



Walking With The King

Session 1

An Introduction to the Psalms

What is the Book of Psalms?

- The prayer book of the Jewish people and the Church for 3000 years.
- In the midst of the Bible, consisting of 150 chapters, each one is a **song**.
- The Psalms form a major portion of the **poetic books** of Scripture.
- Hebrew: *Sepher Tehillim* = *The Book of Praises*.
- *Psalms*: from Greek noun *psalmos* (musical composition) and verb *psallein*, meaning to pluck or play on a stringed instrument.
- Composed over 1000 years, by authors such as Moses, David, and Solomon. They and others are referred to as *Psalms*.
- Their numerical order may be from God.

Experiencing the Psalms

- Reading the Psalms as medicine – pros and cons
- The need to take the Psalms seriously as God's Word

The content of the Psalms

A. Prayer

- Simple definition of prayer from Ps 25: “Unto Thee, O Lord, do I lift up my soul.”
- We need to imitate the Psalmists in our honest emotions in praying.

B. Poetry

- Hebrew poetry: *parallelism*, as in Proverbs 3:5.
- Acrostic poetry as in Ps 119: consecutive verses beginning with the same letter.
- The lyrical beauty of the Psalms and their imagery.

C. Prophecy

- Some are what we call **Messianic Psalms** – they prophesy to us of Christ.
- His sufferings, exaltation, return, and Kingdom are all described there,

D. Praise

- The entire spectrum of worship is revealed to us here!
- Exhortations to praise, like *Hallelujah!*

E. Proclamation, especially David’s “Formula of Faith”

- Remember God's faithfulness to you in the past.
- Remember Who God is
- Remember what God has promised to do for you.

Homework – start reading!
