

## 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)

## Psalms - Journal

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

## Psalms - Journal

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

## Psalms - Journal

### 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

-

#### 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)

## Psalms - Journal

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

## Psalms - Journal

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

-

### 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)

## Psalms - Journal

### 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

-

## 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)



## Psalms - Journal

### 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)

## Psalms - Journal

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)

## Psalms - Journal

### 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)

## Psalms - Journal

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)

## Psalms - Journal

### Psalm 17 - Prayer for Protection

Parallel Scripture: I Samuel 25-27

#### Outline

- I. Hear My Cause (1-5)
- II. Hide Me from My Enemies (6-12)
- III. Deliver Me with Your Sword (13-15)

#### God's Character

- He does answer the prayers of His children (6)
- He shows His lovingkindness to those who take refuge in Him (7)
- God is our defender and fights on our behalf (13)

#### Names of God

- 
- 

#### Instructions

- behold God's face in righteousness (15)
- Be satisfied with God's likeness all day long (15)

#### Prayer

- Give heed to my cry and judge righteously (1-2)
- Keep me as the apple of your eye (8) - protect me

## Psalms - Journal

### Psalm 35 - Rescue Me from My Enemies

Parallel Scripture: I Samuel 25-27

#### Outline

- I. Contend for Me, O Lord (1-16)
- II. Don't Let My Enemies Rejoice over Me (17-21)
- III. Stir Yourself Up for Me (22-26)
- IV. Declare Praise to the Lord (27-28)

#### God's Character

- God rises up to help His children (2)
- God delivers out of the hands of the wicked (10)

#### Names of God

- God our salvation (3)
- 

#### Instructions

- my soul shall rejoice in the Lord and exult in His salvation (9)
- Give thanks and praise God (18)
- Declare God's righteousness and His praise all day long (28)

#### Prayer

- Let those who come against me be turned back and humiliated (4)
- How long will You look on, rescue my soul (17)
- Don't let the wicked rejoice over me (19)
- God, You know the truth, don't keep silent (22)
- Judge me according to your righteousness (24)



## Psalms - Journal

### Psalm 54 - Defense Against My Enemies

Parallel Scripture: I Samuel 26

#### Outline

- I. Vindicate Me by Your Power (1-3)
- II. God Sustains Me (4-7)

#### God's Character

- God will recompense the evil to my foes (5)
- God delivers me from trouble (7)

#### Names of God

- He is my Helper (4)
- Sustainer of my soul (4)

#### Instructions

- Sacrifice to the Lord (Ro 12:1-2) and give thanks to His name (6)

#### Prayer

- Save me by Your name (1)
- Hear my prayer (2)

## Psalms - Journal

### Psalm 63 - God Satisfies a Thirsty Soul

Parallel Scripture: I Samuel 27

#### Outline

- I. O God, You Are My God (1-5)
- II. God Is My Help (6-11)

#### God's Character

- Great power and glory (2)
- His loving kindness is better than life (3)
- Your right hand upholds me (8)

#### Names of God

- My help (7)

#### Instructions

- seek God earnestly (1)
- Praise God (3)
- Bless the Lord and lift your hands to Him (4) - James 1:17
- Have joy and satisfaction (5)
- Meditate on God (6)
- Sing for joy in the shadow of His wings (7)
- Hold fast to the Lord (8)

#### Prayer

- 
-

Psalm 18 - Praise for Deliverance

Parallel Scripture: I Samuel 31

Outline

- I. Prayer for Deliverance (1-3)
- II. His Distress and Cry for Help (4-6)
- III. God's Response (7-15)
- IV. Deliverance from His Strong Enemy (16-19)
- V. God's Response to David's Integrity (20-24)
- VI. God's Response to Various People (25-29)
- VII. Character of God (30-36)
- VIII. Victory over Enemies (37-42)
- IX. Praise to Almighty God (43-50)

God's Character

- He is the one in whom we can take refuge (2)
- Worthy to be praised (3)
- Saves His people from their enemies (3)
- God hears our voice (6)
- God delivers from the strong enemy (17)
- He is our stay - He is the place we hang onto (18)
- God delights in His people (19)
- God rewards our righteousness (20)
- God sets us on high places (33)
- He strengthens us for battle (34)
- He upholds us and in His gentleness makes us great (35)
- He girds us with strength for battle (39) - Eph 6:18-ff

Names of God

- My Strength (1)
- My Rock (2)
- My Fortress
- My Deliverer
- My Shield
- Horn of my Salvation
- My stronghold
- Most High (13)

Instructions

- keep the ways of the Lord (21)
- Keep ourselves from iniquity (23)
- Give thanks and sing praises to His name (49)

## Psalms - Journal

Psalm 121 - Lord, Keeper of Israel

Parallel Scripture: I Samuel 29-31

### Outline

- My Help Comes from the Lord (1-4)
- He Will Keep Your Soul (5-8)

### God's Character

- My help comes from the Lord (2)
- He is the maker of heaven and earth (2)
- He will not allow your foot to slip (3)
- He does not slumber or sleep (3-4)
- The Lord will protect you from evil (7)

### Names of God

- He is our keeper (5)

### Instructions

### Prayer

- 
-

## Psalms - Journal

Psalm 123 - Prayer for the Lord's Help

Parallel Scripture: I Samuel 29-31

### Outline

- I. Look to the Lord (1-2)
- II. Be Gracious to Us, Lord (3-4)

### God's Character

- Enthroned in the heavens (1)
- He is gracious to us (2)

### Names of God

### Instructions

- Look to the Lord our God (2)

### Prayer

- Be gracious to us (3)

## Psalms - Journal

Psalm 124 - Praise for Rescue

Parallel Scripture: I Samuel 29-31

### Outline

- I. The Lord Is On Our Side (1-5)
- II. Our Help Is in the Lord (6-8)

### God's Character

- Help is in the name of the Lord (8)
- Maker of the heavens and earth (8)

### Names of God

-

### Instructions

### Prayer

- May the Lord be on our side so we are not swept away (1-5)
- Blessed be the Lord, He is our protection (6-7)

## Psalms - Journal

Psalm 125 - The Surrounds His People

Parallel Scripture: I Samuel 29-31

### Outline

- I. The Lord Surrounds His People (1-3)
- II. Do Good to Those Who Are Good (4-5)

### God's Character

- The Lord surrounds His people forever (1-2)
- Wickedness will not rest upon God's land - the land of the righteous (3)

### Names of God

- 
- 

### Instructions

### Prayer

- Do good to those who are good (4)
- God will lead away the doers of iniquity who have turned to their crooked ways (4-5)
- Peace be upon Israel (5) - we know peace will come when Jesus returns

## Psalms - Journal

Psalm 128 - Blessings for Those Who Fear the Lord

Parallel Scripture: I Samuel 29-31

### Outline

- I. Blessed Are Those Who Fear the Lord (1-4)
- II. Peace Upon Israel (5-6)

### God's Character

- 
- 

### Names of God

- 
- 

### Instructions

- fear the Lord and walk in His ways (1)

### Prayer

- Prayer over Jerusalem that she would see good days and have peace (2-6)



## Psalms - Journal

Psalm 129 - Overthrow of Zion's Enemies

Parallel Scripture: I Samuel 29-31

### Outline

- I. The Lord Is Righteous (1-4)
- II. May His Enemies Be Put to Shame (5-8)

### God's Character

- He will keep the enemy from prevailing (2)
- He is righteous (4)

### Names of God

- 
- 

### Instructions

### Prayer

- 
-

## Psalms - Journal

### Psalm 130 - Hope in the Lord's Forgiving Love

Parallel Scripture: I Samuel 29-31

#### Outline

- I. Forgiveness with the Lord (1-4)
- II. Wait Upon the Lord (5-8)

#### God's Character

- There is forgiveness in God (4)
- Lovingkindness (7)
- There is abundant redemption (7)

#### Names of God

- 
- 

#### Instructions

- we need to cry out to the Lord in the depths of our life (1)
- Wait for the Lord (5)
- Hope in His Word (5)
- Hope in the Lord (7)

#### Prayer

- Lord, hear my voice and my supplications, be attentive to me (2) - Jn 9:31

## Psalms - Journal

### Psalm 6 - Mercy in Times of Trouble

Parallel Scripture: II Samuel 1-4

#### Outline

- I. Be Gracious To Me (1-3)
- II. Rescue My Soul (4-5)
- III. I Am Weary (6-7)
- IV. Lord Hears My Supplication (8-10)

#### God's Character

- Lovingkindness (4)
- The Lord hears us when we weep (8)
- Lord hears my supplications and receives my prayer (9)

#### Names of God

- 
- 

#### Instructions

- 

#### Prayer

- Don't rebuke me in Your anger (1)
- Be gracious to me and heal me (2)
- How long? (3)
- Rescue me - save me out of your lovingkindness (4)

## Psalms - Journal

### Psalm 8 - Lord's Glory and Man's Dignity

Parallel Scripture: II Samuel 1-4

#### Outline

- I. How Majestic Is the Lord (1-2)
- II. Work of the Lord (3-8)
- III. Name Majestic in All the Earth (9)

#### God's Character

- He has a majestic name (1, 9)
- His splendor is above the heavens (1)
- He has established strength (2)
- Works of God's fingers - the heavens - He has ordained them (3)
- Man is cared for by God - Why? (4)
- He crowns man with glory and majesty (5)
- God made man to be ruler of the works of God's hand and put all things under his feet (6)

