dead?
Do departed spirits rise up to praise You?
- Selah*
- ¹¹ Can Your loving devotion be proclaimed
in the grave,
Your faithfulness in Abaddon?
- ¹² Will Your wonders be known in the darkness,
or Your righteousness in the land of oblivion?
- ¹³ But to You, O Yahweh, I cry for help;
in the morning my prayer comes before You.
- ¹⁴ Why, O Yahweh, do You reject me?
Why do You hide Your face from me?

■ **PS 88:1 [NOTE]** HEMAN THE EZRAHITE. A wise man named Heman is in 1 Kings 4:31, and Heman the singer in 1 Chronicles 6:33. They may be the same man.

■ **PS 88:1 [NOTE]** MAHALATH LEANNOTH. Maybe a sad tune, about sickness or affliction. No one knows.

■ **PS 88:8 [PROPHECY]** They stood at a distance and watched Him die → LK 23:49 · MEDIUM p. 9

MESSIANIC PROPHECIES OLD TESTAMENT QUOTED IN THE NEW GOD SPEAKING BLOODLINE OF CHRIST

- ¹⁵ From my youth I was afflicted and near death.
I have borne Your terrors; I am in despair.
- ¹⁶ Your wrath has swept over me;
Your terrors have destroyed me.
- ¹⁷ All day long they engulf me like water;
they enclose me on every side.
- ¹⁸ You have removed my beloved and my friend;
darkness is my closest companion.

89

PSALM 89 IN 30 SECONDS

God's promise to David will last forever. So why does it look broken? Book Three ends.

I WILL SING OF HIS LOVE FOREVER

A Maskil of Ethan the Ezrahite.

- ¹ I will sing of the loving devotion of Yahweh forever;
with my mouth I will proclaim Your faithfulness to all generations.
- ² For I have said, "Loving devotion is built up forever;
in the heavens You establish Your faithfulness."

³ You said, "I have made a covenant with My chosen one,

I have sworn to David My servant:

⁴ "I will establish your offspring forever and build up your throne for all generations."

Selah

- ⁵ The heavens praise Your wonders, O Yahweh—
Your faithfulness as well—
in the assembly of the holy ones.
- ⁶ For who in the skies can compare with Yahweh?
Who among the heavenly beings is like Yahweh?

- ⁷ In the council of the holy ones, God is greatly feared,
and awesome above all who surround Him.
- ⁸ O Yahweh God of Hosts, who is like You?
O mighty Yahweh, Your faithfulness surrounds You.
- ⁹ You rule the raging sea;
when its waves mount up, You still them.
- ¹⁰ You crushed Rahab like a carcass;
You scattered Your enemies with Your mighty arm.
- ¹¹ The heavens are Yours, and also the earth.
The earth and its fullness You founded.
- ¹² North and south You created;
Tabor and Hermon shout for joy at Your name.
- ¹³ Mighty is Your arm; strong is Your hand.
Your right hand is exalted.
- ¹⁴ Righteousness and justice are the foundation of Your throne;
loving devotion and faithfulness go before You.
- ¹⁵ Blessed are those who know the joyful sound,
who walk, O Yahweh, in the light of Your presence.
- ¹⁶ They rejoice in Your name all day long,
and in Your righteousness they exult.
- ¹⁷ For You are the glory of their strength,
and by Your favor our horn is exalted.
- ¹⁸ Surely our shield belongs to Yahweh,
and our king to the Holy One of Israel.

¹⁹ You once spoke in a vision;
to Your godly ones You said,
"I have bestowed help on a warrior;
I have exalted one chosen from the people.

²⁰ I have found My servant David
with My sacred oil I have anointed him.

²¹ My hand will sustain him;
surely My arm will strengthen him.

²² No enemy will exact tribute;
no wicked man will oppress him.

²³ I will crush his foes before him

■ **PS 88:18 [NOTE]** NO HAPPY ENDING. Many call this the only psalm that ends in darkness. It is in the Bible too. God can handle your honest prayers.

■ **PS 89:1 [NOTE]** ETHAN THE EZRAHITE. A wise man named Ethan is in 1 Kings 4:31; he may be the same as Ethan the singer, 1 Chronicles 15:19. This psalm is built on God's promise to David, 2 Samuel 7. See God's Promise to David in 2 Samuel, p.~.

■ **PS 89:3 [PROPHECY]** God swore to David that his offspring would sit on his throne forever → ACTS 2:30; LK 1:32–33 p.~

■ **PS 89:20 [QUOTED]** Quoted in the New Testament → ACTS 13:22 p.~

MESSIANIC PROPHECIES END TIMES PROPHECIES GOD SPEAKING BLOODLINE OF CHRIST

and strike down those who hate him.

²⁴ My faithfulness and loving devotion will be with him,
and through My name his horn will be exalted.

²⁵ I will set his hand over the sea,
and his right hand upon the rivers.

²⁶ He will call to Me, 'You are my Father,
my God, the Rock of my salvation.'

²⁷ I will indeed appoint him as My firstborn,
the highest of the kings of the earth.

²⁸ I will forever preserve My loving devotion for him,
and My covenant with him will stand fast.

²⁹ I will establish his line forever,
his throne as long as the heavens endure.

³⁰ If his sons forsake My law
and do not walk in My judgments,

³¹ if they violate My statutes
and fail to keep My commandments,

³² I will attend to their transgression with the rod,
and to their iniquity with stripes.

³³ But I will not withdraw My loving devotion from him,
nor ever betray My faithfulness.

³⁴ I will not violate My covenant
or alter the utterance of My lips.

³⁵ Once and for all I have sworn by My holiness—
I will not lie to David—

³⁶ his offspring shall endure forever,
and his throne before Me like the sun,

³⁷ like the moon, established forever,
a faithful witness in the sky."

Selah

³⁸ Now, however, You have spurned and rejected him;

You are enraged by Your anointed one.

³⁹ You have renounced the covenant with Your servant

and sullied his crown in the dust.

⁴⁰ You have broken down all his walls;

You have reduced his strongholds to rubble.

⁴¹ All who pass by plunder him;
he has become a reproach to his neighbors.

⁴² You have exalted the right hand of his foes;

You have made all his enemies rejoice.

⁴³ You have bent the edge of his sword
and have not sustained him in battle.

⁴⁴ You have ended his splendor
and cast his throne to the ground.

⁴⁵ You have cut short the days of his youth;
You have covered him with shame.

Selah

⁴⁶ How long, O Yahweh?

Will You hide Yourself forever?

Will Your wrath keep burning like fire?

⁴⁷ Remember the briefness of my lifespan!
For what futility You have created all men!

⁴⁸ What man can live and never see death?

Can he deliver his soul from the power of Sheol?

Selah

⁴⁹ Where, O Lord, is Your loving devotion of old,
which You faithfully swore to David?

⁵⁰ Remember, O Lord, the reproach of Your servants,
which I bear in my heart from so many people—

⁵¹ how Your enemies have taunted, O Yahweh,
and have mocked every step of Your anointed one!

⁵² Blessed be Yahweh forever!

Amen and amen.

BOOK IV PSALMS 90 TO 106

90

PSALM 90 IN 30 SECONDS

Moses' prayer. A thousand years are like a day to God. Teach us to number our days.

FROM EVERLASTING TO EVERLASTING

A prayer of Moses the man of God.

■ PS 89:26 [PROPHECY] The chosen King would call God my Father → HEB 1:5; JN 20:17 · MEDIUM p.~

■ PS 89:27 [PROPHECY] He would be the Firstborn → COL 1:15; 1:18; REV 1:5 · MEDIUM p.~

■ PS 89:35 [PROPHECY] David's Seed, throne, and kingdom endure forever → STILL TO COME

MESSIANIC FORESHADOW OLD TESTAMENT QUOTED IN THE NEW NOTABLE GOD SPEAKING

- ¹ Lord, You have been our dwelling place through all generations.
- ² Before the mountains were born or You brought forth the earth and the world, from everlasting to everlasting You are God.
- ³ You return man to dust, saying, **"Return, O sons of mortals."**
- ⁴ For in Your sight a thousand years are but a day that passes, or a watch of the night.
- ⁵ You sweep them away in their sleep; they are like the new grass of the morning—
- ⁶ in the morning it springs up new, but by evening it fades and withers.
- ⁷ For we are consumed by Your anger and terrified by Your wrath.
- ⁸ You have set our iniquities before You, our secret sins in the light of Your presence.
- ⁹ For all our days decline in Your fury; we finish our years with a sigh.
- ¹⁰ The length of our days is seventy years— or eighty if we are strong— yet their pride is but labor and sorrow, for they quickly pass, and we fly away.
- ¹¹ Who knows the power of Your anger? Your wrath matches the fear You are due.
- ¹² So teach us to number our days, that we may present a heart of wisdom.
- ¹³ Return, O Yahweh! How long will it be? Have compassion on Your servants.
- ¹⁴ Satisfy us in the morning with Your loving devotion, that we may sing for joy and be glad all our days.

■ **PS 90:1 [NOTE] MOSES.** The only psalm with his name. If Moses wrote it, it is the oldest psalm, from about 1400 BC.

■ **PS 90:1 [NOTE] BOOK FOUR** starts with Moses. Many see the whole book of Psalms as five books, like the five books of Moses.

■ **PS 90:4 [ALLUDED TO]** The New Testament refers to this → 2PE 3:8 p. 77

■ **PS 90:4 [NOTE] A THOUSAND YEARS.** Peter uses this when people asked why Jesus has not come back yet, 2 Peter 3:8.

■ **PS 90:10 [NOTE] SEVENTY YEARS, OR EIGHTY.** Moses lived to 120, Deuteronomy 34:7, but most people did not.

■ **PS 90:12 [NOTABLE]** Life is short. Remembering that helps you spend it on what matters.

- ¹⁵ Make us glad for as many days as You have afflicted us, for as many years as we have seen evil.
- ¹⁶ May Your work be shown to Your servants, and Your splendor to their children.
- ¹⁷ May the favor of the Lord our God rest upon us; establish for us the work of our hands— yes, establish the work of our hands!

91

PSALM 91 IN 30 SECONDS

*He who dwells in the shelter of the Most High.
Even the devil quoted this one.*

YOU ARE MY REFUGE AND MY FORTRESS

- ¹ He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.
- ² I will say to Yahweh, "You are my refuge and my fortress, my God, in whom I trust."
- ³ Surely He will deliver you from the snare of the fowler, and from the deadly plague.
- ⁴ He will cover you with His feathers; under His wings you will find refuge; His faithfulness is a shield and rampart.
- ⁵ You will not fear the terror of the night, nor the arrow that flies by day,
- ⁶ nor the pestilence that stalks in the darkness, nor the calamity that destroys at noon.
- ⁷ Though a thousand may fall at your side, and ten thousand at your right hand, no harm will come near you.
- ⁸ You will only see it with your eyes and witness the punishment of the wicked.
- ⁹ Because you have made Yahweh your dwelling— my refuge, the Most High—
- ¹⁰ no evil will befall you, no plague will approach your tent.
- ¹¹ For He will command His angels concerning you to guard you in all your ways.
- ¹² They will lift you up in their hands,

MESSIANIC FORESHADOW OLD TESTAMENT QUOTED IN THE NEW GOD SPEAKING

so that you will not strike your foot against a stone.

¹³ You will tread on the lion and cobra;
you will trample the young lion and serpent.

¹⁴ "Because he loves Me, I will deliver him;
because he knows My name, I will protect him.

¹⁵ When he calls out to Me,
I will answer him;
I will be with him in trouble.
I will deliver him and honor him.

¹⁶ With long life I will satisfy him
and show him My salvation."

92

PSALM 92 IN 30 SECONDS

A song for the Sabbath. The righteous flourish like palm trees, still bearing fruit when old.

HOW GREAT ARE YOUR WORKS!

A Psalm. A song for the Sabbath day.

- ¹ It is good to praise Yahweh,
and to sing praises to Your name, O
Most High,
² to proclaim Your loving devotion in the
morning
and Your faithfulness at night
³ with the ten-stringed harp
and the melody of the lyre.
⁴ For You, O Yahweh, have made me glad
by Your deeds;
I sing for joy at the works of Your hands.
⁵ How great are Your works, O Yahweh,
how deep are Your thoughts!
⁶ A senseless man does not know,
and a fool does not understand,
⁷ that though the wicked sprout like grass,
and all evildoers flourish,
they will be forever destroyed.
⁸ But You, O Yahweh, are exalted forever!
⁹ For surely Your enemies, O Yahweh,

■ **PS 91:11 [PROPHECY]** God's angels guard the one who trusts Him; Satan misused this verse against Jesus → LK 4:10-11 • MEDIUM p. ~

■ **PS 91:11 [QUOTED]** Quoted in the New Testament → MT 4:6 p. ~

■ **PS 91:11 [QUOTED]** Quoted in the New Testament → LK 4:10-11 p. ~

■ **PS 91:11 [NOTE]** THE DEVIL QUOTED THIS. Satan used 91:11 to 12 to tempt Jesus to jump off the temple. Jesus answered with Scripture too, Matthew 4:6 to 7.

■ **PS 91:14 [NOTE]** THE PROMISE. In the last three verses, God Himself speaks.

surely Your enemies will perish;
all evildoers will be scattered.

¹⁰ But You have exalted my horn like that
of a wild ox;
with fine oil I have been anointed.

¹¹ My eyes see the downfall of my enemies;
my ears hear the wailing of my wicked
foes.

¹² The righteous will flourish like a palm
tree,
and grow like a cedar in Lebanon.

¹³ Planted in the house of Yahweh,
they will flourish in the courts of our
God.

¹⁴ In old age they will still bear fruit;
healthy and green they will remain,

¹⁵ to proclaim, "Yahweh is upright; He is
my Rock,
and in Him there is no unrighteousness."

93

PSALM 93 IN 30 SECONDS

Yahweh reigns! The floods roar, but He is mightier than the sea.

YAHWEH REIGNS! // PSALM 99:1-9

- ¹ Yahweh reigns! He is robed in majesty;
Yahweh has clothed and armed Himself
with strength.
The world indeed is firmly established;
it cannot be moved.
² Your throne was established long ago;
You are from all eternity.
³ The floodwaters have risen, O Yahweh;
the rivers have raised their voice;
the seas lift up their pounding waves.
⁴ Above the roar of many waters—
the mighty breakers of the sea—
Yahweh on high is majestic.
⁵ Your testimonies are fully confirmed;
holiness adorns Your house, O Yahweh,
for all the days to come.

94

PSALM 94 IN 30 SECONDS

God of vengeance, rise up! When my foot slipped, Your love held me up.

MESSIANIC FORESHADOW THE HEART OLD TESTAMENT QUOTED IN THE NEW GOD SPEAKING

YAHWEH WILL NOT FORGET HIS PEOPLE

- ¹ O Yahweh, God of vengeance,
O God of vengeance, shine forth.
- ² Rise up, O Judge of the earth;
render a reward to the proud.
- ³ How long will the wicked, O Yahweh,
how long will the wicked exult?
- ⁴ They pour out arrogant words;
all workers of iniquity boast.
- ⁵ They crush Your people, O Yahweh;
they oppress Your heritage.
- ⁶ They kill the widow and the foreigner;
they murder the fatherless.
- ⁷ They say, "Yahweh does not see;
the God of Jacob pays no heed."
- ⁸ Take notice, O senseless among the
people!
O fools, when will you be wise?
- ⁹ He who affixed the ear, can He not hear?
He who formed the eye, can He not
see?
- ¹⁰ He who admonishes the nations, does
He not discipline?
He who teaches man, does He lack
knowledge?
- ¹¹ *Yahweh knows the thoughts of man,
that they are futile.*
- ¹² Blessed is the man You discipline, O
Yahweh,
and teach from Your law,
- ¹³ to grant him relief from days of trouble,
until a pit is dug for the wicked.
- ¹⁴ For Yahweh will not forsake His people;
He will never abandon His heritage.
- ¹⁵ Surely judgment will again be righteous,
and all the upright in heart will follow it.
- ¹⁶ Who will rise up for me against the
wicked?
Who will stand for me against the work-
ers of iniquity?
- ¹⁷ Unless Yahweh had been my helper,
I would soon have dwelt in the abode of
silence.
- ¹⁸ If I say, "My foot is slipping,"
Your loving devotion, O Yahweh, sup-
ports me.
- ¹⁹ When anxiety overwhelms me,

Your consolation delights my soul.

- ²⁰ Can a corrupt throne be Your ally—
one devising mischief by decree?
- ²¹ They band together against the right-
eous
and condemn the innocent to death.
- ²² But Yahweh has been my stronghold,
and my God is my rock of refuge.
- ²³ He will bring upon them their own iniq-
uity
and destroy them for their wickedness.
Yahweh our God will destroy them.

95

PSALM 95 IN 30 SECONDS

*Come, let us sing! Then a warning from God: do
not harden your hearts.*

DO NOT HARDEN YOUR HEARTS // HEBREWS 3:7-11

- ¹ Come, let us sing for joy to Yahweh;
let us shout to the Rock of our salvation!
- ² Let us enter His presence with thanks-
giving;
let us make a joyful noise to Him in
song.
- ³ For Yahweh is a great God,
a great King above all gods.
- ⁴ In His hand are the depths of the earth,
and the mountain peaks belong to Him.
- ⁵ The sea is His, for He made it,
and His hands formed the dry land.
- ⁶ O come, let us worship and bow down;
let us kneel before Yahweh our Maker.
- ⁷ *For He is our God,
and we are the people of His pasture,
the sheep under His care.*
- Today, if you hear His voice,*
⁸ *do not harden your hearts
as you did at Meribah,
in the day at Massah in the wilderness,*

■ **PS 95:7 [PROPHECY]** Today, if you hear His voice, do
not harden your hearts → HEB 3:7-8; HEB 4:7 · MEDIUM
p. --

■ **PS 95:7 [QUOTED]** Quoted in the New Testament → HEB
3:7-11 p. --

■ **PS 95:7 [QUOTED]** Quoted in the New Testament → HEB
3:15 p. --

■ **PS 95:7 [QUOTED]** Quoted in the New Testament → HEB
4:7 p. --

■ **PS 95:7 [NOTE]** TODAY. Hebrews 3:7 to 4:7 quotes 95:7
to 11 again and again, and repeats Today, if you hear His
voice three times.

