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# Psalms

Part 01 of 02 // Chapters 1-22

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Greetings from Precept,

We are so glad you've chosen to study God's Word. You're in for a rich time learning about God, His character, His ways, and the relationship we have with Him. We're confident God's Word will give you the knowledge and the motivation to help you walk in a manner worthy of your calling in Christ Jesus and that you'll be personally challenged, encouraged, and changed by the power of His supernatural Word.

We'd like to stay in touch with you so that we can tell you about the wonderful things God is doing through Precept. Will you connect with us? We want to hear your story of how God's Word has impacted you by studying Inductively.

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Finally, we want to thank you for your commitment to faithfully study God's Word in order to ***“present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth”*** (2 Timothy 2:15 NASB). We share a special bond with you because of our love of God's Word.

Looking forward to hearing from you,

The Precept Team





PRECEPT  
UPON  
PRECEPT

*English Standard Version*

# *Psalms*

PART 1

THE LORD HEARS  
WHEN I CALL  
(PSALMS 1–22)

PRECEPT UPON PRECEPT®

*English Standard Version*

PSALMS

PART 1

THE LORD HEARS WHEN I CALL

(PSALMS 1–22)

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## HELPFUL STUDY TOOLS

ARTHUR, KAY; ARTHUR, DAVID; DE LACY, PETE

**How to Study Your Bible**

*Eugene, Oregon: Harvest House Publishers, 1994/2010*

**The New Inductive Study Bible—English Standard Version**

*Eugene, Oregon: Harvest House Publishers, 2000*

**Hebrew Word Study Tools**

## RECOMMENDED COMMENTARIES

LONGMAN III, TREMPER

**Psalms: An Introduction and Commentary**

*Downers Grove, Illinois: IVP Academic, 2014.*

VANGEMEREN, WILLEM A.

**The Expositor's Bible Commentary: Psalms**

*Grand Rapids, Michigan: Zondervan Publishing House, 2008*

WALVOORD, JOHN F.; ZUCK, ROY B., EDS.

**The Bible Knowledge Commentary: An Exposition of the Scriptures—  
Old Testament**

*Wheaton, Illinois: Victor Books, 1983-c1985*

## RECOMMENDED SOFTWARE

**Logos Bible Software**

Powerful search engines and up to 4,000 electronic Bible study resources (commentaries, lexicons, Bible dictionaries etc.) make it fast and easy to do simple and complex searches of multiple sources, then pull materials together for orderly presentation—excellent for word and topical studies based on English or original Hebrew and Greek. Available at [www.logos.com](http://www.logos.com).





## BEFORE YOU BEGIN WE WANT YOU TO KNOW . . .

We are excited that you have chosen to study *Psalms* with us. It will be such a blessing to your life because it is part of God's Word, His self-revelation, each part of which is essential to understanding the whole purpose of God.

As a book of the Bible, *Psalms* holds a unique place. It's a collection of poetry—prayer, praises, or songs—each psalm with its own message. They're not chapters, each building on the previous, intended to be read sequentially. And unlike prose, with chapters divided into paragraphs, verses in poetry are collected into “stanzas,” each stanza within a poem separated from the previous one by a blank line.

To understand the psalms, it's important to see the flow of thought between stanzas, namely how does one connect with the previous ones? For example:

Does the stanza contrast with the previous one?

Does it give the reason or result for what was said previously?

Is it a request or a call to action due to the psalmist's circumstances spoken previously?

Is it praise in light of who God is or what He has done mentioned previously?

Unlike English poetry that often emphasizes rhyme and meter (or rhythm), Hebrew poetry's most important element is parallelism, by which authors emphasize ideas. Sometimes that parallelism repeats a thought in other words. Other times, the parallelism adds new information to an original concept. A third type contrasts ideas, showing how they are different. A fourth uses analogies, likening one thing to another, the characteristics of which are similar.

David, who wrote many of the psalms, appointed Levites to serve in the house of the Lord. “They ministered with song before the tabernacle of the tent of meeting until Solomon built the house of the LORD in Jerusalem” (1 Chronicles 6:31-32).

We are invited to pour out our hearts to God, to come before Him and present our concerns. We were made to sing, to lift our voices in worship, to speak to God and to others “in psalms and hymns and spiritual songs, singing and making melody to the Lord with [our] heart[s]” (Ephesians 5:19).

So as you study the psalms with us, use them for prayer and praise of God . . . or as a springboard for your own songs or poetry of prayer and worship to God. Pour out your heart before Him and listen for His response. Grow your intimacy with God in your prayer and worship.





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***Psalms Part 1***  
*Lesson 1, Psalms 1–5*

## LESSON ONE

### Psalms One through Five

THIS LESSON INCORPORATES The following located in the Appendix:  
Observation Worksheets of Psalms 1–5  
“Psalms 1–22 at a Glance”  
“The Lord”  
Word studies  
Cross-references

**Psalms—theology sung. Through Psalms we learn about God—His attributes, what pleases and displeases Him, His relationship to the righteous and the wicked, and His revelation of the future concerning Messiah, salvation, and judgment.**

**In this course, we’ll begin our journey into the Psalms with Psalms 1–22. What an adventure awaits us!**

**If you have not yet read the section titled “Before You Begin . . .,” do so before moving to Day One.**

## DAY ONE

Blessed. A word you may have heard many times, used in many ways. But what does it mean to be blessed by God? And who does He bless? We’ll look at this as we begin our study of Psalms this week.

1. Always start your time in God’s Word with prayer. As you study this week, ask Him to teach you by His Spirit and to show you who He blesses and how.
2. Today we’ll look together at Psalm 1. There are rich truths in this short psalm. Begin by simply reading this psalm using the Observation Worksheet in the Appendix. As you do, look for the main types of people. An easy way to begin observing a psalm is to ask who it’s about.
3. What two types of people are described in this psalm?



4. Now read your Observation Worksheet of Psalm 1 again and mark:
  - a. *righteous*, including pronouns and synonyms such as *man* if referring to a righteous man. You might underline these in blue.
  - b. *wicked*, including pronouns and synonyms such as *scoffers*. You might underline these in brown.
5. On the back of your workbook, you'll see marking suggestions for some words often used in the Bible. An asterisk [\*] shows words in this workbook with suggested markings.

Read Psalm 1 and this time mark:

- a. *Lord* (see *God*)\* including pronouns
  - b. *law*\*
  - c. *blessed*\*
6. In the Appendix, you'll find pages titled "The Lord." List what you learn about Him from Psalm 1. Include scripture references. As we study each psalm, you'll add to this list and discover rich truths about who He is and what He does.
  7. Now use your markings to see what God teaches us about the righteous and the wicked from this psalm. Look at each place you marked the righteous and the wicked and list what you learn.

