

# Psalms of Summer

**Sing a  
New Song**



**Well, it surprises me that one need make a case for the Psalms, but in a great many contemporary churches, something very odd has happened, which is that many of the newer churches write their own worship songs—which is wonderful. I'm all in favour of people writing their own worship songs in every possible idiom—but they often simply forget the Psalms. You can go to many churches where if you attend week after week after week you will never ever sing or read the Psalms.**



**There's something very peculiar about that because in pretty well every branch of the Christian tradition for 2,000 years, the Psalms have been the backbone of Christian worship. Certainly in all traditional denominations, but in many non-traditional ones, as well, it's assumed that the Psalms are the heart of worship. NT Wright**



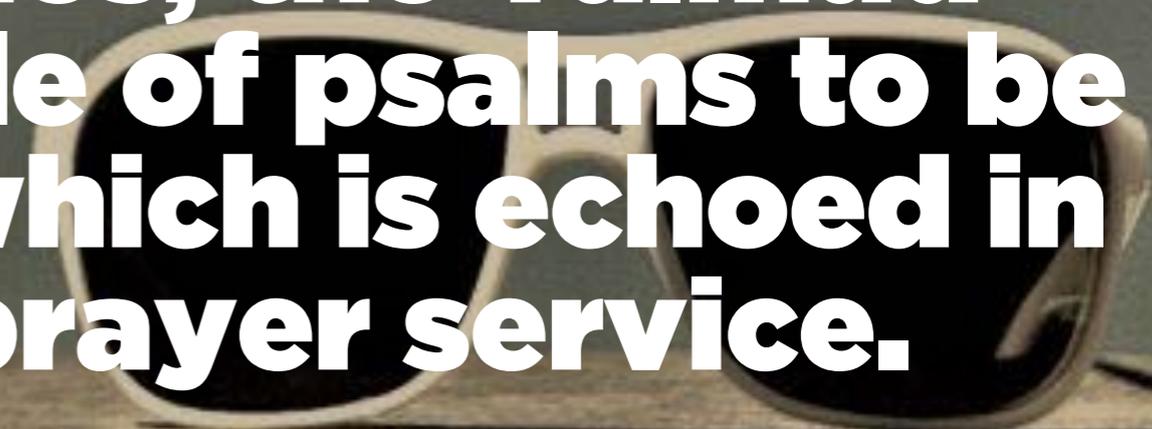
# **The Psalms (Tehillim)**

**Tehillim (Psalms in Hebrew) is the sacred hymnal of the Jewish people**

**The Levites sang the Psalms in the ancient Temple**

**The Psalms were used in the liturgy of Jewish spiritual life and practices ie. Songs of Ascent**

**The liturgical use of psalms dates back to Temple times; the Talmud records a weekly cycle of psalms to be read in the Temple, which is echoed in today's morning prayer service.**



**In no other writings, whether sacred or secular, are the heart and soul of humans more clearly revealed than in the Psalms.** The sighs, sobs, and songs buried deeply within human spirits find their release and utter their message through these 150 Psalms. They review the past, view the present, and preview the future.



**Nearly half of all the direct quotes taken from the Old Testament and quoted in the New Testament come from the Psalms. In fact, the book of Psalms is either quoted from or alluded to 103 times in the book of Revelation alone, and 149 times in the four Gospel accounts**

**Psalms is the most quoted book by Jesus**



# **There are several different authors of Psalms**

**David (73 Psalms)**

**Asaph (12 Psalms)**

**Solomon (Psalm 72, 127)**

**sons of Korah (11 Psalms)**

**Ethan the Ezrahite (Psalm 89)**

**Jeremiah (Psalm 137)**

**Haggai (Psalm 146)**

**Zechariah (Psalm 147)**

**Moses, 1450 B.C (Psalm 90)**

**Psalms isn't a song, it's a choir**

**The 150 poems and hymns are  
divided in **five books** (1-41;  
43-72; 73-89; 90-106; 107-150).**



**The fact can be argued depending on what Bible version you are using, but by most reckoning, the very centre of the Bible when measured by chapter count is Psalms 118**

**“It is better to take refuge in the Lord than to trust in man.” **118:8****



**Slowly these words enter into the centre of my heart. They are more than ideas, images, comparisons: They become a real presence. After a day with much work or with many tensions, you feel that you can let go in safety and realize how good it is to dwell in the shelter of the Most High.**



**Many times I have thought: If I am ever sent to prison, if I am ever subjected to hunger, pain, torture, or humiliation, I hope and pray that they let me keep the Psalms. The Psalms will keep my spirit alive, the Psalms will allow me to comfort others, the Psalms will prove the most powerful, yes, the most revolutionary weapon against the oppressor and torturer. Henri Nouwen**