■ **PS 95:8 [HEART]** Do not harden your hearts as Israel did
in the desert.

■ **PS 94:11 [QUOTED]** Quoted in the New Testament → 1CO
3:20 p. --

MESSIANIC PROPHECIES

END TIMES PROPHECIES

DEMONIC

OLD TESTAMENT QUOTED IN THE NEW

GOD SPEAKING

- ⁹ *where your fathers tested and tried Me,
though they had seen My work.*
- ¹⁰ *For forty years I was angry with that generation,
and I said, "They are a people whose hearts
go astray,
and they have not known My ways."*
- ¹¹ *So I swore on oath in My anger,
"They shall never enter My rest."*

96

PSALM 96 IN 30 SECONDS

Sing a new song, all the earth. The idols are nothing; Yahweh made the heavens.

SING TO YAHWEH, ALL THE EARTH // 1 CHRONICLES 16:23–36

- ¹ Sing to Yahweh a new song;
sing to Yahweh, all the earth.
- ² Sing to Yahweh, bless His name;
proclaim His salvation day after day.
- ³ Declare His glory among the nations,
His wonders among all peoples.
- ⁴ For great is Yahweh, and greatly to be
praised;
He is to be feared above all gods.
- ⁵ For all the gods of the nations are idols,
but it is Yahweh who made the heavens.
- ⁶ Splendor and majesty are before Him;
strength and beauty fill His sanctuary.
- ⁷ Ascribe to Yahweh, O families of the nations,
ascribe to Yahweh glory and strength.
- ⁸ Ascribe to Yahweh the glory due His
name;
bring an offering and enter His courts.
- ⁹ Worship Yahweh in the splendor of His
holiness;
tremble before Him, all the earth.
- ¹⁰ Declare among the nations: "Yahweh
reigns!"
The world is firmly established; it cannot
be moved;
He will judge the peoples with equity.

■ **PS 95:8 [NOTE]** MERIBAH AND MASSAH. The places in the desert where Israel complained and tested God, Exodus 17:7.

■ **PS 95:11 [QUOTED]** Quoted in the New Testament → HEB 4:3 p.~

■ **PS 95:11 [QUOTED]** Quoted in the New Testament → HEB 4:5 p.~

■ **PS 96:5 [DEMONIC]** The gods of the nations are idols

- ¹¹ Let the heavens be glad
and the earth rejoice;
let the sea resound,
and all that fills it.
- ¹² Let the fields exult,
and all that is in them.
- Then all the trees of the forest
will sing for joy ¹³ before Yahweh,
for He is coming—
He is coming to judge the earth.
He will judge the world in righteousness
and the peoples in His faithfulness.

97

PSALM 97 IN 30 SECONDS

*Yahweh reigns! Clouds and darkness around Him.
Idol worshipers are embarrassed.*

LET THE EARTH REJOICE

- ¹ Yahweh reigns, let the earth rejoice;
let the distant shores be glad.
- ² Clouds and darkness surround Him;
righteousness and justice are His
throne's foundation.
- ³ Fire goes before Him
and consumes His foes on every side.
- ⁴ His lightning illuminates the world;
the earth sees and trembles.
- ⁵ The mountains melt like wax
at the presence of Yahweh,
before the Lord of all the earth.
- ⁶ The heavens proclaim His righteousness;
all the peoples see His glory.
- ⁷ *All worshipers of images are put to shame—
those who boast in idols.
Worship Him, all you gods!*
- ⁸ Zion hears and rejoices,
and the towns of Judah exult
because of Your judgments, O Yahweh.
- ⁹ For You, O Yahweh, are Most High over
all the earth;

■ **PS 96:10 [TEXT]** FROM THE TREE. Justin Martyr, about 150 AD, quoted this verse as The Lord reigns from the tree, and said the Jews had cut out those words. No Hebrew copy has it, and the main Greek copies do not either. A few later Greek and Latin copies and an old Coptic version do. The Latin hymn Vexilla Regis sings it.

■ **PS 96:13 [PROPHECY]** Yahweh is coming to judge the world in righteousness → STILL TO COME · MEDIUM

■ **PS 97:7 [PROPHECY]** All the heavenly powers are told to worship Him → HEB 1:6 · MEDIUM p.~

■ **PS 97:7 [DEMONIC]** Idol worshipers are put to shame

■ **PS 97:7 [QUOTED]** Quoted in the New Testament → HEB 1:6 p.~

You are exalted far above all gods.

¹⁰ Hate evil, O you who love Yahweh!
He preserves the souls of His saints;
He delivers them from the hand of the wicked.

¹¹ Light shines on the righteous,
gladness on the upright in heart.

¹² Rejoice in Yahweh, you righteous ones,
and praise His holy name.

98

PSALM 98 IN 30 SECONDS

*Sing a new song! Let the rivers clap their hands
and the mountains sing together.*

SING TO YAHWEH A NEW SONG // PSALM 149:1–9;

ISAIAH 42:10–17

A Psalm.

¹ Sing to Yahweh a new song,
for He has done wonders;
His right hand and holy arm
have gained Him the victory.

² Yahweh has proclaimed His salvation
and revealed His righteousness to the nations.

³ He has remembered His love and faithfulness
to the house of Israel;
all the ends of the earth
have seen the salvation of our God.

⁴ Make a joyful noise to Yahweh, all the earth;
break forth—let your cry ring out, and sing praises!

⁵ Sing praises to Yahweh with the lyre,
in melodious song with the harp.

⁶ With trumpets and the blast of the ram's horn
shout for joy before Yahweh, the King.

⁷ Let the sea resound, and all that fills it,
the world, and all who dwell in it.

⁸ Let the rivers clap their hands,
let the mountains sing together for joy

⁹ before Yahweh,
for He comes to judge the earth.

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

99

PSALM 99 IN 30 SECONDS

Holy, holy, holy. Moses, Aaron and Samuel called on Him and He answered.

YAHWEH REIGNS! // PSALM 93:1–5

¹ Yahweh reigns;
let the nations tremble!

He is enthroned above the cherubim;
let the earth quake!

² Great is Yahweh in Zion;
He is exalted above all the peoples.

³ Let them praise Your great and awesome name—
He is holy!

⁴ The mighty King loves justice.
You have established equity;
You have exercised justice
and righteousness in Jacob.

⁵ Exalt Yahweh our God,
and worship at His footstool;
He is holy!

⁶ Moses and Aaron were among His priests;
Samuel was among those who called on His name.
They called to Yahweh and He answered.

⁷ He spoke to them from the pillar of cloud;
they kept His decrees and the statutes
He gave them.

⁸ O Yahweh our God, You answered them.
You were a forgiving God to them,
yet an avenger of their misdeeds.

⁹ Exalt Yahweh our God
and worship at His holy mountain,
for Yahweh our God is holy.

100

PSALM 100 IN 30 SECONDS

Make a joyful noise! Enter His gates with thanksgiving. Short and loud.

MAKE A JOYFUL NOISE // PSALM 66:1–20

A Psalm of thanksgiving.

¹ Make a joyful noise to Yahweh,
all the earth.

² Serve Yahweh with gladness;

MESSIANIC PROPHECIES BLOODLINE OF CHRIST

come into His presence with joyful songs.

³ Know that Yahweh is God.

It is He who made us, and we are His; we are His people, and the sheep of His pasture.

⁴ Enter His gates with thanksgiving

and His courts with praise;

give thanks to Him and bless His name.

⁵ For Yahweh is good,

and His loving devotion endures forever;

His faithfulness continues to all generations.

101

PSALM 101 IN 30 SECONDS

The king's promise: no crooked people in my house.

I WILL SET NO WORTHLESS THING BEFORE MY EYES

A Psalm of David.

¹ I will sing of Your loving devotion and justice;

to You, O Yahweh, I will sing praises.

² I will ponder the way that is blameless—when will You come to me?

I will walk in my house with integrity of heart.

³ I will set no worthless thing before my eyes.

I hate the work of those who fall away; it shall not cling to me.

⁴ A perverse heart shall depart from me; I will know nothing of evil.

⁵ Whoever slanders his neighbor in secret, I will put to silence; the one with haughty eyes and a proud heart, I will not endure.

⁶ My eyes favor the faithful of the land, that they may dwell with me; he who walks in the way of integrity shall minister to me.

⁷ No one who practices deceit shall dwell in my house; no one who tells lies shall stand in my presence.

■ **PS 100:1 [NOTE]** A PSALM FOR THANKSGIVING. It may have been sung while bringing a thank offering to the temple.

⁸ Every morning I will remove all the wicked of the land, that I may cut off every evildoer from the city of Yahweh.

102

PSALM 102 IN 30 SECONDS

A prayer of someone worn out. My days fade like grass, but You remain forever.

THE PRAYER OF THE AFFLICTED

A prayer of one who is afflicted, when he grows faint and pours out his lament before Yahweh.

¹ Hear my prayer, O Yahweh; let my cry for help come before You.

² Do not hide Your face from me in my day of distress.

Incline Your ear to me; answer me quickly when I call.

³ For my days vanish like smoke, and my bones burn like glowing embers.

⁴ My heart is afflicted, and withered like grass;

I even forget to eat my bread.

⁵ Through my loud groaning my skin hangs on my bones.

⁶ I am like a desert owl, like an owl among the ruins.

⁷ I lie awake; I am like a lone bird on a housetop.

⁸ All day long my enemies taunt me; they ridicule me and curse me.

⁹ For I have eaten ashes like bread and mixed my drink with tears

¹⁰ because of Your indignation and wrath, for You have picked me up and cast me aside.

¹¹ My days are like lengthening shadows, and I wither away like grass.

¹² But You, O Yahweh, sit enthroned forever; Your renown endures to all generations.

¹³ You will rise up and have compassion on Zion, for it is time to show her favor—the appointed time has come.

¹⁴ For Your servants delight in her stones

■ **PS 102:1 [PROPHECY]** The Messiah's cry of suffering and loneliness → MT 26:38; HEB 5:7 · MEDIUM p. –

MESSIANIC PROPHECIES

END TIMES PROPHECIES

OLD TESTAMENT QUOTED IN THE NEW

NOTABLE

BLOODLINE OF CHRIST

and take pity on her dust.

- ¹⁵ So the nations will fear the name of Yahweh,
and all the kings of the earth will fear
Your glory.

- ¹⁶ For Yahweh will rebuild Zion;
He has appeared in His glory.

- ¹⁷ He will turn toward the prayer of the
destitute;
He will not despise their prayer.

- ¹⁸ Let this be written for the generation to
come,
so that a people not yet created may
praise Yahweh.

- ¹⁹ For He looked down from the heights of
His sanctuary;
Yahweh gazed out from heaven to earth
²⁰ to hear a prisoner's groaning,
to release those condemned to death,
²¹ that they may proclaim the name of Yahweh
in Zion
and praise Him in Jerusalem,
²² when peoples and kingdoms assemble
to serve Yahweh.

- ²³ He has broken my strength on the way;
He has cut short my days.

- ²⁴ I say: "O my God, do not take me in the
midst of my days!
Your years go on through all genera-
tions.

- ²⁵ *In the beginning You laid the foundations of
the earth,*

and the heavens are the work of Your hands.

- ²⁶ *They will perish, but You remain;
they will all wear out like a garment.*

*Like clothing You will change them,
and they will be passed on.*

- ²⁷ *But You remain the same,
and Your years will never end.*

- ²⁸ The children of Your servants will dwell
securely,
and their descendants will be estab-
lished before You."

103

PSALM 103 IN 30 SECONDS

*Bless Yahweh, O my soul! He removed our sins as
far as the east is from the west.*

BLESS YAHWEH, O MY SOUL

Of David.

- ¹ Bless Yahweh, O my soul;
all that is within me, bless His holy
name.
- ² Bless Yahweh, O my soul,
and do not forget all His kind deeds—
- ³ He who forgives all your iniquities
and heals all your diseases,
- ⁴ who redeems your life from the Pit
and crowns you with loving devotion
and compassion,
- ⁵ who satisfies you with good things,
so that your youth is renewed like the
eagle's.
- ⁶ Yahweh executes righteousness
and justice for all the oppressed.
- ⁷ He made known His ways to Moses,
His deeds to the people of Israel.
- ⁸ Yahweh is compassionate and gracious,
slow to anger, abounding in loving de-
votion.
- ⁹ He will not always accuse us,
nor harbor His anger forever.
- ¹⁰ He has not dealt with us according to
our sins
or repaid us according to our iniquities.
- ¹¹ For as high as the heavens are above the
earth,
so great is His loving devotion for those
who fear Him.
- ¹² *As far as the east is from the west,
so far has He removed our transgres-
sions from us.*
- ¹³ As a father has compassion on his chil-
dren,
so Yahweh has compassion on those
who fear Him.
- ¹⁴ For He knows our frame;
He is mindful that we are dust.
- ¹⁵ As for man, his days are like grass—

■ PS 102:16 [PROPHECY] "When Yahweh shall build up Zion, He shall appear in His glory" → STILL TO COME - MEDIUM

■ PS 102:25 [PROPHECY] Messiah identified as the preex-
istent Son and Creator → HEB 1:10-12 p.-

■ PS 102:25 [QUOTED] Quoted in the New Testament →
HEB 1:10-12 p.-

■ PS 102:25 [NOTE] YOU REMAIN. Hebrews 1:10 to 12 says
God says this to the Son.

■ PS 103:8 [ALLUDED TO] The New Testament refers to
this → JAS 5:11 p.-

■ PS 103:12 [NOTABLE] East and west never meet. When
God forgives, He does not keep bringing it up.

MIRACLES OLD TESTAMENT QUOTED IN THE NEW

he blooms like a flower of the field;
¹⁶ when the wind passes over, it vanishes,
 and its place remembers it no more.
¹⁷ But from everlasting to everlasting
 the loving devotion of Yahweh
 extends to those who fear Him,
 and His righteousness to their children's
 children—
¹⁸ to those who keep His covenant
 and remember to obey His precepts.
¹⁹ Yahweh has established His throne in
 heaven,
 and His kingdom rules over all.

²⁰ Bless Yahweh, all His angels mighty in
 strength
 who carry out His word,
 who hearken to the voice of His com-
 mand.

²¹ Bless Yahweh, all His hosts,
 you servants who do His will.

²² Bless Yahweh, all His works
 in all places of His dominion.

Bless Yahweh, O my soul!

104

PSALM 104 IN 30 SECONDS

*A nature show in a song: clouds as His chariot, li-
 ons at night, ships and Leviathan at sea.*

HOW MANY ARE YOUR WORKS, O YAHWEH!

¹ Bless Yahweh, O my soul!

O Yahweh my God, You are very great;
 You are clothed with splendor and
 majesty.

² He wraps Himself in light as with a gar-
 ment;
 He stretches out the heavens like a tent,
³ laying the beams of His chambers
 in the waters above,
 making the clouds His chariot,
 walking on the wings of the wind.

⁴ He makes the winds His messengers,
 flames of fire His servants.

⁵ He set the earth on its foundations,
 never to be moved.

⁶ You covered it with the deep like a gar-
 ment;
 the waters stood above the mountains.
⁷ At Your rebuke the waters fled;
 at the sound of Your thunder they hur-
 ried away—

⁸ the mountains rose and the valleys sank
 to the place You assigned for them—

⁹ You set a boundary they cannot cross,
 that they may never again cover the
 earth.

¹⁰ He sends forth springs in the valleys;
 they flow between the mountains.

¹¹ They give drink to every beast of the
 field;
 the wild donkeys quench their thirst.

¹² The birds of the air nest beside the
 springs;
 they sing among the branches.

¹³ He waters the mountains from His
 chambers;
 the earth is satisfied by the fruit of His
 works.

¹⁴ He makes the grass grow for the live-
 stock
 and provides crops for man to cultivate,
 bringing forth food from the earth:

¹⁵ wine that gladdens the heart of man,
 oil that makes his face to shine,
 and bread that sustains his heart.

¹⁶ The trees of Yahweh have their fill,
 the cedars of Lebanon that He planted,
¹⁷ where the birds build their nests;
 the stork makes her home in the cy-
 presses.

¹⁸ The high mountains are for the wild
 goats,
 the cliffs a refuge for the rock badgers.

¹⁹ He made the moon to mark the seasons;
 the sun knows when to set.

²⁰ You bring darkness, and it becomes
 night,
 when all the beasts of the forest prowl.

²¹ The young lions roar for their prey
 and seek their food from God.

²² The sun rises, and they withdraw;
 they lie down in their dens.

²³ Man goes forth to his work

■ PS 103:20 [MIRACLE] Bless Yahweh, you mighty angels
 who do His word

■ PS 104:1 [NOTE] THE HYMN TO THE ATEN. An Egyptian
 hymn from Akhenaten's day has lines that sound a lot like
 this psalm. See the Field Notes page after this psalm.

■ PS 104:4 [QUOTED] Quoted in the New Testament →
 HEB 1:7 p.~

■ PS 104:4 [NOTE] WINDS AND FLAMES. Hebrews 1:7
 quotes this from the Greek: He makes His angels winds.

ARCHAEOLOGY GOD SPEAKING

and to his labor until evening.