**Righteous**

**Wicked**



8. Now, it's time to write a short theme for each stanza of this psalm. Look at each stanza. Who and what is it mostly about? As you evaluate these stanzas, consider how the second one relates to (compares, contrasts, or continues) the first. Then use words from the text to summarize the main thought in each.

Record the themes below or in the margin of your Observation Worksheet.

a. verses 1-2

b. verses 3-4

c. verses 5-6

9. To conclude our observations we'll identify the theme for Psalm 1. We know the psalm is mostly about two types of people—the righteous and the wicked, so we'll include them in our theme.

Let's think together:

a. What word or phrase describes the righteous?

b. What word or phrase describes the wicked?

c. Using these words from the text, summarize the theme of Psalm 1 on the line for "Psalm theme" at the top of your Observation Worksheet. You may want to use a pencil so you can adjust your theme later if needed.

10. Now a few more things to help us think about this psalm.

a. You observed that the blessed or righteous man meditates on the law of the Lord.

- 1) Look up the definition of the Hebrew word translated "meditates." Record on the next page the definitions that best fit the context of verse 2.



If you've never done a word study, you may want to read the section "It's All Greek to Me!" in *How to Study Your Bible*.

2) From these definitions, what do you know about the blessed or righteous man?

b. Review verses 2 and 3.

1) How does verse 3 relate to verse 2.

2) So what kind of prosperity is the psalmist referring to?

11. Now for some application. How has the Spirit of God been speaking to your heart as you studied this psalm?

Use the lists you made about the righteous and the wicked to examine your life. Which one describes you? Think carefully, Beloved.

Examine your values, your focus, your conversation. Are they like those of the wicked or of the righteous? How?

How often do you meditate on God's Word? Are you like a tree planted in the truths of God's Word? Be honest with yourself about where you are. Then go to God and talk with Him about it.

Your answer is a matter of life and death, a matter of eternal destiny. The righteous are blessed, but the way of the wicked will perish.



Record what the Lord shows you.

12. Now that you've studied Psalm 1 for yourself, you can read what commentaries say about it. Take notes if you want.

DAY  
TWO

1. Begin today with prayer, again asking God to teach you, as well as the others in your discussion group. Then we'll begin our study of Psalm 2.
2. Read Psalm 2, looking for the main characters as you did with Psalm 1. This is always a good place to begin when studying a psalm.
3. List below the main characters you observed.

4. Read Psalm 2 again and mark *nations*,\* *peoples*, *kings*, *rulers* all the same way, including pronouns and any synonyms for these.

Remember, an asterisk [\*] shows words that have suggested markings on the back cover of your workbook.

5. Now read the psalm and mark:
  - a. *Lord*,\* including pronouns
  - b. *Son* (see *Jesus*\*), including pronouns and synonyms

If you're not sure how to mark *King* and *Anointed*, that's OK. You'll see who they are as we continue our study.





c. 7-9

d. 10-12

10. Use words from the text to record the theme for Psalm 2 at the top of your Psalm 2 Observation Worksheet. Hint: What do the nations, the peoples, and rulers need to do, to know?
11. Now let's reason through our observations to be sure we've seen the flow of thought. Answer the following questions.
  - a. How does the second stanza continue from the first?
  - b. Who is "I" in the *first* line of verse 7? Did you mark him the same as "me" and "you"? What do you learn about him in verses 7-9? What did the LORD decree about him?
  - c. Based on what you learned from verses 7-9, who is the Lord's Anointed in verse 2 and His King in verse 6?
  - d. "Now therefore" what do the people of verses 10-12 need to do?



- e. In the last line of this psalm, what's the contrast to the kings, rulers, and peoples?
12. As you continue to study Psalms, you'll find that some psalms like Psalm 2 contain prophecy(ies) of the first and/or second coming(s) of Jesus Christ, the Messiah. Let's look at some examples of this by using cross-references.
- a. Acts 4:25-26 quotes Psalm 2:1-2. Read Acts 4:24-28, part of a prayer by believers after Peter and John were jailed for preaching the gospel, then released.
- 1) How do these verses help you understand Psalm 2:1-2?
  
  
  
  
  
  
  
  
  
  
  - 2) By the way, according to verse 25, who wrote Psalm 2?
- b. Now compare Micah 4:1-3 and Zechariah 14:16 with Psalm 2:6. What do you learn?
- c. Acts 13:33 quotes Psalm 2:7. Read Acts 13:32-35. What is Psalm 2:7 referring to?
- d. Now read Revelation 19:11-16 for context. Then compare Revelation 19:15 with Psalm 2:9. When will the event described take place?



13. Finally, are there people today who live in rebellion against the Lord? What do they need to know from this psalm? How will they know it?

14. Now feel free to read about Psalm 2 in commentaries.

*Good job! We realize Psalm 2 is not an easy one, but what rich truths! You might end your day by worshiping your King.*

## DAY THREE

1. Go to the Lord and ask Him to give you wisdom as you study Psalm 3. God's Spirit gives that wisdom.
2. Psalm 3 begins a little differently from Psalms 1 and 2. Just before verse 1 is a superscription. Superscriptions contain information such as the writer, the occasion, who it is for, and/or how it is to be sung. In the Hebrew Bible, the superscription is verse 1.

Sometimes marginal notes or footnotes give cross-references about the occasion (the historical context).

What does the superscription for Psalm 3 tell you?

3. There's a marginal note in the English Standard Version (ESV) for this superscription that gives 2 Samuel 15:14-17 as a cross-reference.<sup>1</sup> Read this passage to learn more about what was happening when David wrote this Psalm.
4. Begin observing Psalm 3 by identifying the main characters.

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<sup>1</sup> English Standard Version, marginal note (Ps 3 title) (Wheaton, Illinois: Standard Bible Society, 2001).



5. Read this short psalm again and mark *David* and *Lord*, including pronouns and synonyms.

When you finish, read it again and mark David's adversaries, including pronouns and synonyms (*enemies, wicked, etc.*).

6. Now add the following to your Key Word Bookmark. Then read Psalm 3 at least twice more and mark the words on your bookmark.

- a. *save, salvation* (see *redeem*\*)
- b. *cried* when it refers to crying to the Lord (see *pray*\*)
- c. *arise, O LORD*

7. Next in our observation process is to add to your list on the Lord in the Appendix. As you list what the psalm tells us about our Lord, be sure to prayerfully pay attention to each entry you list. These are truths about your God.