#### Names of God

- 
- 

#### Instructions

- 

#### Prayer

-

Psalm 9 - Song of Thanksgiving for God's Justice

Parallel Scripture: II Samuel 1-4

Outline

- I. I Will Exalt in You (1-2)
- II. My Enemies Perish Before You (3-6)
- III. God Judges the World in Righteousness (7-10)
- IV. Sing Praises to the Lord(11-16)
- V. The Nations Are Judged Before Him (17-20)

God's Character

- He judges righteously (4)
- He will rebuke the nations - destroy the wicked (5)
- He uproots cities and makes them perish (6)
- Abides forever (7)
- He established His throne for judgment with fairness (7-8)
- He doesn't forget the cry of the afflicted (12)
- He makes Himself known (16 - cf Ro 1:18-ff)

Names of God

- Most High (2)
- My stronghold in times of trouble (9)

Instructions

- Give thanks to the Lord with all your heart (1)
- Tell of His wonders (1)
- Be glad and exult in God (2)
- Sing praise to His name (2)
- Rejoice in your salvation (14)

Prayer

- Be gracious to me and see those who afflict me (13)
- Don't let men prevail (19)
- Let the nations be judged before you (19)
- Put them in fear of the Lord (20)
- Let the nations know that they are but men (20)

## Psalms - Journal

### Psalm 10 - Overthrow of the Wicked

Parallel Scripture: II Samuel 1-4

#### Outline

- I. Why Does God Hide Himself (1-2)
- II. The Greedy Curse the Lord (3-4)
- III. Haughtiness of the Wicked (5-11)
- IV. Do Not Forget the Afflicted (12-15)
- V. The Lord Is King Forever (16-18)

#### God's Character

- God's judgments are out of the wicked's sight (5)
- God sees all that the wicked do and takes it into His hand (14)
- God helps those who are in need (14)
- Nations have perished from His land (16)
- God has heard the desire of the humble - He will strengthen their heart and will vindicate them (17-18)

#### Names of God

- Eternal King (16)

#### Instructions

-

#### Prayer

- Why do You hide yourself from me in times of trouble? (1)
- Let the wicked be caught in their own plots (2)
- Don't forget about the afflicted (12)
- Seek out wickedness and deal with it (15)

## Psalms - Journal

Psalm 14 - Folly of Men

Parallel Scripture: II Samuel 1-4

### Outline

- I. Indictment Against Humanity (1-3)
- II. Wicked's Ignorance of God (4-6)
- III. Salvation for Israel from the Wicked (7)

### God's Character

- God is surveying the people of this earth (2)
- God will restore His captive people (7)

### Names of God

- Lord is my refuge (6)
- 

### Instructions

-

### Prayer

-

## Psalms - Journal

Psalm 16 - Portion in Life, Deliver in Death

Parallel Scripture: II Samuel 1-4

### Outline

- I. David's Dependence on God (1-4)
- II. David's Satisfaction with God(5-6)
- III. David's Trust in the Lord in Death (7-11)

### God's Character

- God supports my lot (5)
- God is with me and I will not be shaken (8)
- You make known to me the path of life (11)
- In His presence is the fullness of joy (11) - James 1:2-4

### Names of God

- The Lord is my portion and my cup (5)

### Instructions

- Need to bless the Lord who counsels me (7)
- Set the Lord continually before you (8)

### Prayer

-

Cf - Acts 2:25-28 (Peter) Acts 13:35-36 (Paul)



## Psalms - Journal

### Psalm 19 - The Works and the Word of God

Parallel Scripture: II Samuel 1-4

#### Outline

- I. Nature - The Natural Word of God (1-6)
- II. Written Word of God (7-14)

#### God's Character

- All of nature tells of His greatness (1-6)
- His law is perfect - restores the soul (7)
- His testimony is sure (true) - makes the simple wise (7)
- His commands enlighten the eyes (8)
- The fear of the Lord is clean - enduring forever (9)
- God's words are more desirable than gold (9-10)

#### Names of God

- My Rock (14)
- My Redeemer (14)

#### Instructions

#### Prayer

- Show me the hidden faults (12)
- Keep me from presumptuous sins (13)
- Don't allow sin to rule over me (13) - Gen 4:7
- Let the words of my mouth and meditation of my heart be acceptable in Your sight (14)

## Psalms - Journal

Psalm 21 - Praise for Deliverance

Parallel Scripture: II Samuel 1-4

### Outline

- I. Blessings of God (1-6)
- II. Response of the People (7-13)

### God's Character

- Great and mighty are His works (1-6)
- God alone deals with the wicked (7-13)
- Strength and power (13)

### Names of God

- 
- 

### Instructions

- Trust in the Lord (7)
- Trust God to avenge our enemies and not take matters into our own hands (8-10)
- Exalt the Lord and sing praise to Him (13)

### Prayer

-

## Psalms - Journal

Psalm 43 - Rescue Me from Exile

Parallel Scripture: II Samuel 1-4

### Outline

- I. Why Is God Not Helping? (1-2)
- II. Lead Me Back to Jerusalem (3-4)
- III. Praise God No Matter What (5)

### God's Character

- Strength (2)
- God light and truth will lead His people (3)

### Names of God

- Help of my countenance (5)
- 

### Instructions

- Praise the Lord (4)

### Prayer

- Why is my soul in despair? (5)
- Why am I disturbed? (5)
- Hope in God and praise Him (5)
- Help my countenance be lifted up (5)

## Psalms - Journal

Psalm 44 - Plea for Kingship of Israel

Parallel Scripture: II Samuel 1-4

### Outline

- I. Praise God for Help Past (1-3)
- II. Proclaim God's Future Help (4-8)
- III. God's Rejection of Israel (9-16)
- IV. Faithfulness of the People (17-19)
- V. Bewilderment of Their Death (20-22)
- VI. Plea for God's Help (23-26)

### God's Character

- God drove out the nations before us (1-3)
- It is God who empowers man to do anything (5)

### Names of God

- My King (4)

### Instructions

- Can't trust in ourselves (6)
- Boast in the Lord and give thanks to His name (8)

### Prayer

- Don't reject us forever (23)
- Rise up and be our help (26)
- Redeem us for the sake of Your lovingkindness (26)

## Psalms - Journal

### Psalm 45 - Praise to the King at His Wedding

Parallel Scripture: II Samuel 1-4

#### Outline

- I. Description of the King (1-2)
- II. Majesty of the King (3-5)
- III. Rule of the King (6-8)
- IV. Affairs of the King (9-12)
- V. Glory of the Queen (13-15)
- VI. Legacy of the King (16-17)

#### God's Character

- Splendor and majesty (3)
- Reigns victorious in truth, meekness, and righteousness (4)
- His throne is forever (6)
- His kingdom is ruled in uprightness (6)
- He loves righteousness and hates wickedness (7) - He 1:8-9

#### Names of God

- King (1)
- Mighty One (3)

#### Instructions

-

#### Prayer

-

## Psalms - Journal

Psalm 49 - Demise of Wealthy Wicked, Resurrection of Righteous Poor

Parallel Scripture: II Samuel 1-4

### Outline

- I. Call To Listen (1-4)
- II. Don't Fear the Wicked (5-9)
- III. All Will Die (10-12)
- IV. Way of the Foolish/Hope of the Righteous (13-15)
- V. Don't Fear the Wealthy - They Die Too (16-20)

### God's Character

- God redeems my soul from the power of death (15)

### Names of God

-

### Instructions

- Do not be afraid of man who becomes rich - he is just a man (16)

### Prayer

-

## Psalms - Journal

### Psalm 84 - Prayer in the House of the Lord

Parallel Scripture: II Samuel 1-4

#### Outline

- I. House of Yahweh (1-4)
- II. Worshiping God in Zion (5-7)
- III. Troops in the House of God (8-12)

#### God's Character

- He blesses His children (4-5)
- He gives strength (7)
- Gives grace and glory (11)

#### Names of God

- My King (3)
- God of hosts (8, 12)
- God of Jacob (Israel) (8)
- Shield (9)
- Sun (11)

#### Instructions

- Trust in Him (12)

#### Prayer

-

## Psalms - Journal

### Psalm 85 - Past, Present, and Future of Israel

Parallel Scripture: II Samuel 1-4

#### Outline

- I. God's Past Favor - Restoring Israel from Exile (1-3)
- II. Plea for Present Restoration (4-7)
- III. Anticipation of God's Salvation (8-13)

#### God's Character

- God will forgive sin (1-2)
- God will speak peace to His people (8) - Phil 4:4-9
- His salvation is near to those who fear Him (9)
- Lord give what is good (12)

#### Names of God

- God our Salvation (4)
- 

#### Instructions

- Rejoice in Him (6)

#### Prayer

- Restore us (4)
- Show us Your lovingkindness (7)
- Grant us your salvation (7) - salvation = past, present, future
  - Were saved - justification
  - Are being saved - sanctification
  - Will be saved - glorification



## Psalms - Journal

Psalm 87 - Privileges of Citizenship in Zion

Parallel Scripture: II Samuel 1-4

### Outline

#### God's Character

- God loves Israel and her holy city - Jerusalem

#### Names of God

- Most High (5)

-

#### Instructions

-

#### Prayer

-

## Psalms - Journal

### Psalm 73 - Wicked Contrasted to the Righteous

Parallel Scripture: II Samuel 1-4

#### Outline

- I. The Life of the Wicked (1-9)
- II. The Envy of the Righteous (10-14)
- III. Asaph Gains a Godly Perspective (15-20)
- IV. Asaph's Recognition of Dependence on God (21-28)

#### God's Character

- God is good to those who are pure in heart (1)
- God will guide us and then receive us into glory (24)

