

Psalms - Journal

Psalm 90 - A Prayer of Moses, the man of God

Parallel Scripture: Numbers 14

Outline

- I. God's Eternal Omnipotence (1-2)
- II. Man's Brief Mortality (3-6)
- III. Man's Sin-Shortened Life (7-12)
- IV. Plea for God's Love and Blessing (13-17)

God's Character

- He is our dwelling place (1)
- From everlasting to everlasting (2)
- Wrath against sin (7-11)

Names of God

Instructions

- number our days (12)

Prayer

- return and be sorry for Your servants (13)
- Satisfy us with Your lovingkindness that we may be glad all our days (14)
- Let us see Your mighty work (16)
- Let Your favor be upon us and confirm the work of our hands (17)

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Psalm 91 - Security for the One Who Trusts in the Lord

Parallel Scripture: Deuteronomy 32

Outline

- I. Condition of Security and Protection (1-2)
- II. Blessings of Resting in God (3-8)
- III. Making God Your Home (9-13)
- IV. God's Personal Promise of Protection (14-16)

God's Character

- He delivers from the snare and from pestilence (3)
- He covers you with His wings (4)
- His faithfulness is a shield and bulwark (4)
- He will guard your ways (11)
- Delivers those He loves (14)

Names of God

- My Refuge (2)
- My Fortress (2)
- Most High (9)

Instructions

Prayer

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Psalm 11 - The Lord Is a Refuge and Defense

Parallel Scripture: I Samuel 19

Outline

- I. In the Lord, I Take Refuge (1-3)
- II. The Lords Eyes Behold the Righteous and the Wicked (4-7)

God's Character

- He is our refuge (1)
- He is in His holy temple on His throne (4)
- His eyes see (4)
- He tests the righteous and the wicked (5)
- His soul hates those who love violence (5)
- He reigns snares upon the wicked (6)
- He loves righteousness (7)

Names of God

Instructions

Prayer

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Psalm 59 - Plea for Deliverance

Parallel Scripture: I Samuel 19 (when Saul sent men to surround his house)

Outline

- I. Call for Deliverance (1-5)
- II. Confidence in God's Deliverance (6-10)
- III. Plea That God Will Destroy His Enemies (11-13)
- IV. Praising God for Anticipated Deliverance (14-17)

God's Character

- God laughs at those you try in their own might to do things (6-8)
- God in His lovingkindness will meet me (10, 17)

Names of God

- God of hosts (5)
- God of Israel (5)
- My stronghold (9, 16, 17))
- Our shield (11)
- A refuge in my distress (16)
- My strength (17)

Instructions

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Prayer

- Deliver me from my enemies (1)
- Set me securely on high away from those who rise up against me (1)
- Deliver me from sinners and save me from bloodshed (2)
- They have set an ambush for no transgression I have made (3)
- Arouse Yourself and help me (4)
- Awake and punish the nations (5)
- Don't say them or the people will forget - scatter them by Your power (11)
- Let them be caught in their pride (12)
- Destroy them in wrath that the people may know that God rules Jacob (13)

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Psalm 34 - The Lord Provides and Delivers

Parallel Scripture: I Samuel 21 (David feigned insanity)

Outline

- I. Promise of Praise (1-3)
- II. Testimony of Deliverance (4-7)
- III. Reward for Those Who Seek God (8-10)
- IV. Fear of the Lord (11-14)
- V. The Righteous and the Wicked (15-22)

God's Character

- Delivers me from my fears (4)
- The Lord hears and saves (6)
- His angels encamp around those who fear Him and rescues them (7)
- The eyes of the Lord are toward the righteous and His ears open to their cry (15)
- His face is against evil doers to cut their memory off from the earth (16)
- He hears the cry of the righteous and delivers them (17)
- He is near to the brokenhearted (18)
- He delivers the righteous (19)
- There is none who take refuge in Him who will be condemned (22)

Names of God

Instructions

- bless the Lord at all times and let His praise be continually in your mouth (1)
- Boast in the Lord (2)
- Magnify and exalt His name (3)
- Taste and see that the Lord is good (8)
- Fear the Lord (9)
- Keep your tongue from evil and don't speak deceit (13)
- Depart from evil and do good (14)
- Seek peace and pursue it (14)

Prayer

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Psalm 56 - David's Cry for Help

Parallel Scripture: I Samuel 21 (When David was seized in Gath)

Outline

- I. David Calls on God's Grace (1-4)
- II. God Will Overthrow His Enemies (5-11)
- III. David's Vow of Praise (12-13)

God's Character

- He takes account of my wanderings and puts our tears in His bottle (8)

Names of God

Instructions

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Prayer

- Be gracious to me for man has trampled on my (1)
- When I am afraid, I will put my trust in You (3)
- I shall not be afraid (4)
- What can man do to me (4)
- In anger, put down the wicked (5-7)
- I know God is for me (9)
- I shall not be afraid - what can man do to me (11)
- You have delivered me, and kept my feet from stumbling so I can walk before you (13)

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Psalm 52 - Futility of Boastful Wickedness

Parallel Scripture: I Samuel 22 (When Does tells Saul that David came to the house of Ahimelech)

Outline

- I. Destructive Tongue of the Mighty Man (1-3)
- II. The Judgment of God (4-5)
- III. The Response of the Righteous (6-9)

God's Character

- The lovingkindness of God endures all day long (1)
- God breaks down the wicked (5)

Names of God

Instructions

- trust in the lovingkindness of God forever (8)
- Give thanks forever because of what God has done (9)
- Wait on His name (9)