8. One more thing before we continue our observations. There is a musical term repeated in this psalm, the word "Selah" at the end of the second line in verses 2, 4, and 8.

"*Selah* is "a technical musical term probably showing accentuation, pause, interruption."<sup>2</sup> Whatever the exact meaning, *Selah* seems to be an attention-getter, whether with a pause or interruption or some type of accentuation.

9. Use words from the text to summarize the stanzas below or in the margin of your Observation Worksheet. Who and what is each stanza about? Remember to think through the flow of thought from stanza to stanza or how each stanza continues from the others.

a. 1-2

b. 3-4

c. 5-6

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<sup>2</sup> James Strong, *Enhanced Strong's Lexicon* (Woodside Bible Fellowship, 1995), H5542.





12. In the midst of our circumstances there is always the Word of the Lord, the message of truth, for your life. Consider:
- a. In the first stanza, what are people saying? When someone tells you God is not going to help, what will your attitude be? What do you learn from David's attitude that will help you in similar situations?
  
  
  
  
  
  
  
  
  
  
  - b. Look carefully at what David knew about God according to verse 3. Do you know Him like David did?
    - 1) Is the Lord your shield, the One you go to for protection? He may use human sources, but ultimately is He the One you look to?
  
  
  
  
  
    - 2) Is He your glory or is your glory your job, your family, your status . . . ?
  
  
  
  
  
    - 3) And is He the One who lifts your head, or someone or something else?
  
  
  
  
  
  
  
  
  
  
  - c. Look at verse 5. When you're tired and weary or you're worrying or fearful concerning circumstances and can't sleep, what can you learn from this psalm that will help?

*Shield, glory, lifter of my head, Savior. Beloved, He is what you need in any and every circumstance of life.*



13. Now you can check out Psalm 3 in commentaries.

*David wrote seventy-five of the psalms, so it's helpful to read about his life. Only a few psalms give the circumstances, but if you're familiar with David's life, you'll have a better understanding of those he wrote.*

*When you have time, you might read about David a chapter a day from 1 Samuel 15–1 Kings 2; and 1 Chronicles 11–29 and record the main event(s) for each. If you have the New Inductive Study Bible, above each chapter there's a place to record the theme or main event(s).*

*Or when you finish studying this course, you might consider studying Desiring God's Own Heart, a study of 1 and 2 Samuel/1 Chronicles, part of our New Inductive Study Series, or our Precept Upon Precept or In & Out courses on 1 Samuel and 2 Samuel/1 Chronicles.*

## DAY FOUR

Today we'll move to Psalm 4. As you pray, know that you've been prayed for, dear one. Even as we write this course, you are on our hearts.

Have you noticed that we're using a general pattern to study each psalm?

- Read the superscription for any background information about the psalm.
- Read the psalm to observe who the main characters are.
- Read again and mark the main characters. Always mark the Lord, even if His name is not mentioned often in the psalm.
- Read again and mark key words.
- List truths about the Lord.
- Summarize a theme for each stanza from what you've observed, thinking about the flow of thought from stanza to stanza.
- Review your stanza themes, then use a few words from the psalm to summarize the main theme.
- Reason through the psalm stanza by stanza.
- Now consider the following personal application: How does what you learned about God in this psalm impact your life and relationship with Him? What can you learn for your life from the people in this psalm?



As we study Psalm 4, notice the way we follow the pattern.

1. As it states in the first bullet, begin by reading the superscription. What do you learn about this psalm?
2. Now read the psalm to observe who the main characters are (second bullet), and then mark the references to each one (third bullet).
3. It's key word time (fourth bullet). Add the following words to your Psalms Key Word Bookmark. Then read Psalm 4 two or three times, marking a few words at a time from your bookmark. Reading several times will help you become more familiar with the psalm.
  - a. *call, prayer\** the way you marked *crying*
  - b. *righteousness, right* (see *righteous\**)
  - c. *heart*
  - d. *sin\**
4. Add to your ongoing list about the Lord in the Appendix (fifth bullet).
5. Now we'll move from one stanza to the next; don't forget to think about the connection, the flow of thought.

Record the stanza themes (sixth bullet) below or in the margin of your Observation Worksheet. If a key word and its synonym are repeated in a stanza, you might use that word in your theme.

- a. 1
- b. 2-3
- c. 4-5
- d. 6-7



- e. 8
6. What is this psalm mainly about? Record the theme at the top of your Observation Worksheet.
7. Now let's reason through the psalm.
- a. What does David request of God in verse 1?
- b. Verses 2-5.
- 1) Who is David speaking to and what do you learn about them?
- 2) What is David calling them to do?
- c. What's the question asked in in verses 6-8 and how does David respond to it?
- d. Why do you think David uses "Selah" where he does? If needed, review what you learned about "Selah" in Day 3.



8. God's Word can be life-changing! "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart" (Hebrews 4:12).

Review the last bullet of our Psalms pattern. As you look at the flow of thought in this psalm, think about how it relates to your life.

What did David ask the Lord to do for him? What was his situation? How did what he knew about the Lord change his perspective? Don't skip this, Beloved. Time with God in His Word should make a difference in our lives!

9. Good job! You can finish your study time today by reading what commentaries say about Psalm 4.

## DAY FIVE

Today we'll observe our final psalm for the week: Psalm 5. As we do, we'll learn more about the Lord's blessing.

1. How is this superscription different from the one for Psalm 4?
2. Read Psalm 5 to see who the main characters are. Then read again and mark them.
3. Add the following to your Key Word Bookmark; then read Psalm 5 and mark key words.
  - a. *wickedness, evil, transgression, like sin\**
  - b. *steadfast love*
4. Now add what this psalm says about the Lord to your list in the Appendix.



Also, briefly list below what you learn about David's enemies, those involved in various kinds of wickedness.

5. As you evaluate what you marked in each stanza, use the main characters and/or key repeated words to help you write a theme for each. Don't forget to pay attention to how each stanza relates to the others.
  - a. 1-3
  - b. 4-6
  - c. 7-8
  - d. 9-10
  - e. 11-12



6. Record a theme for Psalm 5 at the top of your Observation Worksheet using a few words from the text.
7. Let's think through the psalm together.
  - a. Look at the first word in verse 4. How does the second stanza relate to the first?
  - b. What can you learn from the description of David's enemies in verses 4-10 to help you deal with your enemies?
  - c. Look up the definition of the Hebrew phrase "steadfast love." How does the meaning help you understand verse 7?
  - d. Who is the last stanza mostly about?
    - 1) What does David want them to do, and what is their relationship to the Lord?