#### Names of God

- God Most High (11)
- My strength (26)
- My portion forever (26)
- My refuge (28)

#### Instructions

- Come into God's presence to get a proper perspective (17)
- Desire nothing but God (25)
- Tell of God's mighty works (28)

#### Prayer

-

## Psalms - Journal

### Psalm 77 - Comfort in Trouble - God's Mighty Deeds

Parallel Scripture: II Samuel 1-4

#### Outline

- I. Will God Reject Israel (1-10)
- II. God's Faithfulness in the Past (11-15)
- III. Rehearsing God's Past Sovereign Activity (16-20)

#### God's Character

- God's was is holy (13)
- Greater than any other gods (13)
- Works wonders (14)
- His strength He made known to the people (14)
- Redeems His people (15)
- God hears His children crying out to Him (1)

#### Names of God

- Most High God (10)
- 

#### Instructions

- Lift you voice to God (1)
- In trouble, seek God (2)
- Remember the wonders and mighty deeds of God (11)
- Meditate on God's works and deeds (12)

#### Prayer

-

## Psalms - Journal

### Psalm 78 - God Leads Israel Despite of Her Rebellion

Parallel Scripture: II Samuel 1-4

#### Outline

- I. Ways to Teach Your Children (1-4)
- II. Teach Your Children to Trust in God (5-8)
- III. Don't Forget God's Covenant (9-16)
- IV. Rebellion of Doubting (17-20)
- V. God's Anger Is Kindled, Yet He Provides (21-33)
- VI. Israel's Half Hearted Response to Destruction (34-39)
- VII. Rebellion of Forgetfulness of God's Redemptive Power (40-53)
- VIII. Rebellion In Spite of God's Bringing Them Into the Land (54-64)
- IX. God's Remembrance and Restoration (65-72)

#### God's Character

- Compassionate - forgave their iniquity and restrained His anger (38)

#### Names of God

- Their Rock (35)
- Their Redeemer (35)
- Most High God (56)

#### Instructions

- Listen to God instruction (1)
- Tell the generations to come about the praises of the Lord, His strength, and His wondrous works (4)
- Put your confidence in God (7)
- Don't forget God's works and keep His commandments (7)
- Don't be stubborn and rebellious but be faithful to God (8)
- Believe and trust in the Lord (22)
- Remain steadfast toward Him (37)

Ex 17:6 & Num 20:11 - water from the rock

Num 11:31-35 - quail

## Psalms - Journal

### Psalm 81 - Encouragement to Obey God

Parallel Scripture: II Samuel 1-4

#### Outline

- I. Call to Praise (1-5)
- II. God's Redemption, Warning, and Promise (6-10)
- III. God's Persuasion of Disobedient Israel (11-16)

#### God's Character

- God hears when His people call and He rescues them in their obedience to him (7)
- He admonishes His people (8)
- He brought them up from the land of Egypt (10)
- God would quickly subdue the enemies if Israel obeyed (14)

#### Names of God

- He is our strength (1)
- God of Israel (4)
- 

#### Instructions

- Sing for joy and shout joyfully to God (1)
- Open our mouths for God to fill them (10)
- Listen to the Lord and walk in His ways (13)

#### Prayer

-

## Psalms - Journal

### Psalm 88 - A Cry of Distress

Parallel Scripture: II Samuel 1-4

#### Outline

- I. Reasons for the Present Distress (1-9)
- II. Will You Let Us Die? (10-12)
- III. Is God Unfair? (13-18)

#### God's Character

-

#### Names of God

- God of my Salvation (1)

-

#### Instructions

-

#### Prayer

- Hear my prayer (2)

## Psalms - Journal

Psalm 92 - Praise God's Goodness

Parallel Scripture: II Samuel 1-4

### Outline

- I. Expression of Praise (1-4)
- II. God's Triumph Over His Enemies (5-9)
- III. God's Care for the Righteous (10-15)

### God's Character

- Lovingkindness and faithfulness (2)
- God has done wondrous things for us (4)
- His thoughts are deep (5)
- He is on high forever (8)
- He will destroy His enemies (9)
- No unrighteousness in Him (15)

### Names of God

- O Most High (1)
- He is my Rock (15)

### Instructions

- Give thanks and sing praises to His name (1)
- Sing for joy at the works of His hands (4)
- Declare that the Lord is upright (15)

### Prayer

-

## Psalms - Journal

Psalm 93 - Majesty of the Lord

Parallel Scripture: II Samuel 1-4

### Outline

- I. His Omnipotence (1-2)
- II. His Mightiness and Eternal Holiness (3-5)

### God's Character

- He reigns and is clothed in majesty (1)
- He has firmly established the world (1)
- His throne is established forever (2)
- His testimonies are fully confirmed (5)
- Holy (5)

### Names of God

- Mighty Lord (4)
- 

### Instructions

-

### Prayer

-



## Psalms - Journal

### Psalm 102 - Prayer of an Afflicted Man

Parallel Scripture: II Samuel 1-4

#### Outline

- I. Plea for a Quick Response (1-2)
- II. His Crushing Uneasiness (3-11)
- III. God's Eternal Compassion for Zion (12-22)
- IV. Reliance on God's Unchanging Eternity (23-28)

#### God's Character

- He abides forever (12)
- He will take care of His people (13)
- God is compassionate (13)
- Nations will fear God (15)
- God hears the prayers of His people (17)
- God knows all that is happening on earth (19)
- God founded the earth and the heavens are the works of Your hands (25)
- God will create a new Heaven, Earth, and Jerusalem (26) - prophetic - II Peter 3:10-13
- God is the same - yesterday, today, and forever (27) - He 13:8

#### Names of God

#### Instructions

-

#### Prayer

- Let my cry for help come to you (1)
- Don't hide from me in the day of my distress (2)
- Incline Your ear to me (2)
- Answer me quickly (2)

## Psalms - Journal

### Psalm 103 - God's Eternal Love and Compassion

Parallel Scripture: II Samuel 1-4

#### Outline

- I. Benefits That Come from God's Compassion (1-5)
- II. The Compassion and Loyalty of God's Love (6-14)
- III. Man's Temporal Frailty (15-18)
- IV. All Creation, Praise the Lord (19-22)

#### God's Character

- Pardons our iniquities (3, 10, 12)
- Heals our diseases (3)
- Lovingkindness and compassion (4, 8)
- Satisfies your years with good things (5)
- He performs righteous deeds (6)
- He makes Himself known to man (7) - Ro 1:18-ff
- God is gracious and slow to anger (8)
- His lovingkindness is toward those who fear Him (11, 13, 15)
- He knows our frame and mindful that we are dust (14)
- His lovingkindness is for those who keep His covenant and remembers His precepts to do them (18)
- God's throne is in the heavens and His sovereignty rules over all (19)

#### Names of God

#### Instructions

- Bless the Lord

#### Prayer

-

Psalm 104 - The Lord Cares for His Works

Parallel Scripture: II Samuel 1-4

Outline

- I. His Majesty in Creation (1-4)
- II. Sovereignty over All the Earth (5-9)
- III. God's Provision for Creation (10-13)
- IV. His Provision for Man and Beast (14-18)
- V. Ordering of the Sun and Moon (19-24)
- VI. Provision for the Sea (25-26)
- VII. Dependence of God's Creatures (27-30)
- VIII. God's Enduring Glory (31-35)

God's Character

- He is very great (1) - clothed in splendor and majesty
- Created all things - establishing them and placing them (2-5)
- God has set the boundaries on the mountains and the waters (5-9)
- God gives abundantly from the land (14-18)
- He placed the sun and moon in the spots (19-23)
- The earth is God's possession (24)
- Creation waits on God to provide for it (27)
- Glory of the Lord endures forever (31)

Instructions

- Bless the Lord (1, 35)
- Sing to the Lord (33)
- Sing praises to Him (33, 35)
- Let my meditation be pleasing to Him (34)
- Be glad in the Lord (34)

Prayer

-

## Psalms - Journal

Psalm 133 - Brotherly Unity

Parallel Scripture: II Samuel 5

### Outline

#### God's Character

- God has the ability to give life forever (3)

#### Names of God

- 
- 

#### Instructions

- 

#### Prayer

-

Psalm 106 - Israel's Rebelliousness and God's Deliverance

Parallel Scripture: II Samuel 5

Outline

- I. Praise the Lord (1-3)
- II. Plea for Salvation (4-5)
- III. Rebellion by the Red Sea (6-12)
- IV. Craving in the Wilderness (13-15)
- V. Envy of Dathan and Abiram (16-18)
- VI. Idolatry of the Golden Calf (19-23)
- VII. Failure to Enter the Promise Land (24-27)
- VIII. Adultery at Baal-Peor (28-31)
- IX. Provocation at the Waters of Meribah (32-33)
- X. Failure to Destroy the Canaanites (34-39)
- XI. Anger of Yahweh (40-43)
- XII. Cycle of Deliverance, Rebellion, Oppression (44-46)
- XIII. Plea and Blessing (47-48)

God's Character

- God cares for His people (4-5)
- God makes His power known (8)
- God has power over nature (9)
- God redeems His people (10)
- God keeps His word (24-27)
- God remembers His covenant (43-45)

Names of God

- God of Israel (48)

Instructions

- Praise and thank the Lord (1, 48)
- Keep justice and practice righteousness (3)
- Remember His abundant kindness (7)
- Don't forget God's mighty works (13)
- Wait on God's counsel (13)
- Be careful about idols in our lives (19-20)
- Take God at His word, believe Him, and live accordingly (24-27)
- Don't be consumed with the things of the world (35)
- Don't rebel against God (44)