24 How many are Your works, O Yahweh!

In wisdom You have made them all;
the earth is full of Your creatures.

25 Here is the sea, vast and wide,
teeming with creatures beyond number,
living things both great and small.

26 There the ships pass,
and Leviathan, which You formed to
frolic there.

27 All creatures look to You
to give them their food in due season.

28 When You give it to them,
they gather it up;
when You open Your hand,
they are satisfied with good things.

29 When You hide Your face,
they are terrified;
when You take away their breath,
they die and return to dust.

30 When You send Your Spirit,
they are created,
and You renew
the face of the earth.

31 May the glory of Yahweh endure for-
ever;
may Yahweh rejoice in His works.

32 He looks on the earth,
and it trembles;
He touches the mountains,
and they smolder.

33 I will sing to Yahweh all my life;
I will sing praise to my God while I have
my being.

34 May my meditation be pleasing to Him,
for I rejoice in Yahweh.

35 May sinners vanish from the earth
and the wicked be no more.

Bless Yahweh, O my soul.

Hallelujah!

105

PSALM 105 IN 30 SECONDS

Remember what God did: Abraham, Joseph, the plagues, the exodus. Also in 1 Chronicles 16.

TELL OF HIS WONDERS // 1 CHRONICLES 16:7–22

- 1** Give thanks to Yahweh, call upon His name;
make known His deeds among the nations.
- 2** Sing to Him, sing praises to Him;
tell of all His wonders.
- 3** Glory in His holy name;
let the hearts of those who seek Yahweh rejoice.
- 4** Seek out Yahweh and His strength;
seek His face always.
- 5** Remember the wonders He has done,
His marvels, and the judgments He has pronounced,
- 6** O offspring of His servant Abraham,
O sons of Jacob, His chosen ones.
- 7** He is Yahweh our God;
His judgments carry throughout the earth.
- 8** He remembers His covenant forever,
the word He ordained for a thousand generations—
- 9** the covenant He made with Abraham,
and the oath He swore to Isaac.
- 10** He confirmed it to Jacob as a decree,
to Israel as an everlasting covenant:
- 11** "I will give you the land of Canaan
as the portion of your inheritance."
- 12** When they were few in number,
few indeed, and strangers in the land,
- 13** they wandered from nation to nation,
from one kingdom to another.
- 14** He let no man oppress them;
He rebuked kings on their behalf:
- 15** "Do not touch My anointed ones!
Do no harm to My prophets!"
- 16** He called down famine on the land

■ **PS 104:24 [ARCHAEOLOGY]** An Egyptian hymn to the sun disk from Akhenaten's day, about 1340 BC, has lines like Psalm 104, see The Hymn to the Aten Field Notes page → FIELD NOTES p.74

■ **PS 104:26 [NOTE]** LEVIATHAN again, this time playing in the sea like a pet. See Lotan in the Ugarit Tablets in Job, p.~.

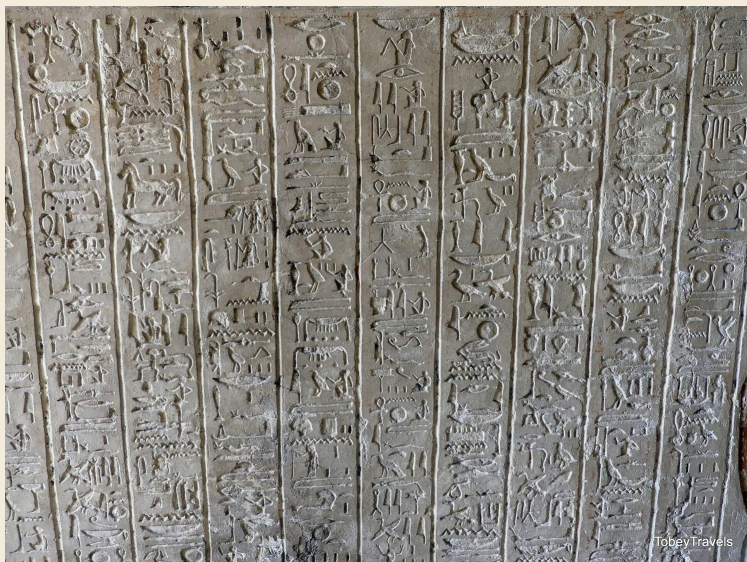
■ **PS 105:1 [NOTE]** ALSO IN 1 CHRONICLES 16. The first part of this psalm, 105:1 to 15, was sung when David brought the ark to Jerusalem, 1 Chronicles 16:8 to 22. Psalm 96 and parts of 106 are there too.

■ **PS 105:15 [NOTE]** MY ANOINTED ONES. Here it means Abraham, Isaac and Jacob, whom God protected from kings like Pharaoh and Abimelech, Genesis 12:17 and 20:3.

FIELD NOTES · ARCHAEOLOGY · CONFIDENCE: HIGH

THE HYMN TO THE ATEN

PSALM 104:20 TO 30



The Great Hymn to the Aten carved in the tomb of Ay at Amarna, Egypt, about 1340 BC. Photo Tobeytravels, CC BY SA 2.0.

WHAT IT IS

An Egyptian hymn to the Aten, the sun disk, carved on the wall of a tomb. It praises the sun as the maker and keeper of all life.

HOW OLD IT IS

About 1340 BC, in the days of Pharaoh Akhenaten. Many think Akhenaten wrote it himself.

WHERE AND WHEN FOUND

In the tomb of Ay at Amarna, Akhenaten's new capital city. Ay later became pharaoh. Explorers copied it in the 1880s, and Norman de Garis Davies published it in 1908.

AKHENATEN'S ONE GOD

Akhenaten turned Egypt to worship one god, the Aten, and shut down the old gods. After he died, Egypt went back to the old gods and tried to erase his name.

LINES THAT SOUND LIKE PSALM 104

When you set, the land is in darkness; every lion comes out of its den, Psalm 104:20 to 21. Ships sail up and down, and the fish leap, 104:25 to 26. How many are your deeds! 104:24. You give them their food; when you hide, they are troubled, 104:27 to 29.

WHAT IS DIFFERENT

In the hymn, the sun is god. In Psalm 104, the sun is a thing God made, and it knows when to set, 104:19. The psalm praises the Maker, not the lamp.

DID THE PSALM BORROW?

Many scholars think the ideas traveled from Egypt to Canaan over the centuries. Others say both simply describe the same world. No one knows of a direct link, and the two are about 300 years or more apart.

ONE WALL

The long hymn is known only from this one tomb wall. Shorter hymns to the Aten are carved in other tombs at Amarna.

MOSES AND AKHENATEN?

In 1939 Sigmund Freud guessed that Moses learned about one God from Akhenaten. Most scholars reject the idea. The God of the Bible is not the sun; He made it.

WHAT IT DOES NOT PROVE

It does not make Psalm 104 Egyptian. It shows that the psalm answered the world around it: the sun everyone worshiped is only a creature.

and cut off all their supplies of food.
¹⁷ He sent a man before them—
 Joseph, sold as a slave.
¹⁸ They bruised his feet with shackles
 and placed his neck in irons,
¹⁹ until his prediction came true
 and the word of Yahweh proved him
 right.
²⁰ The king sent and released him;
 the ruler of peoples set him free.
²¹ He made him master of his household,
 ruler over all his substance,
²² to instruct his princes as he pleased
 and teach his elders wisdom.
²³ Then Israel entered Egypt;
 Jacob dwelt in the land of Ham.
²⁴ And Yahweh made His people very
 fruitful,
 more numerous than their foes,
²⁵ whose hearts He turned to hate His
 people,
 to conspire against His servants.
²⁶ He sent Moses His servant,
 and Aaron, whom He had chosen.
²⁷ They performed His miraculous signs
 among them,
 and wonders in the land of Ham.
²⁸ He sent darkness, and it became dark—
 yet they defied His words.
²⁹ He turned their waters to blood
 and caused their fish to die.
³⁰ Their land teemed with frogs,
 even in their royal chambers.
³¹ He spoke, and insects swarmed—
 gnats throughout their country.
³² He gave them hail for rain,
 with lightning throughout their land.
³³ He struck their vines and fig trees
 and shattered the trees of their country.
³⁴ He spoke, and the locusts came—
 young locusts without number.
³⁵ They devoured every plant in their land
 and consumed the produce of their soil.
³⁶ Then He struck all the firstborn in their
 land,
 the firstfruits of all their vigor.
³⁷ He brought Israel out with silver and
 gold,
 and none among His tribes stumbled.
³⁸ Egypt was glad when they departed,

for the dread of Israel had fallen on
 them.
³⁹ He spread a cloud as a covering
 and a fire to light up the night.
⁴⁰ They asked, and He brought quail
 and satisfied them with the bread of
 heaven.
⁴¹ He opened a rock, and water gushed
 out;
 it flowed like a river in the desert.
⁴² For He remembered His holy promise
 to Abraham His servant.
⁴³ He brought forth His people with rejoic-
 ing,
 His chosen with shouts of joy.
⁴⁴ He gave them the lands of the nations,
 that they might inherit the fruit of others'
 labor,
⁴⁵ that they might keep His statutes
 and obey His laws.

Hallelujah!

106

PSALM 106 IN 30 SECONDS

*Israel's history of messing up, even child sacri-
 fice. God saved them again and again. Book Four
 ends.*

GIVE THANKS TO YAHWEH, FOR HE IS GOOD

¹ Hallelujah!

Give thanks to Yahweh, for He is good;
 His loving devotion endures forever.

² Who can describe the mighty acts of
 Yahweh
 or fully proclaim His praise?

³ Blessed are those who uphold justice,
 who practice righteousness at all times.

⁴ Remember me, O Yahweh, in Your favor
 to Your people;

visit me with Your salvation,
⁵ that I may see the prosperity of Your
 chosen ones,
 and rejoice in the gladness of Your na-
 tion,
 and give glory with Your inheritance.

⁶ We have sinned like our fathers;
 we have done wrong and acted
 wickedly.

DEMONIC

7 Our fathers in Egypt did not grasp Your wonders
 or remember Your abundant kindness;
 but they rebelled by the sea,
 there at the Red Sea.
 8 Yet He saved them for the sake of His name,
 to make His power known.
 9 He rebuked the Red Sea, and it dried up;
 He led them through the depths as
 through a desert.
 10 He saved them from the hand that hated them;
 He redeemed them from the hand of the enemy.
 11 The waters covered their foes;
 not one of them remained.
 12 Then they believed His promises
 and sang His praise.
 13 Yet they soon forgot His works
 and failed to wait for His counsel.
 14 They craved intensely in the wilderness
 and tested God in the desert.
 15 So He granted their request,
 but sent a wasting disease upon them.
 16 In the camp they envied Moses,
 as well as Aaron, the holy one of Yahweh.
 17 The earth opened up and swallowed Dathan;
 it covered the assembly of Abiram.
 18 Then fire blazed through their company;
 flames consumed the wicked.
 19 At Horeb they made a calf
 and worshiped a molten image.
 20 They exchanged their Glory
 for the image of a grass-eating ox.
 21 They forgot God their Savior,
 who did great things in Egypt,
 22 wondrous works in the land of Ham,
 and awesome deeds by the Red Sea.
 23 So He said He would destroy them—
 had not Moses His chosen one
 stood before Him in the breach
 to divert His wrath from destroying them.
 24 They despised the pleasant land;
 they did not believe His promise.

■ PS 106:19 [DEMONIC] Israel worships a golden calf at Horeb

25 They grumbled in their tents
 and did not listen to the voice of Yahweh.
 26 So He raised His hand and swore
 to cast them down in the wilderness,
 27 to disperse their offspring among the nations
 and scatter them throughout the lands.
 28 They yoked themselves to Baal of Peor
 and ate sacrifices offered to lifeless gods.
 29 So they provoked Yahweh to anger with their deeds,
 and a plague broke out among them.
 30 But Phinehas stood and intervened,
 and the plague was restrained.
 31 It was credited to him as righteousness
 for endless generations to come.
 32 At the waters of Meribah they angered Yahweh,
 and trouble came to Moses because of them.
 33 For they rebelled against His Spirit,
 and Moses spoke rashly with his lips.
 34 They did not destroy the peoples
 as Yahweh had commanded them,
 35 but they mingled with the nations
 and adopted their customs.
 36 They worshiped their idols,
 which became a snare to them.
 37 They sacrificed their sons
 and their daughters to demons.
 38 They shed innocent blood—
 the blood of their sons and daughters,
 whom they sacrificed to the idols of Canaan,
 and the land was polluted with blood.
 39 They defiled themselves by their actions
 and prostituted themselves by their deeds.

■ PS 106:28 [DEMONIC] Israel joins Baal of Peor and eats offerings to the dead

■ PS 106:28 [NOTE] BAAL OF PEOR. Numbers 25. Eating sacrifices offered to the dead may mean feasts for dead ancestors or for lifeless idols.

■ PS 106:36 [DEMONIC] Their idols became a snare to them

■ PS 106:37 [DEMONIC] They sacrificed their sons and daughters to demons

■ PS 106:37 [NOTE] CHILD SACRIFICE. God hated it, Deuteronomy 12:31. Here the psalm says the idols were demons. Paul says the same about idol sacrifices, 1 Corinthians 10:20.

■ PS 106:38 [DEMONIC] Children sacrificed to the idols of Canaan

⁴⁰ So the anger of Yahweh burned against
His people,
and He abhorred His own inheritance.
⁴¹ He delivered them into the hand of the
nations,
and those who hated them ruled over
them.
⁴² Their enemies oppressed them
and subdued them under their hand.
⁴³ Many times He rescued them,
but they were bent on rebellion
and sank down in their iniquity.
⁴⁴ Nevertheless He heard their cry;
He took note of their distress.
⁴⁵ And He remembered His covenant with
them,
and relented by the abundance of His
loving devotion.
⁴⁶ He made them objects of compassion
to all who held them captive.
⁴⁷ Save us, O Yahweh our God,
and gather us from the nations,
that we may give thanks to Your holy
name,
that we may glory in Your praise.
⁴⁸ Blessed be Yahweh, the God of Israel,
from everlasting to everlasting.

Let all the people say, "Amen!"

Hallelujah!

BOOK V PSALMS 107 TO 150

107

PSALM 107 IN 30 SECONDS

Let the redeemed of Yahweh say so! Four rescues: lost, prisoners, sick, and sailors in a storm.

THANKSGIVING FOR DELIVERANCE // MATTHEW 8:23–27; MARK 4:35–41; LUKE 8:22–25

¹ Give thanks to Yahweh, for He is good;
His loving devotion endures forever.
² Let the redeemed of Yahweh say so,
whom He has redeemed from the hand
of the enemy
³ and gathered from the lands,
from east and west, from north and
south.

⁴ Some wandered in desert wastelands,
finding no path to a city in which to
dwell.
⁵ They were hungry and thirsty;
their soul fainted within them.
⁶ Then they cried out to Yahweh in their
trouble,
and He delivered them from their dis-
tress.
⁷ He led them on a straight path
to reach a city where they could live.
⁸ Let them give thanks to Yahweh for His
loving devotion
and His wonders to the sons of men.
⁹ For He satisfies the thirsty
and fills the hungry with good things.
¹⁰ Some sat in darkness and in the shadow
of death,
prisoners in affliction and chains,
¹¹ because they rebelled against the words
of God
and despised the counsel of the Most
High.
¹² He humbled their hearts with hard labor;
they stumbled, and there was no one to
help.
¹³ Then they cried out to Yahweh in their
trouble,
and He saved them from their distress.
¹⁴ He brought them out of darkness and
the shadow of death
and broke away their chains.
¹⁵ Let them give thanks to Yahweh for His
loving devotion
and His wonders to the sons of men.
¹⁶ For He has broken down the gates of
bronze
and cut through the bars of iron.
¹⁷ Fools, in their rebellious ways,
and through their iniquities, suffered af-
fliction.
¹⁸ They loathed all food
and drew near to the gates of death.
¹⁹ Then they cried out to Yahweh in their
trouble,
and He saved them from their distress.
²⁰ He sent forth His word and healed them;
He rescued them from the Pit.
²¹ Let them give thanks to Yahweh for His
loving devotion

■ PS 107:1 [NOTE] BOOK FIVE begins. The book of Psalms ends with more and more praise.

GOD SPEAKING BLOODLINE OF CHRIST

- and His wonders to the sons of men.
- ²² Let them offer sacrifices of thanksgiving
and declare His works with rejoicing.
- ²³ Others went out to sea in ships,
conducting trade on the mighty waters.
- ²⁴ They saw the works of Yahweh,
and His wonders in the deep.
- ²⁵ For He spoke and raised a tempest
that lifted the waves of the sea.
- ²⁶ They mounted up to the heavens, then
sunk to the depths;
their courage melted in their anguish.
- ²⁷ They reeled and staggered like drunk-
ards,
and all their skill was useless.
- ²⁸ Then they cried out to Yahweh in their
trouble,
and He brought them out of their dis-
tress.
- ²⁹ He calmed the storm to a whisper,
and the waves of the sea were hushed.
- ³⁰ They rejoiced in the silence,
and He guided them to the harbor they
desired.
- ³¹ Let them give thanks to Yahweh for His
loving devotion
and His wonders to the sons of men.
- ³² Let them exalt Him in the assembly of
the people
and praise Him in the council of the el-
ders.
- ³³ He turns rivers into deserts,
springs of water into thirsty ground,
- ³⁴ and fruitful land into fields of salt,
because of the wickedness of its
dwellers.
- ³⁵ He turns a desert into pools of water
and a dry land into flowing springs.
- ³⁶ He causes the hungry to settle there,
that they may establish a city in which
to dwell.
- ³⁷ They sow fields and plant vineyards
that yield a fruitful harvest.
- ³⁸ He blesses them, and they multiply
greatly;
He does not let their herds diminish.
- ³⁹ When they are decreased and humbled
by oppression, evil, and sorrow,
- ⁴⁰ He pours out contempt on the nobles

and makes them wander in a trackless
wasteland.

