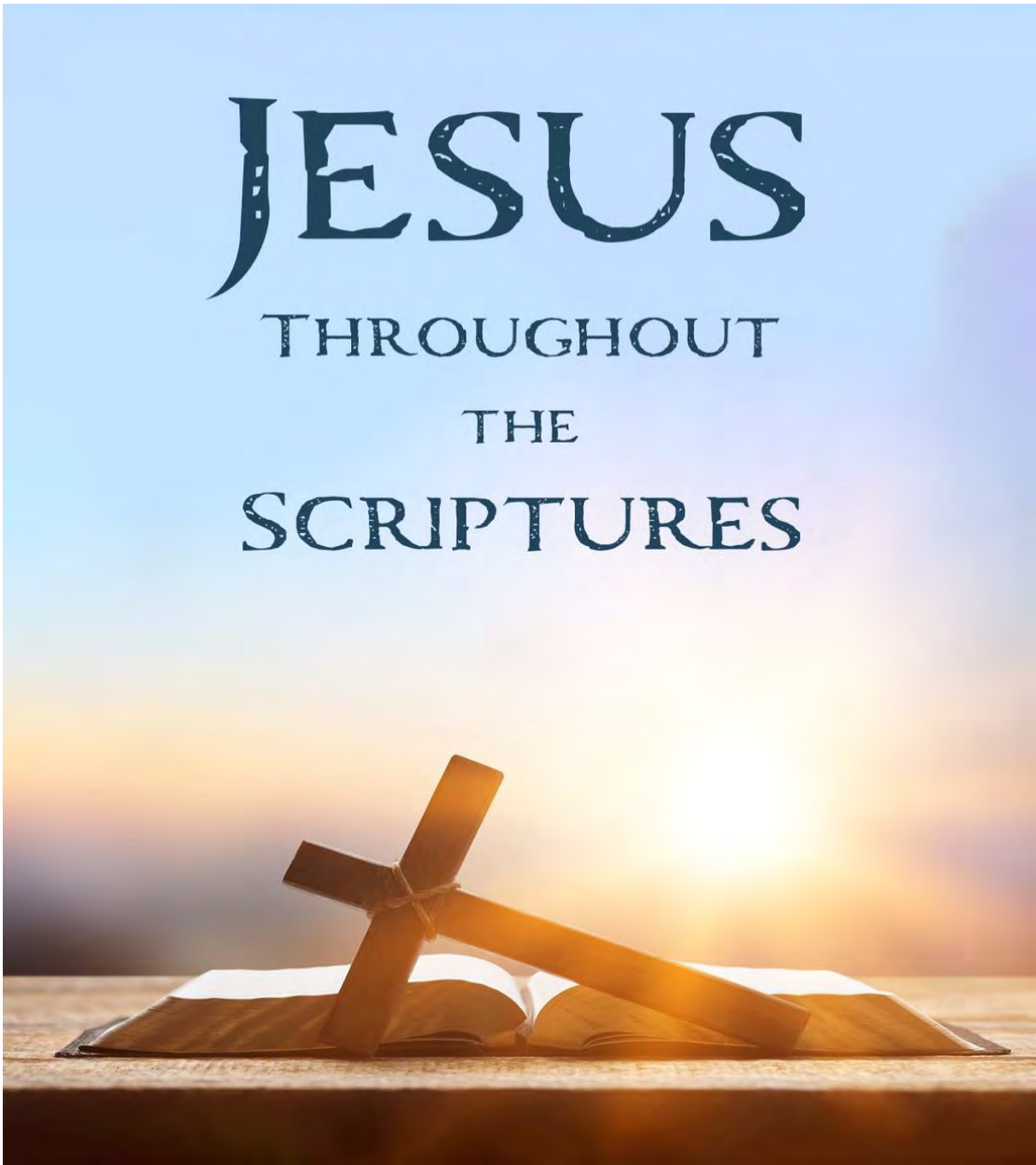


# JESUS

THROUGHOUT  
THE  
SCRIPTURES



Part 10: The Psalms (3)

T. M. and Susie Moore

*A Scriptorium Study from The Fellowship of Ailbe*

Jesus throughout the Scriptures  
Part 10: The Psalms (3)  
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## Jesus throughout the Scriptures: The Psalms (3)—Introduction

We continue in the Psalms in our study of “Jesus throughout the Scriptures” because the Psalms are so rich in symbols and pointers to the Lord. In this part of our study we’ll learn to pray as His disciples, to seek His beauty and rest in His sustaining strength, hear Him in His Word and as He hears our cries for help, and see Him as victorious over all evil. The Psalms draw us to Jesus and open before us a rich treasure trove of knowledge and wisdom concerning our Lord.

