

Welcome



Psalms: Discussion Based Class



Introduction Week Schedule

- **Welcome/Announcements**
- **Introductions**
- **Casting the Vision**
- **Workbook Overview**
- **Background of Psalms**
- **Theology of Emotions**
- **Prayer**



Who are we:



Table Discussion:

Introduce Yourself

What brought you to WBF?

Why this class?



Table Discussion:

What are you hoping to get out of our time together in class this semester?

What would you like to grow in?



Workbook Overview



Scan to listen to the Psalms playlist



Explicit Attributes

Stated Clearly and Directly

Psalm 116:5

“The Lord is gracious and righteous.
Our God is full of compassion”

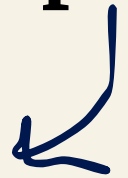


Implicit Attributes

Something that is understood or suggested without being directly stated.

Psalm 139:7-9

Omnipresent

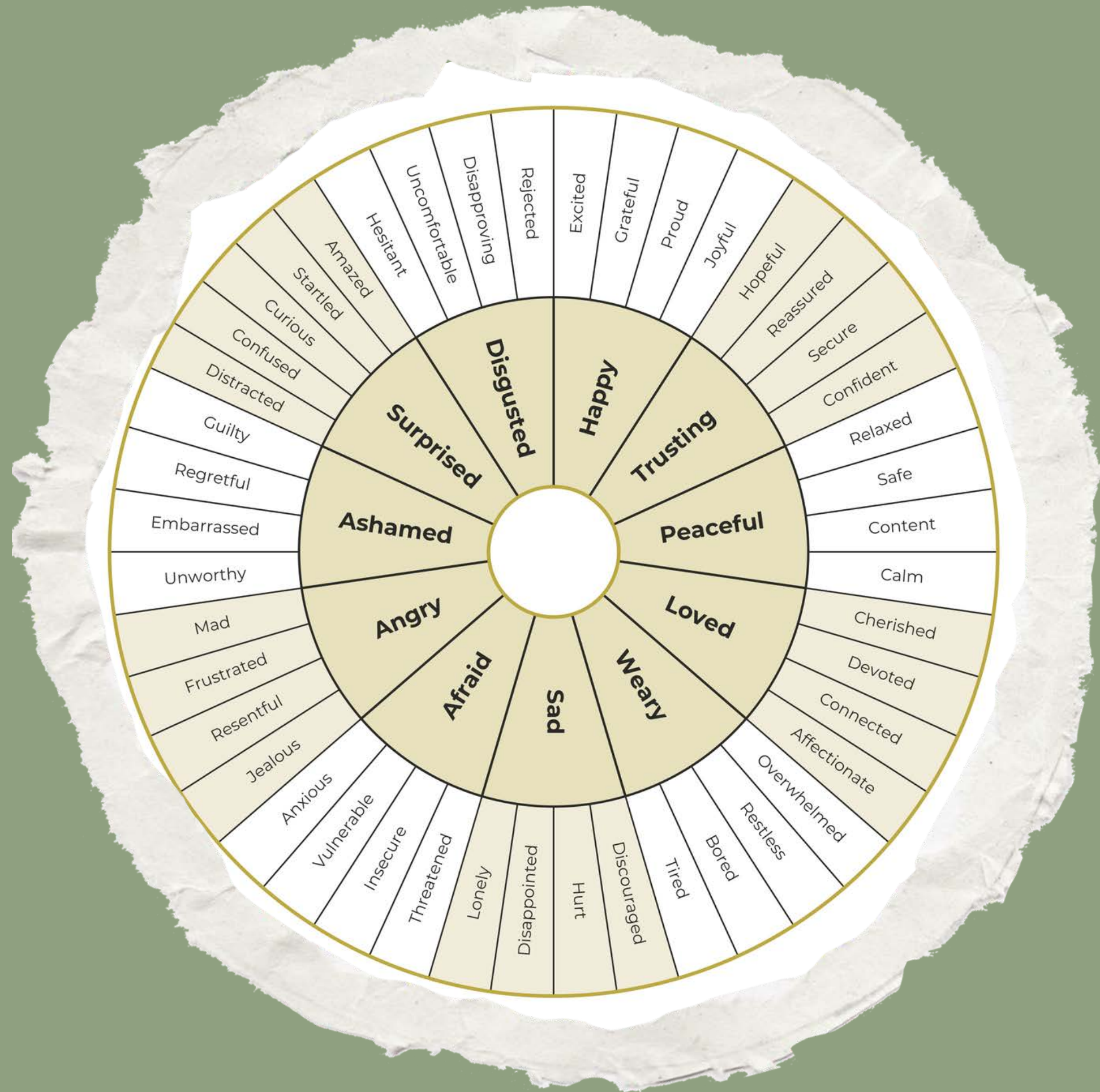


“Where shall I go from your Spirit?
Or where shall I flee from your presence?
If I ascend to heaven, you are there!
If I make my bed in Sheol, you are there!”



**“.... an anatomy of all parts of the soul;
for there is not an emotion of which
any one can be conscious that is not
here represented as in a mirror.”**

John Calvin



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.

attentive
near

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.

↳ their time is coming.

In You Do I Take Refuge

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grace
merc
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good
love

For the ev





OBSERVATION | What does it say?