- ⁴¹ But He lifts the needy from affliction
and increases their families like flocks.
- ⁴² The upright see and rejoice,
and all iniquity shuts its mouth.
- ⁴³ Let him who is wise pay heed to these
things
and consider the loving devotion of
Yahweh.

108

PSALM 108 IN 30 SECONDS

*Two old songs glued together: 57 and 60. My
heart is steady, God.*

ISRAEL'S KINGDOM BLESSING // PSALM 57:1–11;
PSALM 60:1–12

A song. A Psalm of David.

- ¹ My heart is steadfast, O God;
I will sing and make music with all my
being.
- ² Awake, O harp and lyre!
I will awaken the dawn.
- ³ I will praise You, O Yahweh, among the
nations;
I will sing Your praises among the peo-
ples.
- ⁴ For Your loving devotion extends beyond
the heavens,
and Your faithfulness reaches to the
clouds.
- ⁵ Be exalted, O God, above the heavens;
may Your glory cover all the earth.
- ⁶ Respond and save us with Your right
hand,
that Your beloved may be delivered.
- ⁷ God has spoken from His sanctuary:
"I will triumph!
I will parcel out Shechem
and apportion the Valley of Succoth.
- ⁸ Gilead is Mine, and Manasseh is Mine;
Ephraim is My helmet, Judah is My
scepter.
- ⁹ Moab is My washbasin;
upon Edom I toss My sandal;
over Philistia I shout in triumph."
- ¹⁰ Who will bring me to the fortified city?
Who will lead me to Edom?
- ¹¹ Have You not rejected us, O God?

MESSIANIC PROPHECIES OLD TESTAMENT QUOTED IN THE NEW BLOODLINE OF CHRIST

Will You no longer march out, O God,
with our armies?

- ¹² Give us aid against the enemy,
for the help of man is worthless.
¹³ With God we will perform with valor,
and He will trample our enemies.

109

PSALM 109 IN 30 SECONDS

*David asks God to punish his false accusers,
hard. Acts quotes it about Judas.*

THE SONG OF THE SLANDERED

For the choirmaster. A Psalm of David.

- ¹ O God of my praise,
be not silent.
² For wicked and deceitful mouths open
against me;
they speak against me with lying
tongues.
³ They surround me with hateful words
and attack me without cause.
⁴ In return for my love they accuse me,
but I am a man of prayer.
⁵ They repay me evil for good,
and hatred for my love.
⁶ Set over him a wicked man;
let an accuser stand at his right hand.
⁷ When he is tried, let him be found guilty,
and may his prayer be regarded as sin.
⁸ May his days be few;
may another take his position.
⁹ May his children be fatherless
and his wife a widow.
¹⁰ May his children wander as beggars,
seeking sustenance far from their ru-
ined homes.
¹¹ May the creditor seize all he owns,
and strangers plunder the fruits of his
labor.
¹² May there be no one to extend kindness
to him,

and no one to favor his fatherless chil-
dren.

- ¹³ May his descendants be cut off;
may their name be blotted out from the
next generation.
¹⁴ May the iniquity of his fathers be re-
membered before Yahweh,
and the sin of his mother never be blot-
ted out.
¹⁵ May their sins always remain before
Yahweh,
that He may cut off their memory from
the earth.
¹⁶ For he never thought to show kindness,
but pursued the poor and needy and
brokenhearted,
even to their death.
¹⁷ The cursing that he loved,
may it fall on him;
the blessing in which he refused to de-
light,
may it be far from him.
¹⁸ The cursing that he wore like a coat,
may it soak into his body like water,
and into his bones like oil.
¹⁹ May it be like a robe wrapped about him,
like a belt tied forever around him.
²⁰ May this be Yahweh's reward to my ac-
cusers,
to those who speak evil against me.
²¹ But You, O Yahweh, the Lord,
deal kindly with me for the sake of Your
name;
deliver me by the goodness of Your lov-
ing devotion.
²² For I am poor and needy;
my heart is wounded within me.
²³ I am fading away like a lengthening
shadow;
I am shaken off like a locust.
²⁴ My knees are weak from fasting,
and my body grows lean and gaunt.
²⁵ I am an object of scorn to my accusers;
when they see me, they shake their
heads.
²⁶ Help me, O Yahweh my God;
save me according to Your loving devo-
tion.

■ PS 109:4 [PROPHECY] He was accused in return for His love, yet He prayed → LK 23:34 · MEDIUM p.~

■ PS 109:6 [NOTE] THE CURSING PSALMS. Is David asking for revenge, or quoting what his enemies said about him? See the Big Question The Cursing Psalms.

■ PS 109:8 [PROPHECY] Another would take the betrayer's position → ACTS 1:20; ACTS 1:26 p.~

■ PS 109:8 [QUOTED] Quoted in the New Testament → ACTS 1:20 p.~

■ PS 109:8 [NOTE] ANOTHER TAKE HIS OFFICE. Peter quoted this when the disciples chose a man to replace Judas, Acts 1:20.

■ PS 109:25 [PROPHECY] He would be ridiculed and mocked → MT 27:39 · MEDIUM p.~

MESSIANIC PROPHECIES END TIMES PROPHECIES OLD TESTAMENT QUOTED IN THE NEW GOD SPEAKING BLOODLINE OF CHRIST

- ²⁷ Let them know that this is Your hand,
that You, O Yahweh, have done it.
- ²⁸ Though they curse, You will bless.
When they rise up, they will be put to
shame,
but Your servant will rejoice.
- ²⁹ May my accusers be clothed with dis-
grace;
may they wear their shame like a robe.
- ³⁰ With my mouth I will thank Yahweh pro-
fusely;
I will praise Him in the presence of
many.
- ³¹ For He stands at the right hand of the
needy one,
to save him from the condemners of his
soul.

110

PSALM 110 IN 30 SECONDS

*Yahweh said to my Lord, Sit at My right hand. A
priest forever like Melchizedek. Verse 1 is the Old
Testament verse the New Testament quotes or
points to most.*

GOD'S FAITHFUL MESSIAH // GENESIS 14:17-24; HE-
BREWS 5:1-10

A Psalm of David.

¹ Yahweh said to my Lord:
"Sit at My right hand
until I make Your enemies
a footstool for Your feet."

■ **PS 110:1 [PROPHECY]** David's Lord sits at God's right
hand until His enemies are His footstool → MT 22:43-45;
ACTS 2:34-35; HEB 1:3; HEB 1:13; HEB 8:1; HEB 10:12-13;
HEB 12:2; 1PE 3:22 p.-

■ **PS 110:1 [QUOTED]** Quoted in the New Testament → MT
22:44 p.-

■ **PS 110:1 [ALLUDED TO]** The New Testament refers to this
→ MT 26:64 p.-

■ **PS 110:1 [QUOTED]** Quoted in the New Testament → MK
12:36 p.-

■ **PS 110:1 [ALLUDED TO]** The New Testament refers to this
→ MK 14:62 p.-

■ **PS 110:1 [QUOTED]** Quoted in the New Testament → LK
20:42-43 p.-

■ **PS 110:1 [ALLUDED TO]** The New Testament refers to this
→ LK 22:69 p.-

■ **PS 110:1 [QUOTED]** Quoted in the New Testament →
ACTS 2:34-35 p.-

■ **PS 110:1 [QUOTED]** Quoted in the New Testament → 1CO
15:25-27 p.-

■ **PS 110:1 [ALLUDED TO]** The New Testament refers to this
→ EPH 1:20 p.-

■ **PS 110:1 [ALLUDED TO]** The New Testament refers to this
→ COL 3:1 p.-

■ **PS 110:1 [QUOTED]** Quoted in the New Testament → HEB
1:13 p.-

■ **PS 110:1 [ALLUDED TO]** The New Testament refers to this
→ HEB 10:12-13 p.-

■ **PS 110:1 [NOTE]** SIT AT MY RIGHT HAND. Yahweh
speaks to David's Lord. Jesus asked the Pharisees how
the Messiah could be David's son if David calls Him Lord,

**² Yahweh extends Your mighty scepter
from Zion:**

"Rule in the midst of Your enemies."

³ Your people shall be willing
on Your day of battle.
Arrayed in holy splendor, from the womb
of the dawn,
to You belongs the dew of Your youth.

**⁴ Yahweh has sworn
and will not change His mind:**

**"You are a priest forever
in the order of Melchizedek."**

**⁵ The Lord is at Your right hand;
He will crush kings in the day of His
wrath.**

**⁶ He will judge the nations, heaping up the
dead;**

He will crush the leaders far and wide.

**⁷ He will drink from the brook by the road;
therefore He will lift up His head.**

111

PSALM 111 IN 30 SECONDS

*Great are the works of Yahweh. An A to Z praise.
The fear of Yahweh is the beginning of wisdom.*

MAJESTIC IS HIS WORK

¹ Hallelujah!

I will give thanks to Yahweh with all my
heart
in the council of the upright and in the
assembly.

² Great are the works of Yahweh;

Matthew 22:41 to 45. It is the Old Testament verse the
New Testament quotes or points to most often.

■ **PS 110:2 [PROPHECY]** 'The rod of Your strength out of
Zion' → Rev 2:27; 12:5 p.-

■ **PS 110:4 [PROPHECY]** A priest forever in the order of
Melchizedek → HEB 5:6; HEB 5:10; HEB 6:20; HEB 7:17;
HEB 7:21 p.-

■ **PS 110:4 [QUOTED]** Quoted in the New Testament → HEB
5:6 p.-

■ **PS 110:4 [QUOTED]** Quoted in the New Testament → HEB
7:17 p.-

■ **PS 110:4 [QUOTED]** Quoted in the New Testament → HEB
7:21 p.-

■ **PS 110:4 [NOTE]** MELCHIZEDEK. The priest king of
Salem who blessed Abraham, Genesis 14:18 to 20. He-
brews 5 to 7 builds its case for Jesus as High Priest on
this verse. A Dead Sea Scroll about him is shown in He-
brews: see The Melchizedek Scroll, p.-.

■ **PS 110:5 [PROPHECY]** The Lord at God's right hand
would crush kings and judge the nations → STILL TO
COME - MEDIUM

■ **PS 110:7 [PROPHECY]** 'He shall drink of the brook by the
way; therefore He shall lift up His head' → JN 19:30; Phil
2:8-9 · MEDIUM p.-

OLD TESTAMENT QUOTED IN THE NEW

they are pondered by all who delight in them.

- ³ Splendid and majestic is His work;
His righteousness endures forever.
- ⁴ He has caused His wonders to be remembered;
Yahweh is gracious and compassionate.
- ⁵ He provides food for those who fear Him;
He remembers His covenant forever.
- ⁶ He has shown His people the power of His works
by giving them the inheritance of the nations.
- ⁷ The works of His hands are truth and justice;
all His precepts are trustworthy.
- ⁸ They are upheld forever and ever,
enacted in truth and uprightness.
- ⁹ He has sent redemption to His people;
He has ordained His covenant forever;
holy and awesome is His name.
- ¹⁰ The fear of Yahweh is the beginning of wisdom;
all who follow His precepts gain rich understanding.

His praise endures forever!

112

PSALM 112 IN 30 SECONDS

Blessed is the man who fears Yahweh. Another A to Z. He is not afraid of bad news.

THE BLESSED FEAR OF YAHWEH // PSALM 128:1–6

- ¹ Hallelujah!
- Blessed is the man who fears Yahweh,
who greatly delights in His commandments.
- ² His descendants will be mighty in the land;
the generation of the upright will be blessed.
- ³ Wealth and riches are in his house,
and his righteousness endures forever.
- ⁴ Light dawns in the darkness for the upright—
for the gracious, compassionate, and righteous.
- ⁵ It is well with the man who is generous
and lends freely,

whose affairs are guided by justice.

- ⁶ Surely he will never be shaken;
the righteous man will be remembered forever.
- ⁷ He does not fear bad news;
his heart is steadfast, trusting in Yahweh.
- ⁸ His heart is assured; he does not fear,
until he looks in triumph on his foes.
- ⁹ *He has scattered abroad his gifts to the poor;
his righteousness endures forever;
his horn will be lifted high in honor.*
- ¹⁰ The wicked man will see and be grieved;
he will gnash his teeth and waste away;
the desires of the wicked will perish.

113

PSALM 113 IN 30 SECONDS

God sits high but stoops low. He lifts the poor from the trash heap.

YAHWEH EXALTS THE HUMBLE // 1 SAMUEL 1:1–8

- ¹ Hallelujah!
- Give praise, O servants of Yahweh;
praise the name of Yahweh.
- ² Blessed be the name of Yahweh
both now and forevermore.
- ³ From where the sun rises to where it sets,
the name of Yahweh is praised.
- ⁴ Yahweh is exalted over all the nations,
His glory above the heavens.
- ⁵ Who is like Yahweh our God,
the One enthroned on high?
- ⁶ He humbles Himself to behold
the heavens and the earth.
- ⁷ He raises the poor from the dust
and lifts the needy from the dump
- ⁸ to seat them with nobles,
with the princes of His people.
- ⁹ He settles the barren woman in her home
as a joyful mother to her children.

Hallelujah!

■ **PS 112:9 [QUOTED]** Quoted in the New Testament → 2CO 9:9 p.7

■ **PS 113:1 [NOTE]** THE HALLEL. Psalms 113 to 118 are sung at Passover. The hymn Jesus and His disciples sang after the Last Supper was likely from these psalms, Matthew 26:30.

DEMONIC

114

PSALM 114 IN 30 SECONDS

When Israel left Egypt, the sea ran and the mountains skipped like rams.

A PSALM OF EXODUS

- 1 When Israel departed from Egypt,
the house of Jacob from a people of
foreign tongue,
- 2 Judah became God's sanctuary,
Israel His dominion.
- 3 The sea observed and fled;
the Jordan turned back;
- 4 the mountains skipped like rams,
the hills like lambs.
- 5 Why was it, O sea, that you fled,
O Jordan, that you turned back,
- 6 O mountains, that you skipped like rams,
O hills, like lambs?
- 7 Tremble, O earth, at the presence of the
Lord,
at the presence of the God of Jacob,
- 8 who turned the rock into a pool,
the flint into a fountain of water!

115

PSALM 115 IN 30 SECONDS

Not to us, but to Your name be the glory. Idols have mouths but cannot talk.

TO YOUR NAME BE THE GLORY // PSALM 135:1-21

- 1 Not to us, O Yahweh, not to us,
but to Your name be the glory,
because of Your loving devotion,
because of Your faithfulness.
- 2 Why should the nations say,
"Where is their God?"
- 3 Our God is in heaven;
He does as He pleases.
- 4 Their idols are silver and gold,
made by the hands of men.
- 5 They have mouths, but cannot speak;
they have eyes, but cannot see;
- 6 they have ears, but cannot hear;
they have noses, but cannot smell;

■ PS 115:4 [DEMONIC] Idols have mouths but cannot speak

■ PS 115:4 [NOTE] IDOLS. They have mouths but cannot speak. Those who make them will be like them, 115:8. You become like what you worship.

- 7 they have hands, but cannot feel;
they have feet, but cannot walk;
they cannot even clear their throats.

- 8 Those who make them become like
them,
as do all who trust in them.

- 9 O Israel, trust in Yahweh!
He is their help and shield.
- 10 O house of Aaron, trust in Yahweh!
He is their help and shield.
- 11 You who fear Yahweh, trust in Yahweh!
He is their help and shield.
- 12 Yahweh is mindful of us;
He will bless us.
He will bless the house of Israel;
He will bless the house of Aaron;
- 13 He will bless those who fear Yahweh—
small and great alike.
- 14 May Yahweh give you increase,
both you and your children.
- 15 May you be blessed by Yahweh,
the Maker of heaven and earth.
- 16 The highest heavens belong to Yahweh,
but the earth He has given to mankind.
- 17 It is not the dead who praise Yahweh,
nor any who descend into silence.
- 18 But it is we who will bless Yahweh,
both now and forevermore.

Hallelujah!

116

PSALM 116 IN 30 SECONDS

I love Yahweh because He heard me. Precious in His sight is the death of His saints.

YAHWEH HAS HEARD MY VOICE

- 1 I love Yahweh, for He has heard my
voice—
my appeal for mercy.
- 2 Because He has inclined His ear to me,
I will call on Him as long as I live.
- 3 The ropes of death entangled me;
the anguish of Sheol overcame me;
I was confronted by trouble and sorrow.
- 4 Then I called on the name of Yahweh:
"O Yahweh, deliver my soul!"
- 5 Yahweh is gracious and righteous;
our God is full of compassion.
- 6 Yahweh preserves the simplehearted;

MESSIANIC FORESHADOW OLD TESTAMENT QUOTED IN THE NEW

I was helpless, and He saved me.

⁷ Return to your rest, O my soul,
for Yahweh has been good to you.

⁸ For You have delivered my soul from
death,
my eyes from tears, my feet from stum-
bling.

⁹ I will walk before Yahweh
in the land of the living.

¹⁰ *I believed, therefore I said,
"I am greatly afflicted."*

¹¹ In my alarm I said,
"All men are liars!"

¹² How can I repay Yahweh
for all His goodness to me?

¹³ *I will lift the cup of salvation
and call on the name of Yahweh.*

¹⁴ I will fulfill my vows to Yahweh
in the presence of all His people.

¹⁵ Precious in the sight of Yahweh
is the death of His saints.

¹⁶ Truly, O Yahweh, I am Your servant;
I am Your servant, the son of Your maid-
servant;
You have broken my bonds.

¹⁷ I will offer to You a sacrifice of thanks-
giving
and call on the name of Yahweh.