11. In the Appendix is a page titled “Psalms 1–22 at a Glance.” Completing this chart will give you a visual overview of Psalms 1–22, and it is a helpful tool for future reference. Finish your week by recording the themes from your Psalms 1–5 Observation Worksheets on “Psalms 1–22 at a Glance.”

Do you have a *New Inductive Study Bible (NISB)*? There’s an *At a Glance* chart at the end of each book of the Bible where you can consolidate your themes in one place. If you have an NISB, you may want to record your theme for each psalm there also.

*But let all who take refuge in you rejoice;  
let them ever sing for joy,  
and spread your protection over them,  
that those who love your name may exult in you.  
For you bless the righteous, O LORD;  
you cover him with favor as with a shield.*

—*Psalms 5:11-12*

*O Beloved, do you exult in the Lord? Do you sing for joy to the one who is your refuge? Take time to exult in Him now for who He is. You’ve learned or been reminded of so much about Him this week!*

# APPENDIX

## EXPLANATIONS OF THE ENGLISH STANDARD VERSION BIBLE TEXT FORMAT

**Each stanza** within a psalm is separated from the previous one by a blank line. These were determined by the translators.



## PSALM 1

### Observation Worksheet

Psalm Theme \_\_\_\_\_

BLESSED is the man

- who walks not in the counsel of the wicked,  
nor stands in the way of sinners,  
nor sits in the seat of scoffers;
- 2 but his delight is in the law of the LORD,  
and on his law he meditates day and night.
- 3 He is like a tree  
planted by streams of water  
that yields its fruit in its season,  
and its leaf does not wither.  
In all that he does, he prospers.
- 4 The wicked are not so,  
but are like chaff that the wind drives away.
- 5 Therefore the wicked will not stand in the judgment,  
nor sinners in the congregation of the righteous;
- 6 for the LORD knows the way of the righteous,  
but the way of the wicked will perish.





## PSALM 2

### Observation Worksheet

Psalm Theme \_\_\_\_\_

- WHY do the nations rage  
and the peoples plot in vain?
- 2 The kings of the earth set themselves,  
and the rulers take counsel together ,  
against the LORD and against his Anointed, saying,
- 3 “Let us burst their bonds apart  
and cast away their cords from us.”
- 4 He who sits in the heavens laughs;  
the Lord holds them in derision.
- 5 Then he will speak to them in his wrath,  
and terrify them in his fury, saying,
- 6 “As for me, I have set my King  
on Zion, my holy hill.”
- 7 I will tell of the decree:  
The LORD said to me, “You are my Son;  
today I have begotten you.
- 8 “Ask of me, and I will make the nations your heritage,  
and the ends of the earth your possession.
- 9 “You shall break them with a rod of iron  
and dash them in pieces like a potter’s vessel.”
- 10 Now therefore, O kings, be wise;  
be warned, O rulers of the earth.
- 11 Serve the LORD with fear,  
and rejoice with trembling.



12 Kiss the Son,  
lest he be angry, and you perish in the way,  
for his wrath is quickly kindled.  
Blessed are all who take refuge in him.



## PSALM 3

### Observation Worksheet

Psalm Theme \_\_\_\_\_

A PSALM OF DAVID, <sup>1</sup>WHEN HE FLED FROM ABSALOM HIS SON.

- LORD, how many are my foes!  
Many are rising against me;  
2 many are saying of my soul,  
“There is no salvation for him in God.” <sup>2</sup>*Selah*
- 3 But you, O LORD, are a shield about me,  
my glory, and the lifter of my head.  
4 I cried aloud to the LORD,  
and he answered me from his holy hill. *Selah*
- 5 I lay down and slept;  
I woke again, for the LORD sustained me.  
6 I will not be afraid of many thousands of people  
who have set themselves against me all around.
- 7 Arise, O LORD!  
Save me, O my God!  
For you strike all my enemies on the cheek;  
you break the teeth of the wicked.
- 8 Salvation belongs to the LORD;  
your blessing be on your people! *Selah*

<sup>1</sup>See 2 Samuel 15:14-17

<sup>2</sup>The meaning of the Hebrew work *Selah*, used frequently in the psalms, is uncertain. It may be a musical or liturgical direction.





PSALM 4  
Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER: WITH STRINGED INSTRUMENTS. A PSALM OF DAVID.

ANSWER me when I call, O God of my righteousness!

You have given me relief when I was in distress.

Be gracious to me and hear my prayer!

- 2 O men, how long shall my honor be turned into shame?  
How long will you love vain words and seek after lies? *Selah*
- 3 But know that the LORD has set apart the godly for himself;  
the LORD hears when I call to him.
- 4 Be angry, and do not sin;  
ponder in your own hearts on your beds, and be silent. *Selah*
- 5 Offer right sacrifices,  
and put your trust in the LORD.
- 6 There are many who say, “Who will show us some good?  
Lift up the light of your face upon us, O LORD!”
- 7 You have put more joy in my heart  
than they have when their grain and wine abound.
- 8 In peace I will both lie down and sleep;  
for you alone, O LORD, make me dwell in safety.





PSALM 5  
Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER: FOR THE FLUTES. A PSALM OF DAVID.

GIVE ear to my words, O LORD;

consider my groaning.

2 Give attention to the sound of my cry,  
my King and my God,  
for to you do I pray.

3 O LORD, in the morning, you hear my voice;  
in the morning I prepare a sacrifice for you and watch.

4 For you are not a God who delights in wickedness;  
evil may not dwell with you.

5 The boastful shall not stand before your eyes;  
you hate all evildoers.

6 You destroy those who speak lies;  
the LORD abhors the bloodthirsty and deceitful man.

7 But I, through the abundance of your steadfast love,  
will enter your house.

I will bow down toward your holy temple  
in the fear of you.

8 Lead me, O LORD, in your righteousness  
because of my enemies;  
make your way straight before me.

9 For there is no truth in their mouth;  
their inmost self is destruction;  
their throat is an open grave;  
they flatter with their tongue.



- 10 Make them bear their guilt, O God;  
let them fall by their own counsels;  
because of the abundance of their transgressions cast them out,  
for they have rebelled against you.
- 11 But let all who take refuge in you rejoice;  
let them ever sing for joy,  
and spread your protection over them,  
that those who love your name may exult in you.
- 12 For you bless the righteous, O LORD;  
you cover him with favor as with a shield.



PSALM 6  
Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER: WITH STRINGED INSTRUMENTS; ACCORDING TO THE SHEMINITH.  
A PSALM OF DAVID.