We are pleased to offer this resource at no charge to readers, but we encourage to pray and seek the Lord whether He might have you join in supporting the work of The Fellowship of Ailbe. You can use the contribute button at our website to give online, or you may send a check to The Fellowship of Ailbe, P. O. Box 8213, Essex, VT 05451.

We hope you find these studies helpful so that you grow in the grace and knowledge of our Lord and Savior Jesus Christ to increase in love for God and your neighbors.

T. M. Moore  
Principal

## 1 A Disciple's Prayer

*Pray Psalm 25.1-3.*

To You, O LORD, I lift up my soul.  
O my God, I trust in You;  
Let me not be ashamed;  
Let not my enemies triumph over me.  
Indeed, let no one who waits on You be ashamed;  
Let those be ashamed who deal treacherously without cause.

*Sing Psalm 25.1-3.*

(Festal Song: *Rise Up, O Men of God*)

I lift my soul to You; O LORD, in You I trust.  
Let me not come to shame, nor let my foes o'er me exult.

All they who wait on You shall never come to shame.  
Yet they to shame shall come who stand against Your holy Name.

*Read Psalm 25.1-22; meditate on verses 12-15.*

*Preparation*

1. How did David describe the Lord?
2. What did he want the Lord to do for him?

*Meditation*

I regard this as the most complete disciple's prayer in the entire psalter. Consider its contents; devotion (vv. 1-3); seeking guidance (vv. 4, 5); calling on the Lord for mercy and forgiveness (vv. 6, 7, 11); celebrating the Lord and His justice, mercy, and truth (vv. 8-10); renewing covenant with the Lord (vv. 12-15); looking to the Lord and waiting on Him (vv. 16-21); interceding for the people of God (v. 22).

You can pray this psalm, just as it is, using the words of the psalm as your prayer. And if you pray slowly enough, you will have no trouble seeing Jesus as the object of your prayer. He is the Way, and His ways are in the truth of God and His salvation (Jn. 14.6; 1 Jn. 2.1-6). He has purged our sins and through Him we cry out for forgiveness. He is our Teacher (vv. 8-10), and we are His disciples.

And He calls us to fear Him, that He may teach us His ways and fill us with His blessings (vv. 12-14). So we set the eyes of our heart to see Him (v. 15), seated in glory at the Father's right hand (Col. 3.1-3). He is with us to forgive, keep, deliver, and preserve us in all adversity (vv. 16-21), and in His Name we pray for our fellow believers according to the requests of this psalm (v. 22).

David knew God intimately, yet not so well as we who know Jesus do. His beautiful prayers can be even more meaningful and transforming for us as we come to the Father through Jesus and for His glory.

*Treasure Old and New: Matthew 13.52; Psalm 119.162*

“For of Him and  
Through Him and  
To Him are all things,  
To Whom be glory forever.  
Amen” (Rom. 11.36).

“Now I AM no longer in the world,  
but these are in the world,  
and I come to You.  
Holy Father, keep through Your Name  
those whom You have given Me,  
that they may be one as We are” (Jn. 17.11).

As we see Jesus in this beautiful psalm, we also see God’s love and care for His children.  
He is The Powerful God. He never changes. His power is never subdued.  
He has ruled kings and kingdoms since the earth was formed.  
Humanity continues, as do the heavens as earth, because all are His servants (Ps. 119.89-91).

Due to God’s enormous, saving power, and Daniel’s courageous actions, King Darius wrote these words:  
“To all peoples, nations, and languages that dwell in all the earth:  
Peace be multiplied to you.  
I make a decree that in every dominion of my kingdom  
men must tremble and fear before the God of Daniel.  
For He is the living God, and steadfast forever;  
His kingdom is the one which shall not be destroyed,  
and His dominion shall endure to the end.  
He delivers and rescues,  
and He works signs and wonders in heaven and on earth,  
Who has delivered Daniel from the power of the lions” (Dan. 6.25-27).

