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Series: Cries of the Heart: Psalms for Summer

"Music to His Ears"

(Remeet the 150 Psalms)

"Shalom, Valley Church Hasidim!"

ESV **Psalm 149:1** Praise the LORD! Sing to the LORD a new song, his praise in the assembly of <u>the godly</u> [the Hasidim]!

ESV **Psalm 4:3** But know that the LORD has set apart <u>the godly</u> [the Hasid] for himself; the LORD hears when I call to him.

BIG IDEA: There are three Psalm-<u>TYPES</u> for three, typical <u>SEASONS</u> in the lives of the Hasidim of Yahweh.^{*}

Striking the Right Tune

I. When all feels <u>RIGHT</u>, shout out Songs of <u>ORDER</u> like Psalm 104.

1 <u>Bless the LORD</u>, O my soul! O LORD my God, you are very great! You are <u>clothed with</u> <u>splendor</u> and majesty,

2 <u>covering yourself with light</u> as with a garment, <u>stretching out the heavens</u> like a tent.
5 He set the <u>earth on its foundations</u>, so that it should never be moved.

12 Beside them the <u>birds of the heavens</u> dwell; they <u>sing</u> among the branches.
13 From your <u>lofty abode you water the mountains</u>; the earth is satisfied with the fruit of your work.

14 You cause...<u>plants for man to cultivate</u>, that he may bring forth food from the earth ...

26 There go the ships, and <u>Leviathan</u>, which you formed <u>to play</u> in [the sea].

35 Let <u>sinners be consumed from the earth</u>, and let the wicked be no more! <u>Bless the</u> <u>LORD</u>, O my soul! Praise the LORD!

Additional Type 1 Psalms:

- I'm bursting with praise for my order-establishing Creator: 8, 33, 46, 47, 48, 65, 68, 111, 136 and 145.
- I'm aligning my life with his order by obeying his Word and Wisdom: 1, 14, 15, 16, 19, 24, 37, 49, 95, 112, 119, 128 and 139.
- I'll order my relationships with righteousness, humility and peaceableness: 15, 131 and 133.

*I'm indebted to Dr. Walter Brueggemann and his book *The Message of the Psalms:* A *Theological Commentary* for many of the ideas in this message.

II. When all feels <u>WRONG</u>, raise a cry with Songs of

DISORDER, like Psalm 13.

Valley Church

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1 <u>How long</u>, O LORD? Will you <u>forget me forever?</u> How long will you <u>hide your face</u> from me?
2 How long must I take counsel in my soul and have <u>sorrow in my heart</u> all the day? How long shall <u>my enemy be exalted over me</u>?

3 Consider and answer me, O LORD my God; light up my eyes, <u>lest I sleep the sleep of death</u>,
4 lest my enemy say, "I have prevailed over him," <u>lest my foes rejoice</u> because I am shaken.
5 <u>But I have trusted in your steadfast love</u>; my heart shall rejoice in your salvation.
6 <u>I will sing to the LORD</u>, because he has dealt bountifully with me.

Additional Type 2 Psalms:

- I'm physically or emotionally sick: 6, 38, 39, 69, 88 and 102.
- I've done something wrong (the seven "I'm Sorry" Psalms): 6, 32, 38, 51, 102, 130 and 143.
- I'm being attacked, accused or simply need help: 3, 4, 5, 7, 11, 17, 22, 25-27, 31, 35, 41-42, 43, 52, 54-59, 77, 86, 94, 102, 109, 139-140, 142 and 143.
- My family, church or nation needs help: 10, 12, 14, 44, 58, 60, 74, 79, 80, 82, 83, 85, 89, 90, 106, 108 and 144.

III. When all feels WELL once more, offer up Songs of NEW

ORDER like Psalm 124.

1 If it had not been the LORD who was <u>on our side</u>--let Israel now say--2 if it had not been the LORD who was <u>on our side</u> when people rose up against us,

3 then they would have <u>swallowed us up alive</u>, when their anger was kindled against us; 4 then the flood would have swept us away, <u>the torrent would have gone over us</u>;

5 then over us would have gone the raging waters.