Repeated words, phrases, concepts: Note these below or highlight them in the text.

delivers,
praise, boast, magnify
fear of the Lord
good.

→ all relational language
Sought, seek, look to,
refuge, taste/see
enjoy, pursue

Affliction/troubles

Grammatical elements: Look for tense, if → then statements, comparisons, conjunctions - for, but, therefore, etc.

vs 11 If you listen, I will teach you

vs. 12 - want to see good?
keep your tongue from evil,
speaking deceit

vs. 19 many afflictions but the Lord delivers
vs 10 the young lions suffer want & hunger. But those who seek the Lord lack no good thing

Lists: Look for ways to categorize the text.

The Righteous
Disposition (Fear of the Lord)

oblessing at all times

o Continually Praising

o humble

o rejoice

o seek the Lord (vs. 4, 10)

o look to Him (vs. 5)

o humble, meek (vs. 6)

o taste & see

o take refuge (8)(22)

fear Him (vs. 7, 9)(2)

cry out (15, 17)

many afflictions,
troubles,
brokenhearted,
crushed in spirit (17, 18)

The Wicked/
Unrighteous

suffer want & hunger (vs. 10)

- memory of them cut off (vs. 16)

- Affliction will slay them (21)

- Hate the righteous (21)

- Condemned (vs. 21)

God's Actions

answers (vs. 4)

delivers (vs. 4)(vs. 7)(vs. 17)

make radiant (vs. 5)

cover (vs. 5)

heard (vs. 6, 17)

saved (vs. 6, 18)

encamps (vs. 7)

He sees (15)

He hears (15)

His fall is against evil (vs. 16)

near (18) keeps (20)

redeems (vs. 22)

Questions: Interrogate the text. What questions come to mind? Include words that are helpful to define.

fear

What are the different types of afflictions -
where is there a difference?