Daniel’s testimony was one of faithful prayer and dedication to God.  
“...in his upper room, with his windows open toward Jerusalem,  
he knelt down on his knees three times that day,  
and prayed and gave thanks before his God,  
as was his custom since early days” (Dan. 6.10).

A daily custom we would do well to imitate (1 Cor. 11.1).

This powerful man of God was captured as a youth, and carried to another part of the world, to live out his Personal Mission Field. To honor and glorify God in all he did and said—from captivity to positions of power in Babylon—his was a daily walk with God, always true to the Word, always faithful to his beliefs (Dan. 1.8). His was a life of witness—not of going witnessing; but of being a witness.

“Who is the man that fears the LORD? Him shall He teach in the way He chooses...My eyes are ever toward the LORD...forgive all my sins...Keep my soul, and deliver me; let me not be ashamed, for I put my trust in You. Let integrity and uprightness preserve me, for I wait for You” (Ps. 25.12, 15, 18, 20, 21).

Our “cloud of witnesses” (Heb. 12.1) are a heritage and legacy of courageous people, people who set their eyes upon Jesus, Who “poured out His soul unto death” (Is. 53.12) to redeem sinners—us. All those who have gone before us—like David and Daniel—who trusted and feared God, were blessed with “the secret of the LORD” and were shown “His covenant” (Ps. 25.14).

God keeps the same covenants with us that He kept with all our forebears. We will be blessed as they were, when we trust Him as they did; and fully follow Jesus, the One we love, and see so clearly in Psalm 25.

*Reflection*

1. What does Psalm 25 suggest about *how* we must come to the Lord? Is this your practice?

2. What does Psalm 25 suggest about *what we may bring* to Him in prayer? How much of this regularly populates your prayers?

3. How do Jesus and Daniel encourage us to live in the strength Jesus can give us?

*All the paths of the Lord are mercy and truth; and so it will appear when they come to their journey's end. Those that are humble, that distrust themselves, and desire to be taught and to follow Divine guidance, these he will guide in judgment, that is, by the rule of the written word, to find rest for their souls in the Savior. Matthew Henry (1662-1714), Commentary on Psalm 25.8-14*

*Pray Psalm 25.4-22.*

You can pray this psalm verbatim, just as it is, and it will guide you to add your own words where appropriate.

*Sing Psalm 25.4-22.*

(Festal Song: *Rise Up, O Men of God*)

Make me to know Your ways, teach me Your paths, O LORD!  
My Savior, all day long I wait and seek You in Your Word.

Remember mercy, LORD, and steadfast love to me!  
But all my sins before You let them not remembered be!

My sins have been of old, Your love is new each day;  
according to Your goodness, LORD, regard my sinful way.

Upright and good are You, You lead us in Your way.  
The humble You instruct in truth and guide him day by day.

The paths of God are all of love and faithfulness.  
All they who keep His covenant the LORD will surely bless.

For Your sake, LORD, forgive. All they who fear You, LORD,  
shall know Your blessings day by day and follow in Your Word.

Your friends are they who fear and seek Your holy face;  
Your covenant with them You share and save them by Your grace.

Be gracious, LORD, to me; my heart is weighed with woe.  
My troubles and affliction see; let my transgressions go.

Consider all my foes, who hate me all the day;  
and rescue my poor soul lest I should stumble in the way.

Preserve me in Your way, redeem Your people, LORD!  
We wait for You and refuge seek in Your own faithful Word.

## 2 This One Thing

*Pray Psalm 27.4-6.*

One *thing* I have desired of the LORD,  
That will I seek:  
That I may dwell in the house of the LORD  
All the days of my life,  
To behold the beauty of the LORD,  
And to inquire in His temple.  
For in the time of trouble  
He shall hide me in His pavilion;  
In the secret place of His tabernacle  
He shall hide me;  
He shall set me high upon a rock.  
And now my head shall be lifted up above my enemies all around me;  
Therefore I will offer sacrifices of joy in His tabernacle;  
I will sing, yes, I will sing praises to the LORD.