# Lessons from the Psalms

## The Lord hears

**Listen** to my words, Lord,  
consider my lament. **5:1**

he has not hidden his face from him but  
has **listened** to his cry for help **22:24**

but God has surely **listened** and  
has heard my prayer. **66:19**

My people, hear my teaching; **listen**  
to the words of my mouth. **78:1**

**Hear** my prayer, Lord God Almighty;  
**listen** to me, God of Jacob. **84:8**



# Lessons from the Psalms

**The Lord is Present in our sin,  
storms and suffering**

You have set our iniquities  
**before you**, our secret sins in the  
light of your presence. **90:8**

The Lord is **close** to the  
brokenhearted and saves those  
who are crushed in spirit. **34:18**

The Lord is a **refuge** for the oppressed,  
a **stronghold** in times of trouble. **9:9**

He brought them out of darkness,  
**the utter darkness**, and broke  
away their chains. **107:14**



# Lessons from the Psalms

**Our emotions are part  
of our faith journey**

**In him our hearts rejoice, for we  
trust in his holy name. 33:21**

**My heart is in anguish within me; the  
terrors of death have fallen on me. 55:4**

**For I am poor and needy, and my heart  
is wounded within me. 109:22**

**O God, do not remain silent; do not turn a  
deaf ear, do not stand aloof, O God. 83:1**

**Awake, Lord! Why do you sleep? Rouse  
yourself! Do not reject us forever. Why  
do you hide your face and forget our  
misery and oppression? 44:23-24**



# Lessons from the Psalms

## Faithfulness in adversity matters

Help, Lord, **for no one is faithful anymore**; those who are loyal have vanished from the human race. **12:1**

**To the faithful you show yourself faithful**, to the blameless you show yourself blameless, **18:25**

their hearts were not loyal to him, **they were not faithful** to his covenant. **78:37**

Guard my life, **for I am faithful to you**; save your servant who trusts in you. You are my God **86:2**

**I have chosen the way of faithfulness**; I have set my heart on your laws. **119:30**

# Lessons from the Psalms

**If you follow God, you will have enemies**

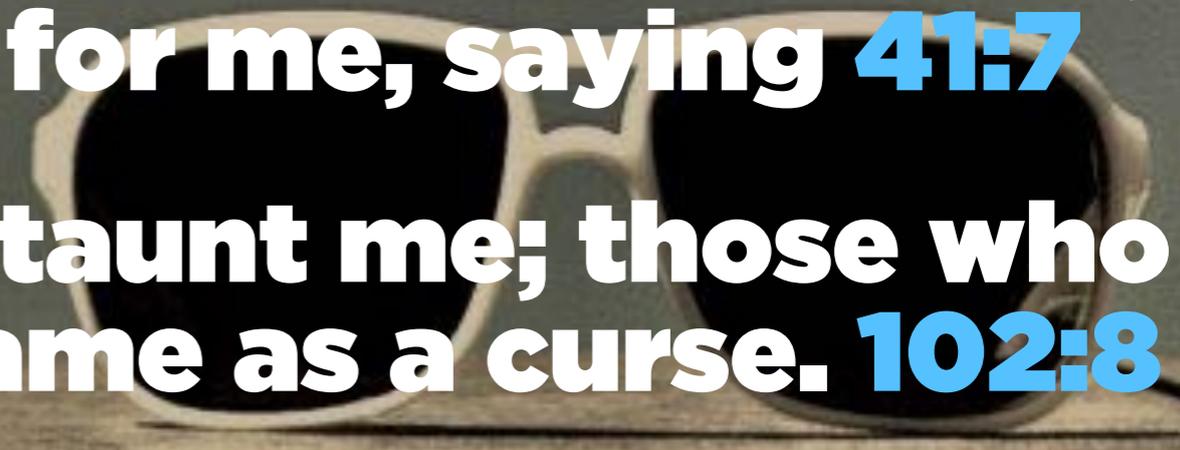
Lord, see how my **enemies** persecute me! Have mercy and lift me up from the gates of death, **9:13**

See how numerous are my **enemies** and how fiercely they hate me! **25:19**

Because of all my **enemies**, I am the utter contempt of my neighbours and an object of dread to my closest friends **31:11**

All my **enemies** whisper together against me; they imagine the worst for me, saying **41:7**

All day long my **enemies** taunt me; those who rail against me use my name as a curse. **102:8**



**Psalms is the nexus point of head and heart. And because of this we find true revelation of who and what God is**



**I have God, that is all  
and that is enough**



**I know the Lord is always with me. I will not be shaken, for he is right beside me. [Psalm 16:8](#)**

**The Lord is my light and my salvation so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble? [27:1](#)**

**Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Saviour and my God! [42:5-6a](#)**



# Psalm 91

