

STUDY NUMBER TWENTY - PSALM 143:1-12**NOTES**

v. 1 O Lord, hear my prayer, listen to my cry for mercy; in your faithfulness and righteousness come to my relief.

v. 2 Do not bring your servant into judgment, for no one living is righteous before you.

v. 3 The enemy pursues me, he crushes me to the ground; he makes me dwell in darkness like those long dead.

v. 4 So my spirit grows faint within me; my heart within me is dismayed.

v. 5 I remember the days of long ago; I meditate on all your works and consider what your hands have done.

v. 6 I spread out my hands to you; my soul thirsts for you like a parched land. *Selah*

v. 7 Answer me quickly, O Lord; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit.

v. 8 Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.

v. 9 Rescue me from my enemies, O Lord, for I hide myself in you.

v. 10 Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

v. 11 For your name's sake, O Lord, preserve my life; in your righteousness, bring me out of trouble.

v. 12 In your unfailing love, silence my enemies; destroy all my foes, for I am your servant.

QUESTIONS:

1. Read Psalm 143 and in your own words pull out the main thought of this passage.

2. Outline the three requests of the Psalmist in verse 1.

3. Why does the psalmist ask the Lord not to bring him "into judgment," according to verse 2?

4. In what two ways does the Psalmist describe himself in verse 4?

5. Outline the Psalmist three-point plan in verse 5 for overcoming his adversity.

6. What two things does the Psalmist ask for in verse 8?

7. What two things does the Psalmist ask of the Lord in verse 10?

8. What two things does the Psalmist ask of the Lord in verse 11?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: We really learn how to lay hold of God with earnestness in this psalm: “hear my prayer, listen to my cry for mercy . . . come to my relief” and “answer me quickly” (verses 1 & 7).

LESSON #2: The foundation for David’s intense prayer requests is found in the faithfulness and righteousness of God.

LESSON #3: David does not want to be brought into judgment because “no one living is righteous before” Him (verse 2).

LESSON #4: David says his “spirit grows faint” and his “heart . . . is dismayed” (verse 4).

LESSON #5: David's three-point plan for handling this crisis is: (1) "I remember the days of long ago"; (2) "I meditate on all your works"; and (3) "[I] consider what your hands have done" (verse 5).

LESSON #6: David tells the Lord two things: (1) "I spread out my hands to you" and (2) "my soul thirsts for you like a parched land" (verse 6).

LESSON #7: David asks two things of the Lord: (1) "Answer me quickly" and (2) "Do not hide your face" (verse 7).

LESSON #8: In verse 4 David says, "my spirit grows faint" and in verse 7 he says, "my spirit faints."

LESSON #9: Tell me you love me and "show me the way I should go" (verse 8).

LESSON #10: David asks the Lord to do two things in verse 10: (1) "teach me to do your will" and (2) "may your good Spirit lead me on level ground."

LESSON #11: David asks two things of the Lord in verse 11: (1) "preserve my life" and (2) "bring me out of trouble."

LESSON #12: David asks for two things in verse 12: (1) "silence my enemies" and (2) "destroy all my foes."

LESSON #13: David concludes the psalm acknowledging that he is the Lord's servant.

ADDITIONAL NOTES:

STUDY NUMBER TWENTY-ONE - PSALM 144:1-15

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v. 1 Praise be to the Lord my Rock, who trains my hands for war, my fingers for battle.

v. 2 He is my loving God and my fortress, my stronghold and my deliverer, my shield, in whom I take refuge, who subdues peoples under me.

v. 3 O Lord, what is man that you care for him, the son of man that you think of him?

v. 4 Man is like a breath; his days are like a fleeting shadow.

v. 5 Part your heavens, O Lord, and come down; touch the mountains, so that they smoke.

v. 6 Send forth lightning and scatter [the enemies]; shoot your arrows and rout them.

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v. 7 Reach down your hand from on high; deliver me and rescue me from the mighty waters, from the hands of foreigners
v. 8 whose mouths are full of lies, whose right hands are deceitful.
v. 9 I will sing a new song to you, O God; on the ten-stringed lyre I will make music to you,
v. 10 to the One who gives victory to kings, who delivers his servant David from the deadly sword.
v. 11 Deliver me and rescue me from the hands of foreigners whose mouths are full of lies, whose right hands are deceitful.
v. 12 Then our sons in their youth will be like well-nurtured plants, and our daughters will be like pillars carved to adorn a palace.
v. 13 Our barns will be filled with every kind of provision. Our sheep will increase by thousands, by tens of thousands in our fields;
v. 14 our oxen will draw heavy loads. There will be no breaching of walls, no going into captivity, no cry of distress in our streets.
v. 15 Blessed are the people of whom this is true; blessed are the people whose God is the Lord.

QUESTIONS:

1. Read Psalm 144 and in your own words pull out the main thought of this passage.

2. Outline the five ways the Psalmist describes the Lord in verse 2.

3. How is man described in verse 4?

4. What does the Psalmist ask of the Lord in verse 7?

5. How does the Psalmist describe the wicked in verse 8?

6. What two things does the Lord do for His own, according to verse 10?

7. Describe the sons and daughters from the Psalmist's perspective in verse 12.

8. Outline the six-fold blessing that the Psalmist gives us in verses 13 & 14.

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: "Holy! Holy! Holy! Lord! Let us with the angels cry, Hallelujah! to the Lamb! Let our worship sound on High!" (source unknown).

LESSON #2: Lord, thank You that You train us for warfare by giving us a military manual to prepare and armament to protect us in conflict.