*Sing Psalm 27.4-6.*

(St. Denio: *Immortal, Invisible, God Only Wise*)  
One thing we request but to dwell with You, LORD.  
Your beauty to test and to think on Your Word.  
In trouble You hide us secure in Your grace;  
no foe may o’erride us: We sing of Your praise.

*Read Psalm 27.1-14; meditate on verses 8-14.*

*Preparation*

1. What did David want from the Lord?
2. What would he have to do to achieve that?

*Meditation*

John Owen, the great Puritan theologian, wrote that everyone has some vision of Jesus etched into their mind. This is not a bad thing. Indeed, given all the many descriptions of Jesus in the Scriptures—especially Revelation 1.10-16—it would be difficult *not* to think of Jesus when we are praying. Paul instructs us to set our mind on Jesus (Col. 3.1-3) and leads us to believe that, by concentrating on the face of Jesus, we can know the glory of God (2 Cor. 4.6). It is that glory which, emanating from His Word, God uses to transform us into the very likeness of Jesus (2 Cor. 3.12-18).

So we are much encouraged by David’s “one thing”, because we, too, long to see the face of Jesus and the beauty of the Lord in which He dwells (vv. 4, 8, 9). But whereas David had no sense whatsoever of the face of God, and yet longed to see it, we have all the Biblical descriptions of Jesus and His heavenly throne room which we can assemble into a glorious collage as an object of long meditation, over and over.

And what can we expect if we are patient, waiting on the Lord to show us Jesus in His Word and as we pray? We can expect the goodness of the Lord to take shape in our soul and come to expression in all our words and deeds (v. 13). Then we can take courage in the Lord (v. 14) and draw on His strength as He sends us courageously (v. 1), like Jesus was sent (Jn. 20.21), living and speaking and rejoicing in His salvation.

*Treasure Old and New: Matthew 13.52; Psalm 119.162.*

If we have only one desire: to dwell with the Lord Jesus, here and now and there and then; and  
If we have only one thing to seek: to behold the beauty of the LORD, we are the most fortunate of people.  
For He desires to give us both things.

He has given us His Word to readily display Jesus and His beauty—we need only “take up and read” (from the *Confessions of St. Augustine*). And He promises that “he who seeks, finds” (Matt. 7.7, 8). “If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God” (Col. 3.1). These quests are not done in vain; but are taken up with full assurance of accomplishment.

When we take the time, make the effort, and come to His Word with great expectations, we will “see the King in His beauty” (Is. 33.17).

Jesus, Himself, encourages us to do this very thing. We know this to be true because we read of Him teaching two bickering sisters about the importance of quiet time spent with Him. (This vignette is not about hospitality—as we know from the Scriptures’ teachings of its vital importance—it is about seeking time with God).

“Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. And she had a sister called Mary, who also sat at Jesus’ feet and heard His word. But Martha was distracted with much serving, and she approached Him and said, ‘Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me.’ And Jesus answered and said to her, ‘Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part which will not be taken away from her’” (Lk. 10.38-42).

David desired and sought one thing.

Jesus praised Mary’s choice of the one needed thing.

And for us, we might lose heart when troubles abound,  
if we did not believe that we would

“see the goodness of the LORD in the land of the living” (Ps. 27.13).

As Jonah prayed from inside the fish’s belly:

“When my soul fainted within me, I remembered the LORD;

and my prayer went up to You, into Your holy temple.

Those who regard worthless idols forsake their own Mercy” (Jon. 2.7, 8).

Let us never forsake our own Mercy, Jesus Christ.

But let us only desire and seek one thing—to be in His Presence—here and now, for there and then.

This One Thing is of the utmost import. Seek and See Jesus.

