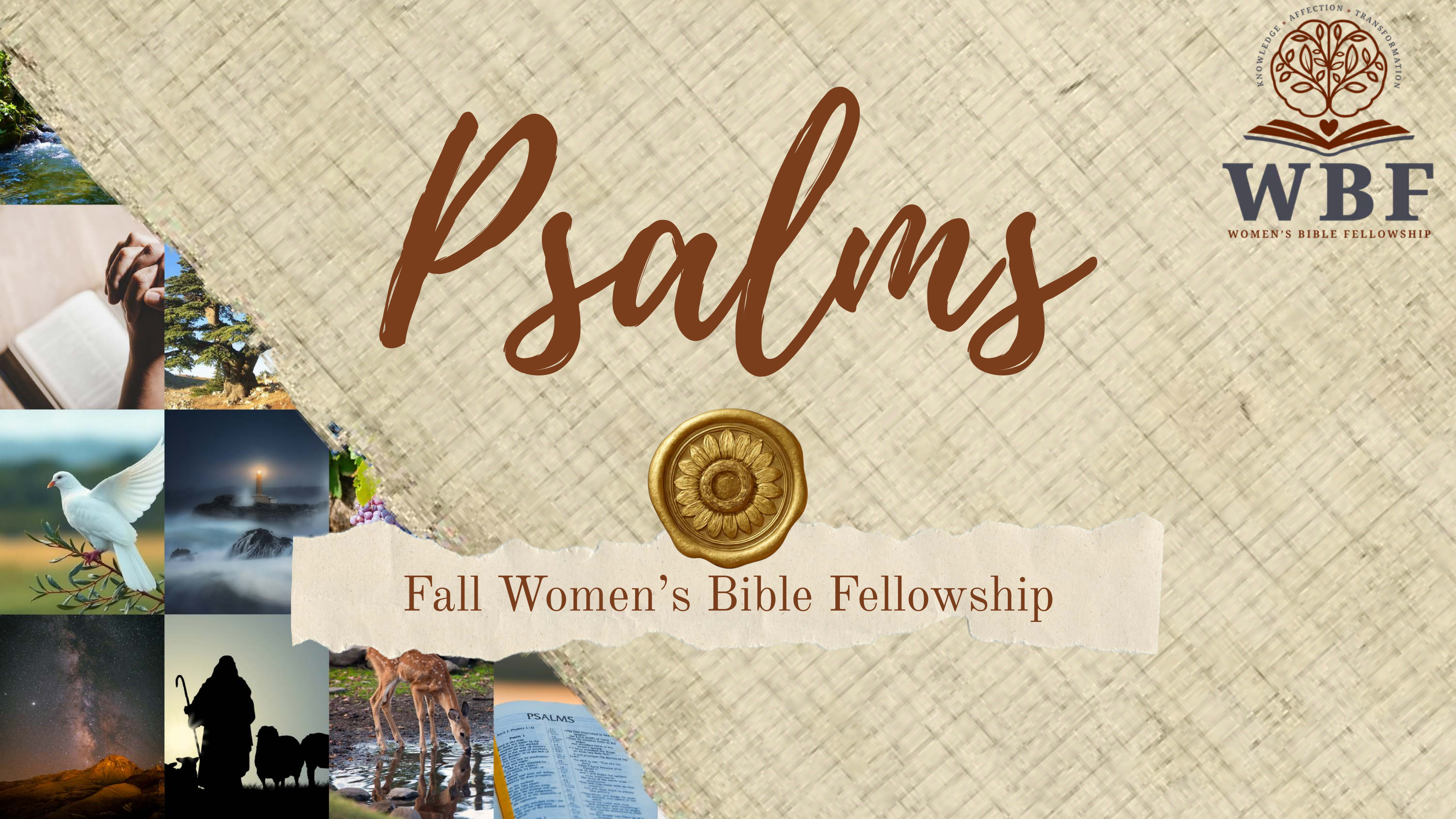




Psalms



Fall Women's Bible Fellowship



Psalm 34 & 37

**READING:
PSALMS 21-41**



Weekly Class Schedule

9:05 - 9:20 Opening & Psalm 1 Recitation

9:20 - 9:45 Table Discussion

9:45 - 10:10 Large Group: Q & A

10:10 - 10:20 Application

10:20–10:40 - Wrap-Up

10:40-10:45 - Responsive Prayer



Psalms

Acrostic

a poem where the first letter of each verse is a successive letter of the Hebrew alphabet.