Psalms

Background of Psalms



Psalms

150 PSALMS

THE PSALMISTS

Who wrote the book of Psalms

73

DAVID

up to 85, by tradition

50

ANONYMOUS

no named author

12

ASAPH

& his sons

11

KORAH

his sons

MINOR CONTRIBUTORS

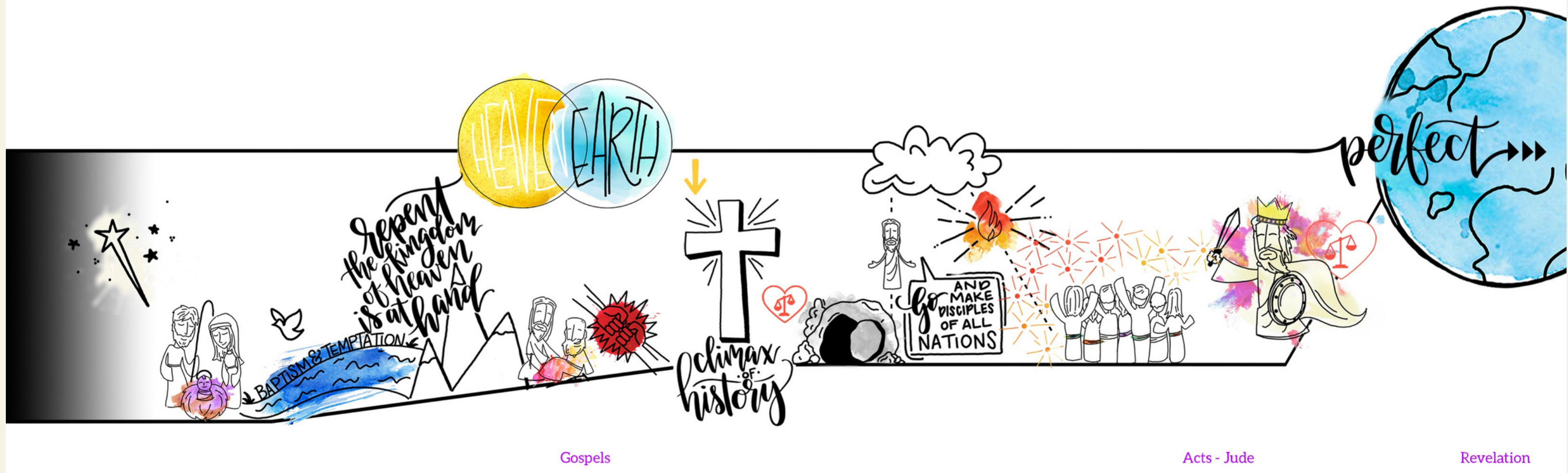
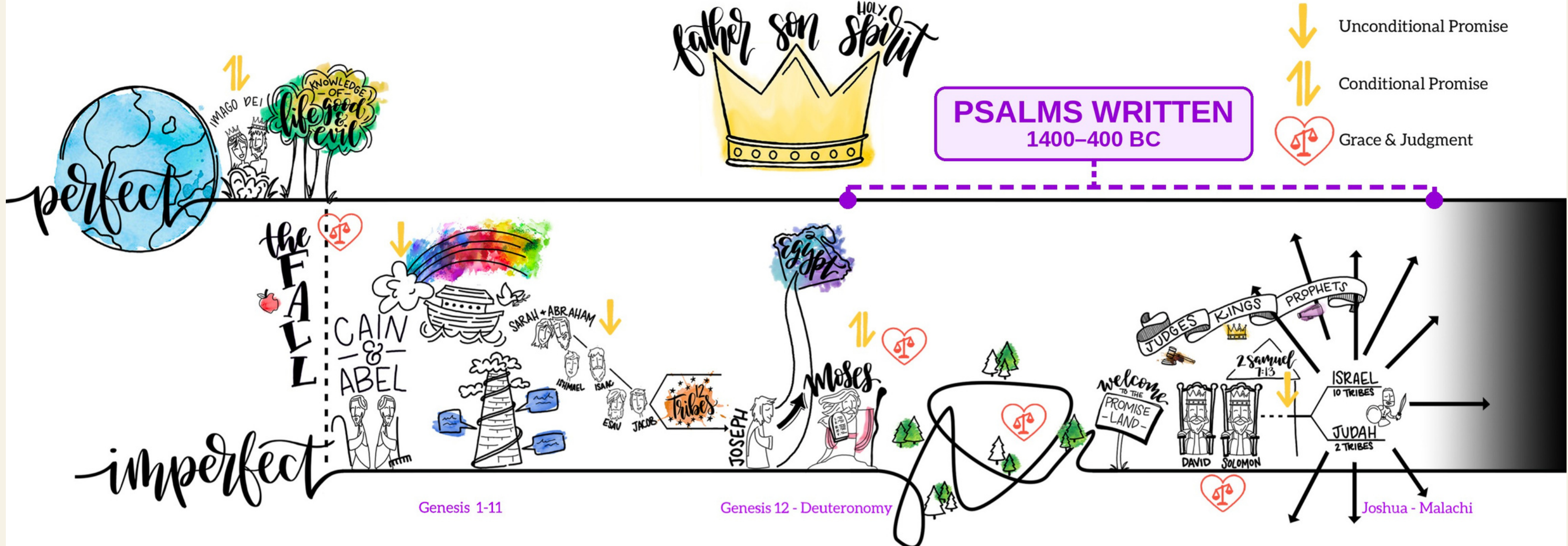
2 Solomon

