



IN  
OUT

*English Standard Version*

# *Psalms*

PART 1

THE LORD HEARS  
WHEN I CALL  
(PSALMS 1–22)

IN & OUT<sup>®</sup>  
*English Standard Version*  
PSALMS  
PART 1  
THE LORD HEARS WHEN I CALL  
(CHAPTERS 1–22)

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## BEFORE YOU BEGIN WE WANT YOU TO KNOW . . .

We are excited that you have chosen to study *Psalms* with us. It will be such a blessing to your life because it is part of God's Word, His self-revelation, each part of which is essential to understanding the whole purpose of God.

As a book of the Bible, Psalms holds a unique place. It's a collection of poetry—prayer, praises, or songs—each psalm with its own message. They're not chapters, each building on the previous, intended to be read sequentially. And unlike prose, with chapters divided into paragraphs, verses in poetry are collected into “stanzas,” each stanza within a poem separated from the previous one by a blank line.

To understand the psalms, it's important to see the flow of thought between stanzas, namely how does one connect with the previous ones? For example:

- Does the stanza contrast with the previous one?
- Does it give the reason or result for what was said previously?
- Is it a request or a call to action due to the psalmist's circumstances spoken previously?
- Is it praise in light of who God is or what He has done mentioned previously?

Unlike English poetry that often emphasizes rhyme and meter (or rhythm), Hebrew poetry's most important element is parallelism, by which authors emphasize ideas. Sometimes that parallelism repeats a thought in other words. Other times, the parallelism adds new information to an original concept. A third type contrasts ideas, showing how they are different. A fourth uses analogies, likening one thing to another, the characteristics of which are similar.

David, who wrote many of the psalms, appointed Levites to serve in the house of the Lord. “They ministered with song before the tabernacle of the tent of meeting until Solomon built the house of the LORD in Jerusalem” (1 Chronicles 6:31-32).

We are invited to pour out our hearts to God, to come before Him and present our concerns. We were made to sing, to lift our voices in worship, to speak to God and to others “in psalms and hymns and spiritual songs, singing and making melody to the Lord with [our] heart[s]” (Ephesians 5:19).

So as you study the psalms with us, use them for prayer and praise of God . . . or as a springboard for your own songs or poetry of prayer and worship to God. Pour out your heart before Him and listen for His response. Grow your intimacy with God in your prayer and worship.





## Blessed

**Psalms—theology sung. Through Psalms we learn about God—His attributes, what pleases and displeases Him, His relationship to the righteous and the wicked, and His revelation of the future concerning Messiah, salvation, and judgment.**

**In this course, we’ll begin our journey into the Psalms with Psalms 1–22. What an adventure awaits us!**

**If you have not yet read the section titled “Before You Begin . . .,” do so now.**

### TAKING IT IN

Blessed. A word you may have heard many times, used in many ways. But what does it mean to be blessed by God? And who does He bless? We’ll look at this as we begin our study of Psalms this week.

1. Always start your time in God’s Word with prayer. As you study this week, ask Him to teach you by His Spirit and to show you who He blesses and how.
2. Today we’ll look together at **Psalm 1**. There are rich truths in this short psalm.
  - a. Begin by simply reading this psalm using the Observation Worksheet in the Appendix. As you do, look for the main types of people.
  - b. What two types of people are described in this psalm?
  - c. Now read your Observation Worksheet of Psalm 1 again and mark:
    - 1) *righteous*, including pronouns and synonyms such as *man* if referring to a righteous man. You might underline these in blue.
    - 2) *wicked*, including pronouns and synonyms such as *scoffers*. You might underline these in brown.



- d. On the back of your workbook, you'll see marking suggestions for some words often used in the Bible. An asterisk [\*] shows words in this workbook with suggested markings.

Read Psalm 1 and this time mark:

- 1) *Lord* (see *God*)\* including pronouns
  - 2) *law*\*
  - 3) *blessed*\*
- e. In the Appendix, you'll find pages titled "The Lord." List what you learn about Him from Psalm 1. Include scripture references. As we study each psalm, you'll add to this list and discover rich truths about who He is and what He does.
- f. Now use your markings to see what God teaches us about the righteous and the wicked from this psalm. Look at each place you marked the righteous and the wicked and list what you learn.

**Righteous**

**Wicked**

- g. Now, it's time to write a short theme for each stanza of this psalm. Look at each stanza. Who and what is it mostly about? Use words from the text to summarize the main thought in each.





Record the themes below or in the margin of your Observation Worksheet.

1) verses 1-2

2) verses 3-4

3) verses 5-6

- h. To conclude our observations we'll identify the theme for Psalm 1. We know the psalm is mostly about two types of people—the righteous and the wicked, so we'll include them in our theme.