¹⁸ I will fulfill my vows to Yahweh
in the presence of all His people,

¹⁹ in the courts of Yahweh's house,
in your midst, O Jerusalem.

Hallelujah!

117

PSALM 117 IN 30 SECONDS

*The shortest chapter in the Bible: two verses.
Praise Him, all nations.*

EXTOL HIM, ALL YOU PEOPLES

¹ *Praise Yahweh, all you nations!
Extol Him, all you peoples!*

■ **PS 116:10 [QUOTED]** Quoted in the New Testament → 2CO 4:13 p.~

■ **PS 116:13 [PROPHECY]** I will lift up the cup of salvation → MT 26:27–28 · MEDIUM p.~

■ **PS 116:15 [NOTE] PRECIOUS.** The death of God's people is not cheap to Him. He notices and He cares.

■ **PS 117:1 [QUOTED]** Quoted in the New Testament → ROM 15:11 p.~

■ **PS 117:1 [NOTE] THE SHORTEST CHAPTER** in the Bible. Paul quotes it to show God always planned to save the nations, Romans 15:11.

² For great is His loving devotion toward
us,
and the faithfulness of Yahweh endures
forever.

Hallelujah!

118

PSALM 118 IN 30 SECONDS

*His love endures forever. The stone the builders
rejected became the cornerstone. This is the day.*

YAHWEH IS ON MY SIDE

¹ Give thanks to Yahweh, for He is good;
His loving devotion endures forever.

² Let Israel say,
"His loving devotion endures forever."

³ Let the house of Aaron say,
"His loving devotion endures forever."

⁴ Let those who fear Yahweh say,
"His loving devotion endures forever."

⁵ In my distress I called to Yahweh,
and He answered and set me free.

⁶ *Yahweh is on my side; I will not be afraid.
What can man do to me?*

⁷ Yahweh is on my side; He is my helper.
Therefore I will look in triumph on those
who hate me.

⁸ It is better to take refuge in Yahweh
than to trust in man.

⁹ It is better to take refuge in Yahweh
than to trust in princes.

¹⁰ All the nations surrounded me,
but in the name of Yahweh I cut them
off.

¹¹ They surrounded me on every side,
but in the name of Yahweh I cut them
off.

¹² They swarmed around me like bees,
but they were extinguished like burning
thorns;

in the name of Yahweh I cut them off.

¹³ I was pushed so hard I was falling,
but Yahweh helped me.

¹⁴ Yahweh is my strength and my song,
and He has become my salvation.

¹⁵ Shouts of joy and salvation resound in
the tents of the righteous:

■ **PS 118:6 [QUOTED]** Quoted in the New Testament → HEB 13:6 p.~

MESSIANIC PROPHECIES THE HEART OLD TESTAMENT QUOTED IN THE NEW NOTABLE

- "The right hand of Yahweh performs with valor!
- ¹⁶ The right hand of Yahweh is exalted!
The right hand of Yahweh performs with valor!"
- ¹⁷ I will not die, but I will live
and proclaim what Yahweh has done.
- ¹⁸ Yahweh disciplined me severely,
but He has not given me over to death.
- ¹⁹ Open to me the gates of righteousness,
that I may enter and give thanks to Yahweh.
- ²⁰ This is the gate of Yahweh;
the righteous shall enter through it.
- ²¹ I will give You thanks, for You have answered me,
and You have become my salvation.
- ²² *The stone the builders rejected
has become the cornerstone.*
- ²³ *This is from Yahweh,
and it is marvelous in our eyes.*
- ²⁴ *This is the day that Yahweh has made;
we will rejoice and be glad in it.*
- ²⁵ *O Yahweh, save us, we pray.
We beseech You, O Yahweh, cause us to prosper!*
- ²⁶ *Blessed is he who comes in the name of Yahweh.
From the house of Yahweh we bless you.*

- PS 118:17 [PROPHECY] His resurrection assured → LK 24:5-7; 1CO 15:20 p.-
- PS 118:22 [PROPHECY] The rejected stone becomes the chief cornerstone → MT 21:42-43; 1PE 2:4; 1PE 2:7 p.-
- PS 118:22 [QUOTED] Quoted in the New Testament → MT 21:42 p.-
- PS 118:22 [QUOTED] Quoted in the New Testament → MK 12:10-11 p.-
- PS 118:22 [QUOTED] Quoted in the New Testament → LK 20:17 p.-
- PS 118:22 [QUOTED] Quoted in the New Testament → ACTS 4:11 p.-
- PS 118:22 [QUOTED] Quoted in the New Testament → 1PE 2:7 p.-
- PS 118:22 [NOTE] THE CORNERSTONE. Jesus applied it to Himself, Matthew 21:42, and so did Peter, Acts 4:11 and 1 Peter 2:7.
- PS 118:24 [NOTABLE] Every day is a gift from God. Choose joy in it.
- PS 118:25 [PROPHECY] The crowd would cry save us, which is Hosanna → MT 21:9; JN 12:13 p.-
- PS 118:25 [QUOTED] Quoted in the New Testament → MT 21:9 p.-
- PS 118:25 [QUOTED] Quoted in the New Testament → MK 11:9-10 p.-
- PS 118:25 [QUOTED] Quoted in the New Testament → JN 12:13 p.-
- PS 118:26 [PROPHECY] The Blessed One presented to Israel → MT 21:9 p.-
- PS 118:26 [QUOTED] Quoted in the New Testament → MT 23:39 p.-
- PS 118:26 [QUOTED] Quoted in the New Testament → LK 13:35 p.-

- ²⁷ Yahweh is God;
He has made His light to shine upon us.
Bind the festal sacrifice with cords
to the horns of the altar.
- ²⁸ You are my God, and I will give You thanks.
You are my God, and I will exalt You.
- ²⁹ Give thanks to Yahweh, for He is good;
His loving devotion endures forever.

119

PSALM 119 IN 30 SECONDS

The longest chapter in the Bible: 176 verses, an A to Z on God's word. Your word is a lamp to my feet.

YOUR WORD IS A LAMP TO MY FEET

א ALEPH

- ¹ Blessed are those whose way is blameless,
who walk in the Law of Yahweh.
- ² Blessed are those who keep His testimonies
and seek Him with all their heart.
- ³ They do no iniquity;
they walk in His ways.
- ⁴ You have ordained Your precepts,
that we should keep them diligently.
- ⁵ Oh, that my ways were committed
to keeping Your statutes!
- ⁶ Then I would not be ashamed
when I consider all Your commandments.
- ⁷ I will praise You with an upright heart
when I learn Your righteous judgments.
- ⁸ I will keep Your statutes;
do not utterly forsake me.

ב BETH

- ⁹ How can a young man keep his way pure?
By guarding it according to Your word.
- ¹⁰ *With all my heart I have sought You;*

- PS 118:26 [QUOTED] Quoted in the New Testament → LK 19:38 p.-
- PS 118:26 [NOTE] HOSANNA. Save us now, 118:25. The crowds shouted these lines when Jesus rode into Jerusalem, Matthew 21:9.
- PS 119:1 [NOTE] THE LONGEST CHAPTER in the Bible. It has 22 parts, one for each letter of the Hebrew alphabet. All 8 verses in each part start with that letter. Almost every verse names God's word: law, testimonies, precepts, statutes, commands, judgments, word or promise.
- PS 119:2 [HEART] Blessed are those who seek Him with all their heart.

THE HEART

do not let me stray from Your commandments.

11 I have hidden Your word in my heart that I might not sin against You.

12 Blessed are You, O Yahweh; teach me Your statutes.

13 With my lips I proclaim all the judgments of Your mouth.

14 I rejoice in the way of Your testimonies as much as in all riches.

15 I will meditate on Your precepts and regard Your ways.

16 I will delight in Your statutes; I will not forget Your word.

1 GIMEL

17 Deal bountifully with Your servant, that I may live and keep Your word.

18 Open my eyes that I may see wondrous things from Your law.

19 I am a stranger on the earth; do not hide Your commandments from me.

20 My soul is consumed with longing for Your judgments at all times.

21 You rebuke the arrogant—the cursed who stray from Your commandments.

22 Remove my scorn and contempt, for I have kept Your testimonies.

23 Though rulers sit and slander me, Your servant meditates on Your statutes.

24 Your testimonies are indeed my delight; they are my counselors.

7 DALETH

25 My soul cleaves to the dust; revive me according to Your word.

26 I recounted my ways, and You answered me; teach me Your statutes.

27 Make clear to me the way of Your precepts; then I will meditate on Your wonders.

28 My soul melts with sorrow; strengthen me according to Your word.

29 Remove me from the path of deceit and graciously grant me Your law.

30 I have chosen the way of truth; I have set Your ordinances before me.

31 I cling to Your testimonies, O Yahweh; let me not be put to shame.

32 I run in the path of Your commandments, for You will enlarge my heart.

11 HE

33 Teach me, O Yahweh, the way of Your statutes, and I will keep them to the end.

34 Give me understanding that I may obey Your law, and follow it with all my heart.

35 Direct me in the path of Your commandments, for there I find delight.

36 Turn my heart to Your testimonies and not to covetous gain.

37 Turn my eyes away from worthless things; revive me with Your word.

38 Establish Your word to Your servant, to produce reverence for You.

39 Turn away the disgrace I dread, for Your judgments are good.

40 How I long for Your precepts! Revive me in Your righteousness.

1 WAW

41 May Your loving devotion come to me, O Yahweh, Your salvation, according to Your promise.

42 Then I can answer him who taunts, for I trust in Your word.

43 Never take Your word of truth from my mouth, for I hope in Your judgments.

44 I will always obey Your law, forever and ever.

45 And I will walk in freedom, for I have sought Your precepts.

46 I will speak of Your testimonies before kings, and I will not be ashamed.

47 I delight in Your commandments because I love them.

PS 119:10 [HEART] I seek You with all my heart.

PS 119:11 [HEART] I have hidden Your word in my heart so I might not sin against You.

PS 119:34 [HEART] Give me understanding so I can keep Your law with all my heart.

⁴⁸ I lift up my hands to Your commandments, which I love,
and I meditate on Your statutes.

† ZAYIN

⁴⁹ Remember Your word to Your servant,
upon which You have given me hope.

⁵⁰ This is my comfort in affliction,
that Your promise has given me life.

⁵¹ The arrogant utterly deride me,
but I do not turn from Your law.

⁵² I remember Your judgments of old, O
Yahweh,
and in them I find comfort.

⁵³ Rage has taken hold of me
because of the wicked who reject Your
law.

⁵⁴ Your statutes are songs to me
in the house of my pilgrimage.

⁵⁵ In the night, O Yahweh, I remember Your
name,
that I may keep Your law.

⁵⁶ This is my practice,
for I obey Your precepts.

‡ HETH

⁵⁷ Yahweh is my portion;
I have promised to keep Your words.

⁵⁸ I have sought Your face with all my
heart;
be gracious to me according to Your
promise.

⁵⁹ I considered my ways
and turned my steps to Your testi-
monies.

⁶⁰ I hurried without hesitating
to keep Your commandments.

⁶¹ Though the ropes of the wicked bind
me,
I do not forget Your law.

⁶² At midnight I rise to give You thanks
for Your righteous judgments.

⁶³ I am a friend to all who fear You,
and to those who keep Your precepts.

⁶⁴ The earth is filled with Your loving devo-
tion, O Yahweh;
teach me Your statutes.

‡ TETH

⁶⁵ You are good to Your servant, O Yah-
weh,
according to Your word.

⁶⁶ Teach me good judgment and knowl-
edge,
for I believe in Your commandments.

⁶⁷ Before I was afflicted, I went astray;
but now I keep Your word.

⁶⁸ You are good, and You do what is good;
teach me Your statutes.

⁶⁹ Though the arrogant have smeared me
with lies,
I keep Your precepts with all my heart.

⁷⁰ Their hearts are callous and insensitive,
but I delight in Your law.

⁷¹ It was good for me to be afflicted,
that I might learn Your statutes.

⁷² The law from Your mouth is more pre-
cious to me
than thousands of pieces of gold and
silver.

‡ YODH

⁷³ Your hands have made me and fash-
ioned me;
give me understanding to learn Your
commandments.

⁷⁴ May those who fear You see me and re-
joice,
for I have hoped in Your word.

⁷⁵ I know, O Yahweh, that Your judgments
are righteous,
and that in faithfulness You have af-
flicted me.

⁷⁶ May Your loving devotion comfort me, I
pray,
according to Your promise to Your ser-
vant.

⁷⁷ May Your compassion come to me, that
I may live,
for Your law is my delight.

⁷⁸ May the arrogant be put to shame for
subverting me with a lie;
I will meditate on Your precepts.

⁷⁹ May those who fear You turn to me,
those who know Your testimonies.

⁸⁰ May my heart be blameless in Your
statutes,
that I may not be put to shame.

‡ KAPH

⁸¹ My soul faints for Your salvation;
I wait for Your word.

⁸² My eyes fail, looking for Your promise;
I ask, "When will You comfort me?"

NOTABLE

- 83 Though I am like a wineskin dried up by smoke,
I do not forget Your statutes.
- 84 How many days must Your servant wait?
When will You execute judgment on my persecutors?
- 85 The arrogant have dug pits for me in violation of Your law.
- 86 All Your commandments are faithful;
I am persecuted without cause—help me!
- 87 They almost wiped me from the earth, but I have not forsaken Your precepts.
- 88 Revive me according to Your loving devotion,
that I may obey the testimony of Your mouth.

LAMEDH

- 89 Your word, O Yahweh, is everlasting;
it is firmly fixed in the heavens.
- 90 Your faithfulness continues through all generations;
You established the earth, and it endures.
- 91 Your ordinances stand to this day,
for all things are servants to You.
- 92 If Your law had not been my delight,
then I would have perished in my affliction.
- 93 I will never forget Your precepts,
for by them You have revived me.
- 94 I am Yours; save me,
for I have sought Your precepts.
- 95 The wicked wait to destroy me,
but I will ponder Your testimonies.
- 96 I have seen a limit to all perfection,
but Your commandment is without limit.

MEM

- 97 Oh, how I love Your law!
All day long it is my meditation.
- 98 Your commandments make me wiser
than my enemies,
for they are always with me.
- 99 I have more insight than all my teachers,
for Your testimonies are my meditation.
- 100 I discern more than the elders,
for I obey Your precepts.
- 101 I have kept my feet from every evil path,
that I may keep Your word.

- 102 I have not departed from Your ordinances,
for You Yourself have taught me.
- 103 How sweet are Your words to my taste—
sweeter than honey in my mouth!
- 104 I gain understanding from Your precepts;
therefore I hate every false way.

NUN

105 Your word is a lamp to my feet
and a light to my path.

- 106 I have sworn and confirmed
that I will keep Your righteous judgments.
- 107 I am severely afflicted, O Yahweh;
revive me through Your word.
- 108 Accept the freewill offerings of my mouth, O Yahweh,
and teach me Your judgments.
- 109 I constantly take my life in my hands,
yet I do not forget Your law.
- 110 The wicked have set a snare for me,
but I have not strayed from Your precepts.
- 111 Your testimonies are my heritage forever,
for they are the joy of my heart.
- 112 I have inclined my heart to perform Your statutes,
even to the very end.

SAMEKH

- 113 The double-minded I despise,
but Your law I love.
- 114 You are my hiding place and my shield;
I put my hope in Your word.
- 115 Depart from me, you evildoers,
that I may obey the commandments of my God.
- 116 Sustain me as You promised, that I may live;
let me not be ashamed of my hope.
- 117 Uphold me, and I will be saved,
that I may always regard Your statutes.
- 118 You reject all who stray from Your statutes,

■ PS 119:105 [NOTABLE] God's word may not show you the whole road, but it shows you the next step.

■ PS 119:105 [NOTE] A LAMP TO MY FEET. An oil lamp did not light up the whole road, just the next step.

for their deceitfulness is in vain.

¹¹⁹ All the wicked on earth You discard like dross;

therefore I love Your testimonies.

¹²⁰ My flesh trembles in awe of You;
I stand in fear of Your judgments.

Y AYIN

¹²¹ I have done what is just and right;
do not leave me to my oppressors.

¹²² Ensure Your servant's well-being;
do not let the arrogant oppress me.

¹²³ My eyes fail, looking for Your salvation,
and for Your righteous promise.

¹²⁴ Deal with Your servant according to
Your loving devotion,
and teach me Your statutes.

¹²⁵ I am Your servant; give me understand-
ing,
that I may know Your testimonies.

¹²⁶ It is time for Yahweh to act,
for they have broken Your law.

¹²⁷ Therefore I love Your commandments
more than gold,
even the purest gold.

¹²⁸ Therefore I admire all Your precepts
and hate every false way.

D PE

¹²⁹ Wonderful are Your testimonies;
therefore I obey them.

¹³⁰ The unfolding of Your words gives light;
it informs the simple.

¹³¹ I open my mouth and pant,
longing for Your commandments.

¹³² Turn to me and show me mercy,
as You do to those who love Your name.

¹³³ Order my steps in Your word;
let no sin rule over me.

¹³⁴ Redeem me from the oppression of
man,
that I may keep Your precepts.

¹³⁵ Make Your face shine upon Your ser-
vant,
and teach me Your statutes.

¹³⁶ My eyes shed streams of tears
because Your law is not obeyed.

Y TZADE

¹³⁷ Righteous are You, O Yahweh,
and upright are Your judgments.

¹³⁸ The testimonies You have laid down are
righteous
and altogether faithful.

¹³⁹ My zeal has consumed me
because my foes forget Your words.

¹⁴⁰ Your promise is completely pure;
therefore Your servant loves it.

¹⁴¹ I am lowly and despised,
but I do not forget Your precepts.