- O LORD, rebuke me not in your anger,  
nor discipline me in your wrath.
- 2 Be gracious to me, O LORD, for I am languishing;  
heal me, O LORD, for my bones are troubled.
- 3 My soul also is greatly troubled.  
But you, O LORD—how long?
- 4 Turn, O LORD, deliver my life;  
save me for the sake of your steadfast love.
- 5 For in death there is no remembrance of you;  
in Sheol who will give you praise?
- 6 I am weary with my moaning;  
every night I flood my bed with tears;  
I drench my couch with my weeping.
- 7 My eye wastes away because of grief;  
it grows weak because of all my foes.
- 8 Depart from me, all you workers of evil,  
for the LORD has heard the sound of my weeping.
- 9 The LORD has heard my plea;  
the LORD accepts my prayer.
- 10 All my enemies shall be ashamed and greatly troubled;  
they shall turn back and be put to shame in a moment.





## PSALM 7

### Observation Worksheet

Psalm Theme \_\_\_\_\_

A SHIGGAION OF DAVID, WHICH HE SANG TO THE LORD CONCERNING THE WORDS OF CUSH, A BENJAMINITE.

- O LORD my God, in you do I take refuge;  
save me from all my pursuers and deliver me,  
2 lest like a lion they tear my soul apart,  
rending it in pieces, with none to deliver.
- 3 O LORD my God, if I have done this,  
if there is wrong in my hands,  
4 if I have repaid my friend with evil  
or plundered my enemy without cause,  
5 let the enemy pursue my soul and overtake it,  
and let him trample my life to the ground  
and lay my glory in the dust. *Selah*
- 6 Arise, O LORD, in your anger;  
lift yourself up against the fury of my enemies;  
awake for me; you have appointed a judgment.
- 7 Let the assembly of the peoples be gathered about you;  
over it return on high.
- 8 The LORD judges the peoples;  
judge me, O LORD, according to my righteousness  
and according to the integrity that is in me.
- 9 Oh, let the evil of the wicked come to an end,  
and may you establish the righteous—  
you who test the minds and hearts,  
O righteous God!



- 10 My shield is with God,  
who saves the upright in heart.
- 11 God is a righteous judge,  
and a God who feels indignation every day.
- 12 If a man does not repent, God will whet his sword;  
he has bent and readied his bow;
- 13 he has prepared for him his deadly weapons,  
making his arrows fiery shafts.
- 14 Behold, the wicked man conceives evil  
and is pregnant with mischief  
and gives birth to lies.
- 15 He makes a pit, digging it out,  
and falls into the hole that he has made.
- 16 His mischief returns upon his own head,  
and on his own skull his violence descends.
- 17 I will give to the LORD the thanks due to his righteousness,  
and I will sing praise to the name of the LORD, the Most High.



PSALM 8  
Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER: ACCORDING TO THE GITTITH. A PSALM OF DAVID.

O LORD, our Lord,

how majestic is your name in all the earth!

You have set your glory above the heavens.

2 Out of the mouth of babies and infants,  
you have established strength because of your foes,  
to still the enemy and the avenger.

3 When I look at your heavens, the work of your fingers,  
the moon and the stars, which you have set in place,  
4 what is man that you are mindful of him,  
and the son of man that you care for him?

5 Yet you have made him a little lower than the heavenly beings  
and crowned him with glory and honor.

6 You have given him dominion over the works of your hands;  
you have put all things under his feet,

7 all sheep and oxen,  
and also the beasts of the field,

8 the birds of the heavens, and the fish of the sea,  
whatever passes along the paths of the seas.

9 O LORD, our Lord,  
how majestic is your name in all the earth!





## PSALM 9

### Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER: ACCORDING TO MUTH-LABBEN. A PSALM OF DAVID.

- I will give thanks to the LORD with my whole heart;  
I will recount all of your wonderful deeds.
- 2 I will be glad and exult in you;  
I will sing praise to your name, O Most High.
- 3 When my enemies turn back,  
they stumble and perish before your presence.
- 4 For you have maintained my just cause;  
you have sat on the throne, giving righteous judgment.
- 5 You have rebuked the nations; you have made the wicked perish;  
you have blotted out their name forever and ever.
- 6 The enemy came to an end in everlasting ruins;  
their cities you rooted out;  
the very memory of them has perished.
- 7 But the LORD sits enthroned forever;  
he has established his throne for justice,
- 8 and he judges the world with righteousness;  
he judges the peoples with uprightness.
- 9 The LORD is a stronghold for the oppressed,  
a stronghold in times of trouble.
- 10 And those who know your name put their trust in you,  
for you, O LORD, have not forsaken those who seek you.



- 11 Sing praises to the LORD, who sits enthroned in Zion!  
Tell among the peoples his deeds!
- 12 For he who avenges blood is mindful of them;  
he does not forget the cry of the afflicted.
- 13 Be gracious to me, O LORD!  
See my affliction from those who hate me,  
O you who lift me up from the gates of death,
- 14 that I may recount all your praises,  
that in the gates of the daughter of Zion  
I may rejoice in your salvation.
- 15 The nations have sunk in the pit that they made;  
in the net that they hid, their own foot has been caught.
- 16 The LORD has made himself known; he has executed judgment;  
the wicked are snared in the work of their own hands. *Higgaion. Selah*
- 17 The wicked shall return to Sheol,  
all the nations that forget God.
- 18 For the needy shall not always be forgotten,  
and the hope of the poor shall not perish forever.
- 19 Arise, O LORD! Let not man prevail;  
let the nations be judged before you!
- 20 Put them in fear, O LORD!  
Let the nations know that they are but men! *Selah*



PSALM 10  
Observation Worksheet

Psalm Theme \_\_\_\_\_

WHY, O LORD, do you stand far away?

Why do you hide yourself in times of trouble?

- 2 In arrogance the wicked hotly pursue the poor;  
let them be caught in the schemes that they have devised.
- 3 For the wicked boasts of the desires of his soul,  
and the one greedy for gain curses and renounces the LORD.
- 4 In the pride of his face the wicked does not seek him;  
all his thoughts are, "There is no God."
- 5 His ways prosper at all times;  
your judgments are on high, out of his sight;  
as for all his foes, he puffs at them.
- 6 He says in his heart, "I shall not be moved;  
throughout all generations I shall not meet adversity."
- 7 His mouth is filled with cursing and deceit and oppression;  
under his tongue are mischief and iniquity.
- 8 He sits in ambush in the villages;  
in hiding places he murders the innocent.  
His eyes stealthily watch for the helpless;
- 9 he lurks in ambush like a lion in his thicket;  
he lurks that he may seize the poor;  
he seizes the poor when he draws him into his net.
- 10 The helpless are crushed, sink down,  
and fall by his might.
- 11 He says in his heart, "God has forgotten,  
he has hidden his face, he will never see it."