1 Moses

1 Ethan
the Ezrahite

~1 Heman
the Ezrahite

$73 + 50 + 12 + 11 + 2 + 1 + 1 + 1 \approx 150$ Psalms



Parallelism

Two lines conveying the same or related idea for emphasis.

Psalm 19:1

“The heavens declare the glory of God, and the sky above proclaims his handiwork.”



Simile & Metaphor

Comparison of 2 things
(Simile uses like or as; Metaphor doesn't).

Psalm 1:3

“He is like a tree planted by streams of water...”

Psalm 18:2

“The LORD is my rock and my fortress and my deliverer...”



Personification

Human attributes given to something non-human

Psalm 98:8

“Let the rivers clap their hands;
let the hills sing for joy together.”



Psalms

Absolute for Relative (Hyperbole)

Purposeful exaggerated speech to express a truth.

Psalm 88:3

“For my soul is full of troubles,
and my life draws near to Sheol.”



Psalms



Psalms

Theology of Emotions/ Application of Psalms

Two Common Pitfalls

Chief Operating Mode



“EMOTIONS ARE EVERYTHING”

Core Belief

What you feel becomes the absolute most important thing about you.

Internal Dynamic

Emotions act as a “mini master,” relentlessly demanding your utmost attention.

The Fallacy

Equates feeling an emotion intensely with it being the absolute truth.

Hibernation Mode



“EMOTIONS ARE NOTHING”

Core Belief

What you feel is deeply mistrusted, entirely ignored, or buried.

Internal Dynamic

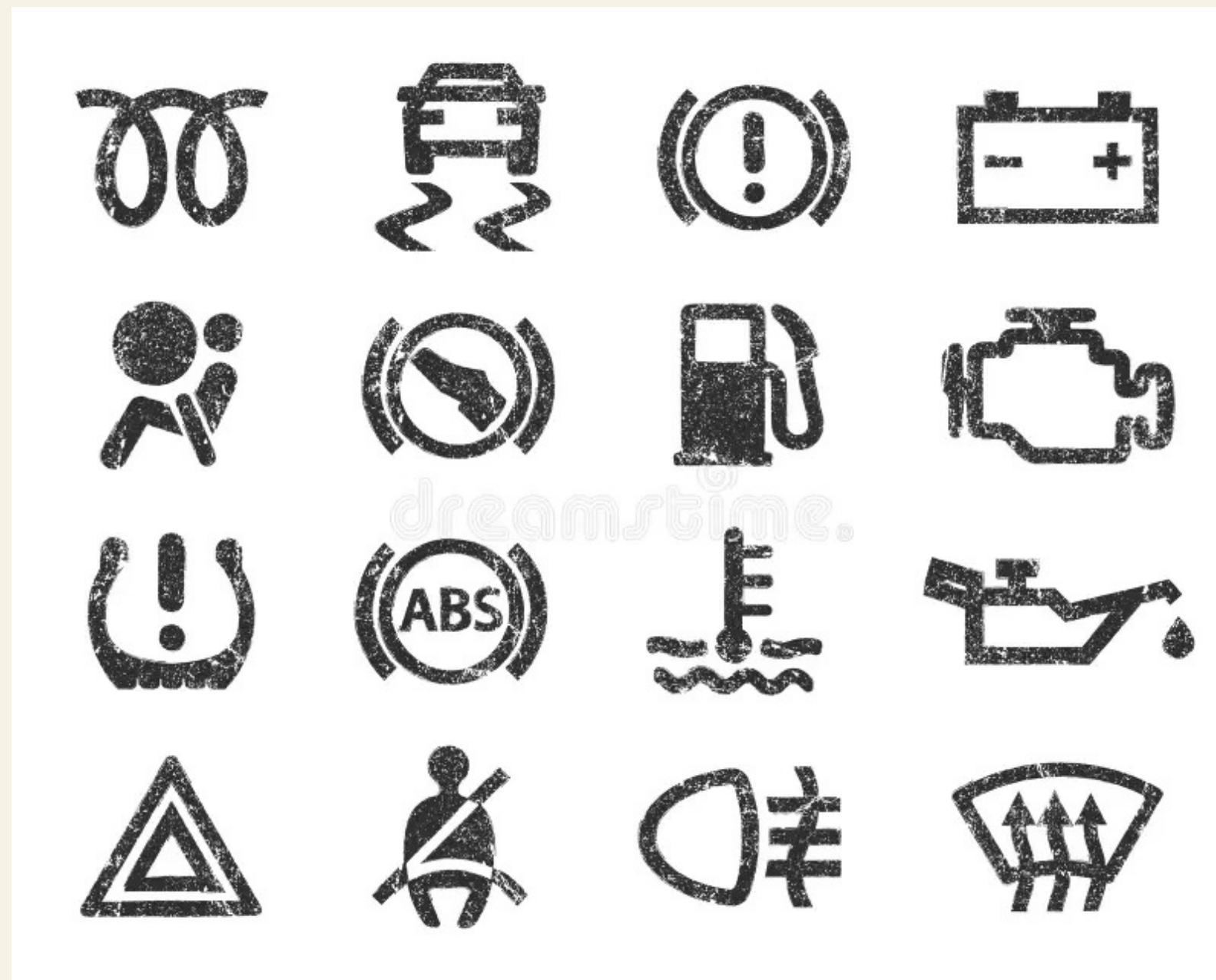
Builds defensive walls higher in your soul to allow nothing to touch you.