¹⁴² Your righteousness is everlasting
and Your law is true.

¹⁴³ Trouble and distress have found me,
but Your commandments are my delight.

¹⁴⁴ Your testimonies are righteous forever.
Give me understanding, that I may live.

P KOPH

¹⁴⁵ I call with all my heart; answer me, O
Yahweh!
I will obey Your statutes.

¹⁴⁶ I call to You; save me,
that I may keep Your testimonies.

¹⁴⁷ I rise before dawn and cry for help;
in Your word I have put my hope.

¹⁴⁸ My eyes anticipate the watches of
night,
that I may meditate on Your word.

¹⁴⁹ Hear my voice, O Yahweh, according to
Your loving devotion;
give me life according to Your justice.

¹⁵⁰ Those who follow after wickedness
draw near;
they are far from Your law.

¹⁵¹ You are near, O Yahweh,
and all Your commandments are true.

¹⁵² Long ago I learned from Your testi-
monies
that You have established them forever.

Y RESH

¹⁵³ Look upon my affliction and rescue me,
for I have not forgotten Your law.

¹⁵⁴ Defend my cause and redeem me;
revive me according to Your word.

¹⁵⁵ Salvation is far from the wicked
because they do not seek Your statutes.

¹⁵⁶ Great are Your mercies, O Yahweh;
revive me according to Your ordinances.

¹⁵⁷ Though my persecutors and foes are
many,
I have not turned from Your testimonies.

NOTABLE

- 158 I look on the faithless with loathing
because they do not keep Your word.
159 Consider how I love Your precepts, O
Yahweh;
give me life according to Your loving devotion.
160 The entirety of Your word is truth,
and all Your righteous judgments endure
forever.

SIN

- 161 Rulers persecute me without cause,
but my heart fears only Your word.
162 I rejoice in Your promise
like one who finds great spoil.
163 I hate and abhor falsehood,
but Your law I love.
164 Seven times a day I praise You
for Your righteous judgments.
165 Abundant peace belongs to those who
love Your law;
nothing can make them stumble.
166 I wait for Your salvation, O Yahweh,
and I carry out Your commandments.
167 I obey Your testimonies
and love them greatly.
168 I obey Your precepts and Your testi-
monies,
for all my ways are before You.

TAW

- 169 May my cry come before You, O Yah-
weh;
give me understanding according to
Your word.
170 May my plea come before You;
rescue me according to Your promise.
171 My lips pour forth praise,
for You teach me Your statutes.
172 My tongue sings of Your word,
for all Your commandments are right-
eous.
173 May Your hand be ready to help me,
for I have chosen Your precepts.
174 I long for Your salvation, O Yahweh,
and Your law is my delight.
175 Let me live to praise You;
may Your judgments sustain me.
176 I have strayed like a lost sheep;
seek Your servant, for I have not forgot-
ten Your commandments.

120

PSALM 120 IN 30 SECONDS

*The first of 15 Songs of Ascents. Too long I have
lived among people who hate peace.*

IN MY DISTRESS I CRIED TO YAHWEH

A song of ascents.

- 1 In my distress I cried to Yahweh,
and He answered me.
2 Deliver my soul, O Yahweh,
from lying lips and a deceitful tongue.
3 What will He do to you,
and what will be added to you,
O deceitful tongue?
4 Sharp arrows will come from the warrior,
with burning coals of the broom tree!
5 Woe to me that I dwell in Meshech,
that I live among the tents of Kedar!
6 Too long have I dwelt
among those who hate peace.
7 I am in favor of peace;
but when I speak, they want war.

121

PSALM 121 IN 30 SECONDS

*I lift my eyes to the hills. My help comes from Yah-
weh, who never naps.*

I LIFT UP MY EYES TO THE HILLS

A song of ascents.

- 1 I lift up my eyes to the hills.
From where does my help come?
2 My help comes from Yahweh,
the Maker of heaven and earth.
3 He will not allow your foot to slip;
your Protector will not slumber.
4 Behold, the Protector of Israel
will neither slumber nor sleep.
5 Yahweh is your keeper;
Yahweh is the shade on your right hand.
6 The sun will not strike you by day,
nor the moon by night.

■ **PS 120:1 [NOTE] SONGS OF ASCENTS.** Psalms 120 to 134. Many think pilgrims sang them going up to Jerusalem for the feasts. Jerusalem sits high in the hills, so you always go up.

■ **PS 121:1 [NOTABLE]** Look past the mountains to the One who made them.

■ **PS 121:4 [NOTE] NEVER SLEEPS.** The prophet Elijah mocked Baal: maybe he is asleep, 1 Kings 18:27. Israel's Keeper never sleeps.

BLOODLINE OF CHRIST

- ⁷Yahweh will guard you from all evil;
He will preserve your soul.
- ⁸Yahweh will watch over your coming and going,
both now and forevermore.

122

PSALM 122 IN 30 SECONDS

Let us go to the house of Yahweh! Pray for the peace of Jerusalem.

PRAY FOR THE PEACE OF JERUSALEM

A song of ascents. Of David.

- ¹I was glad when they said to me,
“Let us go to the house of Yahweh.”
- ²Our feet are standing in your gates,
O Jerusalem.
- ³Jerusalem is built up
as a city united together,
- ⁴where the tribes go up,
the tribes of Yahweh,
as a testimony for Israel,
to give thanks to the name of Yahweh.
- ⁵For there the thrones of judgment stand,
the thrones of the house of David.
- ⁶Pray for the peace of Jerusalem:
“May those who love you prosper.
⁷May there be peace within your walls,
and prosperity inside your fortresses.”
- ⁸For the sake of my brothers and friends,
I will say, “Peace be within you.”
- ⁹For the sake of the house of Yahweh our God,
I will seek your prosperity.

123

PSALM 123 IN 30 SECONDS

Our eyes look to God like a servant watches his master's hand.

I LIFT UP MY EYES TO YOU

A song of ascents.

- ¹I lift up my eyes to You,
the One enthroned in heaven.
- ²As the eyes of servants
look to the hand of their master,
as the eyes of a maidservant
look to the hand of her mistress,

■ **PS 122:6 [NOTE]** THE PEACE OF JERUSALEM. The name Jerusalem sounds like the Hebrew word for peace, shalom.

so our eyes are on Yahweh our God
until He shows us mercy.

- ³Have mercy on us, O Yahweh, have mercy,
for we have endured much contempt.
- ⁴We have endured much scorn from the arrogant,
much contempt from the proud.

124

PSALM 124 IN 30 SECONDS

If Yahweh had not been on our side, we would have been swallowed alive. The snare broke!

OUR HELP IS IN THE NAME OF YAHWEH

A song of ascents. Of David.

- ¹If Yahweh had not been on our side—
let Israel now declare—
- ²if Yahweh had not been on our side
when men attacked us,
- ³when their anger flared against us,
then they would have swallowed us
alive,
- ⁴then the floods would have engulfed us,
then the torrent would have overwhelmed us,
- ⁵then the raging waters
would have swept us away.
- ⁶Blessed be Yahweh,
who has not given us as prey to their teeth.
- ⁷We have escaped like a bird from the snare of the fowler;
the net is torn, and we have slipped away.
- ⁸Our help is in the name of Yahweh,
the Maker of heaven and earth.

125

PSALM 125 IN 30 SECONDS

Those who trust in Yahweh are like Mount Zion. They cannot be shaken.

YAHWEH SURROUNDS HIS PEOPLE

A song of ascents.

- ¹Those who trust in Yahweh are like Mount Zion.
It cannot be moved; it abides forever.
- ²As the mountains surround Jerusalem,
so Yahweh surrounds His people,

BLOODLINE OF CHRIST

both now and forevermore.

³For the scepter of the wicked will not rest
upon the land allotted to the righteous,
so that the righteous will not put forth
their hands to injustice.

⁴Do good, O Yahweh, to those who are good,
and to the upright in heart.

⁵But those who turn to crooked ways
Yahweh will banish with the evildoers.

Peace be upon Israel.

126

PSALM 126 IN 30 SECONDS

When God brought us home, we were like dreamers. Those who sow in tears reap with joy.

ZION'S CAPTIVES RESTORED

A song of ascents.

¹When Yahweh restored the captives of Zion,
we were like dreamers.

²Then our mouths were filled with laughter,
our tongues with shouts of joy.

Then it was said among the nations,
“Yahweh has done great things for them.”

³Yahweh has done great things for us;
we are filled with joy.

⁴Restore our captives, O Yahweh,
like streams in the Negev.

⁵Those who sow in tears
will reap with shouts of joy.

⁶He who goes out weeping,
bearing a trail of seed,
will surely return with shouts of joy,
carrying sheaves of grain.

127

PSALM 127 IN 30 SECONDS

Unless Yahweh builds the house, the builders work for nothing. Kids are a gift.

CHILDREN ARE A HERITAGE FROM YAHWEH

A song of ascents. Of Solomon.

¹Unless Yahweh builds the house,
its builders labor in vain;

unless Yahweh protects the city,
its watchmen stand guard in vain.

²In vain you rise early
and stay up late,
toiling for bread to eat—
for He gives sleep to His beloved.

³Children are indeed a heritage from Yahweh,
and the fruit of the womb is His reward.

⁴Like arrows in the hand of a warrior,
so are children born in one's youth.

⁵Blessed is the man
whose quiver is full of them.

He will not be put to shame
when he confronts the enemies at the gate.

128

PSALM 128 IN 30 SECONDS

Blessed is the man who fears Yahweh. Your wife like a vine, your kids like olive shoots.

THE BLESSED FEAR OF YAHWEH // PSALM 112:1–10
A song of ascents.

¹Blessed are all who fear Yahweh,
who walk in His ways!

²For when you eat the fruit of your labor,
blessings and prosperity will be yours.

³Your wife will be like a fruitful vine
flourishing within your house,
your sons like olive shoots
sitting around your table.

⁴In this way indeed shall blessing come
to the man who fears Yahweh.

⁵May Yahweh bless you from Zion,
that you may see the prosperity of Jerusalem
all the days of your life,

⁶that you may see
your children's children.

Peace be upon Israel!

■ **PS 127:1 [NOTE]** OF SOLOMON. Solomon built the temple, God's house. Unless Yahweh builds the house, the work is for nothing.

■ **PS 127:2 [NOTE]** HE GIVES SLEEP. Solomon was also called Jedidiah, beloved of Yahweh, 2 Samuel 12:25. Here God gives sleep to His beloved.

MESSIANIC FORESHADOW THE HEART BLOODLINE OF CHRIST

129

PSALM 129 IN 30 SECONDS

They plowed my back with long furrows, but they did not win.

THE CORDS OF THE WICKED

A song of ascents.

- ¹Many a time they have persecuted me from my youth—
let Israel now declare—
- ²many a time they have persecuted me from my youth,
but they have not prevailed against me.
- ³The plowmen plowed over my back;
they made their furrows long.
- ⁴Yahweh is righteous;
He has cut me from the cords of the wicked.
- ⁵May all who hate Zion
be turned back in shame.
- ⁶May they be like grass on the rooftops,
which withers before it can grow,
- ⁷unable to fill the hands of the reaper,
or the arms of the binder of sheaves.
- ⁸May none who pass by say to them,
“The blessing of Yahweh be on you;
we bless you in the name of Yahweh.”

130

PSALM 130 IN 30 SECONDS

Out of the depths I cry to You. If You kept a record of sins, who could stand?

OUT OF THE DEPTHS

A song of ascents.

- ¹Out of the depths
I cry to You, O Yahweh!
- ²O Lord, hear my voice;
let Your ears be attentive to my plea for mercy.
- ³If You, O Yahweh, kept track of iniquities,
then who, O Lord, could stand?
- ⁴But with You there is forgiveness,
so that You may be feared.
- ⁵I wait for Yahweh; my soul does wait,

- PS 129:3 [PROPHECY] He would be scourged (plowers plowed upon His back) → MT 27:26 · MEDIUM p. 4
- PS 130:1 [NOTE] LUTHER'S PSALM. Martin Luther wrote the hymn Out of the Depths I Cry to You from this psalm, 1523. He called 32, 51, 130 and 143 Pauline psalms because they teach forgiveness by grace.

and in His word I put my hope.

- ⁶My soul waits for the Lord
more than watchmen wait for the morning—
more than watchmen wait for the morning.

- ⁷O Israel, put your hope in Yahweh,
for with Yahweh is loving devotion,
and with Him is redemption in abundance.

- ⁸And He will redeem Israel
from all iniquity.

131

PSALM 131 IN 30 SECONDS

My heart is not proud. I am calm like a weaned child with his mother.

I HAVE STILLERD MY SOUL

A song of ascents. Of David.

- ¹My heart is not proud, O Yahweh,
my eyes are not haughty.
I do not aspire to great things
or matters too lofty for me.
- ²Surely I have stilled and quieted my soul;
like a weaned child with his mother,
like a weaned child is my soul within me.
- ³O Israel, put your hope in Yahweh,
both now and forevermore.

132

PSALM 132 IN 30 SECONDS

David swore to find a home for the ark. God swore a bigger promise back to David.

YAHWEH HAS CHOSEN ZION

A song of ascents.

- ¹O Yahweh, remember on behalf of David
all the hardships he endured,
- ²how he swore an oath to Yahweh,
and vowed to the Mighty One of Jacob:
- ³“I will not enter my house
or get into my bed,
- ⁴I will not give sleep to my eyes
or slumber to my eyelids,
- ⁵until I find a place for Yahweh,
a dwelling for the Mighty One of Jacob.”

- PS 130:8 [ALLUDED TO] The New Testament refers to this → TIT 2:14 p. 4
- PS 131:1 [HEART] My heart is not proud, Lord.

MESSIANIC PROPHECIES OLD TESTAMENT QUOTED IN THE NEW

- ⁶ We heard that the ark was in Ephrathah;
we found it in the fields of Jaar.
⁷ Let us go to His dwelling place;
let us worship at His footstool.
⁸ Arise, O Yahweh, to Your resting place,
You and the ark of Your strength.
⁹ May Your priests be clothed with right-
eousness,
and Your saints shout for joy.
¹⁰ For the sake of Your servant David,
do not reject Your anointed one.

¹¹ Yahweh swore an oath to David,
a promise He will not revoke:

"One of your descendants
I will place on your throne.

- ¹² If your sons keep My covenant
and the testimony I will teach them,
then their sons will also sit on your throne
forever and ever."

- ¹³ For Yahweh has chosen Zion;
He has desired it for His home:

- ¹⁴ "This is My resting place forever and
ever;
here I will dwell, for I have desired this
home.

- ¹⁵ I will bless her with abundant provisions;
I will satisfy her poor with bread.

- ¹⁶ I will clothe her priests with salvation,
and her saints will sing out in joy.

- ¹⁷ There I will make a horn grow for David
I have prepared a lamp for My anointed
one.

- ¹⁸ I will clothe his enemies with shame,
but the crown upon him will gleam."

133

PSALM 133 IN 30 SECONDS

*How good when brothers live in unity. It is like oil
running down Aaron's beard.*

HOW PLEASANT TO LIVE IN HARMONY! // 1

CORINTHIANS 1:10–17; EPHESIANS 4:1–16

A song of ascents. Of David.

- ¹ Behold, how good and pleasant it is

- PS 132:11 [PROPHECY] The Seed of David → LK 1:32;
ACTS 2:30 p. –
- PS 132:11 [QUOTED] Quoted in the New Testament →
ACTS 2:30 p. –
- PS 132:11 [NOTE] AN OATH TO DAVID. Peter said David
knew God had sworn to seat one of his descendants on
his throne, and he saw ahead to the Christ, Acts 2:30.
- PS 132:17 [PROPHECY] God would make a horn of salva-
tion grow for David → LK 1:69 · MEDIUM p. –

NOTABLE GOD SPEAKING BLOODLINE OF CHRIST

- when brothers live together in harmony!
² It is like fine oil on the head,
running down on the beard,
running down Aaron's beard
over the collar of his robes.
³ It is like the dew of Hermon
falling on the mountains of Zion.
For there Yahweh has bestowed the
blessing
of life forevermore.

134

PSALM 134 IN 30 SECONDS

*The last Song of Ascents. Bless Yahweh, night
shift in the temple!*

BLESS YAHWEH, ALL YOU SERVANTS

A song of ascents.

- ¹ Come, bless Yahweh,
all you servants of Yahweh
who serve by night
in the house of Yahweh!
² Lift up your hands to the sanctuary
and bless Yahweh!
³ May Yahweh, the Maker of heaven and
earth,
bless you from Zion.

135

PSALM 135 IN 30 SECONDS

*Praise Yahweh, who chose Jacob. Idols are silver
and gold, and people who make them become like
them.*

GIVE PRAISE, O SERVANTS OF YAHWEH // PSALM

115:1–18

- ¹ Hallelujah!

Praise the name of Yahweh.

- Give praise, O servants of Yahweh,
² who stand in the house of Yahweh,
in the courts of the house of our God.
³ Hallelujah, for Yahweh is good;
sing praises to His name, for it is lovely.
⁴ For Yahweh has chosen Jacob as His
own,
Israel as His treasured possession.

- PS 133:2 [NOTABLE] The beauty of unity compared to
the abundant anointing on Aaron; picture of the Spirit's
blessing flowing from the head to the whole body
- PS 133:2 [NOTE] AARON'S BEARD. When Aaron was
made high priest, the holy oil was poured on his head,
Exodus 29:7. Unity is like that: it flows down and covers
everyone.

