



The Playlist for Covenant Living

Lesson 1 • Overview Book of Psalms

"You may rightly call the Psalter a Bible in miniature, in which all things which are set forth more at length in the rest of the Scriptures are collected into a beautiful manual of wonderful and attractive brevity." – Martin Luther

"It's impossible to express adequately the value of the Book of Psalms to the household of faith. For approximately three thousand years psalms have been at the heart of the spiritual life of the people of God. The array of prayers, praises, hymns, meditations, and liturgies in the collection cover all the aspects of living for God in a world that is antagonistic to the faith. They have always been important for the expression of the faith, both privately and corporately." – Dr. Allen P. Ross

See **HANDOUT** "Fifteen Fascinating Feature of the Book of Psalms" for more background.

1. Place in the Canonical Scriptures

Jewish Scriptures: 24 Books

Christian Old Testament: 39 Books

"Now He said to them, 'These are My words which I spoke to you while I was still with you, that all things which are written about Me **in the Law of Moses and the Prophets and the Psalms** must be fulfilled.'" Luke 24:44

2. Purpose of the Wisdom Writings: Job, Psalms, Proverbs, Ecclesiastes, Song of Solomon

- **What Do the Wisdom Books Teach Us?** Reveal the **HEART** of a life surrendered to the LORD.

"The Writings form the heart of the Old Testament, not only by their position within the Old Testament itself but by what they express. They are interested in how God's law applies to each person, and they reflect on the great issues that we face in our daily lives." – Pastor Mark Dever

"We cannot pray the Psalms without having our hearts opened, our affections enlarged, our thoughts drawn heavenward. He who can pray them best is nearest to God, knows most of the Spirit of Christ, is ripest for heaven." – J. J. Stewart Perowne

- **What Is Wisdom?** The skill of seeing and living life from God's **PERSPECTIVE**.

"To receive instruction in wise behavior, righteousness, justice and equity;" Proverbs 1:3; Proverbs 1:1-7

- **How Do We Learn to Live Like This?** By **FEARING** the LORD!

*"The fear of the LORD is the beginning of wisdom, and the knowledge of the Holy One is understanding." Proverbs 9:10
Do not be wise in your own eyes; Fear the LORD **and** turn away from evil." Proverbs 3:7*

*And he said to man, 'Behold, the fear of the Lord, that is wisdom, **and** to turn away from evil is understanding. Job 28:28*

- **What is the Fear of the LORD?** To know God for who He really is and **WORSHIP** Him with a faith that obeys.

Job: To Fear the LORD Is to **KNOW** Him more than anything else. Job 28:28; 42:1-2, 5-6

Psalms: To Fear the LORD Is to **PRAISE** Him more than anything else. Psalms 111:10

Proverbs: To Fear the LORD Is to **TRUST** Him more than anything else. Proverbs 1:7; 3:5-6

Ecclesiastes: To Fear the LORD Is to **OBEY** Him more than anything else. Ecclesiastes 12:13

Song of Songs: To Fear the LORD Is to **LOVE** Him more than anything else. Song of Songs 7:10; 8:6

"To fear God is to stand in awe of His righteousness, majesty, and power and to trust Him by humbly depending on Him. – Bruce Wilkinson

3. Purpose of the Book of Psalms: The **PLAYLIST** for Living as God's Covenant People!

Hebrew Title: "Book of Praises" shortened to "Praises" as used in the shout: "Praise the LORD!"

*"[David] appointed some of the Levites as ministers before the ark of the LORD, even to **celebrate** (lit. remember) and to **thank** and **praise** the LORD God of Israel:" 1Chronicles 16:4*

*"For long ago in the days of David and Asaph there were directors of the **singers**, and there were **songs of praise** and **thanksgiving** to God." Nehemiah 12:46 ESV*

Greek Title: "*Psalms*" refers to a song to be sung - often with a musical instrument - but basically "*songs of praise.*"

Variety of Heading Names

"Psalm" (57x)

"Song" (30x)

"Contemplative Poem" (13x)

"Inscribed Poem" (6x)

"Prayer" (5x plus Ps 72:20)

"Praise Song" (1x with Ps 145)

"Love Song" (1x with Ps 45)

"Lamentation" (1x with Ps 7)

A Typical Hymnal, Topical Playlist, or a Purposeful Book?

*The Book of Psalms is the Spirit-inspired **PLAYLIST** for living as God's covenant people under Christ the King!*

The Book of Psalms as the Playlist for Covenant Living

INTRODUCTION: Psalms 1-2 introduce the three main themes in the Book of Psalms.

1. **LIVE WISELY** according to Yahweh's Torah (Divine Instruction). *Psalm 1*
***Blessed** is the man or the woman who **mediates endlessly** on the law of the LORD!*
2. **WAIT PATIENTLY** for Yahweh's King (Divine Incarnation). *Psalm 2*
***Blessed** is the man or the woman or nation who **takes refuge** in the King who is the only begotten Son of the Father!*
3. **WORSHIP DAILY** before Yahweh the Triune God *who is Ruler, Creator, Redeemer, and Promise Keeper!*

Big Idea of the Playlist for Covenant Living

A playlist of *Spirit-filled praises, prayers, and promises* to be sung in every season of life as we daily worship our Triune God, in order to *live wisely and wait patiently* until His Son, *the King*, comes with *His kingdom!*

ORGANIZATION: Psalms 3–145 provide the playlist for God's covenant people in **FIVE BOOKS**.