Let's think together:

1) What word or phrase describes the righteous?

2) What word or phrase describes the wicked?

3) Using these words from the text, summarize the theme of Psalm 1 on "Psalms 1–22 at a Glance" found in the Appendix. You may want to use a pencil so you can adjust your theme later if needed.

3. Now we'll begin our study of **Psalm 2**.

a. Read Psalm 2, looking for the main characters as you did with Psalm 1. This is always a good place to begin when studying a psalm.

b. List below the main characters you observed.

c. Read Psalm 2 again and mark *nations*, \**peoples*, *kings*, *rulers* all the same way, including pronouns and any synonyms for these.

Remember, an asterisk [\*] shows words that have suggested markings on the back cover of your workbook.



d. Now read the psalm and mark:

- 1) *Lord*, \* including pronouns
- 2) *Son* (see *Jesus*\*), including pronouns and synonyms

If you're not sure how to mark *King* and *Anointed*, that's OK. You'll see who they are as we continue our study.

e. It will be beneficial to make a Key Word Bookmark for Psalms. Cut out the bookmark on the back cover of your workbook. On the blank side, list key words from Psalms and mark them the way you will throughout the book.

Now list the following key words on your bookmark:

- 1) *anger, fury, wrath*\*
- 2) *blessed* (see *bless*\*)
- 3) *refuge*

f. Now read Psalm 2 again and mark these.

g. Look at your markings.

- 1) Add to your list about the Lord in the Appendix.
- 2) Briefly list what this psalm says about *the nations, peoples*, etc.

We'll get you started.

*nations, peoples, kings, rulers*  
*rage*  
*plotting in vain*



- h. As you did with Psalm 1, use words from the text to summarize who and what each stanza is mostly about.
- 1) 1-3
  - 2) 4-6
  - 3) 7-9
  - 4) 10-12
- i. Use words from the text to record the theme for Psalm 2 on “Psalms 1–22 at a Glance.” Hint: What do the nations, the peoples, and rulers need to do, to know?
- j. Now let’s reason through our observations to be sure we’ve seen the flow of thought. Answer the following questions.
- 1) How does the second stanza continue from the first?
  - 2) Who is “I” in the *first* line of verse 7? Did you mark him the same as “me” and “you”? What do you learn about him in verses 7-9? What did the LORD decree about him?



- 3) Based on what you learned from verses 7-9, who is the Lord's Anointed in verse 2 and His King in verse 6?
  
  - 4) "Now therefore" what do the people of verses 10-12 need to do?
  
  - 5) In the last line of this psalm, what's the contrast to the kings, judges, and peoples?
4. Go to the Lord and ask Him to give you wisdom as you study **Psalm 3**. God's Spirit gives that wisdom.
- a. Psalm 3 begins a little differently from Psalms 1 and 2. Just before verse 1 is a superscription. Superscriptions contain information such as the writer, the occasion, who it is for, and/or how it is to be sung. In the Hebrew Bible, the superscription is verse 1.

Sometimes marginal notes or footnotes give cross-references about the occasion (the historical context).

What does the superscription for Psalm 3 tell you?

- b. Begin observing Psalm 3 by identifying the main characters.
- c. Read this short psalm again and mark *David* and *Lord*, including pronouns and synonyms.

When you finish, read it again and mark David's adversaries, including pronouns and synonyms (*enemies, wicked, etc.*).

- d. Now add the following to your Key Word Bookmark.

- 1) *save, salvation* (see *redeem*\*)



- 2) *cried* when it refers to crying to the Lord (see *pray*\*)
  - 3) *arise, O LORD*
- e. Add to your list on the Lord in the Appendix.
- f. Use words from the text to summarize the stanzas below or in the margin of your Observation Worksheet. Who and what is each stanza about?
- 1) 1-2
  - 2) 3-4
  - 3) 5-6
  - 4) 7
  - 5) 8
- g. When you record a theme for one of the psalms, use words specific to that psalm—rather than something generic like, “Enemies against David”—so that you can distinguish it from the theme of another psalm.
- For example: What do you learn about David’s circumstances in Psalm 3:1, and what does David say about God in verse 3? Pencil in a theme on your **At a Glance** chart. If you realize later you need to make it more specific, you can come back to it.
- h. To make sure you didn’t miss it:
- 1) How do David’s words in the second stanza contrast with what the enemies are saying in the first stanza?



2) How did knowing these things about God affect David according to verses 5 and 6?

3) So what did David ask God to do and why in verses 7 and 8?

