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## Exploring the Books of the Old Testament: Psalms 100-150

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*July 22, 2014 – Dr. Timothy Lueking*

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### Praising God

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*Praise the Lord, all nations! Extol him, all peoples! – Psalm 117:1*

Each of us face difficult trials and tribulations throughout our life and we have also had times of great victory. It seems easy to praise God in times of triumph and at times many find it difficult to utter praise and rejoice in times of trial. Yet we understand that through thick and thin, God never fails us rather He always sustains, strengthens, comforts, and encourages us in order to help us endure even the worst of circumstances.

The Book of Psalms gives us a roadmap and guide to help us learn how to cultivate a spirit of praise and thanksgiving at all times in our life. We observe that God works in mighty ways and that He can take even the worst of times and use it for His glory as observed by Paul,

**Romans 8:28** – And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Yes, each of us need instruction on how to cultivate this type of spirit. The different authors of the Psalms help us see and teach how to respond to the Lord in praise and thanksgiving even in the hardest of days. We are challenged to live out our faith with praise and thanksgiving as we turn begin this section of the psalms as the psalmist states,

**Psalm 100:4** – Enter his gate with thanksgiving, and his courts with praise! Give thanks to him; bless his name!

## Section #1 – Introduction to the Psalms

The Book of Psalms is one of the most beautiful books in the Bible. It is rich with imagery and poetry speaking to the heart of the creation of God. It has been observed,

"Of all the books in the Old Testament the Book of Psalms most vividly represents the faith of individuals in the Lord. The Psalms are the inspired responses of human hearts to God's revelation of Himself in law, history, and prophecy. Saints of all ages have appropriated this collection of prayers and praises in their public worship and private meditations."<sup>1</sup>

The psalms deal primarily with God, man (especially Israel as a covenant community and the individuals in that community), and the resolution of the tension between a holy, transcendent God and sinful, alienated, finite human beings. The psalms cover a variety of topics in the life of a Christian as presented in chart<sup>2</sup> following therefore it is no wonder why so many people find so much peace and comfort from the psalms.

Types of Psalms		
Type	Psalms	Act of Worship
Individual and Communal Lament	3-7; 12; 13; 22; 25-28; 35; 38-40; 42-44; 51; 54-57; 59-61; 63; 64; 69-71; 74; 79; 80; 83; 85; 86; 88; 90; 102; 109; 120; 123; 130; 140-143	Express need for God's deliverance
Thanksgiving	8; 18; 19; 29; 30; 32-34; 36; 40; 41; 66; 103-106; 111; 113; 116; 117; 124; 129; 135; 136; 138; 139; 146-148; 150	Make aware of God's blessings Express thanks
Enthronement	47; 93; 96-99	Describe God's sovereign rule
Pilgrimage	43; 46; 48; 76; 84; 87; 120-134	Establish a mood of worship
Royal	2; 18; 20; 21; 45; 72; 89; 101; 110; 132; 144	Portray Christ the sovereign ruler
Wisdom	1; 37; 119	Instruct as to God's will
Imprecatory	7; 35; 40; 55; 58; 59; 69; 79; 109; 137; 139; 144	Invoke God's wrath and judgment against his enemies

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The New Testament writers quoted the Book of Psalms more frequently than any other Old Testament book. The "Index of Quotations" in the United Bible Societies' fourth edition of the Greek New Testament lists just over 400 quotations from the Psalter, including phrases as well as complete verses. In comparison, this New Testament identified 47 quotations from Isaiah, the second most frequently quoted Old Testament book. Of the 150 psalms, the New Testament quotes 35 of them.

As is true of modern hymnals, there are smaller collections of Psalms within the larger collections. These smaller collections include songs of ascent (Pss. 120 – 134), the writings of Asaph (Pss. 73 – 83), the psalms of Korah's descendants (Pss. 42 – 49), and the hallelujah psalms (Ps. 113 – 118, 146 – 150).

**I. Book 1:** chs. 1–41 (the book of personal experience)

**II. Book 2:** chs. 42–72 (the book of Elohim)

**III. Book 3:** chs. 73–89 (the dark book)

**IV. Book 4:** chs. 90–106 (the book of the King)

**V. Book 5:** chs. 107–150 (the book of praise)

<sup>1</sup> Allen P. Ross, "Psalms," in *The Bible Knowledge Commentary: Old Testament*, p. 779.