The Fallacy

Equates feeling uncomfortable with a need to feel absolutely nothing at all.



**How does a Biblical worldview shape our
understanding of emotions?**



- revealing the **treasure system** that is operating in our hearts.
- our emotions flow out of what we **love**.



“Even the most problematic emotions
are never the true problem.

The true problem is the collection of
warped loves of our hearts and the
shattering of God’s good design.”

Alastair Groves

Untangling Emotions



**What does engaging God in your
emotions practically look like?**

Run to God Talk to Him

Any Moment, Any Time

Psalm 62:8

“Trust in Him at all times, O people;
Pour out your heart before him;
God is a refuge for us.”



Encouragement:

Christ went first.

He is our forerunner!



Psalms

Psalm 22:1

**“My God, My God, why
have you forsaken me?”**

Our Savior **engaged** with His Father in His darkest moment.



Psalms

Psalms 46:1

**“God is a refuge and strength, a very
present help in time of trouble.”**

Psalms 34:1

**“I will bless the LORD at all times,
His praise shall continually
be in my mouth.”**



Join us in prayer as we close



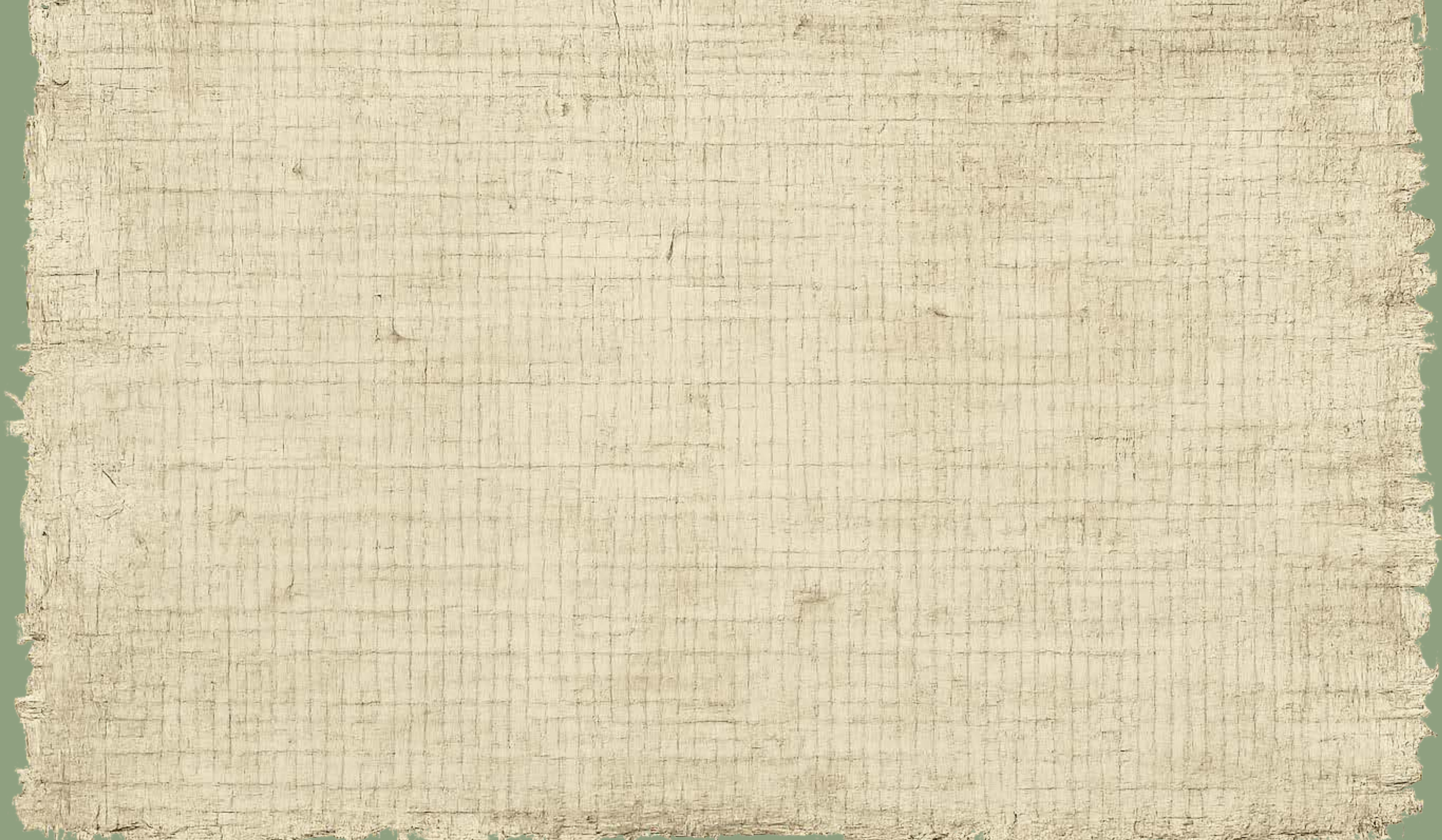
WBF
WOMEN'S BIBLE FELLOWSHIP



*Thank you for
joining us this week!*

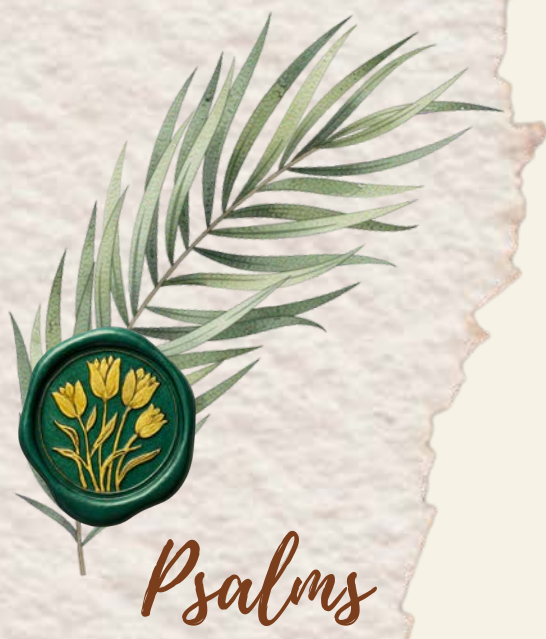
Please remember to pick up your children by 11:00







Psalms



Psalms