5. Have you noticed that we're using a general pattern to study each psalm?

- Read the superscription for any background information about the psalm.
- Read the psalm to observe who the main characters are.
- Read again and mark the main characters. Always mark the Lord, even if His name is not mentioned often in the psalm.
- Read again and mark key words.
- List truths about the Lord.
- Summarize a theme for each stanza from what you've observed, thinking about the flow of thought from stanza to stanza.
- Review your stanza themes, then use a few words from the psalm to summarize the main theme.
- Reason through the psalm stanza by stanza.
- Now consider the following personal application: How does what you learned about God in this psalm impact your life and relationship with Him? What can you learn for your life from the people in this psalm?

6. As we study **Psalm 4**, notice the way we follow the pattern.



- a. As it states in the first bullet, begin by reading the superscription. What do you learn about this psalm?
  
- b. Now read the psalm to observe who the main characters are (second bullet), and then mark the references to each one (third bullet).
  
- c. It's key word time (fourth bullet). Add the following words to your Psalms Key Word Bookmark. Then read and mark key words.
  - 1) *call, prayer\** the way you marked *crying*
  - 2) *righteousness, right* (see *righteous\**)
  - 3) *heart*
  - 4) *sin\**
  
- d. Be sure to add to your ongoing list about the Lord in the Appendix (fifth bullet).
  
- e. Record the stanza themes (sixth bullet) below or in the margin of your Observation Worksheet. If a key word and its synonym are repeated in a stanza, you might use that word in your theme.
  - 1) 1
  
  - 2) 2-3
  
  - 3) 4-5
  
  - 4) 6-7
  
  - 5) 8
  
- f. What is this psalm mainly about? Record the theme on your At a Glance chart.



- g. Now let's reason through the psalm.
- 1) What does David request of God in verse 1?
  
  - 2) Verses 2-5.
    - a) Who is David speaking to and what do you learn about them?
  
    - b) What is David calling them to do?
  
  - 3) What's the question asked in in verses 6-8 and how does David respond to it?
7. Let's observe our final psalm for the week: **Psalm 5**. As we do, we'll learn more about the Lord's blessing.
- a. How is this superscription different from the one for Psalm 4?
  
  - b. Read Psalm 5 to see who the main characters are. Then read again and mark them.





c. Add the following to your Key Word Bookmark; then read Psalm 5 and mark key words.

- 1) *wickedness, evil, transgression, like sin\**
- 2) *steadfast love*

d. Now add what this psalm says about the Lord to your list in the Appendix.

Also, briefly list below what you learn about David's enemies, those involved in various kinds of wickedness.

e. As you evaluate what you marked in each stanza, use the main characters and/or key repeated words to help you write a theme for each.

1) 1-3

2) 4-6

3) 7-8

4) 9-10



5) 11-12

- f. Record a theme for Psalm 5 on your At a Glance chart using a few words from the text.
- g. Let's think through the psalm together.
  - 1) Look at the first word in verse 4. How does the second stanza relate to the first?
  - 2) What can you learn from the description of David's enemies in verses 4-10 to help you deal with your enemies?
  - 3) Who is the last stanza mostly about?
    - a) What does David want them to do, and what is their relationship to the Lord?
    - b) In verse 12, what do you observe about God that should cause you to exult in Him?



LIVING  
IT OUT

In the midst of our circumstances there is always the Word of the Lord, the message of truth, for your life. This is the final bullet in our general pattern for studying a psalm.

1. Use the lists you made from Psalm 1 about the righteous and the wicked to examine your life. Which one describes you? Think carefully, precious one.
2. Using your list about the Lord, review what David knew about God. Do you know Him like David?
3. Go back and look at where you marked “blessing” in Psalms 1, 2, 3, and 5. How does your life fit with the descriptions of the one God blesses?

*O Beloved, do you exult in the Lord? Do you sing for joy to the one who is your refuge? Take time to exult in Him now for who He is. You’ve learned or been reminded of so much about Him this week!*



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***Psalms Part 1***  
*Lesson 1, Psalms 1-5*



## PSALM 1

### Observation Worksheet

Psalm Theme \_\_\_\_\_

BLESSED is the man

- who walks not in the counsel of the wicked,  
nor stands in the way of sinners,  
nor sits in the seat of scoffers;
- 2 but his delight is in the law of the LORD,  
and on his law he meditates day and night.
- 3 He is like a tree  
planted by streams of water  
that yields its fruit in its season,  
and its leaf does not wither.  
In all that he does, he prospers.
- 4 The wicked are not so,  
but are like chaff that the wind drives away.
- 5 Therefore the wicked will not stand in the judgment,  
nor sinners in the congregation of the righteous;
- 6 for the LORD knows the way of the righteous,  
but the way of the wicked will perish.