<sup>2</sup> *The MacArthur Study Bible*, ed. John MacArthur, Jr., electronic ed. (Nashville, TN: Word Pub., 1997), 743.

## Title of Psalms

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The title of Psalms is defined as “Praises” in the Hebrew text. Later, rabbis often designated it “The Book of Praises.” Of the 150 psalms in the Psalter, 116 are provided with titles. The titles are incorporated within the text of modern editions of the Hebrew Bible; they are translated in most (but not all) modern English versions of the Bible. Many modern day Christians do not pay much attention to the titles but these titles hold significant information as observed by Peter C. Craigie,

In general terms, the titles contain five different types of information, though the obscurity of certain words in the titles is such that it cannot be known with certainty whether this fivefold classification is complete. (a) Some titles identify psalms with a person or group of persons (e.g., Pss 3, 72, 90; see further the discussion of authorship below). (b) Some psalm titles contain what purports to be historical information concerning the psalm, particularly with respect to David (e.g., Pss 18, 34). (c) Some titles contain musical information (e.g. Pss 4, 5; see below). (d) Some titles contain liturgical information (e.g. Pss 38, 100). (e) Some titles designate the *type* of psalm (e.g. hymn or song) in question (e.g. Pss 32, 120, 145).<sup>3</sup>

We find that the Psalms point us to the understanding that God is all powerful, all knowing, and perfectly holy. Even though life is difficult we are compelled to praise His name for He is worthy!

## Author & Date

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The author and date of this book is different than other Old Testament books. Thomas Constable narrowed the dates of this compilation of writings as follows,

Most of the Psalms, then, were written between 1000 and 450 B.C. Eugene Merrill narrowed these dates to 970 and 550 B.C. The one by Moses was composed considerably earlier and a few may have been written later, but probably not much later, than 450 B.C.<sup>4</sup>

There are different authors for throughout the psalms. Some are identified and others anonymous. Some of the different authors can be found as follows,

- David – The writer of most of the first 72 psalms.
- Asaph and Korah's descendants – Contributed to Psalms 42-50.
- It is believed that Solomon, Jehoshaphat, and Jehoiada all organized temple singing and may have had a hand in compiling some of the psalms.
- It is believed that Hezekiah and Josiah may have added to and organized part of the Psalter.
- The last two books (sections) of Psalms (chs. 90–106 and 107–150) contain more miscellaneous psalms dating from Moses to the return from exile which was most likely contributed by Ezra.

## Psalms 100-150

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There are 50 psalms in this section of the Psalter. David composed 15 of these (108–110; 122; 124; 131; 133; 138–145), Solomon wrote one (127), and the remaining 28 are anonymous. Psalms 113–118 compose the so-called Egyptian Hallel, which the Jews used in their Passover (cf. Mark 14:26). Fifteen are Songs of Ascent (120–134), and five are hallel or Hallelujah psalms (146–150). The time of compilation for Book 5 of the Psalter may have been the exilic or postexilic period, perhaps as late as the time of Nehemiah (ca. 444-432 B.C.). There is much emphasis on praise in this section of the Psalter leading us to recognize it as the main theme of this last Book of the Psalms.

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<sup>3</sup> Peter C. Craigie, vol. 19, *Psalms 1–50*, 2nd ed., Word Biblical Commentary (Nashville, TN: Nelson Reference & Electronic, 2004), 32.

<sup>4</sup> Dr. Thomas Constable, *Notes on Psalms*. 2014. Downloaded on July 10, 2014 @ <http://soniclight.com/constable/notes/pdf/psalms.pdf>

## Section #2 – Major Themes in Psalms 100-150

The last section the Psalms has several important themes that come out within its pages. The major themes have been compiled and presented in a topical format in the following chart for your review. Each topic can be quickly observed and used as a guide to help you learn more about praising God in the respective life situation.

