# The Book of Psalms

> *Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.--2 Timothy 2:15*

My walk with the Lord is very rocky. No one who looks at me would say, “That is a Christian.” I, however, try to study as thoroughly as possible. I will admit that those who know me will tell you that I can’t possibly be Christian because I do this and I do that. In actuality I consider myself a disciple rather than a Christian.

I discovered some interesting things about the Psalms while listening to an audio version of the book. I was in pain and so several of the verses came clear to me. When I started my exploration, I was absolutely stunned at how much encouragement I was missing by not concentrating on this important addition to the Bible.

I learned that King David is not the only writer of Psalms, though most of his are added in this marvelous work. You will see in some of the titles, for example, that some are attributed to Asaph, one of the Chief Musicians that King David assigned to the temple during his reign. It might surprise you to learn that I just gathered that bit of intel while writing this very paragraph. No one ever explained this to me, nor did you likely learn this in your Church, and, thus, you like I may have thought all were written by King David.

I hope that as you study the Psalms you will find, as I did, that some words of the Psalms are repeated within the Psalms and are found referenced in other portions of the Bible. Paul references the Psalms quite a bit in his epistles. For those who might be new to *The Word*, I will point out that epistles are simply letters that certain of the apostles sent to

others. The epistles of Paul, for example, are sent to the Romans and the Greeks. The epistles of Peter, James, Jude and John are generally sent to the other Hebrews that were dispersed through out the nations. How blessed are we that we have them gathered into one resource so that we see all points of view. I would that you heed the advice of James in his epistle to the Hebrews, Chapter 1:

> *5 If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. 6 But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. 7 For let not that man think that he shall receive any thing of the Lord. 8 A double minded man is unstable in all his ways.*

If you are not sure what you read here or what you hear in churches or from Televangelists, ***ASK THE FATHER***! Ask Him, however, with the attitude that he is going to *GIVE* you wisdom. Your salvation depends on it! You will stand before the Father and answer for yourself. Just as I will. At that time you will really know what naked and afraid means.

**What are Psalms?**

Psalms, quite simply, are songs. They are sung to the psaltery and instruments of ten strings. So why don't they rhyme? The Psalms were written in the Hebrew language and translated into English. They may have rhymed or, at least, been more melodic when they were written. The good news is that they need not rhyme. The message is the important thing and, I believe, the message relayed in the King James Version is fairly accurate. As you read through the Psalms, seek the message that the Father is trying to relay. Or, in times of distress, the ones you want to use to relay your message to the Father.

**The Way I Use the Psalms.**

I am trying to create a guide breaking the Psalms into various categories. One section of the Psalms concern praise of the Father, for example. Another are prayers for forgiveness. Another of prayers for deliverance, and so-on.

Sometimes I am so stressed that I don’t know exactly what to pray. When anyone gets stressed their minds do not work correctly. I pick up the Psalms and try to remember a Psalm for that problem. For example, if I have sinned, Psalm 51 works.

> *2 Wash me throughly from mine iniquity, and cleanse me from my sin. 3 For I acknowledge my transgressions: and my sin is ever before me. 4 Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest. 5 Behold, I was shapen in iniquity; and in sin did my mother conceive me. 6 Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom. 7 Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow. 8 Make me to hear joy and gladness; that the bones which thou hast broken may rejoice. 9 Hide thy face from my sins, and blot out all mine iniquities. 10 Create in me a clean heart, O God; and renew a right spirit within me. 11 Cast me not away from thy presence; and take not thy holy spirit from me. 12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit. 13 Then will I teach transgressors thy ways; and sinners shall be converted unto thee. 14 Deliver me from bloodguiltiness, O God, thou God of my salvation: and my tongue shall sing aloud of thy righteousness. 15 O Lord, open thou my lips; and my mouth shall shew forth thy praise. 16 For thou desirest not sacrifice; else would I give it: thou delightest not in burnt offering. 17 The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise.*

This is only a portion of Psalm 51. I either try to remember the gist of the Psalm or read the exact Psalm out loud. I find that comforts me.

Did you know, however, that the Father helps you in other ways? If you experience stress, I hope you remember this. Remember that Jesus sent a comforter? That comforter we call the Holy Spirit. You may not feel him, but he is there. He also has another function that many do not realize. Paul tells us in Romans Chapter 8: 26

> *Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. 27  And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.*

Thus the Holy Spirit is praying for you in your time of stress with words you do not know to say! How much more loving can a God get? He sends you a spirit that *KNOWS* your trials and tribulations and actually prays to God *FOR YOU* since he realizes you do not know what to pray.

That being said, you must make the effort. It should also be noted, that you must ask in the name of Jesus as recorded in the Gospel of John, 14.13 and 14. 13

> *And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. 14  If ye shall ask any thing in my name, I will do it.*

This is repeated in John 15.16 and John 16.23 through 26. Remember that it must also be the will of God. So, for example, you might pray for deliverance from your trial If it be your will Father in the Holy name of Jesus. There are several Internet sites where you can download audio copies of

the Psalms for free.

I recommend that you download them to your phone or computer or your MP3 player (for those that still own one!) and listen over-and-over. I believe you will learn from them—As I did—how to pray and what to pray for.