

# A Week in the Word

*a guide to a spending time with God*

## *Psalms*

*Search me, O God, and know my heart;  
Try me and know my anxious thoughts;  
And see if there be any hurtful way in me,  
And lead me in the everlasting way.  
Psalm 139:23-24*



# Overview

Poetry has a way of speaking to the human soul in a way other genres of literature cannot. This is true of the Hebrew poetry found in the Old Testament as well. Within Biblical poetry, the full range of human emotions is on full display: thankfulness, praise, lament, anticipation, justice for evil, and hope.

The psalms are broken up into seven categories based upon their subject matter. Each of these categories will be meditated upon this week to give you an appreciation for the fullness and power of these passages. Each is listed below with a brief description...

**Messianic** – Pointing to the coming Savior.

**Thanksgiving** – Giving credit to God for His work on man's behalf.

**Lament** – Calling on God for help and deliverance by individuals who are in distress.

**Imprecatory** – Calling on God to curse, judge, or destroy enemies.

**Royal** – Composed to highlight a specific event in the life of a king: wedding, battle, or inauguration.

**Songs of Ascent** – Composed to be sung during the three pilgrimage celebrations observed in the Temple: Passover, Pentecost, Tabernacles.

**Acrostic** – Each verse or a group of verses, begins with a specific Hebrew letter that follows in sequence.

May you deepen in your appreciation of the Psalms and in your love for our great God.

# Messianic Psalm

## Psalm 24

The earth is the Lord's, and all it contains,

The world, and those who dwell in it.

For He has founded it upon the seas

And established it upon the rivers.

Who may ascend into the hill of the Lord?

And who may stand in His holy place?

He who has clean hands and a pure heart,

Who has not lifted up his soul to falsehood

And has not sworn deceitfully.

He shall receive a blessing from the Lord

And righteousness from the God of his salvation.

This is the generation of those who seek Him,

Who seek Your face—even Jacob.

Selah.

Lift up your heads, O gates,

And be lifted up, O ancient doors,

That the King of glory may come in!

Who is the King of glory?

The Lord strong and mighty,

The Lord mighty in battle.

Lift up your heads, O gates,

And lift them up, O ancient doors,

That the King of glory may come in!

Who is this King of glory?

The Lord of hosts,

He is the King of glory.

Selah.

# Day 1

- Pray for guidance as you read God's Word
- Read **Psalm 24** and mark what stands out to you
- Answer the following reflection questions...

Is there an example for me to follow?

Is there a sin for me to avoid?

Is there a promise for me to claim?

Is there a quality I would like God to build into my life?

Is there something I would like to study later or is there a question I would like to ask later?

How will **Psalm 24** impact your life this week?

- Pray and reflect on what you have read...

# Thanksgiving Psalm

## Psalm 8

*For the choir director; on the Gittith. A Psalm of David.*

O Lord, our Lord,  
How majestic is Your name in all the earth,  
Who have displayed Your splendor above the heavens!  
From the mouth of infants and nursing babes  
You have established strength  
Because of Your adversaries,  
To make the enemy and the revengeful cease.  
When I consider Your heavens, the work of Your fingers,  
The moon and the stars, which You have ordained;  
What is man that You take thought of him,  
And the son of man that You care for him?  
Yet You have made him a little lower than God,  
And You crown him with glory and majesty!  
You make him to rule over the works of Your hands;  
You have put all things under his feet,  
All sheep and oxen,  
And also the beasts of the field,  
The birds of the heavens and the fish of the sea,  
Whatever passes through the paths of the seas.  
O Lord, our Lord,  
How majestic is Your name in all the earth!

# Day 2

- Pray for guidance as you read God's Word
- Read **Psalm 8** and mark what stands out to you
- Answer the following reflection questions...

Is there an example for me to follow?

Is there a sin for me to avoid?

Is there a promise for me to claim?

Is there a quality I would like God to build into my life?

Is there something I would like to study later or is there a question I would like to ask later?

How will **Psalm 8** impact your life this week?

- Pray and reflect on what you have read...

# Lament Psalm

## Psalm 3

*A Psalm of David, when he fled from Absalom his son.*

O Lord, how my adversaries have increased!

Many are rising up against me.

Many are saying of my soul,

“There is no deliverance for him in God.” Selah.

But You, O Lord, are a shield about me,

My glory, and the One who lifts my head.

I was crying to the Lord with my voice,

And He answered me from His holy mountain. Selah.

I lay down and slept;

I awoke, for the Lord sustains me.

I will not be afraid of ten thousands of people

Who have set themselves against me round about.

Arise, O Lord; save me, O my God!

For You have smitten all my enemies on the cheek;

You have shattered the teeth of the wicked.

Salvation belongs to the Lord;

Your blessing be upon Your people! Selah.

# Day 3

- Pray for guidance as you read God's Word
- Read **Psalm 3** and mark what stands out to you
- Answer the following reflection questions...

Is there an example for me to follow?

Is there a sin for me to avoid?

Is there a promise for me to claim?

Is there a quality I would like God to build into my life?