DEMONIC

- ⁵ For I know that Yahweh is great;
our Lord is above all gods.
- ⁶ Yahweh does all that pleases Him
in the heavens and on the earth,
in the seas and in all their depths.
- ⁷ He causes the clouds to rise
from the ends of the earth.
He generates the lightning with the rain
and brings forth the wind from His
storehouses.
- ⁸ He struck down the firstborn of Egypt,
of both man and beast.
- ⁹ He sent signs and wonders into your
midst, O Egypt,
against Pharaoh and all his servants.
- ¹⁰ He struck down many nations
and slaughtered mighty kings:
- ¹¹ Sihon king of the Amorites,
Og king of Bashan,
and all the kings of Canaan.
- ¹² He gave their land as an inheritance,
as a heritage to His people Israel.
- ¹³ Your name, O Yahweh, endures forever,
Your renown, O Yahweh, through all
generations.
- ¹⁴ For Yahweh will vindicate His people
and will have compassion on His serv-
ants.
- ¹⁵ The idols of the nations are silver and
gold,
made by the hands of men.
- ¹⁶ They have mouths, but cannot speak;
they have eyes, but cannot see;
¹⁷ they have ears, but cannot hear;
nor is there breath in their mouths.
- ¹⁸ Those who make them become like
them,
as do all who trust in them.
- ¹⁹ O house of Israel, bless Yahweh;
O house of Aaron, bless Yahweh;
- ²⁰ O house of Levi, bless Yahweh;
you who fear Yahweh, bless Yahweh!
- ²¹ Blessed be Yahweh from Zion—
He who dwells in Jerusalem.
- Hallelujah!

136

PSALM 136 IN 30 SECONDS

His love endures forever, 26 times in a row. You will know it by heart.

HIS LOVING DEVOTION ENDURES FOREVER // 2
CHRONICLES 7:1–3

- ¹ Give thanks to Yahweh, for He is good.
His loving devotion endures forever.
- ² Give thanks to the God of gods.
His loving devotion endures forever.
- ³ Give thanks to the Lord of lords.
His loving devotion endures forever.
- ⁴ He alone does great wonders.
His loving devotion endures forever.
- ⁵ By His insight He made the heavens.
His loving devotion endures forever.
- ⁶ He spread out the earth upon the waters.
His loving devotion endures forever.
- ⁷ He made the great lights—
His loving devotion endures forever.
- ⁸ the sun to rule the day,
His loving devotion endures forever.
- ⁹ the moon and stars to govern the night.
His loving devotion endures forever.
- ¹⁰ He struck down the firstborn of Egypt
His loving devotion endures forever.
- ¹¹ and brought Israel out from among them
His loving devotion endures forever.
- ¹² with a mighty hand and an outstretched
arm.
His loving devotion endures forever.
- ¹³ He divided the Red Sea in two
His loving devotion endures forever.
- ¹⁴ and led Israel through the midst,
His loving devotion endures forever.
- ¹⁵ but swept Pharaoh and his army into the
Red Sea.
His loving devotion endures forever.
- ¹⁶ He led His people through the wilder-
ness.
His loving devotion endures forever.
- ¹⁷ He struck down great kings
His loving devotion endures forever.
- ¹⁸ and slaughtered mighty kings—
His loving devotion endures forever.
- ¹⁹ Sihon king of the Amorites
His loving devotion endures forever.
- ²⁰ and Og king of Bashan—

■ PS 135:15 [DEMONIC] The idols of the nations are only silver and gold

■ PS 136:1 [NOTE] THE GREAT HALLEL. Every verse ends with His loving devotion endures forever. Jewish worship calls this psalm the Great Hallel.

His loving devotion endures forever.

²¹and He gave their land as an inheritance,

His loving devotion endures forever.

²²a heritage to His servant Israel.

His loving devotion endures forever.

²³He remembered us in our low estate

His loving devotion endures forever.

²⁴and freed us from our enemies.

His loving devotion endures forever.

²⁵He gives food to every creature.

His loving devotion endures forever.

²⁶Give thanks to the God of heaven!

His loving devotion endures forever.

137

PSALM 137 IN 30 SECONDS

By the rivers of Babylon we sat and wept. How can we sing in a foreign land? It ends in rage.

BY THE RIVERS OF BABYLON // EZEKIEL 1:1-3

¹By the rivers of Babylon we sat and wept when we remembered Zion.

²There on the willows

we hung our harps,

³for there our captors requested a song; our tormentors demanded songs of joy:

"Sing us a song of Zion."

⁴How can we sing a song of Yahweh in a foreign land?

⁵If I forget you, O Jerusalem, may my right hand cease to function.

⁶May my tongue cling to the roof of my mouth

if I do not remember you,

if I do not exalt Jerusalem

as my greatest joy!

⁷Remember, O Yahweh, the sons of Edom on the day Jerusalem fell:

"Destroy it," they said,

"tear it down to its foundations!"

⁸O Daughter of Babylon, doomed to destruction, blessed is he who repays you

■ **PS 137:1 [NOTE]** THE RIVERS OF BABYLON. The exiles sat by the canals of Babylon after 586 BC. The clay records of food for King Jehoiachin, a captive there, have been found. See The Jehoiachin Ration Tablets in 2 Kings, p.~.

■ **PS 137:7 [NOTE]** EDOM cheered when Jerusalem fell, Obadiah 1:10 to 14.

as you have done to us.

⁹Blessed is he who seizes your infants and dashes them against the rocks.

DEBATED THE BIG QUESTION

THE CURSING PSALMS

How Can This Be in the Bible?

PSALM 137:9 · 69:22 TO 28 · 109:6 TO 20 · 58:6 TO 10

WHAT THEY ARE

A few psalms ask God to punish enemies, hard. Scholars call them imprecatory psalms. The best known are 35, 58, 69, 109 and 137.

THE HARDEST LINE

Blessed is he who seizes your infants and dashes them against the rocks, 137:9. It is the cry of exiles whose own babies were killed when Babylon took Jerusalem, 2 Kings 25 and Lamentations 2:20 to 21.

THE NEW TESTAMENT QUOTES THEM

Peter quoted 69:25 and 109:8 about Judas, Acts 1:20. Paul quoted 69:22 to 23, Romans 11:9 to 10.

JESUS SAID

Love your enemies and pray for those who persecute you, Matthew 5:44.

Every View

MATTHEW 5:44 · ROMANS 12:19 · REVELATION 6:10

VIEW 1: GIVE IT TO GOD

Many say these prayers hand anger to God instead of taking revenge. Vengeance is Mine, says the Lord, Romans 12:19. David spared Saul twice.

VIEW 2: CALLS FOR JUSTICE

Many say they are prayers for God's justice against evil, the same cry as the martyrs in heaven, How long until You avenge our blood? Revelation 6:10.

VIEW 3: QUOTING THE ENEMY

Some read 109:6 to 19 as David quoting what his enemies said about him, since the Hebrew switches from they to he.

VIEW 4: HONEST, NOT A MODEL

Many say the Bible records these feelings honestly, but does not tell us to pray them. The full answer came with Jesus, who prayed for those killing Him, Luke 23:34.

■ **PS 137:9 [NOTE]** THE HARDEST VERSE. A cry of pain from people whose own babies were killed. Many believe God does not ask us to pray this. See The Big Question The Cursing Psalms right after this psalm.

NOTABLE BLOODLINE OF CHRIST

VIEW 5: ABOUT THE KINGDOMS

Some note that 137:8 to 9 echoes Isaiah 13:16, God's judgment on Babylon itself, which fell to Persia in 539 BC.

WHAT ALL SIDES AGREE ON

God takes evil and suffering seriously, and it is right to bring even our rage to Him instead of acting on it.

138

PSALM 138 IN 30 SECONDS

I will praise You with all my heart. Though Yahweh is high, He sees the lowly.

A THANKFUL HEART

Of David.

- ¹ I give You thanks with all my heart;
before the gods I sing Your praises.
- ² I bow down toward Your holy temple
and give thanks to Your name
for Your loving devotion and Your faith-
fulness;
- You have exalted Your name
and Your word above all else.
- ³ On the day I called, You answered me;
You emboldened me and strengthened
my soul.
- ⁴ All the kings of the earth will give You
thanks, O Yahweh,
when they hear the words of Your
mouth.
- ⁵ They will sing of the ways of Yahweh,
for the glory of Yahweh is great.
- ⁶ Though Yahweh is on high,
He attends to the lowly;
but the proud He knows from afar.
- ⁷ If I walk in the midst of trouble,
You preserve me from the anger of my
foes;
- You extend Your hand,
and Your right hand saves me.
- ⁸ Yahweh will fulfill
His purpose for me.
- O Yahweh, Your loving devotion endures
forever—
do not abandon the works of Your
hands.

139

PSALM 139 IN 30 SECONDS

You know me inside out. I cannot hide from You. I am fearfully and wonderfully made.

YOU HAVE SEARCHED ME AND KNOWN ME

For the choirmaster. A Psalm of David.

- ¹ O Yahweh, You have searched me
and known me.
- ² You know when I sit and when I rise;
You understand my thoughts from afar.
- ³ You search out my path and my lying
down;
You are aware of all my ways.
- ⁴ Even before a word is on my tongue,
You know all about it, O Yahweh.
- ⁵ You hem me in behind and before;
You have laid Your hand upon me.
- ⁶ Such knowledge is too wonderful for me,
too lofty for me to attain.
- ⁷ Where can I go to escape Your Spirit?
Where can I flee from Your presence?
- ⁸ If I ascend to the heavens, You are there;
if I make my bed in Sheol, You are there.
- ⁹ If I rise on the wings of the dawn,
if I settle by the farthest sea,
- ¹⁰ even there Your hand will guide me;
Your right hand will hold me fast.
- ¹¹ If I say, "Surely the darkness will hide
me,
and the light become night around
me"—
- ¹² even the darkness is not dark to You,
but the night shines like the day,
for darkness is as light to You.
- ¹³ For You formed my inmost being;
You knit me together in my mother's
womb.
- ¹⁴ I praise You,
for I am fearfully and wonderfully made.
Marvelous are Your works,
and I know this very well.
- ¹⁵ My frame was not hidden from You
when I was made in secret,
when I was woven together
in the depths of the earth.

■ PS 139:13 [NOTE] KNIT TOGETHER IN THE WOMB. God was at work in you before you were born. Many Christians point here to show that unborn life matters to God.

■ PS 139:14 [NOTABLE] God made you on purpose. Your worth comes from your Maker.

THE HEART OLD TESTAMENT QUOTED IN THE NEW NOTABLE BLOODLINE OF CHRIST

- ⁶ Your eyes saw my unformed body;
all my days were written in Your book
and ordained for me
before one of them came to be.
- ¹⁷ How precious to me are Your thoughts,
O God,
how vast is their sum!
- ¹⁸ If I were to count them,
they would outnumber the grains of
sand;
and when I awake,
I am still with You.
- ¹⁹ O God, that You would slay the wicked—
away from me, you bloodthirsty men—
- ²⁰ who speak of You deceitfully;
Your enemies take Your name in vain.
- ²¹ Do I not hate those who hate You, O
Yahweh,
and detest those who rise against You?
- ²² I hate them with perfect hatred;
I count them as my enemies.
- ²³ Search me, O God, and know my heart;
test me and know my concerns.
- ²⁴ See if there is any offensive way in me;
lead me in the way everlasting.

140

PSALM 140 IN 30 SECONDS

Rescue me from violent men with snake tongues.

RESCUE ME FROM EVIL MEN

For the choirmaster. A Psalm of David.

- ¹ Rescue me, O Yahweh, from evil men.
Protect me from men of violence,
² who devise evil in their hearts
and stir up war all day long.
- ³ They sharpen their tongues like snakes;
the venom of vipers is on their lips.
- ⁴ Guard me, O Yahweh,
from the hands of the wicked.
Keep me safe from men of violence
who scheme to make me stumble.
- ⁵ The proud hide a snare for me;
the cords of their net are spread along
the path,
and lures are set out for me.

Selah

■ PS 139:23 [HEART] David asks God to search his heart
and show him what is really there.

■ PS 140:3 [QUOTED] Quoted in the New Testament →
ROM 3:13b p. 77

- ⁶ I say to Yahweh, "You are my God."
Hear, O Yahweh, my cry for help.
- ⁷ O Yahweh the Lord, the strength of my
salvation,
You shield my head in the day of battle.
- ⁸ Grant not, O Yahweh, the desires of the
wicked;
do not promote their evil plans,
lest they be exalted.
- ⁹ May the heads of those who surround
me
be covered in the trouble their lips have
caused.
- ¹⁰ May burning coals fall on them;
may they be thrown into the fire,
into the miry pits, never to rise again.
- ¹¹ May no slanderer be established in the
land;
may calamity hunt down the man of vio-
lence.
- ¹² I know that Yahweh upholds justice for
the poor
and defends the cause of the needy.
- ¹³ Surely the righteous will praise Your
name;
the upright will dwell in Your presence.

Selah

Selah

141

PSALM 141 IN 30 SECONDS

Let my prayer rise like incense. Guard my mouth.

COME QUICKLY TO ME // PSALM 70:1–5

A Psalm of David.

- ¹ I call upon You, O Yahweh; come quickly
to me.
Hear my voice when I call to You.
- ² May my prayer be set before You like in-
cense;
my uplifted hands, like the evening of-
fering.
- ³ Set a guard, O Yahweh, over my mouth;
keep watch at the door of my lips.
- ⁴ Do not let my heart be drawn to any evil
thing

■ PS 141:2 [NOTABLE] David explicitly connects prayer
with the rising smoke of incense — the biblical basis for
incense-as-prayer symbolism

■ PS 141:2 [NOTE] INCENSE. Revelation 5:8 says the bowls
of incense in heaven are the prayers of the saints.

BLOODLINE OF CHRIST

or take part in works of wickedness
with men who do iniquity;
let me not feast on their delicacies.

⁵ Let the righteous man strike me;
let his rebuke be an act of loving devo-
tion.

It is oil for my head; let me not refuse it.
For my prayer is ever against the deeds
of the wicked.

⁶ When their rulers are thrown down from
the cliffs,
the people will listen to my words,
for they are pleasant.

⁷ As when one plows and breaks up the
soil,
so our bones have been scattered at the
mouth of Sheol.

⁸ But my eyes are fixed on You,
O Yahweh the Lord.

In You I seek refuge;
do not leave my soul defenseless.

⁹ Keep me from the snares they have laid
for me,
and from the lures of evildoers.

¹⁰ Let the wicked fall into their own nets,
while I pass by in safety.

142

PSALM 142 IN 30 SECONDS

*From the cave: no one cares about me. You are
my refuge.*

I LIFT MY VOICE TO YAHWEH // 1 SAMUEL 22:1–5;
PSALM 57:1–11

*A Maskil of David, when he was in the cave.
A prayer.*

¹ I cry aloud to Yahweh;
I lift my voice to Yahweh for mercy.
² I pour out my complaint before Him;
I reveal my trouble to Him.
³ Although my spirit grows faint within me,
You know my way.
Along the path I travel
they have hidden a snare for me.
⁴ Look to my right and see;
no one attends to me.
There is no refuge for me;
no one cares for my soul.

⁵ I cry to You, O Yahweh: "You are my
refuge,
my portion in the land of the living."

⁶ Listen to my cry,
for I am brought quite low.
Rescue me from my pursuers,
for they are too strong for me.

⁷ Free my soul from prison,
that I may praise Your name.
The righteous will gather around me
because of Your goodness to me.

143

PSALM 143 IN 30 SECONDS

*Do not judge me, because no one is righteous be-
fore You. Teach me to do Your will.*

I STRETCH OUT MY HANDS TO YOU

A Psalm of David.

¹ O Yahweh, hear my prayer.
In Your faithfulness, give ear to my plea;
in Your righteousness, answer me.

² Do not bring Your servant into judgment,
for no one alive is righteous before You.

³ For the enemy has pursued my soul,
crushing my life to the ground,
making me dwell in darkness
like those long since dead.

⁴ My spirit grows faint within me;
my heart is dismayed inside me.

⁵ I remember the days of old;
I meditate on all Your works;
I consider the work of Your hands.

⁶ I stretch out my hands to You;
my soul thirsts for You like a parched
land.

Selah

⁷ Answer me quickly, O Yahweh;
my spirit fails.

Do not hide Your face from me,
or I will be like those who descend to
the Pit.

⁸ Let me hear Your loving devotion in the
morning,
for I have put my trust in You.
Teach me the way I should walk,
for to You I lift up my soul.

■ PS 143:2 [ALLUDED TO] The New Testament refers to
this → ROM 3:20 p.~

■ PS 143:2 [ALLUDED TO] The New Testament refers to
this → GAL 2:16 p.~

BLOODLINE OF CHRIST

- ⁹ Deliver me from my enemies, O Yahweh;
I flee to You for refuge.
- ¹⁰ Teach me to do Your will,
for You are my God.
May Your good Spirit lead me
on level ground.
- ¹¹ For the sake of Your name, O Yahweh,
revive me.
In Your righteousness,
bring my soul out of trouble.
- ¹² And in Your loving devotion,
cut off my enemies.
Destroy all who afflict me,
for I am Your servant.

144

PSALM 144 IN 30 SECONDS

God trains my hands for war. What is man? A breath. Blessed are the people whose God is Yahweh.

BLESSED BE YAHWEH, MY ROCK

Of David.

