



# INTRODUCTION TO PSALMS WEEKLY READING

## INTRODUCTION TO STUDYING THE BOOK OF PSALMS

Psalms is a book of poetry with 150 chapters. The Hebrew title of this book means “songs of praise”, while the Greek title *Psalmoi*, has come to mean “sacred songs sung to musical accompaniment.”

The words of many beloved hymns and contemporary worship songs are taken directly from Psalms. Although David is credited with writing seventy three of the poems, other contributions include Moses, Solomon, Asaph, and the Songs of Korah. The entire collection is thought to have compiled over a period of a thousand years.

The Psalms are traditionally divided into five “books”, possibly to reflect the five books of the Torah—Genesis, Exodus, Leviticus, Numbers and Deuteronomy.

### IN SUMMARY

**Book One:** Psalms 1-41 Emphasize how God is *beside* us.

**Book Two:** Psalms 42-72 Here the attention is given to how God goes *before* us.

**Book Three:** Psalms 73-89 reminds us that God is all *around* us.

**Book Four:** Psalms 90-106 focuses on how God is *above* us.

**Book Five:** Psalms 107-150, the spotlight is on how God is *among* us.

Book 1: [Psalms 1–41](#)

[Psalms 1–2](#) provide an introduction to the Psalms as a whole. Except for [Psalms 10 and 33](#), the remaining psalms of Book 1 are psalms of David. Most of them are prayers of distress. Others are statements of confidence in the God who alone can save (e.g., 9; 11; 16; 18), striking the note that concludes the book ([40–41](#)). Reflections on ethics and worship are found in [Psalms 1; 14–15; 19; 24; and 26](#).