Psalm 107 - God's Loyal Love and Wonders

Parallel Scripture: II Samuel 5

Outline

- I. Thanking God (1-3)
- II. He Provides Food and Water (4-9)
- III. He Frees the Prisoners (10-16)
- IV. He Heals the Sick (17-22)
- V. He Rescues the Mariners (23-32)
- VI. His Control Over Nature (33-38)
- VII. He Delivers the Conquered Needy (39-43)

God's Character

- His lovingkindness is everlasting (1)
- He is able to deliver us from times of distress (6)
- He leads us in a straight way (7)
- God shows His wonders to the sons of men (8, 15, 21, 31)
- His control over natures (23-37)

Names of God

- 
- 

Instructions

- Give thanks (1, 8, 15, 21)
- Let the redeemed of the Lord say so (2)
- Give heed to the words of God (43)
- Consider the lovingkindness of the Lord (43)

Prayer

-

## Psalms - Journal

Psalm 1 - The Righteous and the Wicked

Parallel Scripture: II Samuel 6

### Outline

- I. The Righteous Man (1-3)
- II. The Wicked Man (4-6)

### God's Character

- God knows the way of the righteous (6)

### Names of God

- 
- 

### Instructions

- Don't walk in the ways of the wicked - don't seek their counsel (1)
- Delight in the Law of the Lord (2)
- Meditate on His law day and night (2)

### Prayer

-

## Psalms - Journal

### Psalm 2 - The Reign of the Lord's Anointed

Parallel Scripture: II Samuel 6

#### Outline

- I. Kings Stand Against the Lord (1-3)
- II. The Lord Scoffs at Them (4-6)
- III. Nations Are His Inheritance(7-9)
- IV. Worship the Lord with Reverence (10-12)

#### God's Character

- God scoffs at the kings of the earth that plan against Him (4)
- God will bring judgment on the evil of this earth - and those who stand against Him should be terrified (5)

#### Names of God

- 
- 

#### Instructions

- Worship the Lord with reverence and rejoice with trembling (11)
- Take refuge in Him (12)

#### Prayer

-



## Psalms - Journal

Psalm 15 - Description of a Citizen of Zion

Parallel Scripture: II Samuel 6

### Outline

#### God's Character

-

#### Names of God

-

-

#### Instructions

- Walk in integrity (2)
- Work righteousness (2)
- Speak truth in our heart (2)
- Don't slander with the tongue (3)
- Don't do evil to your neighbor (3)
- Don't take up a reproach against a friend (3)
- Honor those who fear the Lord (4)
- Treat people fairly and reach out to help those in need (5)

#### Prayer

-

Psalm 22 - Cry of Anguish

Parallel Scripture: II Samuel 6

Outline

- I. Rejection by God (1-5)
- II. Rejection by Man (6-10)
- III. Grievance of the Beleaguered King (11-18)
- IV. Plea for Deliverance from Death (19-21)
- V. Practice of Praise (22-24)
- VI. Celebration of Praise (25-31)

God's Character

- God is holy (3)
- He is our deliverer (4)
- God does not disappointed (5)
- God hears the pleas of His children (24)
- God rules over the nations (28)

Names of God

- My Help (19)
- My Deliverer (24)

Instructions

- Praise the Lord (22)
- Fear the Lord (23)
- Seek Him (26)

Prayer

-

Psalm 23 - The Lord is My Shepherd

Parallel Scripture: II Samuel 6

Outline

- I. The Care of the Shepherd (1-3)
- II. The Companionship of the Shepherd (4-6)

God's Character

- He knows what the sheep need more than they do
- He cares for them better than they care for themselves
- He has made us for work and rest
- He renews our strength and guides us in righteousness
- He doesn't leave in tight places - His rod and staff are there - they are a comfort
- Finds joy in coming to the aid of His children
- He is with us
- He watches out for us in the presence of our enemies

Names of God

- He is our Shepherd
- Soul Provider
- He is the Owner of the Sheep
- Our Protection
- Our Guide
- Our Comfort and Reassurance
- Restorer of our soul
- Our Strength

Instructions

- Trust in the Lord - He has our back
- Realize our dependance and our self driven propensities
- Accept His leading, guiding, prodding in our lives knowing that He wants the best for us
- Know that we need God's presence in our life
  - He is our light
  - He is our life
  - Without Him we would not survive

Prayer

- Give me the desire to draw close to You
- Let me feel Your presence, Your life, Your light
- Give me the willingness to endure trials to bring me closer to You and teach me Your ways

## Psalms - Journal

Psalm 24 - The King of Glory in Zion

Parallel Scripture: II Samuel 6

### Outline

- I. Reason for Worship (1-6)
- II. Act of Worship (7-10)

### God's Character

- God is owner of the earth and all that it contains (1)
- God establish the earth according to His will (2)

### Names of God

- King of Glory (7, 8, 9, 10)
- God of salvation (5)

### Instructions

- We need to have clean hands and a pure heart (4)
- We need to stand in truth (4)

### Prayer

-

## Psalms - Journal

Psalm 47 - King of the Earth

Parallel Scripture: II Samuel 6

### Outline

- I. First Call to Praise God (1-4)
- II. Second Call to Praise God (5-9)

### God's Character

- Fear of His awesomeness (2) - reverence
- Subdues peoples and nations under Israel (3-4) - He is a God of prophecy
- God reigns and sits on His holy throne (8)
- God is the shield of the earth (9)

### Names of God

- Lord Most High (2)
- King of the Earth (2, 6, 7)
- God of Abraham (9)

### Instructions

- Shout to God with a voice of joy (1)
- Sing praises to God (6, 7)

### Prayer

-

Psalm 68 - God of the Sanctuary

Parallel Scripture: II Samuel 6

Outline

- I. Victory Over Enemies (1-4)
- II. God Defends the Downtrodden (5-6)
- III. The Exodus Event (7-10)
- IV. Conquering the Land (11-14)
- V. God Enters His Sanctuary (15-18)
- VI. God Delivered Israel (19-23)
- VII. Call to Bless Elohim (24-27)
- VIII. Subduing Distant Kings and Peoples (28-31)
- IX. God Imposes His Will from Heaven (32-35)

God's Character

- He defends the defenseless (5-6)
- God goes before His people (7)
- God provides the rains for the land (9)
- He is on high (18)
- His strength to act on behalf of His people (28)
- God is awesome in His sanctuary (34-35)

Names of God

- God of Israel (8)
- Almighty (14)

Instructions

- Be glad, exult before God, rejoice in gladness (3)
- Sing praises to God (4)
- Bless God (26)

Prayer

- Let the wicked perish before God (2)
- Let God's enemies be scattered (1)

## Psalms - Journal

Psalm 89 - Lord's Covenant with David

Parallel Scripture: II Samuel 6

### Outline

- I. Exult in His Faithfulness (1-4)
- II. Praise God from the Heavens (5-10)
- III. Praise Him for His Sovereignty (11-18)
- IV. God's Choosing of David (19-29)
- V. God's Reassurance of His Commitment to David (30-37)
- VI. God's Opposition to His Anointed (38-45)
- VII. God's Discipline (46-48)
- VIII. Remember Your Servant (49-52)

### God's Character

- God's faithfulness has been established (2)
- God is awesome above all who are around Him (7)
- All the earth is the Lord's - He founded them all (11)
- His hand is mighty and exalted (13)
- Righteous, just, truth, lovingkindness (14)
- He will not violate His covenant (32-34)
- He cannot lie - He embodies truth (35)

### Names of God

- Lord God of hosts (8)
- Mighty Lord (8)
- He is our shield (18)
- Holy One of Israel (18)
- Rock of My Salvation (26)

### Instructions

- Sing of the lovingkindness of the Lord and make known His faithfulness (1)

### Prayer

-

## Psalms - Journal

### Psalm 96 - Worship the Righteous Judge

Parallel Scripture: II Samuel 6

#### Outline

- I. Command to Praise God (1-6)
- II. Submit to God in Worship (7-10)
- III. Exult in God's Coming Judgment (11-13)

#### God's Character

- Splendor, majesty, strength, beauty (6)
- Coming to judge the world (13)
- Judges with equity, in righteousness, in faithfulness (10, 13)

#### Names of God

- 
- 

#### Instructions

- Sing to the Lord (1-2)
- Proclaim good tidings of His salvation from day to day (2)
- Tell of His glory and His wonderful deeds (3)
- Greatly praise the Lord and fear Him above all others (4)
- Ascribe to the Lord glory and strength (7)
- Bring an offering and come into His courts (8) - Ro 12:1-2
- Worship the Lord - tremble before Him (9)
- 

#### Prayer

-



## Psalms - Journal

Psalm 100 - All Men Praise God

Parallel Scripture: II Samuel 6

### Outline

- I. Joyful Procession (1-3)
- II. A Thankful Entry (4-5)

### God's Character

- He made us! (3)
- He is good (5)
- His lovingkindness is everlasting (5)
- He is faithful to all generations (5)

### Names of God

- 
- 

### Instructions

- Shout joyfully to the Lord (1)
- Serve the Lord with gladness (2) - I Thes 1:9-10
- Come before Him with joyful singing (2)
- Know that the Lord is God (3)
- Enter His gates with thanksgiving and His courts with praise (4)
- Give thanks to Him and bless His name (4)

### Prayer

-

## Psalms - Journal

### Psalm 101 - Profession of Uprightness

Parallel Scripture: II Samuel 6

#### Outline

- I. David's Integrity in His Heart (1-5)
- II. Integrity in His Regime (6-8)