Quick Topical Guide to Psalms 100-150	
<p><b>Psalm 100 – Praise God for His Steadfast Love</b></p> <p>Psalm 101 – Living with Integrity</p> <p>Psalm 102 – Prayer of the Afflicted and Hurting</p> <p>Psalm 103 – Blessing the Lord with Praise</p> <p>Psalm 104 – Praising God for Majesty</p> <p><b>Psalm 105 – Praising God for Mighty Power</b></p> <p>Psalm 106 – Praising God for Perfect Holiness</p> <p>Psalm 107 – Let the Redeemed Praise God</p> <p>Psalm 108 – Courage and Strength from the Lord</p> <p>Psalm 109 – Crying Out for Help to the Lord</p> <p><b>Psalm 110 – Resting in the Presence of the Lord</b></p> <p>Psalm 111 – Great are the Works of the Lord</p> <p>Psalm 112 – Protection for the Righteous</p> <p>Psalm 113 – Praise God for His Holiness</p> <p>Psalm 114 – Respect in the Presence of God</p> <p><b>Psalm 115 – Giving Glory to God</b></p> <p>Psalm 116 – Expressing Love to the Lord</p> <p>Psalm 117 – The Lord’s Eternal Faithfulness</p> <p>Psalm 118 – The Lord’s Steadfast, Eternal Love</p> <p>Psalm 119 – Power and Direction of God’s Word</p> <p><b>Psalm 120 – Crying Out for Deliverance</b></p> <p>Psalm 121 – The Lord is Your Helper</p> <p>Psalm 122 – Surrender to the Lord</p> <p>Psalm 123 – Focus on the Lord</p> <p>Psalm 124 – The Lord is Your Sustainer</p> <p><b>Psalm 125 – The Lord is Your Protector</b></p>	<p>Psalm 126 – The Lord is Your Restorer</p> <p>Psalm 127 – Unless the Lord Builds the House</p> <p>Psalm 128 – Blessed are Those Who Fear the Lord</p> <p>Psalm 129 – Counsel to the Afflicted</p> <p><b>Psalm 130 – Patience in Waiting for the Lord</b></p> <p>Psalm 131 – Calming and Quieting the Soul</p> <p>Psalm 132 – The Lord and His Chosen</p> <p>Psalm 133 – Unity</p> <p>Psalm 134 – Blessing the Lord</p> <p><b>Psalm 135 – Eternal Nature and Praise of God</b></p> <p>Psalm 136 – The Lord’s Steadfast, Eternal Love</p> <p>Psalm 137 – Singing Praise to the Lord</p> <p>Psalm 138 – Giving Thanks to the Lord</p> <p>Psalm 139 – God Knows Your Heart</p> <p><b>Psalm 140 – The Lord Delivers You from Evil</b></p> <p>Psalm 141 – Desire to Hear from God</p> <p>Psalm 142 – The Lord is Your Refuge</p> <p>Psalm 143 – Thirsting for God</p> <p>Psalm 144 – The Lord is Your Refuge &amp; Rock</p> <p><b>Psalm 145 – Great is the Lord</b></p> <p>Psalm 146 – Trusting God not Man</p> <p>Psalm 147 – God Heals the Brokenhearted</p> <p>Psalm 148 – Praise the Name of the Lord</p> <p>Psalm 149 – Sing a New Song to the Lord</p> <p><b>Psalm 150 – Let Everything Praise the Lord</b></p>

### Four Outlines for Application

There are four outlines covering four different psalms and four different topics that are provided in this section. These outlines are situated to help you apply the Word of God more directly and clearly in your own life.

#### **Psalm 100 – Praise God for His Steadfast Love**

- I. Call to the Lord in Praise (100:1-3)
- II. Call to the Lord with Thankfulness (100:4, 5)

This psalm is one of the most practical psalms for a Christian to apply and one of the most uplifting when applied directly to your life. It calls each Christian to come into the presence of the Lord with praise and thanksgiving.

### **Psalm 100**

<sup>1</sup>Make a joyful noise to the Lord, all the earth! <sup>2</sup>Serve the Lord with gladness! Come into his presence with singing! <sup>3</sup>Know that the Lord, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture. <sup>4</sup>Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! <sup>5</sup>For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.

#### **Application Points of Psalm 100**

These five application steps can be applied in a variety of ways. Apply this week during your devotional or prayer time and observe how the Lord fills you with His joy.

Praise God with Your Lips

Serve God with Joy

Praise God in Song

Study (Know) God's Word

Pray to God with Thanksgiving and Praise

### **Psalm 121 – The Lord is Your Helper**

- I. God – Helper (121:1, 2)
- II. God – Keeper (121:3, 4)
- III. God – Protector (121:5, 6)
- IV. God – Preserver (121:7, 8)

This psalm is one of most commonly quoted psalms from individuals who find themselves in a trial where they need God's assistance in a mighty way. This psalm should be applied in the life of a believer every day since we are always in need of God as our helper.