Is there something I would like to study later or is there a question I would like to ask later?

How will **Psalm 3** impact your life this week?

- Pray and reflect on what you have read...

# Imprecatory Psalm

## Psalm 58

*For the choir director; set to Al-tashbeth. A Mikhtam of David.*

Do you indeed speak righteousness, O gods?

Do you judge uprightly, O sons of men?

No, in heart you work unrighteousness;

On earth you weigh out the violence of your hands.

The wicked are estranged from the womb;

These who speak lies go astray from birth.

They have venom like the venom of a serpent;

Like a deaf cobra that stops up its ear,

So that it does not hear the voice of charmers,

Or a skillful caster of spells.

O God, shatter their teeth in their mouth;

Break out the fangs of the young lions, O Lord.

Let them flow away like water that runs off;

When he aims his arrows, let them be as headless shafts.

Let them be as a snail which melts away as it goes along,

Like the miscarriages of a woman which never see the sun.

Before your pots can feel the fire of thorns

He will sweep them away with a whirlwind, the green and the burning alike.

The righteous will rejoice when he sees the vengeance;

He will wash his feet in the blood of the wicked.

And men will say, "Surely there is a reward for the righteous;

Surely there is a God who judges on earth!"

# Day 4

- Pray for guidance as you read God's Word
- Read **Psalm 58** and mark what stands out to you
- Answer the following reflection questions...

Is there an example for me to follow?

Is there a sin for me to avoid?

Is there a promise for me to claim?

Is there a quality I would like God to build into my life?

Is there something I would like to study later or is there a question I would like to ask later?

How will **Psalm 58** impact your life this week?

- Pray and reflect on what you have read...

# Royal Psalm

## Psalm 47

*For the choir director. A Psalm of the sons of Korah.*

O clap your hands, all peoples;

Shout to God with the voice of joy.

For the Lord Most High is to be feared,

A great King over all the earth.

He subdues peoples under us

And nations under our feet.

He chooses our inheritance for us,

The glory of Jacob whom He loves.

Selah.

God has ascended with a shout,

The Lord, with the sound of a trumpet.

Sing praises to God, sing praises;

Sing praises to our King, sing praises.

For God is the King of all the earth;

Sing praises with a skillful psalm.

God reigns over the nations,

God sits on His holy throne.

The princes of the people have assembled themselves as the people of  
the God of Abraham,

For the shields of the earth belong to God;

He is highly exalted.

# Day 5

- Pray for guidance as you read God's Word
- Read **Psalm 47** and mark what stands out to you
- Answer the following reflection questions...

Is there an example for me to follow?

Is there a sin for me to avoid?

Is there a promise for me to claim?

Is there a quality I would like God to build into my life?

Is there something I would like to study later or is there a question I would like to ask later?

How will **Psalm 47** impact your life this week?

- Pray and reflect on what you have read...

# Song of Ascent

## Psalm 121

*A Song of Ascents.*

I will lift up my eyes to the mountains;

From where shall my help come?

My help comes from the Lord,

Who made heaven and earth.

He will not allow your foot to slip;

He who keeps you will not slumber.

Behold, He who keeps Israel

Will neither slumber nor sleep.

The Lord is your keeper;

The Lord is your shade on your right hand.

The sun will not smite you by day,

Nor the moon by night.

The Lord will protect you from all evil;

He will keep your soul.

The Lord will guard your going out and your coming in

From this time forth and forever.

# Day 6

- Pray for guidance as you read God's Word
- Read **Psalm 121** and mark what stands out to you
- Answer the following reflection questions...

Is there an example for me to follow?

Is there a sin for me to avoid?

Is there a promise for me to claim?

Is there a quality I would like God to build into my life?

Is there something I would like to study later or is there a question I would like to ask later?

How will **Psalm 121** impact your life this week?

- Pray and reflect on what you have read...

# Acrostic Psalm

## Psalm 111

Praise the Lord!

I will give thanks to the Lord with all my heart,

In the company of the upright and in the assembly.

Great are the works of the Lord;

They are studied by all who delight in them.

Splendid and majestic is His work,

And His righteousness endures forever.

He has made His wonders to be remembered;

The Lord is gracious and compassionate.

He has given food to those who fear Him;

He will remember His covenant forever.

He has made known to His people the power of His works,

In giving them the heritage of the nations.

The works of His hands are truth and justice;

All His precepts are sure.

They are upheld forever and ever;

They are performed in truth and uprightness.

He has sent redemption to His people;

He has ordained His covenant forever;

Holy and awesome is His name.

The fear of the Lord is the beginning of wisdom;

A good understanding have all those who do His commandments;

His praise endures forever.

# Day 7

- Pray for guidance as you read God's Word
- Read **Psalm 111** and mark what stands out to you
- Answer the following reflection questions...

Is there an example for me to follow?

Is there a sin for me to avoid?

Is there a promise for me to claim?

Is there a quality I would like God to build into my life?

Is there something I would like to study later or is there a question I would like to ask later?

How will **Psalm 111** impact your life this week?

- Pray and reflect on what you have read...

# Prayers

# Answers