#### God's Character

-

#### Names of God

-

-

#### Instructions

- Sing of the lovingkindness and justice of the Lord (1)
- Give heed to the blameless way (2)
- Walk in integrity of heart within your own home (2)
- Don't set worthless things before your eyes (3)
- Don't allow the work of those who are evil to get ahold of you (3)
- Don't have a perverse heart that clings to evil (4)
- Don't endure those who are haughty and arrogant (5) - Pr 13:20
- Surround yourselves with those who walk in the blameless way (6)
- Those who practice deceit will not be in my house (7)
- Those who speak falsehood will not maintain their position (7)
- Clean the wickedness out of our lives (8)

#### Prayer

-

## Psalms - Journal

### Psalm 105 - God's Works on Israel's Behalf

Parallel Scripture: II Samuel 6

#### Outline

- I. God's Wonders on Israel's Behalf (1-7)
- II. God's Covenant with the Patriarchs (8-15)
- III. God Testing of Joseph in Egypt (16-24)
- IV. God Sends Moses and Aaron to Egyptians (25-36)
- V. God's Deliverance of Israel from Egypt (37-45)

#### God's Character

- God judges all the earth (7)
- He will remember His covenant with Israel (8-11)
- He continually watches over Israel (12-15)
- God made His people fruitful and strong (24)
- God turned the people against Israel (25) - They would know that He is God!
- God showers riches upon His people (37)
- God covers His people (39)
- 

#### Names of God

- 
- 

#### Instructions

- Give thanks to the Lord (1)
- Call upon His name (1)
- Make His deeds known to all man (1-2)
- Glory in His name (3)
- Seek the Lord and be glad (3-4)
- Keep His statutes and obey His laws (45)

#### Prayer

-

Psalm 132 - God's Blessing on the Sanctuary

Parallel Scripture: II Samuel 6

Outline

- I. David's Desire for a Dwelling Place for God (1-5)
- II. A Resting Place for the Ark (6-9)
- III. God's Promise to David (10-12)
- IV. God Has Chosen Zion (13-18)

God's Character

- God desired Zion for His habitation (13)
- He will care for His possession (15)
- He will clothe His priests with Salvation (16)
- God protects His people from their enemies (18)

Names of God

- Mighty One of Jacob (2)
- 

Instructions

-

Prayer

-

## Psalms - Journal

Psalm 25 - Prayer for Protection, Guidance, and Pardon

Parallel Scripture: II Samuel 7

### Outline

- I. Protection from Shame (1-3)
- II. Instruction, Guidance, and Forgiveness (4-7)
- III. Praising God's Goodness (8-11)
- IV. Benefits of Fearing God (12-15)
- V. Prayer for Help (16-22)

### God's Character

- He is good and upright (8)
- He instructs sinners (8)
- He leads the humble in justice and in His way (9)

### Names of God

- God of my salvation (5)

### Instructions

- Lift our souls to God (1) - lift of who I am and all that I do to God
- Keep God's testimonies and His covenant - walk worthy of Him (10)
- Wait upon the Lord (21)
- Take refuge in God (20)

### Prayer

- Don't let me be ashamed - walk righteously (2)
- Don't let enemies triumph over me (2)
- Make me know your ways (4, 5)
- Remember Your compassion and lovingkindness (6)
- Pardon my iniquity - it is great (11)
- Turn to me and be gracious to me (16)
- Bring me out of my distress (17)
- Look at my affliction (18)
- Forgive me of my sins (18)
- Look upon my enemies (19)
- Guard and deliver me (20)
- Let integrity and uprightness preserve me (21)

## Psalms - Journal

Psalm 29 - God's Voice in the Storm

Parallel Scripture: II Samuel 7

### Outline

- I. God's Glory Displayed (1-2)
- II. God's Glory Calling the Storm (3-9)
- III. God's Power in the Storm (10-11)

### God's Character

- Powerful (4)
- Majestic (4)
- He gives strength to His people (11)
- Blesses His people with peace (11 - cf Phil 4:4-9)

### Names of God

- God of glory (3)
- 

### Instructions

-

### Prayer

-

Psalm 33 - Praise to the Creator

Parallel Scripture: II Samuel 7

Outline

- I. Call to Praise (1-5)
- II. Reasons for Praise (6-12)
- III. God's Sovereignty (13-17)
- IV. Confidence in God (18-22)

God's Character

- His word is upright (4)
- His work is done in faithfulness (4)
- He loves righteousness and justice (5)
- Earth is full of the lovingkindness of the Lord (5)
- He made the earth and the heavens by His word (6)
- He spoke and it was done, commanded and it stood fast (9)
- He nullifies the counsel of the nations (10)
- Counsel of the Lord stands forever (11) - James 4:13
- God fashions the hearts of all and understands all their works (15) - potter's hand fashions - Is 29:15-16 - Gen 2:7
- God's eye is on those who fear Him (18) - Zech 4:6

Names of God

- Our Help (20)
- Our Shield (20)

Instructions

- Sing for joy in the Lord (1)
- Praise the Lord (1)
- Give thanks to the Lord (2)
- Fear the Lord (8)
- Stand in awe of Him (8)
- Hope in His lovingkindness (18)
- Wait on the Lord (20)
- Rejoice in the Lord (21)
- Trust in His holy name (21)

Prayer

- Let Your lovingkindness be upon us (22)

## Psalms - Journal

Psalm 36 - Wickedness of Man and Lovingkindness of God

Parallel Scripture: II Samuel 7

### Outline

- I. Evil of the Wicked (1-4)
- II. Loyalty of God (5-9)
- III. Prayer of David (10-12)

### God's Character

- His lovingkindness extends to the heavens (5)
- Faithfulness (5)
- Righteousness and justice (6)
- He preserves man and beast (6)
- He provides a refuge in the shadow of His wings (7)
- Light and life - physical and spiritual - God is the source and the sustainer (8-9)

### Names of God

- 
- 

### Instructions

- 

### Prayer

- Continue Your lovingkindness to those who know You (10)
- Continue Your righteousness to the upright in heart (10)
- Let not the foot of pride come upon me (11)
- Don't let the wicked drive me away (11)



## Psalms - Journal

Psalm 39 - Vanity of Life

Parallel Scripture: II Samuel 7

### Outline

- I. David's Silent Reflection (1-6)
- II. God - Our Only Hope (7-11)
- III. Plea for God to Hear (12-13)

### God's Character

- God is the one who dictates life (5)
- God chastens people for their iniquity (11)

### Names of God

- 
- 

### Instructions

- Put our hope in Him (7)
- Let God change our attitude - Job 41; 42:1-6

### Prayer

- Let me know how transient I am (4)
- Deliver me from my transgression (8)
- Don't let me become a reproach (8)
- Hear my prayer and don't be silent to my tears (12)

## Psalms - Journal

Psalm 50 - God Judges Hypocrisy

Parallel Scripture: II Samuel 8-9

### Outline

- I. God Summons His People (1-6)
- II. God Desires (Not Needs) Sacrifice (7-15)
- III. Condemnation of Hypocrisy (16-21)
- IV. Call to True Worship and Obedience (22-23)

### God's Character

- Summon the earth together (1)
- In His power fire comes forth (3) - judgment
- His righteous will be made known (6)
- God rescues His people (15)

### Names of God

- Mighty One (1)
- Lord (Master) (1)
- Judge (6)

### Instructions

- Offer a sacrifice of thanksgiving to God (14) - Ro 12:1-2
- Call upon God in the day of trouble (15)
- We need to honor God (15)
- We need to walk in a way that is right before God (23)

### Prayer

-

## Psalms - Journal

Psalm 53 - The Folly and Wickedness of Men

Parallel Scripture: II Samuel 8-9

### Outline

- I. Depravity of Mankind (1-3)
- II. Victory of God over the Wicked (4-6)

### God's Character

- God is seeking those who look to Him (2)
- God protects His people and will cause the enemy to be put to shame (5)

### Names of God

- 
- 

### Instructions

- Rejoice and be glad (6)

### Prayer

-

## Psalms - Journal

Psalm 60 - Desperate Cry for Help over Edom

Parallel Scripture: II Samuel 8-9

### Outline

- I. Predicament of the Nation (1-5)
- II. The Promise of God (6-8)
- III. The Petition of David (9-12)

### God's Character

- He makes His people experience hardship (3)
- God speaks in His holiness (6)
- God treads down our adversaries (12)

### Names of God

- 
- 

### Instructions

- 

### Prayer

- Restore me (1)
- Heal my brokenness (2)
- Help me against my adversary (11)
- Deliverance by my hand is in vain (11)
- In Your strength I can do valiantly (12)

## Psalms - Journal

Psalm 75 - God Condemns the Proud, Exalts the Humble

Parallel Scripture: II Samuel 8-9

### Outline

- I. God Will Judge the Wicked (1-5)
- II. God's Judgment of the wicked (6-8)
- III. God Exalts the Righteous (9-10)

### God's Character

- God is near (1) - today Jn 14:16-17; Ro 8:12-17
- God appoints times and God will judge in His time (2)
- God puts people down and raises them up (7)
- The horns of the wicked will be cut off (10)
- The horns of the righteous will be lifted up (10)

### Names of God

- The Judge (7)
- God of Jacob (9)

### Instructions

- Give thanks to God (1)
- Declare His wondrous works (1)
- Don't be rebellious and prideful - but be submissive to God's ways (5)
- Declare who God is forever (9)
- Sing praises to God (9)