6 <u>Blessed be the LORD</u>, who has not given us as prey to their teeth!

7 <u>We have escaped</u> like a bird from the snare of the fowlers; the snare is broken, and we have escaped!

8 <u>Our help is in the name of the LORD</u>, who made heaven and earth.

Additional Type 3 Psalms:

- I'm cheerfully aware of God's saving help in my personal circumstances: 30, 34, 40, 92, 103, 116 and 138.
- I'm grateful for God's deliverance in my family, church or nation: 65, 66, 94 and 107.
- I'm eager to express peaceful trust: 11, 16, 23, 27, 62, 63, 91, 100, 113, 117, 121, 135, 146, 147, 148, 149 and 150.
- I'm anticipating the day when Yahweh's eternal order dawns forever: 29, 47, 93, 96, 97, 98 and 99.

Down-to-earth advice for reaching up with Psalms

Accessing the Psalms:

- Invest in decent, leather Bibles for you and your family. They last much longer than smart phones and lack pollution and distractions. Use your electronic device to listen to the Psalms while you drive or exercise, but have a physical Bible as your mainstay.
- Choose a standard-sized Bible (at least 5.5 X 8.5) with a type size that you'll be able to read when you're older (8 or 9-point type). It's disappointing to retire a Bible because the print is too small. Pick a version that's faithful to the original languages. I recommend the ESV. For more info, visit https://bible.org/article/why-so-many-versions.
- Never leave home without your Bible. Always have it so you can make music to Yahweh and seek his strength while he fights your battles and subdues your enemies.

Engaging the Psalms:

- Form a reading strategy (e.g., one a day, one a week). There're many plans online.
- Use Post-It Flags to mark Psalms according to type (e.g., Blue for Order, Yellow for Disorder and Green for New Order. You might use Red for the seven "I'm Sorry" Psalms. You might also use Post-It Flags as tabs to mark sections (i.e., 1, 25, 50, 75, 100 and 125). This will allow you to quickly locate the right Psalm for your state of soul.
- Use a #2 pencil and lightly underline words and phrases that grab you. I recommend the Paper Mate Sharpwriter. Do it freehand. There's no need to use a ruler. Write under the letters, not over them. Then look forward to stumbling upon your own footprints the next time you journey through that passage. Some people like dry highlighters for Bibles but they're hard to find. Avoid using regular highlighters because they'll bleed through the pages. Remember, day by day you're creating a unique artifact of your faith pilgrimage. Buy a new Bible when the white space and margins are filled up.
- Write your own mini-Psalms (2-10 words) in the margins with the date. You'll abound with praise as you look back and see how God has guided your pilgrimage (Ps. 73:24).

Discussion questions for groups, families and individuals

- 1. As wonderful as they are, the Psalms can overwhelm us because there are so many. Darren made them more usable by sharing three Psalm types for three, typical life seasons. Review them and then cast up praise for all 150.
- 2. Sometimes we experience the world as harmonious and orderly because it was made and maintained by our generous God. Talk about a season when "all was well." Did you respond in praise?
- 3. Everyone knows believers have seasons of "disorder." Why then are the laments so infrequent in modern worship services? After all, one-third of the Psalms are urgent cries for help. Talk about this.
- 4. Read this quote from Dr. John Goldingay: "The nature of a master's relationship to a servant places obligations on the master...The servant serves; the master provides and protects. As the people of God, we appeal to God on this basis." Do you agree?
- 5. Look up Psalm 107:35-36 and tell one another "New Order" stories of how God has pulled you out of the briar patches and away from Br'er Foxes.
- 6. Patrick Miller said, "There cannot be such a thing as true life without praise." Isa. 38:19 says: *"The living, the living, he thanks you..."* Choose a New Order Psalm from the list to the left and recite it together with joy.





New Order