PSALM 34

Westminster Leningrad Codex <http://tanach.us>
World English Bible <http://wEBible.org>

Scholar's Gateway <http://scholarsgateway.com>
Blue Letter Bible <http://blueletterbible.org/>

basics of the bible.org

לְדוֹד בְּשָׁנוֹתוֹ אֶתְסַעֲמוּ לִפְנֵי אֲבִימֶלֶךְ וַיִּגְרֶשְׁהוּ וַיֵּלֶךְ׃

אֲבָרְכָה אֶת־יְהוָה בְּכָל־עֵת תָּמִיד תִּהְיֶה בִּפְּי׃

בִּיהוָה תִּתְהַלֵּל נַפְשִׁי יִשְׁמְעוּ עַמּוּיִם וַיִּשְׁמְחוּ׃

גִּדְּלוּ לַיהוָה אֶת־י וְנִרְמָמָה שְׁמוֹ יַחְדָּו׃

דְּרָשְׁתִּי אֶת־יְהוָה וְנִגְנִי וּמִקְלָטוֹתַי הַצִּילֵנִי׃

הִבִּיטוּ אֵלָיו וְנִהְרֻ וּפְנֵיהֶם אֵלֶיךָ׃

זֶה עָנִי קָרָא וַיִּהְיֶה שָׁמַע וּמִקְלָטוֹתָיו הוֹשִׁיעוּ׃

חָנָה מִלֹּאֲיִהוָה סָבִיב לִירְאָיו וַיִּחְלָצֵם׃

טַעֲמוּ וּרְאוּ כִּי־טוֹב יְהוָה אֲשֶׁר־יִחְסְהוּ׃

יִרְאוּ אֶת־יְהוָה קִדְּשׁוּ כִּי־אֵין מִחְסוֹר לִירְאָיו׃

כִּפְיָם רָשׁוּ וַרְעִבוּ וּדְרָשׁוּ יְהוָה לֹא־יִחְסְרוּ כְּלָטוֹב׃

לְכוֹבְנִים שָׁמְעוּלִי יִרְאֵת יְהוָה אֶלְמֹדֶכֶם׃

מִי־הָאִישׁ הִחֲפֵץ חַיִּים אֲהֵב יָמִים לְרֹאוֹת טוֹב׃

נִצַּר לְשׁוֹנֶךְ מֶרֶע וּשְׁפָתֶיךָ מִדְּבַר מַרְמָה׃

סוֹר מֶרֶע וַעֲשֵׂה־טוֹב בִּקְשׁ שָׁלוֹם וַיִּרְדְּפֵהוּ׃

עֵינָי יְהוָה אֶלְצַדִּיקִים וְאָזְנוֹי אֶל־שׁוֹעֲתָם׃

פִּנִּי יְהוָה בַּעֲשֵׂי רָע לַהֲכָרִית מֵאֶרֶץ זָכָרִם׃

צִעְקוּ וַיִּהְיֶה שָׁמַע וּמִקְלָטוֹתָם הַצִּילָם׃

קָרֹב יְהוָה לְנִשְׁבְּרֵי־לֵב וְאֶת־דֹּכְאֵירוּחַ יוֹשִׁיעַ׃

רַבּוֹת רַעוֹת צָדִיק וּמִקְלָם יִצִּילֵנוּ יְהוָה׃

שֹׁמֵר כְּלַעֲצֻמוֹתָיו אֶחָת מֵהֵנָּה לֹא נִשְׁבְּרָה׃

תָּמוֹת רָשָׁע וְרָעָה וְשֹׁנְאֵי צָדִיק יִאֲשָׁמוּ׃

פֹּדֶה יְהוָה נַפְשׁ עַבְדּוֹ וְלֹא יִאֲשָׁמוּ כְּלֹהֲחִסִּים בּוֹ׃

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By David; when he pretended to be insane before Abimelech, who drove him away, and he departed.

¹³⁸⁸ I will **bless** **Yahweh** at all times. His praise will always be in my mouth.

¹⁰⁶⁸ My soul shall boast in **Yahweh**. The humble shall hear of it, and be glad.

¹⁴³¹ Oh **magnify** **Yahweh** with me. Let us exalt his name together.

¹⁸⁷⁵ I **sought** **Yahweh**, and he answered me, and delivered me from all my fears.

⁵⁰²⁷ They **looked** to him, and were radiant. Their faces shall never be covered with shame.

²⁰⁸⁸ **This** poor man cried, and **Yahweh** heard him, and saved him out of all his troubles.

³⁵⁸³ **Yahweh's** angel **encamps** around those who fear him, and delivers them.

²⁹³⁸ Oh **taste** and see that **Yahweh** is good. Blessed is the man who takes refuge in him.

¹³⁷² Oh **fear** **Yahweh**, you his saints, for there is no lack with those who fear him.

¹⁷¹⁵ The **young lions** do lack, and suffer hunger, but those who seek **Yahweh** shall not lack any good thing.

¹⁹⁶⁰ **Come**, you children, listen to me. I will teach you the fear of **Yahweh**.