- 12 Arise, O LORD; O God, lift up your hand;  
forget not the afflicted.
- 13 Why does the wicked renounce God  
and say in his heart, “You will not call to account”?
- 14 But you do see, for you note mischief and vexation,  
that you may take it into your hands;  
to you the helpless commits himself;  
you have been the helper of the fatherless.
- 15 Break the arm of the wicked and evildoer;  
call his wickedness to account till you find none.
- 16 The LORD is king forever and ever;  
the nations perish from his land.
- 17 O LORD, you hear the desire of the afflicted;  
you will strengthen their heart; you will incline your ear
- 18 to do justice to the fatherless and the oppressed,  
so that man who is of the earth may strike terror no more.



PSALM 11  
Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER. OF DAVID.

IN the LORD I take refuge;  
how can you say to my soul,  
“Flee like a bird to your mountain,  
2 for behold, the wicked bend the bow;  
they have fitted their arrow to the string  
to shoot in the dark at the upright in heart;  
3 if the foundations are destroyed,  
what can the righteous do?”  
4 The LORD is in his holy temple;  
the LORD’s throne is in heaven;  
his eyes see, his eyelids test the children of man.  
5 The LORD tests the righteous,  
but his soul hates the wicked and the one who loves violence.  
6 Let him rain coals on the wicked;  
fire and sulfur and a scorching wind shall be the portion of their cup.  
7 For the LORD is righteous;  
he loves righteous deeds;  
the upright shall behold his face.





PSALM 12  
Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER: ACCORDING TO THE SHEMINITH. A PSALM OF DAVID.

SAVE, O LORD, for the godly one is gone;  
for the faithful have vanished from among the children of man.

2 Everyone utters lies to his neighbor;  
with flattering lips and a double heart they speak.

3 May the LORD cut off all flattering lips,  
the tongue that makes great boasts,

4 those who say, "With our tongue we will prevail,  
our lips are with us; who is master over us?"

5 "Because the poor are plundered, because the needy groan,  
I will now arise," says the LORD;  
"I will place him in the safety for which he longs."

6 The words of the LORD are pure words,  
like silver refined in a furnace on the ground,  
purified seven times.

7 You, O LORD, will keep them;  
you will guard us from this generation forever.

8 On every side the wicked prowls,  
as vileness is exalted among the children of man.





PSALM 13  
Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER. A PSALM OF DAVID.

HOW long, O LORD? Will you forget me forever?

How long will you hide your face from me?

2 How long must I take counsel in my soul  
and have sorrow in my heart all the day?

How long shall my enemy be exalted over me?

3 Consider and answer me, O LORD my God;  
light up my eyes, lest I sleep the sleep of death,

4 lest my enemy say, "I have prevailed over him,"  
lest my foes rejoice because I am shaken.

5 But I have trusted in your steadfast love;  
my heart shall rejoice in your salvation.

6 I will sing to the LORD,  
because he has dealt bountifully with me.





## PSALM 14

### Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER. OF DAVID.

THE fool says in his heart, “There is no God.”

They are corrupt, they do abominable deeds;  
there is none who does good.

2 The LORD looks down from heaven on the children of man,  
to see if there are any who understand,  
who seek after God.

3 They have all turned aside; together they have become corrupt;  
there is none who does good,  
not even one.

4 Have they no knowledge, all the evildoers  
who eat up my people as they eat bread  
and do not call upon the LORD?

5 There they are in great terror,  
for God is with the generation of the righteous.

6 You would shame the plans of the poor,  
but the LORD is his refuge.

7 Oh, that salvation for Israel would come out of Zion!  
When the LORD restores the fortunes of his people,  
let Jacob rejoice, let Israel be glad.





PSALM 15  
Observation Worksheet

Psalm Theme \_\_\_\_\_

A PSALM OF DAVID.

- LORD, who shall sojourn in your tent?  
Who shall dwell on your holy hill?
- 2 He who walks blamelessly and does what is right  
and speaks truth in his heart;
- 3 who does not slander with his tongue  
and does no evil to his neighbor,  
nor takes up a reproach against his friend;
- 4 in whose eyes a vile person is despised,  
but who honors those who fear the LORD;  
who swears to his own hurt and does not change;
- 5 who does not put out his money at interest  
and does not take a bribe against the innocent.  
He who does these things shall never be moved.





PSALM 16  
Observation Worksheet

Psalm Theme \_\_\_\_\_

A MIKTAM OF DAVID.

PRESERVE me, O God, for in you I take refuge.

2 I say to the LORD, “You are my Lord;  
I have no good apart from you.”

3 As for the saints in the land, they are the excellent ones,  
in whom is all my delight.

4 The sorrows of those who run after another god shall multiply;  
their drink offerings of blood I will not pour out  
or take their names on my lips.

5 The LORD is my chosen portion and my cup;  
you hold my lot.

6 The lines have fallen for me in pleasant places;  
indeed, I have a beautiful inheritance.

7 I bless the LORD who gives me counsel;  
in the night also my heart instructs me.

8 I have set the LORD always before me;  
because he is at my right hand, I shall not be shaken.

9 Therefore my heart is glad, and my whole being rejoices;  
my flesh also dwells secure.

10 For you will not abandon my soul to Sheol,  
or let your holy one see corruption.



- 11     You make known to me the path of life;  
          in your presence there is fullness of joy;  
          at your right hand are pleasures forevermore.



PSALM 17  
Observation Worksheet

Psalm Theme \_\_\_\_\_

A PRAYER OF DAVID.

HEAR a just cause, O LORD; attend to my cry!

Give ear to my prayer from lips free of deceit!

2 From your presence let my vindication come!

Let your eyes behold the right!

3 You have tried my heart, you have visited me by night,  
you have tested me, and you will find nothing;

I have purposed that my mouth will not transgress.

4 With regard to the works of man, by the word of your lips

I have avoided the ways of the violent.

5 My steps have held fast to your paths;

my feet have not slipped.

6 I call upon you, for you will answer me, O God;

incline your ear to me; hear my words.

7 Wondrously show your steadfast love,

O Savior of those who seek refuge

from their adversaries at your right hand.

8 Keep me as the apple of your eye;

hide me in the shadow of your wings,

9 from the wicked who do me violence,

my deadly enemies who surround me.

10 They close their hearts to pity;

with their mouths they speak arrogantly.