### Prayer

## Psalms - Journal

Psalm 20 - Prayer for Victory over Enemies

Parallel Scripture: II Samuel 10

### Outline

- I. Prayer for the King (1-3)
- II. Their Praise of Faith (4-5)
- III. Assurance of the King (6-9)

### God's Character

- He sets us securely on a solid foundation (1)
- God saves those who are His (6)
- He answers from heaven (6)
- He holds us in His strength and might (6)

### Names of God

- 
- 

### Instructions

- Sing for joy and look for the victory that is to come (5)
- Put our trust and our boasting in the name of the Lord (7)

### Prayer

- may God answer me in my day of trouble (1)
- May God find me acceptable before Him (3) - Ro 12:1-2
- Grant me the desire of my heart and give me wise counsel (4)
- Save us, O Lord - dependance on Him (9)

## Psalms - Journal

Psalm 65 - God's Favor to Earth and Man

Parallel Scripture: II Samuel 10

### Outline

- I. Power in the Spiritual Realm (1-4)
- II. Power in Creation (5-8)
- III. Provider of Food (9-13)

### God's Character

- He hears the prayers of His people (Jn 9:31) - (2)
- God brings men near to Him (4)
- Through His awesome deeds He answers in righteousness (5)
- Power over all the earth (5-8)
- Abundant, overflowing provisions (9-13)

### Names of God

- God of our salvation (5)
- 

### Instructions

- Be satisfied with what God gives us (4)
- 

### Prayer

## Psalms - Journal

Psalm 66 - God's Mighty Deeds

Parallel Scripture: II Samuel 10

### Outline

- I. Mode and Content of Praise (1-4)
- II. Sovereignty Over All (5-7)
- III. Bless God for His Benevolence (8-15)
- IV. His Testimony of Answered Prayer (16-20)

### God's Character

- His deeds are awesome towards men (5)
- He rules by His might forever (7)
- He keeps watch on the nations (7)
- God keeps us in life and doesn't allow our feet to slip (9)
- He tries and refines us (with fire and intense heat) (10)
- God brings us through the valleys to shine on the other side (12)

### Names of God

- 
- 

### Instructions

- Shout joyfully to God (1)
- Sing the glory of God (2)
- Praise God for the awesomeness of His works (3)
- Come and hear (heed) what God says (16)
- Don't regard wickedness in your heart because God will not hear you (18)

### Prayer



## Psalms - Journal

Psalm 67 - The Nations Exhorted to Praise God

Parallel Scripture: II Samuel 10

### Outline

#### God's Character

- Judges the people in righteousness (4)
- Guides the nations on the earth (4)

#### Names of God

- 
- 

#### Instructions

- Praise the Lord!

#### Prayer

- God be gracious to us and bless us (1)
- Let Your face shine upon us (1)
- Let the nations be glad and sing for joy (4)
- That all the ends of the earth would fear the Lord (7) - by seeing what God has done for us

## Psalms - Journal

### Psalm 69 - A Cry of Distress

Parallel Scripture: II Samuel 10

#### Outline

- I. Desperate Cry for Salvation (1-4)
- II. Concern of Being a Stumbling Block (5-12)
- III. Plea for Deliverance (13-15)
- IV. Answer Me Quickly (16-19)
- V. Sickness Because of Shame with Sympathy (20-21)
- VI. David's Curse Upon His Enemies (22-28)
- VII. Anticipating Good Results from God (29-33)
- VIII. Call to Universe to Praise God (34-36)

#### God's Character

- Our wrongs are not hidden from Him (5)
- In His time, in His way, in His truth, in His lovingkindness He answers us (13)
- Greatness of His compassion (16)
- All our enemies are before God (19)
- God sets us securely on high (29) - Eph 1
- Lord hears those who are His (33)

#### Names of God

- Lord God of hosts (6)
- God of Israel (6)

#### Instructions

- Praise the Lord in song (30)
- Magnify Him with Thanksgiving (30)

#### Prayer

- save me from my enemies (1)
- May my life not bring shame upon Your name (6)
- I am human and make mistakes - that blame is on me - don't let that fall on You (7-8)
- God may be glorified and that zeal for worshipping Him may consume me (9)
- At an acceptable time and in Your lovingkindness answer me (13)
- Do not hide Your face from me (17)
- You deal with my enemies (22-28) - I Peter 2:21-23
- Even through the pain, let God set me on high (29)

## Psalms - Journal

Psalm 70 - Prayer for Help

Parallel Scripture: II Samuel 10

### Outline

- I. Plea for Help and Humiliation for Enemies (1-3)
- II. Praise for Those Who Seek and Love God (4-5)

### God's Character

-

### Names of God

- My help (5)
- My deliverer (5)
- 

### Instructions

- Rejoice and be glad in Him (4)
- Let God be magnified in your life (4)

### Prayer

- Lord, hasten to my help (1)
- Turn back my enemies (2-3)
- Lord, do not delay (5)

## Psalms - Journal

### Psalm 32 - Forgiveness Found in God

Parallel Scripture: II Samuel 11:1-12:15a

#### Outline

- I. How Blessed Is He Who Is Forgiven (1-2)
- II. Acknowledging Sin (3-7)
- III. God's Lovingkindness Will Surround You (8-11)

#### God's Character

- God forgives the guilt of our sin (5) - removes it as far as east is to west (Ps 103:12) - mercy seat
- You preserve me in times of trouble (7)
- He surrounds us with songs of deliverance (7)
- He instructs and teaches us in the way we should go (8)
- God counsels us with His eye upon us (8)

#### Names of God

- My hiding place (7)

#### Instructions

- Don't keep silent about your sin (3)
- Acknowledge our sin before God (5)
- Pray to God while He may be found (6)
- Don't be like an animal with no understanding that needs bit and bridle to keep us in check (9)
- Trust in the Lord and lovingkindness will surround you (10)
- Be glad, rejoice, and shout for joy in the Lord (11)
- Be upright in heart (11)

#### Prayer

-

## Psalms - Journal

### Psalm 51 - Prayer of Cleansing

Parallel Scripture: II Samuel 11:1-12:15a

#### Outline

- I. Cleansing from Sin (1-2)
- II. Acknowledgment of Sin (3-6)
- III. Cleansing and Restoration (7-12)
- IV. Vow to Praise God (13-15)
- V. True Sacrifice (16-17)
- VI. Favor Toward Israel (18-19)

#### God's Character

- God desires truth in us (6) - Ro 1:18-ff
- God will make us know wisdom (6) - I Thes 1:9-10
- He will wash us whiter than snow (7)

#### Names of God

- God of my Salvation (14)

#### Instructions

-

#### Prayer

- Be gracious to me according to Your lovingkindness (1) - according to the greatness of your compassion
- Cleanse from all my sin (2)
- My sin is before me (Satan reminds me) it isn't before You (3)
- Help me to remember that my sin is against You alone (4)
- Make me hear joy and gladness and let my bones rejoice (8)
- Create in me a clean heart and a steadfast spirit (10)
- Restore the joy of my salvation and give me a willing spirit (11-12)
- Joyfully sing of God's righteousness (14)
- Open my lips that I may declare Your praise (15)
- God gives us a broken and contrite, obedient heart (16-19)

## Psalms - Journal

### Psalm 86 - Prayer for Deliverance from Enemies

Parallel Scripture: II Samuel 11:1-12:15a

#### Outline

- I. God's Forgiving Love (1-5)
- II. God's Sovereignty (6-10)
- III. David's Relationship with God (11-13)
- IV. Plea for Rescue from Enemies (14-17)

#### God's Character

- God is good, ready to forgive, abundant in lovingkindness to those who call on Him (5, 13, 15)
- God will answer those who call on Him (7)
- No one like Him among the gods (8)
- There are no works like the works of God (8)
- You are great and You alone are God (10)
- Merciful and gracious (15)
- Slow to anger (15)
- He helps and comforts us (17)

#### Names of God

-

#### Instructions

- Lift up your soul before the Lord (4)
- I will call on the Lord in the day of my trouble (7)
- Walk in His truth (11)
- Undivided, singularly focused on the Lord (11)
- Give thanks with all my heart and glorify Your name forever (12)

#### Prayer

- Hear my prayer to you (1, 6)
- Preserve my soul, save your servant who trusts in you (2)
- Be gracious to me (3, 16)
- Make me glad in You (4)
- Teach me Your way (11)
- Grant Your strength to Your servant (16)
- Show me that You are with me (17)

## Psalms - Journal

Psalm 122 - Prayer for Peace in Jerusalem

Parallel Scripture: II Samuel 11:1-12:15a

### Outline

- I. Going to the House of the Lord (1-5)
- II. Peace for Jerusalem (6-9)

### God's Character

- 
- 

### Names of God

- 

### Instructions

- 

### Prayer

- Pray for peace in Jerusalem (6)
- That they may prosper who love God (6)
- Peace within Your walls and palaces (7)

Jerusalem = salem = peace

Residence of the God of peace (Is 9:6; Ro 15:33; He 13:20)

Ex 34:23-24; 23:14-17; Dt 16:16 - 3 times per year (Passover, Pentecost, Tabernacles)

Peace in Jerusalem = during the Millennial Kingdom

Our Father which art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done on earth as it is in heaven

## Psalms - Journal

### Psalm 3 - Many Rise Up Against Me

Parallel Scripture: II Samuel 13-15

#### Outline

- I. My Adversaries Have Increased (1-2)
- II. You Are My Shield (3-6)
- III. Salvation Belongs to the Lord (7-8)

#### God's Character

- God lifts our head (3)
- God answers our heart felt cries to Him (4)
- God defends us from our enemies (7)
- He alone has the power unto salvation (8)