Prayer

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Psalms - Journal

Psalm 7 - Calling the Lord to Defend Against the Wicked

Parallel Scripture: I Samuel 22-24

Outline

- I. Deliver Me from My Pursuers (1-2)
- II. Declaration of Innocence (3-5)
- III. Judge the Wicked (6-11)
- IV. God's Sword Against the Unrepentant (12-16)
- V. Give Thanks for God's Righteousness (17)

God's Character

- God is angry with the wickedness (6)
- God will judge (6, 8)
- God tries the hearts and minds of men (9)
- He is a shield that saves the upright in heart (10)
- Righteous Judge (11, 17)

Names of God

- Righteous Judge (9, 11)
- Our shield (10)
- Lord Most High (17)

Instructions

- Give thanks to the Lord according to His righteousness (17)
- Sing praise to His name (17)

Prayer

- if I have done anything wrong, let my adversaries take me (3-5) - James 5:13-16
- Arouse Yourself for me against my enemies (6)
- Vindicate me according to my righteousness and integrity (8)
- Let the evil of the wicked come to an end (9)

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Psalm 27 - Trust in God

Parallel Scripture: I Samuel 22-24

Outline

- I. David's Confidence in God (1-6)
- II. Request for Deliverance (7-10)
- III. Renewed Confidence in the Lord (11-14)

God's Character

- the Lord is the defense of my life - whom shall I dread? (1)
- God will hide me and lift me up on a rock (5)
- God wants us to seek His face in times of trouble (8)

Names of God

- My light and my salvation (1, 9)
- My help (9)

Instructions

- Offer sacrifices to Him, shout for joy and sing praises (6)
- Seek God's face (8)
- Wait for the Lord (14)
- Be strong (14)
- Let your heart take courage (14)

Prayer

- dwell in the house of the Lord all the days of my life (4)
- Hear me, O Lord, and be gracious to me and answer me (7)
- Do not abandon me or forsake me (9)
- Teach me Your way, O Lord, and lead me in a level path (11)
- Do not deliver me to the wicked ones (12)
- I will see the goodness of God (13)

Psalms - Journal

Psalm 31 - Divine Deliverance in Dire Distress

Parallel Scripture: I Samuel 22-24

Outline

- I. David's Desperate Plea (1-2)
- II. Confidence in God (3-8)
- III. David's Distress (9-13)
- IV. Plea for Deliverance (14-18)
- V. Praise to the Lord (19-22)
- VI. Love God and Hope in Him (23-24)

God's Character

- He is the one who gives refuge and in righteousness He delivers (1)
- He leads and guides His children (3)
- God sees and deals with the treachery of men (4)
- He knows the troubles of our souls (7)
- He has set us in a larger (safer) place (8)
- His goodness is great (19)
- He shows His lovingkindness to His children (21)
- In times of trouble God hears us cry out to Him (22)
- The Lord preserves the faithful and gives recompense to the proud (23)

Names of God

- Rock of strength (2, 3, 4)
- Stronghold to save us (2)
- My fortress (3)
- God of truth (5)

Instructions

- Trust in the Lord (6)
- Rejoice and be glad in His lovingkindness (7)
- We need to say, "You are my God" (14)
- Love the Lord your God (23)
- Be strong and let your heart take courage (24)

Prayer

- into Your hand I commit my spirit (5)
- Be gracious to me, O Lord (9)
- My times are in Your hand (15)
- Make Your face shine upon Your servant (16)
- Let me not be put to shame (17)
- Let lying lips be mute (18)

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Psalm 120 - Deliverance from the Treacherous

Parallel Scripture: I Samuel 22-24

Outline

- I. Cry to the Lord (1-4)
- II. I Dwell With Those Who Hate Peace (5-7)

God's Character

- God answers when we cry out to Him in times of trouble (1)

Names of God

Instructions

Prayer

- Deliver me from lying lips (2)
- I am for peace but when I speak they are for war (7)

Psalms - Journal

Psalm 140 - Protection Against the Wicked

Parallel Scripture: I Samuel 22-24

Outline

- I. Preserve Me from Violent Men (1-3)
- II. Keep Me from the Hands of the Wicked (4-5)
- III. God Is the Strength of My Salvation (6-8)
- IV. Protect Me from Those Who Surround Me (9-11)
- V. The Lord maintains the Cause of the Afflicted (12-13)

God's Character

- He will maintain the cause of the afflicted and justice for the poor (12)

Names of God

- Strength of my salvation (7)

Instructions

Prayer

- rescue me from evil men (1, 4)
- Preserve me (1, 4)
- Give ear to my supplications (6)
- Don't grant the desires of the wicked (8)

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Psalm 141 - Prayer for Sanctification and Protection

Parallel Scripture: I Samuel 22-24

Outline

- I. Lord Give Ear to My Voice (1-4)
- II. The Righteous Reprove Me (5-7)
- III. God Is My Refuge (8-10)

God's Character

- He is our refuge and will not leave us defenseless (8)

Names of God

Instructions

Prayer

- Give ear to my voice when I call (1)
- May my prayer be counted as incense before You (2)
- Set a guard over my mouth, keep watch over my lips (3)
- Don't incline my heart toward any evil thing (4)
- Let the righteous smite me in kindness and reprove me (5)
- Let my eyes be toward You, O God (8)
- Let the traps of the wicked trap themselves while I pass by untouched (9-10)

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Psalm 142 - Help in a Time of Trouble

Parallel Scripture: I Samuel 24

Outline

- I. I Declare My Trouble Before God (1-4)
- II. He Is My Refuge (5-7)

God's Character

- You know my path - the way where I walk (3)
- God deals bountifully with us (7)

Names of God

- My refuge (5)
- My portion in the land of the living (5)

Instructions

Prayer

- give heed to my cry and deliver me from my persecutors (6)
- Bring my soul out of prison so I can give thanks to Your name (7)