- 11 They have now surrounded our steps;  
they set their eyes to cast us to the ground.
- 12 He is like a lion eager to tear,  
as a young lion lurking in ambush.
- 13 Arise, O LORD! Confront him, subdue him!  
Deliver my soul from the wicked by your sword,
- 14 from men by your hand, O LORD,  
from men of the world whose portion is in this life.  
You fill their womb with treasure;  
they are satisfied with children,  
and they leave their abundance to their infants.
- 15 As for me, I shall behold your face in righteousness;  
when I awake, I shall be satisfied with your likeness.



## PSALM 18

### Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER. A PSALM OF DAVID, THE SERVANT OF THE LORD,  
WHO ADDRESSED THE WORDS OF THIS SONG TO THE LORD ON THE DAY WHEN  
THE LORD DELIVERED HIM FROM THE HAND OF ALL HIS ENEMIES, AND FROM  
THE HAND OF SAUL. HE SAID:

- I love you, O LORD, my strength.
- 2 The LORD is my rock and my fortress and my deliverer,  
my God, my rock, in whom I take refuge,  
my shield, and the horn of my salvation, my stronghold.
- 3 I call upon the LORD, who is worthy to be praised,  
and I am saved from my enemies.
- 4 The cords of death encompassed me;  
the torrents of destruction assailed me;
- 5 the cords of Sheol entangled me;  
the snares of death confronted me.
- 6 In my distress I called upon the LORD;  
to my God I cried for help.  
From his temple he heard my voice,  
and my cry to him reached his ears.
- 7 Then the earth reeled and rocked;  
the foundations also of the mountains trembled  
and quaked, because he was angry.
- 8 Smoke went up from his nostrils,  
and devouring fire from his mouth;  
glowing coals flamed forth from him.



- 9 He bowed the heavens and came down;  
thick darkness was under his feet.
- 10 He rode on a cherub and flew;  
he came swiftly on the wings of the wind.
- 11 He made darkness his covering, his canopy around him,  
thick clouds dark with water.
- 12 Out of the brightness before him  
hailstones and coals of fire broke through his clouds.
- 13 The LORD also thundered in the heavens,  
and the Most High uttered his voice,  
hailstones and coals of fire.
- 14 And he sent out his arrows and scattered them;  
he flashed forth lightnings and routed them.
- 15 Then the channels of the sea were seen,  
and the foundations of the world were laid bare  
at your rebuke, O LORD,  
at the blast of the breath of your nostrils.
- 16 He sent from on high, he took me;  
he drew me out of many waters.
- 17 He rescued me from my strong enemy  
and from those who hated me,  
for they were too mighty for me.
- 18 They confronted me in the day of my calamity,  
but the LORD was my support.
- 19 He brought me out into a broad place;  
he rescued me, because he delighted in me.
- 20 The LORD dealt with me according to my righteousness;  
according to the cleanness of my hands he rewarded me.
- 21 For I have kept the ways of the LORD,  
and have not wickedly departed from my God.



- 22 For all his rules were before me,  
and his statutes I did not put away from me.
- 23 I was blameless before him,  
and I kept myself from my guilt.
- 24 So the LORD has rewarded me according to my righteousness,  
according to the cleanness of my hands in his sight.
- 25 With the merciful you show yourself merciful;  
with the blameless man you show yourself blameless;
- 26 with the purified you show yourself pure;  
and with the crooked you make yourself seem tortuous.
- 27 For you save a humble people,  
but the haughty eyes you bring down.
- 28 For it is you who light my lamp;  
the LORD my God lightens my darkness.
- 29 For by you I can run against a troop,  
and by my God I can leap over a wall.
- 30 This God—his way is perfect;  
the word of the LORD proves true;  
he is a shield for all those who take refuge in him.
- 31 For who is God, but the LORD?  
And who is a rock, except our God?—
- 32 the God who equipped me with strength  
and made my way blameless.
- 33 He made my feet like the feet of a deer  
and set me secure on the heights.
- 34 He trains my hands for war,  
so that my arms can bend a bow of bronze.
- 35 You have given me the shield of your salvation,  
and your right hand supported me,  
and your gentleness made me great.
- 36 You gave a wide place for my steps under me,  
and my feet did not slip.



- 37 I pursued my enemies and overtook them,  
and did not turn back till they were consumed.
- 38 I thrust them through, so that they were not able to rise;  
they fell under my feet.
- 39 For you equipped me with strength for the battle;  
you made those who rise against me sink under me.
- 40 You made my enemies turn their backs to me,  
and those who hated me I destroyed.
- 41 They cried for help, but there was none to save;  
they cried to the LORD, but he did not answer them.
- 42 I beat them fine as dust before the wind;  
I cast them out like the mire of the streets.
- 43 You delivered me from strife with the people;  
you made me the head of the nations;  
people whom I had not known served me.
- 44 As soon as they heard of me they obeyed me;  
foreigners came cringing to me.
- 45 Foreigners lost heart  
and came trembling out of their fortresses.
- 46 The LORD lives, and blessed be my rock,  
and exalted be the God of my salvation—
- 47 the God who gave me vengeance  
and subdued peoples under me,
- 48 who rescued me from my enemies;  
yes, you exalted me above those who rose against me;  
you delivered me from the man of violence.
- 49 For this I will praise you, O LORD, among the nations,  
and sing to your name.
- 50 Great salvation he brings to his king,  
and shows steadfast love to his anointed,  
to David and his offspring forever.



PSALM 19  
Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER. A PSALM OF DAVID.

THE heavens declare the glory of God,  
and the sky above proclaims his handiwork.

2 Day to day pours out speech,  
and night to night reveals knowledge.

3 There is no speech, nor are there words,  
whose voice is not heard.

4 Their voice goes out through all the earth,  
and their words to the end of the world.  
In them he has set a tent for the sun,

5 which comes out like a bridegroom leaving his chamber,  
and, like a strong man, runs its course with joy.

6 Its rising is from the end of the heavens,  
and its circuit to the end of them,  
and there is nothing hidden from its heat.

7 The law of the LORD is perfect,  
reviving the soul;  
the testimony of the LORD is sure,  
making wise the simple;

8 the precepts of the LORD are right,  
rejoicing the heart;  
the commandment of the LORD is pure,  
enlightening the eyes;



- 9 the fear of the LORD is clean,  
enduring forever;  
the rules of the LORD are true,  
and righteous altogether.
- 10 More to be desired are they than gold,  
even much fine gold;  
sweeter also than honey  
and drippings of the honeycomb.
- 11 Moreover, by them is your servant warned;  
in keeping them there is great reward.
- 12 Who can discern his errors?  
Declare me innocent from hidden faults.
- 13 Keep back your servant also from presumptuous sins;  
let them not have dominion over me!  
Then I shall be blameless,  
and innocent of great transgression.
- 14 Let the words of my mouth and the meditation of my heart  
be acceptable in your sight,  
O LORD, my rock and my redeemer.