#### Names of God

- He is my shield (3)
- My glory (3)
- My sustainer (5)
- My salvation (8)

#### Instructions

#### Prayer



## Psalms - Journal

### Psalm 4 - Trust in the Lord

Parallel Scripture: II Samuel 13-15

#### Outline

- I. Hear My Prayer (1)
- II. The Lord Sets Apart His Godly Ones (2-3)
- III. Tremble and Don't Sin (4-5)
- IV. God makes Me Dwell in Safety (6-8)

#### God's Character

- God relieves us in times of distress (1)
- He sets apart Godly men for Himself (3)
- He hears when His people call to Him (3)
- God shines His light upon us (6) - Gen 4:5-7
- God alone makes us lie down in safety - peace (8) - Phil 4:4-9

#### Names of God

- God of my righteousness (1)

#### Instructions

- tremble and do not sin (4)
- Meditate in your heart upon your bed
- Be still
- Offer the sacrifices of righteousness (5) - Ro 12:1-2
- Trust in the Lord (5)
- God puts gladness in our hearts - lie down in peace and sleep (8)

#### Prayer

- be gracious to me and hear my prayer (1)

## Psalms - Journal

Psalm 12 - The Lord Preserves the Righteous

Parallel Scripture: II Samuel 13-15

### Outline

- I. The Faithful Have Disappeared (1-5)
- II. The Words of the Lord are Pure (6-8)

### God's Character

- He arises to help His people in their time of need (5)
- The words of the Lord are pure - perfect through fire (6)
- God will keep His people from the wicked (7)

### Names of God

### Instructions

### Prayer

- Help me, for there are none godly anymore (1)
- May God cut off all flattering lips (deceitful) (3)
- May their false assurance collapse around them (4)

## Psalms - Journal

Psalm 13 - Help in the Time of Trouble

Parallel Scripture: II Samuel 13-15

### Outline

- I. How Long Will My Enemy Exalt Over Me? (1-2)
- II. Enlighten My Eyes (3-4)
- III. Trust in God's Loving Kindness (5-6)

### God's Character

- God deals bountifully with His children (6)

### Names of God

### Instructions

- trust in God's lovingkindness (5)
- Rejoice in God's salvation (5) - Phil 4:4-9; James 1:2-4
- I will sing to the Lord (6)

### Prayer

- Will You hide from me forever? (1)
- Do I have to turn to my own counsel? (2)
- How long will my enemies prevail over me (2)
- Enlighten my eyes to see Your plan (3)

## Psalms - Journal

### Psalm 28 - Prayer and Praise

Parallel Scripture: II Samuel 13-15

#### Outline

- I. Repay the Wicked (1-5)
- II. My Heart Trusts in You (6-9)

#### God's Character

- God will tear down and build up (5)
- God hears the prayers of those who are His (6)
- God helps His children (7)
- God is a saving defense to His people (8)

#### Names of God

- My rock (1)
- My strength (7, 8)
- My Shield (7)
- My saving defense (8)
- My Shepherd (9)

#### Instructions

- Remember the works of the Lord and the deeds of His hands (5)
- Trust in Him (7)
- Exult in Him (7)
- In song thank Him (7)

#### Prayer

- Don't be deaf to me, hear my supplications when I cry for help (1, 2)
- Pay back the evil on the evil ones (3-4)
- Save Your people and bless Your inheritance (9)

## Psalms - Journal

Psalm 55 - Destroy the Wicked Ones

Parallel Scripture: II Samuel 13-15

### Outline

- I. Give Heed to My Prayer (1-3)
- II. My Heart Is in Anguish (4-8)
- III. Confuse the Wicked (9-11)
- IV. A Trusted Man Reproaches Me (12-15)
- V. Call Upon the Lord (16-21)
- VI. God Will Sustain You (22-23)

### God's Character

- God will sustain His children (22)
- He will not allow the righteous to be shaken (22)
- God will take care of our enemies (23)

### Names of God

### Instructions

- cast your burden upon the Lord (22)
- Trust in the Lord (23)

### Prayer

- Hear my prayer and answer me (1-2)
- My enemies are distracting me (2-3)
- Bring my heart to a place of refuge (4-8)
- Confuse and divide their tongues (9-11)
- Save me from my enemies (16-21)

## Psalms - Journal

Psalm 26 - I Have Walked in Integrity - Protect Me

Parallel Scripture: II Samuel 16-18

### Outline

- I. Plea for Vindication (1-3)
- II. Defense of His Integrity (4-8)
- III. Mercy Based on Integrity (9-12)

### God's Character

- lovingkindness (3)
- God is a God of truth (3)

### Names of God

### Instructions

- walk in integrity (1, 11)
- Trust in the Lord without wavering (1)
- Walk in truth (3)
- Stay away from the evil men and place yourself at the altar of the Lord (4-6) - cf Ro 12:1-2
- Proclaim with a voice of thanksgiving and declare God's wonders (7)
- Bless the Lord (12)

### Prayer

- vindicate me (1)
- Examine me, test me, try me (2)
- Don't let me get swept away with the wicked (9)
- Redeem me and be gracious to me (11)

## Psalms - Journal

### Psalm 40 - God Sustains His Servant

Parallel Scripture: II Samuel 16-18

#### Outline

- I. Praise for Deliverance (1-3)
- II. Blessed Are Those Who Trust in Him (4-5)
- III. Willingness To Obey God (6-8)
- IV. Proclamation of God's Righteousness (9-10)
- V. Confidence in God's Support (11-12)
- VI. Prayer for Deliverance (13-17)

#### God's Character

- God hears the cries of His children (1)
- He brings us out of the pit of destruction and sets our feet on the rock (2)
- He puts the song of praise in our mouths (3)
- Many are His wonders and His thoughts about us (5)
- He opens our ears to hear Him (6)
- God doesn't delight in offerings but to do His will (6-8) - I Sam 15:22-23
- Compassion, lovingkindness, and truth - preserve us (11)

#### Names of God

- My Help and Deliverer (17)

#### Instructions

- delight to do His will (8)
- Proclaim the glad tidings of righteousness (9)
- Don't hide God's righteousness in our heart - share them (10)
- Speak of God's faithfulness and salvation (10)
- Speak of God's lovingkindness and truth (10)
- Magnify the Lord (16)

#### Prayer

- deliver me and help me (13)
- Bring humiliation and dishonor on those who seek to destroy me (14)
- Let all who seek You rejoice and be glad in You (16)
- Be mindful of my affliction and neediness (17)

## Psalms - Journal

Psalm 58 - Punishment for the Wicked

Parallel Scripture: II Samuel 16-18

### Outline

- I. Charge Against the Wicked (1-5)
- II. Prayer to Destroy the Wicked (6-9)
- III. Reaction of the Righteous (10-11)

### God's Character

### Names of God

### Instructions

### Prayer

- God to shatter the evil so they become useless (6-9)
- Reward the righteous (11)
- Judge on earth (11)



## Psalms - Journal

### Psalm 61 - Confidence in God's Protection

Parallel Scripture: II Samuel 16-18

#### Outline

- I. Plea for Deliverance (1-4)
- II. Gratitude for Deliverance (5-8)

#### God's Character

- He hears my vows (5)
- Gives us an inheritance (5)
- God controls the kings' lives (6)
- God appoints lovingkindness and truth to preserve His people (7)

#### Names of God

- Refuge (3)
- Tower of strength against the enemy (3)

#### Instructions

- Sing praise to His name forever (8)

#### Prayer

- give heed to my prayer (1)
- Lead me to the rock that is higher than I (2)
- Let me take refuge in the shelter of your wings (4)

## Psalms - Journal

Psalm 62 - God Is a Refuge from Treachery and Oppression

Parallel Scripture: II Samuel 16-18

### Outline

- I. God Is My Salvation, I Won't Be Shaken (1-2)
- II. The Wicked Plots Against Me (3-4)
- III. God Is My Stronghold (5-8)
- IV. Warning Against Evil Men (9-10)
- V. Power Belongs to God (11-12)

### God's Character

- power belongs to God (11)
- Lovingkindness (12)
- He recompenses a man according to his work (12)

### Names of God

- My salvation (1, 2, 6, 7)
- My Rock (2, 6)
- My Stronghold (2, 6)
- My Refuge (7, 8)

### Instructions

- I shall not be shaken (2, 6)
- Wait in silence for God only (5)
- My hope is from God (5)
- My salvation and glory rest on God (7)
- Trust in Him at all times (8)
- Pour out your heart before Him (8)
- Don't set your heart on riches (10)

### Prayer

## Psalms - Journal

Psalm 64 - Prayer for Deliverance

Parallel Scripture: II Samuel 16-18

### Outline

- I. Plea for Protection (1-2)
- II. Description of Evildoers (3-6)
- III. Judgment of God (7-10)

### God's Character

- God knows the evil intentions of man and can bring them to a halt (3-7)
- 

### Names of God

### Instructions

- declare the works of God (9)
- Consider what God has done (9)
- Be glad in the Lord and take refuge in Him (10)
- Bring glory to God (10)

### Prayer

- hear my complaint (1)
- Preserve my life from the dread of my enemy (1)
- Hide me from those who want to do evil (2)

## Psalms - Journal

### Psalm 5 - Protection from the Wicked

Parallel Scripture: II Samuel 19-21

#### Outline

- I. Heed the Sound of My Cry (1-3)
- II. God Takes No Pleasure in Wickedness (4-7)
- III. Lead Me in Your Righteousness (8-10)
- IV. You Bless the Righteous Man (11-12)