Book 1	Book 2	Book 3	Book 4	Book 5
<i>Psalms 3–41</i>	<i>Psalms 42–72</i>	<i>Psalms 73–89</i>	<i>Psalms 90–106</i>	<i>Psalms 107–145</i>

CONCLUSION: Psalms 146–150 conclude with a glorious fivefold **HALLELUJAH** Doxology!

Each of these songs begin and end with "*Hallelujah!*" = **PRAISE THE LORD!**

A Sample Playlist of the Psalms Including Songs for...

1. **PRAISING** Yahweh for WHO he is (His great attributes) and WHAT He has done (His good actions).
***Praise (Hymn) Psalms:** Praise You for WHO You are and WHAT You do!" – Psalm 145*
2. **LAMENTING** the destructiveness of sin in others and our world.
***Lament Psalms:** "Please..." "Why?" "How long?" "When?" – Psalm 13*
3. **REPENTING** of destructiveness of sin in our own hearts.
***Penitential Psalms:** "Please forgive us?" "Thank you for forgiving us!" – Psalm 32; 38; 51*
4. **VENTING** over the injustice in this world and seeking God's vindication of His glory and righteousness.
***Imprecatory Psalms:** "Please make it right?" "Thank you for the Day when You will make it right!" – Psalm 109*
5. **FEARING** Yahweh to gain wisdom and warn fools, simple, scoffers, and the sluggard.
***Wisdom Psalms:** "Please help us fear You?" "Thank you for giving us the wisdom to fear You!" – Psalm 1; 37; 111; 112*
6. **SUBMITTING** before Yahweh and His Son, the King (Divine King, Davidic King, Divine-Davidic King).
***Royal Psalms:** "Thank you for Your King and His Kingdom?" "Please help us submit to the King!" – Psalm 2*

7. **LEARNING** Yahweh's instruction and ways.

Teaching (Didactic) Psalms: "Please help us learn Your word, Your will, and Your ways!" "Thank you revealing Your Word, will, and ways to us!" – **Psalms 119**

8. **REMEMBERING** redemptive history and Yahweh's mighty acts for His people.

Covenant History Psalms: "Thank you for what you have done for Your people!" "Please help us trust You to do it again in the present and the future!" – **Psalms 136**

9. **THANKSGIVING** for specific acts of Yahweh in our lives and how they reflect His attributes.

Thanksgiving Psalms: "Thank you for specific aspects of who You are and what You've done for me and for us!" "Please help us keep our promises to You out of grateful hearts!" – **Psalms 100**

10. **MARVELING** at the glory of the Creator as reflected in how He creates, sustains, and provides for His creation.

Creation Psalms: "Thank You for Your amazing creation including mankind and even me!" – **Psalms 148; 8; 104**

11. **TRUSTING** Yahweh when life is hopeless and we are helpless.

Confidence Psalms: "Please help us trust You no matter what!" – **Psalms 23; 11; 16; 62; 121**

12. **CELEBRATING** Yahweh with repeated "Hallelujahs"!

Hallelujah Psalms: "Let everything that has breath praise the LORD!" – **Psalms 105-106; 111-118; 135-136; 146-150**

What Does the Playlist of Your Life Sound Like?"

- What is the playlist of your life? What songs do you play? What songs do you sing from your heart and with His people?
- What are the melodies you meditate on? What are the spiritual rhythms you live by?
- Don't miss the whole point of the Psalms: *Jesus Himself lived out the playlist of the Psalms.*

*The Lord Jesus Christ received the "HALLELUJAHs of God's People at His First Coming for HE IS the LORD and HE IS the KING!
And at His Second Coming we will sing a FOUR-FOLD "HALLELUJAH!" Revelation 19:1-8*

Jewish Bible and Christian Old Testament

The Law, the Prophets, and the Writings: 24 Books

The Law (Torah)	The Prophets (Nebhim)	The Writings (Kethubhim or Hagiographa)
1. Genesis 2. Exodus 3. Leviticus 4. Numbers 5. Deuteronomy	A. Former Prophets 1. Joshua 2. Judges 3. Samuel 4. Kings B. Latter Prophets 1. Isaiah 2. Jeremiah 3. Ezekiel 4. The Twelve	A. Poetical Books 1. Psalms 2. Proverbs 3. Job B. Five Rolls (Megilloth) 1. Song of Songs 2. Ruth 3. Lamentations 4. Esther 5. Ecclesiastes C. Historical Books 1. Daniel 2. Ezra-Nehemiah 3. Chronicles

Old Testament – 39 Books

LAW (5)	POETRY (5)	MINOR PROPHETS (12)
Genesis	Job	Hosea
Exodus	Psalms	Joel
Leviticus	Proverbs	Amos
Numbers	Ecclesiastes	Obadiah
Deuteronomy	Song of Solomon (Songs)	Jonah
HISTORY (12)	MAJOR PROPHETS (5)	Micah
Joshua	Isaiah	Nahum
Judges	Jeremiah	Habakkuk
Ruth	Lamentations	Zephaniah
1 Samuel	Ezekiel	Haggai
2 Samuel	Daniel	Zechariah
1 Kings		Malachi
2 Kings		
1 Chronicles		
2 Chronicles		
Ezra		
Nehemiah		
Esther		