## PSALM 2

### Observation Worksheet

Psalm Theme \_\_\_\_\_

- WHY do the nations rage  
and the peoples plot in vain?
- 2 The kings of the earth set themselves,  
and the rulers take counsel together ,  
against the LORD and against his Anointed, saying,
- 3 “Let us burst their bonds apart  
and cast away their cords from us.”
- 4 He who sits in the heavens laughs;  
the Lord holds them in derision.
- 5 Then he will speak to them in his wrath,  
and terrify them in his fury, saying,
- 6 “As for me, I have set my King  
on Zion, my holy hill.”
- 7 I will tell of the decree:  
The LORD said to me, “You are my Son;  
today I have begotten you.
- 8 “Ask of me, and I will make the nations your heritage,  
and the ends of the earth your possession.
- 9 “You shall break them with a rod of iron  
and dash them in pieces like a potter’s vessel.”
- 10 Now therefore, O kings, be wise;  
be warned, O rulers of the earth.
- 11 Serve the LORD with fear,  
and rejoice with trembling.



12 Kiss the Son,  
lest he be angry, and you perish in the way,  
for his wrath is quickly kindled.  
Blessed are all who take refuge in him.





## PSALM 3

### Observation Worksheet

Psalm Theme \_\_\_\_\_

A PSALM OF DAVID, <sup>1</sup>WHEN HE FLED FROM ABSALOM HIS SON.

- LORD, how many are my foes!  
Many are rising against me;  
2 many are saying of my soul,  
“There is no salvation for him in God.” <sup>2</sup>*Selah*
- 3 But you, O LORD, are a shield about me,  
my glory, and the lifter of my head.  
4 I cried aloud to the LORD,  
and he answered me from his holy hill. *Selah*
- 5 I lay down and slept;  
I woke again, for the LORD sustained me.  
6 I will not be afraid of many thousands of people  
who have set themselves against me all around.
- 7 Arise, O LORD!  
Save me, O my God!  
For you strike all my enemies on the cheek;  
you break the teeth of the wicked.
- 8 Salvation belongs to the LORD;  
your blessing be on your people! *Selah*

<sup>1</sup>See 2 Samuel 15:14-17

<sup>2</sup>The meaning of the Hebrew work *Selah*, used frequently in the psalms, is uncertain. It may be a musical or liturgical direction.





PSALM 4  
Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER: WITH STRINGED INSTRUMENTS. A PSALM OF DAVID.

ANSWER me when I call, O God of my righteousness!

You have given me relief when I was in distress.

Be gracious to me and hear my prayer!

- 2 O men, how long shall my honor be turned into shame?  
How long will you love vain words and seek after lies? *Selah*
- 3 But know that the LORD has set apart the godly for himself;  
the LORD hears when I call to him.
- 4 Be angry, and do not sin;  
ponder in your own hearts on your beds, and be silent. *Selah*
- 5 Offer right sacrifices,  
and put your trust in the LORD.
- 6 There are many who say, “Who will show us some good?  
Lift up the light of your face upon us, O LORD!”
- 7 You have put more joy in my heart  
than they have when their grain and wine abound.
- 8 In peace I will both lie down and sleep;  
for you alone, O LORD, make me dwell in safety.





## PSALM 5

### Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER: FOR THE FLUTES. A PSALM OF DAVID.

**GIVE** ear to my words, O LORD;

consider my groaning.

2 Give attention to the sound of my cry,  
my King and my God,  
for to you do I pray.

3 O LORD, in the morning, you hear my voice;  
in the morning I prepare a sacrifice for you and watch.

4 For you are not a God who delights in wickedness;  
evil may not dwell with you.

5 The boastful shall not stand before your eyes;  
you hate all evildoers.

6 You destroy those who speak lies;  
the LORD abhors the bloodthirsty and deceitful man.

7 But I, through the abundance of your steadfast love,  
will enter your house.

I will bow down toward your holy temple  
in the fear of you.

8 Lead me, O LORD, in your righteousness  
because of my enemies;  
make your way straight before me.

9 For there is no truth in their mouth;  
their inmost self is destruction;  
their throat is an open grave;  
they flatter with their tongue.



- 10 Make them bear their guilt, O God;  
let them fall by their own counsels;  
because of the abundance of their transgressions cast them out,  
for they have rebelled against you.
- 11 But let all who take refuge in you rejoice;  
let them ever sing for joy,  
and spread your protection over them,  
that those who love your name may exult in you.
- 12 For you bless the righteous, O LORD;  
you cover him with favor as with a shield.



## PSALMS 1–22 AT A GLANCE

**Book Theme:**

**Author:**

**Psalm Themes**

**Key Words:**

1
2
3
4
5
6
7
8
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10
11



**Psalm Themes**

<b>12</b>
<b>13</b>
<b>14</b>
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<b>18</b>
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<b>22</b>





THE LORD



IN  
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***Psalms Part 1***  
*The Lord*