- ¹ Blessed be Yahweh, my Rock,
who trains my hands for war,
my fingers for battle.
- ² He is my steadfast love and my fortress,
my stronghold and my deliverer.
He is my shield, in whom I take refuge,
who subdues peoples under me.
- ³ O Yahweh, what is man, that You regard
him,
the son of man that You think of him?
- ⁴ Man is like a breath;
his days are like a passing shadow.
- ⁵ Part Your heavens, O Yahweh, and come
down;
touch the mountains, that they may
smoke.
- ⁶ Flash forth Your lightning and scatter
them;
shoot Your arrows and rout them.
- ⁷ Reach down from on high;
set me free and rescue me
from the deep waters,
from the grasp of foreigners,
- ⁸ whose mouths speak falsehood,
whose right hands are deceitful.
- ⁹ I will sing to You a new song, O God;

on a harp of ten strings I will make music to You—

- ¹⁰ to Him who gives victory to kings,
who frees His servant David from the
deadly sword.
- ¹¹ Set me free and rescue me
from the grasp of foreigners,
whose mouths speak falsehood,
whose right hands are deceitful.
- ¹² Then our sons will be like plants
nurtured in their youth,
our daughters like corner pillars
carved to adorn a palace.
- ¹³ Our storehouses will be full,
supplying all manner of produce;
our flocks will bring forth thousands,
tens of thousands in our fields.
- ¹⁴ Our oxen will bear great loads.
There will be no breach in the walls,
no going into captivity,
and no cry of lament in our streets.
- ¹⁵ Blessed are the people of whom this is
so;
blessed are the people whose God is
Yahweh.

145

PSALM 145 IN 30 SECONDS

An A to Z of praise: great is Yahweh. Every generation tells the next.

I WILL EXALT YOU, MY GOD AND KING

A Psalm of praise. Of David.

- ¹ I will exalt You, my God and King;
I will bless Your name forever and ever.
- ² Every day I will bless You,
and I will praise Your name forever and
ever.
- ³ Great is Yahweh and greatly to be
praised;
His greatness is unsearchable.
- ⁴ One generation will commend Your
works to the next,
and will proclaim Your mighty acts—
- ⁵ the glorious splendor of Your majesty.
And I will meditate on Your wondrous
works.

■ PS 145:1 [NOTE] AN A TO Z. Each verse starts with the next Hebrew letter, but in most Hebrew copies the N line is missing. See the TEXT note on 145:13.

ARCHAEOLOGY

- ⁶ They will proclaim the power of Your awesome deeds,
and I will declare Your greatness.
- ⁷ They will extol the fame of Your abundant goodness
and sing joyfully of Your righteousness.
- ⁸ Yahweh is gracious and compassionate,
slow to anger and abounding in loving devotion.
- ⁹ Yahweh is good to all;
His compassion rests on all He has made.
- ¹⁰ All You have made will give You thanks,
O Yahweh,
and Your saints will bless You.
- ¹¹ They will tell of the glory of Your kingdom
and speak of Your might,
¹² to make known to men Your mighty acts
and the glorious splendor of Your kingdom.
- ¹³ Your kingdom is an everlasting kingdom,
and Your dominion endures through all generations.
- Yahweh is faithful in all His words and
kind in all His actions.
- ¹⁴ Yahweh upholds all who fall
and lifts up all who are bowed down.
- ¹⁵ The eyes of all look to You,
and You give them their food in season.
- ¹⁶ You open Your hand
and satisfy the desire of every living thing.
- ¹⁷ Yahweh is righteous in all His ways
and kind in all His deeds.
- ¹⁸ Yahweh is near to all who call on Him,
to all who call out to Him in truth.
- ¹⁹ He fulfills the desires of those who fear Him;
He hears their cry and saves them.
- ²⁰ Yahweh preserves all who love Him,
but all the wicked He will destroy.

- ²¹ My mouth will declare the praise of Yahweh;
let every creature bless His holy name
forever and ever.

146

PSALM 146 IN 30 SECONDS

Do not trust in princes. Yahweh sets prisoners free and opens blind eyes.

PRAISE YAHWEH, O MY SOUL

¹ Hallelujah!

Praise Yahweh, O my soul.

- ² I will praise Yahweh all my life;
I will sing praises to my God while I have my being.
- ³ Put not your trust in princes,
in mortal man, who cannot save.
- ⁴ When his spirit departs, he returns to the ground;
on that very day his plans perish.
- ⁵ Blessed is he whose help is the God of Jacob,
whose hope is in Yahweh his God,
- ⁶ the Maker of heaven and earth,
the sea, and everything in them.
He remains faithful forever.
- ⁷ He executes justice for the oppressed
and gives food to the hungry.
Yahweh sets the prisoners free,
- ⁸ Yahweh opens the eyes of the blind,
Yahweh lifts those who are weighed down,
Yahweh loves the righteous.
- ⁹ Yahweh protects foreigners;
He sustains the fatherless and the widow,
but the ways of the wicked He frustrates.
- ¹⁰ Yahweh reigns forever,
your God, O Zion, for all generations.
- Hallelujah!

■ **PS 145:13 [ARCHAEOLOGY]** The Great Psalms Scroll from Qumran Cave 11 has the missing N line of Psalm 145 and Psalm 151, see The Great Psalms Scroll Field Notes page → FIELD NOTES p.101

■ **PS 145:13 [TEXT]** THE MISSING LINE. Yahweh is faithful in all His words and kind in all His actions. Most Hebrew copies leave this line out, but it is in the Great Psalms Scroll from Qumran, 11QPs a, and in the Greek Old Testament. It fills the missing N, nun, line of the A to Z.

■ **PS 146:1 [NOTE]** HALLELUJAH. Psalms 146 to 150 all start and end with it. It means Praise Yah, a short form of Yahweh.

■ **PS 146:6 [ALLUDED TO]** The New Testament refers to this → ACTS 4:24 p.-

■ **PS 146:6 [ALLUDED TO]** The New Testament refers to this → ACTS 14:15 p.-

FIELD NOTES · ARCHAEOLOGY · CONFIDENCE: HIGH

THE GREAT PSALMS SCROLL

PSALM 145:13 · 151 · 2 SAMUEL 23:1 TO 7



Columns of the Great Psalms Scroll, 11QPs a, from Qumran Cave 11. Photo Israel Antiquities Authority, 1993.

WHAT IT IS

The largest Psalms scroll ever found, called 11QPs a or 11Q5. It holds parts of 41 psalms from the last third of the book, plus songs that are not in the Hebrew Bible.

HOW OLD IT IS

Copied about 30 to 50 AD, in the days of Jesus and the apostles.

WHERE AND WHEN FOUND

Bedouin found Cave 11 at Qumran in 1956. The scroll was unrolled in 1961 and published by James Sanders in 1965. It is about 14 feet long.

A DIFFERENT ORDER

The psalms are not in the order of our Bibles. Psalm 145 even has a chorus after every verse: Blessed be Yahweh, and blessed be His name forever and ever.

THE MISSING LINE

Psalm 145 is an A to Z, but the Hebrew copies we use skip the N line. This scroll has it: Yahweh is faithful in all His words, 145:13. Many Bibles today put it back, and this one does too.

PSALM 151

Near the end of the scroll is Psalm 151 in Hebrew, longer than the Greek and in two parts. It names Samuel as the prophet who came to anoint David.

DAVID'S COMPOSITIONS

A prose note in the scroll says David wrote 3,600 psalms and 450 songs, 4,050 in all, through the spirit of prophecy.

GOD'S NAME

The scribe wrote the rest in square Hebrew letters but wrote YHWH in the old Hebrew letters, out of respect for the name.

DAVID'S LAST WORDS

Among the psalms the scroll also has the last verse of David's last words, 2 Samuel 23:7.

SONGS NOT IN OUR BIBLE

A Plea for Deliverance, a song to Zion, a Hymn to the Creator, Psalms 154 and 155, which old Syriac Bibles also have, and the wisdom poem at the end of Sirach, Sirach 51.

A SONG FOR EVERY DAY

The note on David's songs counts 364 songs for the daily offering, one for each day of a 364 day year, the calendar the Qumran group followed, plus 52 for the Sabbaths and 30 for new moons and feast days.

THE BOTTOM IS GONE

The lower edge of the scroll rotted away, so the last lines of most columns are missing. The top part survived well.

ONE MORE PIECE

A separate piece of the same scroll, called fragment E, turned up later and was published by Yigael Yadin in 1966.

WHY IT MATTERS

The psalms Jesus sang read almost word for word like the ones in your Bible. Some Jews also sang a few extra songs with them.

WHAT IT DOES NOT PROVE

Scholars still debate whether it was a Bible scroll or a worship songbook. Either way, its psalms match ours very closely.

147

PSALM 147 IN 30 SECONDS

He heals the brokenhearted and counts the stars by name.

IT IS GOOD TO SING PRAISES

¹ Hallelujah!

How good it is to sing praises to our God,
how pleasant and lovely to praise Him!

² Yahweh builds up Jerusalem;
He gathers the exiles of Israel.

³ He heals the brokenhearted
and binds up their wounds.

⁴ He determines the number of the stars;
He calls them each by name.

⁵ Great is our Lord, and mighty in power;
His understanding has no limit.

⁶ Yahweh sustains the humble,
but casts the wicked to the ground.

⁷ Sing to Yahweh with thanksgiving;
make music on the harp to our God,

⁸ who covers the sky with clouds,
who prepares rain for the earth,
who makes grass to grow on the hills.

⁹ He provides food for the animals,
and for the young ravens when they
call.

¹⁰ He does not delight in the strength of
the horse;
He takes no pleasure in the legs of a
man.

¹¹ Yahweh is pleased with those who fear
Him,
who hope in His loving devotion.

¹² Exalt Yahweh, O Jerusalem;
praise your God, O Zion!

¹³ For He strengthens the bars of your
gates
and blesses the children within you.

¹⁴ He makes peace at your borders;
He fills you with the finest wheat.

¹⁵ He sends forth His command to the
earth;
His word runs swiftly.

¹⁶ He spreads the snow like wool;
He scatters the frost like ashes;

¹⁷ He casts forth His hail like pebbles.
Who can withstand His icy blast?

¹⁸ He sends forth His word and melts
them;
He unleashes His winds, and the waters
flow.

¹⁹ He declares His word to Jacob,
His statutes and judgments to Israel.

²⁰ He has done this for no other nation;
they do not know His judgments.

Hallelujah!

148

PSALM 148 IN 30 SECONDS

Everything praise Him: angels, sun, moon, sea monsters, snow, kings and kids.

PRAISE YAHWEH FROM THE HEAVENS // PSALM 33:1-22

¹ Hallelujah!

Praise Yahweh from the heavens;
praise Him in the highest places.

² Praise Him, all His angels;
praise Him, all His heavenly hosts.

³ Praise Him, O sun and moon;
praise Him, all you shining stars.

⁴ Praise Him, O highest heavens,
and you waters above the skies.

⁵ Let them praise the name of Yahweh,
for He gave the command and they
were created.

⁶ He established them forever and ever;
He issued a decree that will never pass
away.

⁷ Praise Yahweh from the earth,
all great sea creatures and ocean
depths,

⁸ lightning and hail, snow and clouds,
powerful wind fulfilling His word,

⁹ mountains and all hills,
fruit trees and all cedars,

¹⁰ wild animals and all cattle,
crawling creatures and flying birds,

¹¹ kings of the earth and all peoples,
princes and all rulers of the earth,

¹² young men and maidens,
old and young together.

¹³ Let them praise the name of Yahweh,
for His name alone is exalted;

■ PS 148:7 [NOTE] SEA MONSTERS. Even the great creatures of the deep are told to praise Him.

NOTABLE BLOODLINE OF CHRIST

His splendor is above the earth and the heavens.

- ¹⁴ He has raised up a horn for His people, the praise of all His saints, of Israel, a people near to Him.

Hallelujah!

149

PSALM 149 IN 30 SECONDS

Sing a new song. A sword in their hands and praise in their mouths.

SING TO YAHWEH A NEW SONG // PSALM 98:1–9; ISAIAH 42:10–17

¹ Hallelujah!

Sing to Yahweh a new song—

His praise in the assembly of the godly.

- ² Let Israel rejoice in their Maker; let the children of Zion rejoice in their King.
- ³ Let them praise His name with dancing, and make music to Him with tambourine and harp.
- ⁴ For Yahweh takes pleasure in His people; He adorns the afflicted with salvation.
- ⁵ Let the saints exult in glory; let them shout for joy upon their beds.
- ⁶ May the high praises of God be in their mouths, and a double-edged sword in their hands,
- ⁷ to inflict vengeance on the nations and punishment on the peoples,
- ⁸ to bind their kings with chains and their nobles with shackles of iron,
- ⁹ to execute the judgment written against them.
- This honor is for all His saints.

Hallelujah!

150

PSALM 150 IN 30 SECONDS

The grand finale. Praise Him with trumpet, harp, drums and loud cymbals. Let everything that has breath praise Yahweh!

LET EVERYTHING THAT HAS BREATH PRAISE YAHWEH

¹ Hallelujah!

Praise God in His sanctuary.

Praise Him in His mighty heavens.

- ² Praise Him for His mighty acts; praise Him for His excellent greatness.
- ³ Praise Him with the sound of the horn; praise Him with the harp and lyre.
- ⁴ Praise Him with tambourine and dancing; praise Him with strings and flute.
- ⁵ Praise Him with clashing cymbals; praise Him with resounding cymbals.

⁶ **Let everything that has breath praise Yahweh!**

Hallelujah!

151

PSALM 151 IN 30 SECONDS

Outside the number, from the Greek. David remembers: the youngest son, the shepherd, the anointing and Goliath.

THE SHEPHERD BOY ANOINTED // 1 SAMUEL 16:1–13; 17:32–51

[This psalm is David's own, though it is outside the number. When he fought Goliath one on one.]

- ¹ I was small among my brothers, and the youngest in my father's house; I tended my father's sheep.
- ² My hands made an instrument; my fingers tuned a lyre.
- ³ And who will tell my Lord? The Lord Himself; He Himself hears.
- ⁴ He sent His messenger and took me from my father's sheep, and anointed me with His anointing oil.

■ **PS 150:3 [NOTE] THE INSTRUMENTS.** Trumpet, or ram's horn, harp, lyre, drum, strings, flute and cymbals. See the Field Notes box Harps and Lyres after Psalm 33.

■ **PS 150:6 [NOTABLE]** If you are breathing, you have a reason to praise Him.

■ **PS 150:6 [NOTE] THE END.** One hundred fifty psalms of tears and joy end with one word: Hallelujah. Then comes Psalm 151, outside the number.

■ **PS 151:1 [TEXT] PSALM 151 IS IN BRACKETS.** It is in the Greek Old Testament and the Dead Sea Scrolls, but not in the Hebrew Bible, which ends at 150. Its own title says it is outside the number. Eastern Orthodox and Oriental Orthodox churches read it as Scripture; Jews, Catholics and Protestants do not. The Hebrew version in the Great Psalms Scroll, 11QPs a, is longer and in two parts, called 151A and 151B, and it names Samuel as the prophet who anointed David. Tradition says David wrote it, and both versions say so. Most scholars think someone wrote it later in David's voice. It retells 1 Samuel 16 and 17. This translation is The Owner's Manual's own, from the Greek. See the Big Question Psalm 151.

■ **PS 151:4 [TEXT] HIS MESSENGER.** The Greek word is angelos, which means messenger or angel. 1 Samuel 16 says God sent the prophet Samuel, and the Hebrew version in the scroll names Samuel.

⁵My brothers were handsome and tall,
but the Lord was not pleased with them.
⁶I went out to meet the Philistine,
and he cursed me by his idols.
⁷But I drew his own sword and cut off his
head,
and I took away the disgrace from the
sons of Israel.]

DEBATED THE BIG QUESTION

PSALM 151

Outside the Number

PSALM 151 · 1 SAMUEL 16 TO 17 · 11QPS A

WHERE IT IS

In the oldest complete Greek Bibles, Sinaiticus, Vaticanus and Alexandrinus, right after Psalm 150. Its title says it is David's own, though it is outside the number.

THE HEBREW VERSION

A longer Hebrew form is near the end of the Great Psalms Scroll, 11QPs a, from Qumran Cave 11, copied about 30 to 50 AD. It has two parts, called 151A and 151B. 151A names Samuel, says David made music to God, and that the mountains and hills do not speak for Him, but the trees and the flock loved David's songs. 151B starts the Goliath story but breaks off.

NOT IN THE HEBREW BIBLE

The Hebrew Bible, the Aleppo and Leningrad codices, ends at Psalm 150.

PROPHECY?

None. At most, many see a picture: the overlooked shepherd boy whom God anointed king, like the Son of David whom men rejected.

Every View

CODEx SINAITICUS · CODEx VATICANUS · CODEx ALEXANDRINUS

WHO COUNTS IT AS SCRIPTURE

The Eastern Orthodox churches and the Oriental Orthodox churches, like the Coptic, Ethiopian, Armenian and Syriac, read it as part of the Bible. Jews, Catholics and Protestants do not. Old Syriac Bibles also kept four more extra psalms.

WHO WROTE IT? THE TRADITIONAL VIEW

Tradition says David wrote it, and both the Greek and Hebrew versions say so.

THE SCHOLARS' VIEW

Most scholars think someone wrote it later in David's voice, looking back on 1 Samuel 16 and 17.

WHY IT IS IN BRACKETS HERE

The brackets mean it is not part of the Hebrew Psalms. They do not mean it is missing from the oldest copies: the oldest Greek Bibles have it.

WHAT ALL SIDES AGREE ON

It is old, it is short, and it tells the Bible's own story: God sees the heart, not the height, 1 Samuel 16:7.

■ **PS 151:4 [NOTE] THE OVERLOOKED SHEPHERD BOY.** God passed over the tall older brothers and anointed the youngest, 1 Samuel 16:7. Many Christians see a picture here of the Son of David, chosen by God though men overlooked Him.
■ **PS 151:6 [NOTE] CURSED ME BY HIS IDOLS.** The Philistine cursed David by his gods, 1 Samuel 17:43. The Greek calls him the foreigner, allophylos, its usual word for a Philistine.
■ **PS 151:7 [NOTE] HIS OWN SWORD.** David killed Goliath and cut off his head with the giant's own sword, 1 Samuel 17:51.