#### *Reflection*

1. Why do you suppose some Christians find spending time with Jesus so hard to achieve? How can we encourage them?

2. When we come to Jesus, to see Him in His Word, what sorts of things should we expect from Him?

3. How does seeing Jesus in His Word equip you to serve Him each day?

*The psalmist requests the favor of the Lord; the continuance of his presence with him; the benefit of Divine guidance, and the benefit of Divine protection. God’s time to help those that trust in him, is, when all other helpers fail. He is a surer and better Friend than earthly parents are, or can be. What was the belief which supported the psalmist? That he should see the goodness of the Lord. Matthew Henry (1662-1714), Commentary on Psalm 27.7-14*



*Pray Psalm 27.7-14.*

How do you seek the Lord in your heart (Col. 3.1-3)? Earnestly wait on the Lord until you see His face in glory, at least to some extent (2 Cor. 4.6). Seek His way for this day and that His goodness would abound through you into your Personal Mission Field.

*Sing Psalm 27.7-14.*

(St. Denio: *Immortal, Invisible, God Only Wise*)

Hear, LORD, when we cry and be gracious, we pray!  
LORD, do not deny us Your favor this day!  
Our help, our salvation, though others may fall,  
preserve our good station when on You we call.

LORD, teach us; LORD, lead us because of our foes!  
Hear, LORD, when we plead for release from their woes.  
Had we not believed all Your goodness to see,  
our heart sorely grieved and in turmoil would be.

Wait, wait on the LORD; persevere in His grace.  
Hold fast to His Word; seek His radiant face.  
Be strong, set your heart to abide in His Word;  
His grace He imparts; therefore, wait on the LORD.

### **3 His Strength, Our Strength**

*Pray Psalm 31.1-5.*

In You, O LORD, I put my trust;  
Let me never be ashamed;  
Deliver me in Your righteousness.  
Bow down Your ear to me,  
Deliver me speedily;  
Be my rock of refuge,  
A fortress of defense to save me.  
For You *are* my rock and my fortress;  
Therefore, for Your name's sake,  
Lead me and guide me.  
Pull me out of the net which they have secretly laid for me,  
For You *are* my strength.  
Into Your hand I commit my spirit;  
You have redeemed me, O LORD God of truth.

*Sing Psalm 31.1-5.*

(Brother James' Air: *The Lord's My Shepherd, I'll Not Want*)

In You, O LORD, I refuge take; let me not come to shame!  
In righteousness deliver me, according to Your Name.  
Incline Your ear, my prayer to hear, my Fortress strong to save!

For You my Rock and Fortress are; in Your Name lead and guide.  
You rescue me from ev'ry net which wicked men might hide.  
My Refuge strong, my spirit long in Your hand shall abide.

*Read Psalm 31; meditate on verses 19-24.*

*Preparation*

1. What has God prepared for those who trust Him?
2. Why can we be of good courage?

*Meditation*

This seems to be a psalm of David's old age (vv. 10-12), when others were smacking their lips to see him go and already plotting how to gain his throne for themselves (v. 13; cf. 1 Kgs. 1.1-7). Here we should expect to see David serving as a type of Jesus in His suffering, and we are not disappointed. The words that David used to prepare for his death were on the lips of our Savior as He was dying (v. 5; cf. Lk. 23.46). As David drew comfort and strength in seeking the Lord's face (v. 16), so Jesus may have been praying this psalm in His own great time of trial.

God has put in reserve an abundance of goodness for those who fear Him and trust in Him (vv. 19, 20). Blessings and good things beyond what can be told are ours to enjoy (vv. 20-22). Jesus was already seeing these as He died on the cross, as we have seen (Ps. 22.21-31). Now we may know these joys and blessings even amid the plots and lies of the wicked (vv. 20, 23, 24). Like David, let us fear and trust the Lord, looking to Jesus as the fulfillment of all God's promises (2 Cor. 1.20) and the Author and Perfecter of our faith (Heb. 12.1, 2).

When we fear and trust the Lord, He is our focus. He defines our way. We find in Him every good and

perfect gift that we may require for complete happiness and increasing fruitfulness. Outwardly, we may know many troubling circumstances. But when our focus is entirely on the Lord, and we are sheltering in Him, we know the goodness He holds in reserve for us, a goodness that no outward conditions can obscure (Jn. 16.33).