#### God's Character

- God takes no pleasure in wickedness (4)
- God abhors the boastful, those who do iniquity, those who lie and deceive (5-6)
- Abundant lovingkindness (7)
- He is a shelter to those who love Him (11)
- God blesses the righteous man (12)
- God surrounds the righteous with favor as with a shield (12)

#### Names of God

- my King and my God (2)

#### Instructions

- put your prayers before God and eagerly watch what he will do (3)
- Bow in reverence to God (7)

#### Prayer

- hear my groaning and heed the sound of my voice (1-2)
- Lead me in righteousness and make Your way straight (8)
- Hold the guilty accountable, let them fall by their own devices (10)
- Let those who take refuge in You be glad (11)

## Psalms - Journal

Psalm 38 - David's Anguish - Discipline for His Sin

Parallel Scripture: II Samuel 19-21

### Outline

- I. Pain of God's Rebuke (1-8)
- II. The Evil Are Against Me (9-12)
- III. Reliance on God (13-22)

### God's Character

### Names of God

- My salvation (22)

### Instructions

- Hope in the Lord and know that He will answer you (15)
- Confess our sins before God (18)
- Follow what is good (20)

### Prayer

- turn Your anger away from me (1)
- Lord, my desire is before You and You hear my groans (9)

## Psalms - Journal

Psalm 41 - Prayer for Forgiveness, Healing, and Deliverance from His Enemies

Parallel Scripture: II Samuel 19-21

### Outline

- I. Blessings on Those Who Help the Helpless (1-3)
- II. Plea for Forgiveness (4-9)
- III. Praise for Answered Prayer (10-13)

### God's Character

- God delivers those who are His in the day of trouble (1)
- God protects and blesses His own (2)
- God can restore to health (3)
- God does not let the enemy triumph (11)
- God brings us into His presence (12)
- He is blessed from everlasting to everlasting (13)

### Names of God

### Instructions

- we need to consider the helpless (1)
- Walk in integrity (12)

### Prayer

- be gracious to me (4)
- Heal my soul for I have sinned (4)
- Be gracious to me and raise me up (10)

## Psalms - Journal

Psalm 42- Yearning of the Exiled

Parallel Scripture: II Samuel 19-21

### Outline

- I. Disconnection from God (1-4)
- II. Desire to Praise Him Again (5-8)
- III. Why Has God Forgotten Me (9-11)

### God's Character

- the Lord will command His lovingkindness (8)
- He is the help of my countenance and My God (11) - Gen 4:5-8

### Names of God

- God my Rock (9)

### Instructions

- long for a closeness to God (1)
- Pour out your soul before God (4)
- Hope in God and praise him (5, 11)
- Remember God! (6)

### Prayer

- when shall I come and appear before God (2)
- Why is my soul in despair (5)

## Psalms - Journal

Psalm 57 - Deliverance from His Enemies

Parallel Scripture: I Samuel 22-24 - Out of Place?

### Outline

- I. David's Confidence (1-3)
- II. Exalt the Lord (4-6)
- III. Praise Despite Opposition (7-11)

### God's Character

- He accomplishes all things for me (2)
- God saves His people (3)
- God reproaches those who come against His children (3)
- Lovingkindness and truth (3)

### Names of God

- God Most High (2)

### Instructions

- exalt God and lift His glory above the earth (5)
- Steadfast in our trust (7)
- Sing praises to Him (7)

### Prayer

- be gracious to me while my soul takes refuge in You (1)



## Psalms - Journal

Psalm 95 - Call to Worship God - Don't Doubt Him

Parallel Scripture: II Samuel 22-23

### Outline

- I. Call To Praise (1-5)
- II. Call To Worship (6-7)
- III. Warning Against Hard Heartedness (7-11)

### God's Character

- great God (3)
- King above all gods (3)
- He is the good shepherd of His people (7)

### Names of God

### Instructions

- sing for joy to the Lord (1)
- Shout joyfully to the rock of our salvation (1)
- Come into His presence with thanksgiving (2)
- Worship and bow down to Him alone (6)

### Prayer

Psalm 97 - King of the Earth

Parallel Scripture: II Samuel 22-23

Outline

- I. Righteous Reign of Yahweh (1-6)
- II. Joy and Gladness in Jerusalem (7-9)
- III. Be Glad in the Lord (10-12)

God's Character

- Lord reigns (1)
- Righteousness and justice (2)
- God deals with His adversaries (3)
- He is the light of the world (4)
- Lord of the whole earth (5)
- Judges the earth (8)
- Exalted far above all gods - over all the earth (9)
- He preserves His godly one and delivers them from the wicked (10)

Names of God

- Lord Most High (9)

Instructions

- rejoice (1)
- See the works of God and tremble before Him (4)
- Declare His righteousness and His glory (6)
- Hate evil (10) - Ro 1:28-32
- Be glad and give thanks to His holy name (12)

Prayer

Psalm 98 - Praise the Lord for His Righteousness

Parallel Scripture: II Samuel 22-23

Outline

- I. Salvation Seen By All the Earth (1-3)
- II. Praised the King (4-6)
- III. Judging the Earth in Righteousness (7-9)

God's Character

- He has done wonderful things (1)
- He has victory over the world (1)
- He has made known His salvation (2)
- Revealed His righteousness (2) - Rom 1:18-32
- Lovingkindness and faithful (3)
- All the earth has seen the salvation of God (3)
- He is coming to judge the earth (9)

Names of God

- King (6)

Instructions

- sing to the Lord (1, 5)
- Shout joyfully to the Lord (4, 6)
- Sing for joy and bring praises (4)

Prayer

## Psalms - Journal

Psalm 99 - God Reigns over Israel

Parallel Scripture: II Samuel 22-23

### Outline

- I. Praise God for His Righteous Reign (1-5)
- II. God's Mercy Toward Israel (6-9)

### God's Character

- The Lord reigns (1)
- The Lord is great (2)
- He is exalted above all the peoples (2)
- He is holy (3, 5, 9)
- Loves justice (4)
- Executes righteousness and justice (4)
- Forgiving God and an avenger of evil deeds (8) - Jude 4

### Names of God

### Instructions

- praise His great and awesome name (3)
- Exalt the Lord our God and worship Him (5, 9)

### Prayer

## Psalms - Journal

Psalm 30 - Thanksgiving for Deliverance from Death

Parallel Scripture: II Samuel 24

### Outline

- I. Praise God for Deliverance (1-5)
- II. David's Sin, Discipline, Supplication, and Restoration (6-9)
- III. Joy and Praise (10-12)

### God's Character

- God lifts up His people (1)
- Our enemies will not rejoice over us (1)
- God is our healer - Jehovah Rapha (Ex 15:26) (2)
- God keeps his people (3)
- God's anger is for a moment but His favor is for a lifetime (5) - Is 54:7-8; Jn 16:20-22; II Cor 4:17
- By God's favorite can stand strong (7)
- God turns our mourning into dancing and sackcloth into gladness (11)

### Names of God

- God, our Healer (2)

### Instructions

- I will praise God enthusiastically (1)
- Sing praise to the Lord (4, 12)
- Give thanks to His holy name (4, 12)
- Cry out to the Lord and make our supplication (8)

### Prayer

- be gracious to me and be my helper (10)

## Psalms - Journal

Psalm 108 - Prayer for Victory

Parallel Scripture: II Samuel 24

### Outline

- I. Praise and Plea for Deliverance (1-6)
- II. God is Sovereign over All (7-9)
- III. Plea, Complaint, and Faith (10-13)

### God's Character

- Lovingkindness and truth (4)
- Holiness (7)
- God treads down our adversaries and through Him we will do valiantly (13)

### Names of God

### Instructions

- sing praises to God (1, 3) among the nations
- Give thanks to the Lord among the peoples (3)
- Exalt and give glory to God above all (5)

### Prayer

- save me and answer me (6)
- Give us help against our adversary for deliverance by man is in vain (12)

## Psalms - Journal

### Psalm 109 - Vengeance upon Enemies

Parallel Scripture: II Samuel 24

#### Outline

- I. Complaint of Enemies (1-5)
- II. Punish the Adversaries (6-13)
- III. Sins of the Adversaries (14-20)
- IV. God's Love and Deliverance (21-25)
- V. Plea for Salvation and Retribution (26-29)
- VI. Praise for God Almighty (30-31)

#### God's Character

- His lovingkindness is good (21, 26)
- He has the power to deliver (21)
- He stands with the needy to save them (31)

#### Names of God

#### Instructions

- PRAY (4)
- Give thanks abundantly to the Lord (30)
- Praise Him in the midst of the people (30)

#### Prayer

- don't be silent (1)
- Judge my enemies and deal with them righteously (6-13)
- Let them be before the Lord continuously (15)
- Bring judgment against the accusers of your people (20)
- Deal kindly with me (21)
- Help me and save me according to Your lovingkindness (26)
- Let them know that they are seeing the hand of God (27)
- Let the accusers be clothed with dishonor (29)

## Psalms - Journal

Psalm 110 - God Gives Dominion to the King  
Parallel Scripture: II Samuel 24

### Outline

- I. Anticipation of Messiah's Triumphant Reign (1-3)
- II. Messiah's Reign as Judge (4-7)

### God's Character

- the enemies are going to be Jesus' footstool (1)
- Jesus will rule in the midst of His enemies (2)
- God has sworn and will not change His mind (4)
- Jesus is a priest forever (4)
- He shatters kings in the day of His wrath (5)
- He judges among the nations (6)
- He will shatter the power of those chief men (6)

### Names of God

### Instructions

### Prayer