PSALM 20  
Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER. A PSALM OF DAVID.

**MAY** the LORD answer you in the day of trouble!

May the name of the God of Jacob protect you!

2 May he send you help from the sanctuary  
and give you support from Zion!

3 May he remember all your offerings  
and regard with favor your burnt sacrifices! *Selah*

4 May he grant you your heart's desire  
and fulfill all your plans!

5 May we shout for joy over your salvation,  
and in the name of our God set up our banners!  
May the LORD fulfill all your petitions!

6 Now I know that the LORD saves his anointed;  
he will answer him from his holy heaven  
with the saving might of his right hand.

7 Some trust in chariots and some in horses,  
but we trust in the name of the LORD our God.

8 They collapse and fall,  
but we rise and stand upright.

9 O LORD, save the king!  
May he answer us when we call.





PSALM 21  
Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER. A PSALM OF DAVID.

- O LORD, in your strength the king rejoices,  
and in your salvation how greatly he exults!
- 2 You have given him his heart's desire  
and have not withheld the request of his lips. *Selah*
- 3 For you meet him with rich blessings;  
you set a crown of fine gold upon his head.
- 4 He asked life of you; you gave it to him,  
length of days forever and ever.
- 5 His glory is great through your salvation;  
splendor and majesty you bestow on him.
- 6 For you make him most blessed forever;  
you make him glad with the joy of your presence.
- 7 For the king trusts in the LORD,  
and through the steadfast love of the Most High he shall not be moved.
- 8 Your hand will find out all your enemies;  
your right hand will find out those who hate you.
- 9 You will make them as a blazing oven  
when you appear.  
The LORD will swallow them up in his wrath,  
and fire will consume them.
- 10 You will destroy their descendants from the earth,  
and their offspring from among the children of man.
- 11 Though they plan evil against you,  
though they devise mischief, they will not succeed.



- 12 For you will put them to flight;  
you will aim at their faces with your bows.
- 13 Be exalted, O LORD, in your strength!  
We will sing and praise your power.



## PSALM 22

### Observation Worksheet

Psalm Theme \_\_\_\_\_

TO THE CHOIRMASTER: ACCORDING TO THE DOE OF THE DAWN. A PSALM  
OF DAVID.

MY God, my God, why have you forsaken me?

Why are you so far from saving me, from the words of my groaning?

2 O my God, I cry by day, but you do not answer,  
and by night, but I find no rest.

3 Yet you are holy,  
enthroned on the praises of Israel.

4 In you our fathers trusted;  
they trusted, and you delivered them.

5 To you they cried and were rescued;  
in you they trusted and were not put to shame.

6 But I am a worm and not a man,  
scorned by mankind and despised by the people.

7 All who see me mock me;  
they make mouths at me; they wag their heads;

8 “He trusts in the LORD; let him deliver him;  
let him rescue him, for he delights in him!”

9 Yet you are he who took me from the womb;  
you made me trust you at my mother’s breasts.

10 On you was I cast from my birth,  
and from my mother’s womb you have been my God.



- 11 Be not far from me,  
for trouble is near,  
and there is none to help.
- 12 Many bulls encompass me;  
strong bulls of Bashan surround me;  
13 they open wide their mouths at me,  
like a ravening and roaring lion.
- 14 I am poured out like water,  
and all my bones are out of joint;  
my heart is like wax;  
it is melted within my breast;  
15 my strength is dried up like a potsherd,  
and my tongue sticks to my jaws;  
you lay me in the dust of death.
- 16 For dogs encompass me;  
a company of evildoers encircles me;  
they have pierced my hands and feet—  
17 I can count all my bones—  
they stare and gloat over me;  
18 they divide my garments among them,  
and for my clothing they cast lots.
- 19 But you, O LORD, do not be far off!  
O you my help, come quickly to my aid!  
20 Deliver my soul from the sword,  
my precious life from the power of the dog!  
21 Save me from the mouth of the lion!  
You have rescued me from the horns of the wild oxen!



- 22 I will tell of your name to my brothers;  
in the midst of the congregation I will praise you:
- 23 You who fear the LORD, praise him!  
All you offspring of Jacob, glorify him,  
and stand in awe of him, all you offspring of Israel!
- 24 For he has not despised or abhorred  
the affliction of the afflicted,  
and he has not hidden his face from him,  
but has heard, when he cried to him.
- 25 From you comes my praise in the great congregation;  
my vows I will perform before those who fear him.
- 26 The afflicted shall eat and be satisfied;  
those who seek him shall praise the LORD!  
May your hearts live forever!
- 27 All the ends of the earth shall remember  
and turn to the LORD,  
and all the families of the nations  
shall worship before you.
- 28 For kingship belongs to the LORD,  
and he rules over the nations.
- 29 All the prosperous of the earth eat and worship;  
before him shall bow all who go down to the dust,  
even the one who could not keep himself alive.
- 30 Posterity shall serve him;  
it shall be told of the Lord to the coming generation;
- 31 they shall come and proclaim his righteousness to a people yet unborn,  
that he has done it.





## PSALMS 1–22 AT A GLANCE

**Book Theme:**

**Author:**

**Psalm Themes**

**Key Words:**

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**Psalm Themes**

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THE LORD



PRECEPT  
UPON  
PRECEPT  
*Psalms Part 1*  
*The Lord*

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## ABOUT PRECEPT

PRECEPT was raised up by God for the sole purpose of establishing people in God's Word to produce reverence for Him. It serves as an arm of the church without respect to denomination. God has enabled Precept to reach across denominational lines without compromising the truths of His inerrant Word. We believe every word of the Bible was inspired and given to man as all that is necessary for him to become mature and thoroughly equipped for every good work of life. This ministry does not seek to impose its doctrines on others, but rather to direct people to the Master Himself, who leads and guides by His Spirit into all truth through a systematic study of His Word. The ministry produces a variety of Bible studies and holds conferences and intensive Training Workshops designed to establish attendees in the Word through Inductive Bible Study.

Jack Arthur and his wife, Kay, founded Precept in 1970. Kay and the ministry staff of writers produce *Precept Upon Precept* studies, *In & Out* studies, *Lord* series studies, the *New Inductive Study Series* studies, *40-Minute* studies, and *Discover 4 Yourself Inductive Bible Studies for Kids*. From years of diligent study and teaching experience, Kay and the staff have developed these unique, inductive courses that are now used in nearly 185 countries and 70 languages.

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