LESSON #3: Lord, You are "my Rock," "my loving God," "my fortress, my stronghold and my deliver," and "my shield" (verses 1 & 2).

LESSON #4: "You are my refuge and my shield; I have put my hope in your word" (Psalm 119:114).

LESSON #5: The Lord is constantly caring and thinking of us.

LESSON #6: Our lives are "like a breath" and "a fleeting shadow" (verse 4).

LESSON #7: Lord it would be wonderful if You would part the heavens and come down and call Your church home.

LESSON #8: "The Lord lives! Praise be to my Rock! Exalted be God my Savior!"
(Psalm 18:46).

LESSON #9: Lord, I cannot wait until we sing the new song of redemption story in the corridors of glory!

LESSON #10: It is the Lord who gives victory and delivers His own.

LESSON #11: The Lord is in the business of blessing the nation "whose God is the Lord"
(verse 15).

LESSON #12: The Lord is the in the business of blessing the obedient heart.

ADDITIONAL NOTES:

STUDY NUMBER TWENTY-TWO - PSALM 147:1-20

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v. 1 Praise the Lord. How good it is to sing praises to our God, how pleasant and fitting to praise him!

v. 2 The Lord builds up Jerusalem; he gathers the exiles of Israel.

v. 3 He heals the brokenhearted and binds up their wounds.

v. 4 He determines the number of the stars and calls them each by name.

v. 5 Great is our Lord and mighty in power; his understanding has no limit.

v. 6 The Lord sustains the humble but casts the wicked to the ground.

v. 7 Sing to the Lord with thanksgiving; make music to our God on the harp.

v. 8 He covers the sky with clouds; he supplies the earth with rain and makes grass grow on the hills.

v. 9 He provides food for the cattle and for the young ravens when they call.

v. 10 His pleasure is not in the strength of the horse, nor his delight in the legs of a man;

v. 11 the Lord delights in those who fear him, who put their hope in his unfailing love.

v. 12 Extol the Lord, O Jerusalem; praise your God, O Zion,

v. 13 for he strengthens the bars of your gates and blesses your people within you.

v. 14 He grants peace to your borders and satisfies you with the finest of wheat.

v. 15 He sends his command to the earth; his word runs swiftly.

v. 16 He spreads the snow like wool and scatters the frost like ashes.

v. 17 He hurls down his hail like pebbles. Who can withstand his icy blast?

v. 18 He sends his word and melts them; he stirs up his breezes, and the waters flow.

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v. 19 He has revealed his word to Jacob, his laws and decrees to Israel.
 v. 20 He has done this for no other nation; they do not know his laws.
 Praise the Lord.

QUESTIONS:

1. Read Psalm 147 and in your own words pull out the main thought of this passage.

2. In what three ways does the Psalmist describe the experience of praising the Lord, according to verse 1?

3. What two things does the Lord do for His own, according to verse 3?

4. What two things are said about the Lord, according to verse 5?

5. Who does the Lord delight in, according to verse 11?

6. What two things does the Psalmist ask of us, according to verse 12?

7. What two things are said about the Lord, according to verse 15?

8. What two things has the Lord done for Israel, according to verse 19?

9. What verse in the Psalm has meant the most to you?

10. What lesson have you learned from this Psalm?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: Praise is good, fitting, and pleasant.

LESSON #2: The Lord “heals the brokenhearted and binds up their wounds” (verse 3).

LESSON #3: “He heals the brokenhearted,” He “sustains the humble,” and He “casts the wicked to the ground” (verses 3 & 6).

LESSON #4: As the Creator-God, “He determines the number of the stars and calls them each by name” (verse 4).

LESSON #5: Our God is “great . . . and mighty in power” and “his understanding has no limit” (verse 5).

LESSON #6: He is sovereign, omnipotent, and omniscient.

LESSON #7: “The Lord sustains the humble but casts the wicked to the ground” (verse 6).

LESSON #8: Our God is Jehovah-Jireh. He is our provider.

LESSON #9: “The Lord delights in those who fear him, [those] who put their hope in his unfailing love” (verse 11).

LESSON #10: The Lord “strengthens,” “blesses,” “grants peace,” and “satisfies” His children (verses 13 & 14).

LESSON #11: “He sends his command to the earth; his word runs swiftly” (verse 15).

LESSON #12: Jacob and Israel are special. They are His people.

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: Praise is the language of sinners set free.

LESSON #2: Praise is inward delight turned into outward demonstration.

LESSON #3: We learn from this psalm that praise is a high priority with our Lord.

LESSON #4: We are to “Praise the Lord . . . in his sanctuary.” We are to “praise him in his mighty heavens” (verse 1).

LESSON #5: We are to “Praise him for his acts of power” and we are to “praise him for his surpassing greatness” (verse 2).

LESSON #6: We are to praise him for what He does and who He is.

LESSON #7: We are to praise him with everything that we can get our hands upon.

LESSON #8: “If you have no joy in your religion, there is a leak in your Christianity somewhere” (Billy Sunday).

LESSON #9: It is a poor heart that never rejoices.

LESSON #10: Every living creature singing the hallelujah chorus is the picture described in verse 6.

LESSON #11: “Joy is magnified when shared” (Tim Hansel).

LESSON #12: “Joy is that deep settled confidence that God is in control in every area of my life” (Paul Sailhamer).

LESSON #13: “Joy is the great note all through the Bible” (Oswald Chambers).

LESSON #14: “Joy is the serious business of heaven” (C. S. Lewis).

ADDITIONAL NOTES:
