

Psalms Notes

Book Four: Psalms 90–106

90. “Teach Us to Number Our Days”

Theme:

God is eternal but man is mortal

Summary:

1-12 Teach us to number our days that we may gain wisdom

13-17 A supplication for restoration

Capsule Thought:

This is the only poem of Moses recorded outside of the two recorded in the Pentateuch (Ex 15, Dt 32). He contrasts the eternal nature of God with the mortal nature of man. He says we face God’s wrath because of our sins, and then urges man to gain a heart of wisdom.

Thought Questions:

What three metaphors are used to describe the brevity of life on earth?

91. Abiding in “the Shadow of the Almighty”

Theme:

The protection of God

Summary:

1-2 He who dwells with God shall have His protection

3-13 He will protect you from the penalty of the wicked

14-16 God speaks of those He will protect

Capsule Thought:

The psalm describes the protection of God and describes those whom will receive His protection, those who set their love upon God.

Thought Question:

From what kinds of threats can God protect us?

92. It Is Good to Praise the Lord

Theme:

Praise to God for His love and faithfulness

Summary:

1-4 It is good to give thanks to the Lord

5-11 The destruction of the wicked

12-15 The blessing of the righteous

Capsule Thought:

God is to be praised for His goodness and faithfulness to the righteous because he will cut down our enemies and make us flourish.

Thought Question:

Where will the righteous always be fresh and flourishing?

93. *The Majesty of God*

Theme:

The Lord is King of the universe

Summary:

1-2 The Lord reigns eternally

3-4 The Lord is mightier than the troubles of life

5 We can trust the Lord

Capsule Thought:

God is pictured as a king with power who controls the world that He established.

Thought Question:

What does it mean to our daily lives that the Lord reigns?

94. *Vengeance Belongs Only to God*

Theme:

God will judge the wicked

Summary:

1-15 Rise up and judge

16-23 The Lord is our defense

Capsule Thought:

In the midst of injustice the psalmist cries out for God to rise in vengeance.

Thought Question:

What will happen to leaders who do not act in accordance with God's ways?

95. *Call to Worship the Lord*

Theme:

Worship the Lord

Summary:

1-7a Come let us worship and bow down before the Lord

7b-11 If you hear His voice do not harden your heart

Capsule Thought:

It starts with a call to worship in true spirit and warns to not be rebellious.

Thought Question:

How did those in the wilderness not know God's ways even though they saw His work?

96. *Declare the Glory of God*

Theme:

Sing praise to the Lord all people of the earth

Summary:

1-6 The Lord is great and worthy to be praised by all

7-13 Bring an offering for He is coming to judge all the earth

Capsule Thought:

The psalmist calls upon all to praise and honor God because He will judge all people.

Thought Question:

How will God judge all the world?

97. *Rejoice! The Lord Reigns!*

Theme:

The sovereign LORD will judge all the earth

Summary:

1-5 The LORD reigns

6-9 The True God vs. The false gods

10-12 The saints of God

Capsule Thought:

Everyone should rejoice that the LORD reigns above all the earth. The heavens declare his righteousness and His glory to all people. God will put the false Gods and the people who worship them to shame and preserve His saints.

Thought Questions:

How do all people see God's glory?

98. *Sing a New Song to the Lord*

Theme:

Sing praise to the LORD

Summary:

1-3 Praise the LORD for His salvation

4-6 Praise the LORD, the King of all the earth

7-9 Praise the LORD, the Judge is coming

Capsule Thought:

We are told to sing a new song just like in Psalm 96. Singing represents joy and in this case we should have joy because the LORD has shown us His salvation, that He is King and Judge of the earth.

Thought Questions:

What do you think it means when the psalmist tells us to sing a new song?

99. *“Exalt the LORD Our God”*

Theme:

Come and worship God on His Holy Hill

Summary:

1-5 The mighty King

6-9 Pardon and punishment

Capsule Thought:

The LORD reigns and brings vengeance to all, even Moses Aaron and Samuel, yet He is the God-who-forgives as well because they called upon the LORD.

Thought Questions:

What does the psalmist mean by “footstool” when he calls on people to worship God at His footstool?

100. *“Serve the LORD with Gladness”*

Theme:

Come before God with singing

Summary:

1-3 Come worship God with joy because He made us

4-5 Come before God with thanks, praise and blessings because He is good

Capsule Thought:

Man is called to worship God with thanksgiving and singing. Picture worshippers coming to Jerusalem and the Temple, they would sing the first three verses at the city gate and then from within the Temple courtyard the choir answered singing verses 4-5.

Thought Questions:

Name all the things the worshippers were called to do in this psalm.

101. *Commitments of a Holy Life*

Theme:

A commitment to rule with righteousness and integrity

Summary:

1-4 Personal ethics

5-8 Ruling ethics

Capsule Thought:

This is a psalm that speaks about David’s commitment to live rightly in all his life and to rule with integrity and justice to all.

Thought Questions:

What does this psalm say to leaders today, both religious and secular?

102. *Prayer of an Overwhelmed Saint*

Theme:

A prayer for help

Summary:

1-11 The psalmist’s illness and isolation

12-22 The LORD shall regard the prayer of the destitute

23-28 The earth shall perish but God is eternal

Capsule Thought:

The psalmist is suffering from physical illness and from enemies but he knows God will answer him. He also knows that his life and suffering are temporary just like all the earth, but that God will endure, as will His children, beyond them all.

Thought Questions:

What benefit is there to knowing our life and suffering are temporary?

103. *Bless the Lord, All You People!*

Theme:

Bless the LORD, O my soul

Summary:

1-5 Personal praise

6-18 National praise

19-22 Praise from all creation

Capsule Thought:

The psalmist calls upon himself to bless God and mentions many of God's actions on behalf of His people. He then calls upon all people and creation to bless the Lord.

Thought Questions:

We often speak of the Lord blessing us but how can we bless the Lord?

104. *Psalm Rehearsing Creation*

Theme:

The greatness of God

Summary:

1-4 The LORD created the heavens

5-30 The LORD created the earth

31-35 A prayer for God's glory to endure forever

Capsule Thought:

This is another psalm urging the people of God to bless the LORD for all His works, specifically in this psalm His works in creation.

Thought Questions:

What does the psalmist mean that God's works are manifold?

105. *Remember, God Keeps His Promises*

Theme:

Remember the faithfulness of the LORD

Summary:

1-6 Be thankful for the wondrous works of God

7-25 God's wondrous works among the patriarchs

26-41 God's wondrous works to call Israel from Egypt

42-45 God's faithfulness to His covenant with Abraham

Capsule Thought:

This psalm reminds us of God's wonderful works and His faithfulness to His people.

Thought Questions:

Why did God do all of these wonderful works among the children of Abraham?

106. *"We Have Sinned"*

Theme:

National iniquity

Summary:

1-5 The mercy of the LORD

6-46 The sins of Israel

47-48 A concluding prayer

Capsule Thought:

The psalmist recognizes that the mercy of God is great as evidenced by His mercy upon a sinful Israel. He also recognizes that the only way we are saved is by the work of God.

Thought Questions:

What should believers learn from this psalm?