⁴³¹⁰ **Who** is someone who desires life, and loves many days, that he may see good?

⁵¹⁴¹ **Keep** your tongue from evil, and your lips from speaking lies.

⁵⁴⁹³ **Depart** from evil, and do good. Seek peace, and pursue it.

⁵⁸⁶⁹ **Yahweh's** **eyes** are toward the righteous. His ears listen to their cry.

⁶⁴⁴⁰ **Yahweh's** **face** is against those who do evil, to cut off their memory from the earth.

⁶⁸¹⁷ The righteous **cry**, and **Yahweh** hears, and delivers them out of all their troubles.

⁷¹³⁸ **Yahweh** is **near** to those who have a broken heart, and saves those who have a crushed spirit.

⁷²²⁷ **Many** are the afflictions of the righteous, but **Yahweh** delivers him out of them all.

⁸³⁰⁴ He **protects** all of his bones. Not one of them is broken.

⁴¹⁹¹ Evil shall **kill** the wicked. Those who hate the righteous shall be condemned.

⁶²⁹⁹ **Yahweh** **redeems** the soul of his servants. None of those who take refuge in him shall be condemned.

First

vav omitted

Middle

learn אלף

tav is last letter of Hebrew alphabet

Last



1. Emphasizes a complete thought and expresses the comprehensiveness nature of a topic. Helps draw out main point
2. Would have made it easier to memorize.



Psalm 1

1 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[b] 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.



Table Discussion Time

Observation • Interpretation •
Main Points / Timeless Truths

*Use the workbook questions to help
guide your discussion.*



🕒 9:20 - 9:45



JUST A REMINDER...

5 minutes

Large Group: Class Discussion



Psalms

🕒 9:45-10:10

Application at Tables & Large Group Response



🕒 10:10-10:20



Wraps-Up

🕒 10:20-10:40

Hardship

- **Fears (34:4)**
- **Troubles (34:6,17)**
- **Afflictions (34:19,21)**
- **Times of Trouble (37:39)**



Enemies Outwardly

- **“Wicked”**
- **“Those who do evil”**
- **“Evildoers”**
- **“Wrongdoers”**



Two Paths



Psalms

**“Come, O Children,
listen to me”**

Psalm 34:11

**“I have been young,
and now I am old.”**

Psalm 37:25



Psalms

**“but he who fails to find
me injures himself; all
who hate me love death.”**

Proverbs 8:36



Psalms

How do we
grow in wisdom
and stay on the
“blessed” path?



“Come, O Children, listen
to me; and I will teach you
the fear of the Lord.”

Psalms 34:11



Fear of the Lord

a submissive reverence,
awe, and respect for God.

“Come, O children, listen to me;
and I will teach you the **fear of the Lord.**” (Psalm 34:11)



Growth: As you gaze

Seeking(34:4,10)

Looking (34:5)

Committing to (37:5)

Trusting in (37:3,5)



Psalms

God's Attributes

near - Ps. 34:18

delivers - Ps. 34:4,7,17,19, 37:40

hears - Ps. 34:6, 15, 17,

redeems - Ps. 34:22

upholds us - Ps. 34:20, 37:17, 24

will bring justice - Ps 37:6



Growth: As you feast

Taste and See (Psalm 34:8)

Delight yourself in (Psalm 37:4, 23)



Psalms



Psalms

Lack:

The state of being in want
or in need.

“I don’t have enough for whatever
circumstance I am up against.”



Warning:

It is alluring to find
rest/seek refuge in
something (or someone)
other than God.



**“Affliction will slay the wicked, and
those who hate the righteous will be
condemned.”**

Psalm 34:21

“They will perish & fade away.”

Psalm 1, 37



Psalms

**“The discerning sets his face
towards wisdom.”**

Proverbs 17:24



In the face of many
fears, only holy fear
can quiet all others.

*"I sought the Lord, and He answered me, and
delivered me from all my fears."*

Psalm 34:4



"Taste and see that
the Lord is good.

Blessed is the man who
takes refuge in Him."

Psalms 34:8



Good:
of highest quality and
excellence; benevolent
toward all He has made.



“But when the goodness and loving kindness of God our Savior appeared, he saved us, not because of works done by us in righteousness, but according to his own mercy...”

Titus 3:4-7



Psalms

**“The Lord is my Shepherd,
I shall not want.”**

Psalm 23:1

Paraphrase:

**“I lack nothing,
in Him I have all I need.**



“Their day is coming”

(Psalm 37:13),

and so is yours.

(Psalm 37:18)”



**“Oh, magnify the LORD
with me, and let us exalt
His name together.”**

Psalm 34:3

Table time: Responsive Prayer



🕒 10:40-10:45



*Thank you for
joining us this week!*

Please remember to pick up your children by 11:00



Type your text



Psalms



Psalms