*Treasure Old and New: Matthew 13.52; Psalm 119.162*

“Oh, how great is Your goodness,  
which You have laid up for those who fear You,  
which You have prepared for those who trust in You  
in the presence of the sons of men!” (Ps. 31.19)

*Jesus the very thought of Thee, with sweetness fills my breast,  
But sweeter far Thy face to see, and in Thy Presence rest.  
(Bernard of Clairvaux, 1150)*

“Let not your heart be troubled; you believe in God, believe also in Me.  
In My Father’s house are many mansions; if it were not so, I would have told you.  
I go to prepare a place for you. And if I go and prepare a place for you,  
I will come again and receive you to Myself;  
that where I AM, there you may be also.  
And where I go you know, and the way you know.  
I AM the way, the truth, and the life.  
No one comes to the Father except through Me” (Jn. 14.1-4, 6).

*How firm a foundation, ye saints of the Lord,  
Is laid for your faith in His excellent Word!  
What more can He say than to you He hath said,  
To you who for refuge to Jesus have fled?  
(Rippon’s selection of Hymns, 1787)*

“The LORD is gracious and full of compassion,  
Slow to anger and great in Mercy.  
The LORD is good to all, and  
His tender mercies are over all His works” (Ps. 145.8, 9).

*O how He loves you and me, O how He loves you and me;  
He gave His life—what more could He give?  
O how He loves you,  
O how He loves me,  
O how He loves you and me!  
(Kurt Kaiser, 1975)*

“The LORD is good, a stronghold in the day of trouble;  
and He knows those who trust in Him” (Nah. 1.7).

*When we walk with the Lord in the light of His Word,  
What a glory He sheds on our way!  
While we do His good will  
He abides with us still,  
And with all who will trust and obey.  
Trust and obey, for there’s no other way  
To be happy in Jesus,*

*But to trust and obey.*  
(John H. Sammis, 1887)

“Oh, love the LORD, all you His saints!  
For the LORD preserves the faithful...  
Be of good courage, and He shall strengthen your heart,  
All you who hope in the LORD” (Ps. 31.23, 24).

*Reflection*

1. What role does singing to the Lord play in your walk with and work for Him?
2. We see that Jesus prayed certain of the psalms as He was suffering on the cross. How might praying and singing the psalms help you in your walk with the Lord?
3. How can singing bring refreshment, strengthening, and renewal to your soul? Can you think of a psalm, hymn, or spiritual song that does this for you?

*The deliverance of Christ, with the destruction of his enemies, ought to strengthen and comfort the hearts of believers under all their afflictions here below, that having suffered courageously with their Master, they may triumphantly enter into his joy and glory.* Matthew Henry (1662-1714), *Commentary on Psalm 31.19-24*

*Pray Psalm 31.19-24.*

Rejoice in the abundant goodness of the Lord. Celebrate before Him all the ways He has blessed you already this day. Call on Him for strength to lead you in all your times of weariness, temptation, or trial. Bless and praise Him for the day ahead.

*Sing Psalm 31.19-24.*

(Brother James' Air: *The Lord's My Shepherd, I'll Not Want*)  
How great the goodness You reserve for those who fear You, LORD,  
who rest in You and boldly stand before men in Your Word.  
You cover them from plots of men; You shelter them, O LORD!

Blessed be the LORD, for He has shown His steadfast love to me!  
In my alarm I cried to Him; He heard my fervent plea!  
In fear and dread with You I pled; You heard and rescued me!

O love the LORD, all you, His saints! He keeps us faithfully.  
But all who act in sinful pride His wrath shall surely see.  
Be strong and let your heart not fret; wait on Him constantly!

## 4 The Word of the Lord

*Pray Psalm 33.18-22.*

Behold, the eye of the LORD *is* on those who fear Him,  
On those who hope in His mercy,  
To deliver their soul from death,  
And to keep them alive in famine.  
Our soul waits for the LORD;  
He is our help and our shield.  
For our heart shall rejoice in Him,  
Because we have trusted in His holy name.  
Let Your mercy, O LORD, be upon us,  
Just as we hope in You.

*Sing Psalm 33.18-22.*

(Truro: *Shout, for the Blessed Jesus Reigns*)

God watches those who fear His Name, who hope upon His grace and love:  
He keeps their souls from death and shame who trust in Him Who reigns above.

God is our Helper and our Shield; upon us let Your grace descend!  
We hope in You; to You we yield; we trust in Jesus to the end.