### **Psalm 121**

<sup>1</sup>I lift up my eyes to the hills. From where does my help come? <sup>2</sup> My help comes from the Lord, who made heaven and earth. <sup>3</sup>He will not let your foot be moved; he who keeps you will not slumber. <sup>4</sup>Behold, he who keeps Israel will neither slumber nor sleep. <sup>5</sup> The Lord is your keeper; the Lord is your shade on your right hand. <sup>6</sup>The sun shall not strike you by day, nor the moon by night. <sup>7</sup>The Lord will keep you from all evil; he will keep your life. <sup>8</sup>The Lord will keep your going out and your coming in from this time forth and forevermore.

#### **Application Points of Psalm 121**

These four application steps can be applied in a variety of ways. Apply this week during your devotional or prayer time and observe how the Lord fills you with His peace.

Focus on the Lord as Your Helper (Not Man)

Focus on the Lord as Your Protector (Not Man)

Focus on the Lord as Your Provider (Creator)

Focus on the Lord as Your Preserver (Not Worldly a Pursuit)

### **Psalm 143 – Thirsting for God**

- I. David's Passion (143:1, 2)
- II. David's Predicament (143:3-6)
- II. David's Plea (143:7-12)

This is one of the most popular psalms that is quoted by those who are longing to be in the presence of God. This psalm reminds us of the importance of thirsting for righteousness in which we will be filled if we seek the Lord with all of our heart.

**Psalm 143**

<sup>1</sup>Hear my prayer, O Lord; give ear to my pleas for mercy! In your faithfulness answer me, in your righteousness! <sup>2</sup>Enter not into judgment with your servant, for no one living is righteous before you. <sup>3</sup>For the enemy has pursued my soul; he has crushed my life to the ground; he has made me sit in darkness like those long dead. <sup>4</sup>Therefore my spirit faints within me; my heart within me is appalled. <sup>5</sup>I remember the days of old; I meditate on all that you have done; I ponder the work of your hands. <sup>6</sup>I stretch out my hands to you; my soul thirsts for you like a parched land. Selah

<sup>7</sup>Answer me quickly, O Lord! My spirit fails! Hide not your face from me, lest I be like those who go down to the pit. <sup>8</sup>Let me hear in the morning of your steadfast love, for in you I trust. Make me know the way I should go, for to you I lift up my soul. <sup>9</sup> Deliver me from my enemies, O Lord! I have fled to you for refuge. <sup>10</sup>Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground! <sup>11</sup>For your name's sake, O Lord, preserve my life! In your righteousness bring my soul out of trouble! <sup>12</sup>And in your steadfast love you will cut off my enemies, and you will destroy all the adversaries of my soul, for I am your servant.

**Application Points of Psalm 143**

These six application steps can be applied in a variety of ways. Apply this week during your devotional or prayer time and observe how the Lord fills you with His presence.

Pray to the Lord in Humility

Study and Apply the Word of God

Repent and Seek the Lord for Forgiveness

Remember and Praise God for His Work in Your Life

Seek the Lord for Strength and a Steadfast Spirit

Trust the Lord and Follow His Path

**Psalm 150 – Let Everything Praise the Lord**

- I. Place of Praise (150:1)
- II. Points of Praise (150:2)
- III. Proper Means of Praise (150:3-5)
- IV. Practitioners of Praise (150:6)

This is the last psalm which ends with the final doxology of the entire collection of psalms. It ends with the heavy emphasis of the theme of the psalms which is that of praising God.

**Psalm 150**

<sup>1</sup>Praise the Lord! Praise God in his sanctuary; praise him in his mighty heavens! <sup>2</sup>Praise him for his mighty deeds; praise him according to his excellent greatness! <sup>3</sup>Praise him with trumpet sound; praise him with lute and harp! <sup>4</sup>Praise him with tambourine and dance; praise him with strings and pipe! <sup>5</sup>Praise him with sounding cymbals; praise him with loud clashing cymbals! <sup>6</sup>Let everything that has breath praise the Lord! Praise the Lord!

**Application Points of Psalm 150**

These four application steps can be applied in a variety of ways. Apply this week during your devotional or prayer time and observe how the Lord fills you with His praise.

Praise the Lord at All Times for He is Holy

Praise the Lord at All Times and in All Ways for He is Worthy

Praise the Lord at All Times for He is Omnipotent

Praise the Lord

**Conclusion**

The Psalms are powerful prose that will encourage and strengthen your faith. Apply the psalms in your daily walk and glorify God in all you do!