*Read Psalm 33.1-22; meditate on verses 18-22.*

*Preparation*

1. How does the psalmist characterize the Word of the LORD?
2. What does the Word of the LORD do?

*Meditation*

Jews throughout the period of the Old Testament and into the New would have been familiar with the concept of the Word of the LORD. They would have known that the Word was right, that is, *upright*, the pattern and design for all God's creation (v. 4). They would have known that God by His Word created the heavens and the earth (vv. 6, 9) and that the counsel of His Word was more powerful than all the schemes and plans of the nations of the earth (vv. 10, 11).

They would have recognized the word of the LORD as the tablets of Moses, the books of the Law, the histories and sermons of the prophets, and the poetic treasures of the writings. What they would not have considered was that the Word of the LORD is a Person, a Person Who embodies all these attributes and performs all these works. We see Him clearly as He is described here and in other psalms; but that understanding would have been kept from those who read this psalm before the time of Jesus.

So when the apostle John wrote of the Word becoming flesh, dwelling among us, manifesting the glory of the LORD, and accomplishing the redemption of God's people (Jn. 1.1-18), that would have been a new message indeed. The Word of the LORD, and no earthly king, would accomplish the salvation of His people (vv. 16-19). For Him faithful Israelites would wait, trusting in God and looking to Him for mercy until the time when all their hopes would be fulfilled (vv. 20-22).

By and according to His Word.

*Treasure Old and New: Matthew 13.52; Psalm 119.162*

Our God made and controls all of everything. He is majestic and worthy of all praise and glory.  
No other idol or god claims to have created the heavens and the earth. Or if they do, where is the proof?  
Do they keep all the planets spinning? Even now? Do they sustain life?

“Forever, O LORD, Your word is settled in heaven.

Your faithfulness endures to all generations;

You established the earth, and it abides.

They continue this day according to Your ordinances,  
for all are Your servants” (Ps. 119.89-91).

Our God rules and controls all things.

For example:

“By the Word of the LORD the heavens were made, and all the host of them by the breath of His mouth.  
He gathers the waters of the sea together as a heap; He lays up the deep in storehouses” (Ps. 33.6, 7).

“Or who shut in the sea with doors, when it burst forth and issued from the womb;

when I made the clouds its garment, and thick darkness its swaddling band;

when I fixed My limit for it, and set bars and doors;

when I said, “This far you may come, but no farther,  
and here your proud waves must stop!” (Job 38.8-11).

“Who has measured the waters in the hollow of His hand,  
measured heaven with a span and calculated the dust of earth in a measure?

Weighed the mountains in scales and the hills in a balance?” (Is. 40.12).

I ask you: Who but our God can do all that?

With Jesus, participating “at the beginning of His way...

when He prepared the heavens, I was there,

when He drew a circle on the face of the deep,

when He established the clouds above,

when He strengthened the fountains of the deep,

when He assigned to the sea its limit,

so that the waters would not transgress His command...” (Prov. 8.22, 27-29).

“In the beginning God created the heavens and the earth” (Gen. 1.1).

“In the beginning was the Word,

and the Word was with God,

and the Word was God.

He was in the beginning with God.

All things were made through Him,

and without Him nothing was made that was made” (Jn. 1.1-3).

With respect and praise for this God, Who gathered the sea in a vessel:

“Let all the earth fear the LORD; let all the inhabitants of the world stand in awe of Him.

For He spoke, and it was done; He commanded, and it stood fast” (Ps. 33.8, 9).

And for His people, a Word of caution and guidance and promise:

“Behold, the eye of the LORD is on those who fear Him,

on those who hope in His mercy,

to deliver their soul from death,

and to keep them alive in famine” (Ps. 33.18, 19).

“If you love Me, keep My commandments” (Jn. 14.15).

“And a Voice came out of the cloud, saying,

“This is My beloved Son. Hear Him!” (Lk. 9.35).

The Word of the LORD.

*Reflection*

1. What does it mean to say that Jesus, the Son of God, is the *Word* of God?
2. The Word of God spoke creation into being and upholds it in all its parts (Heb. 1.3). Should we expect the creation to teach us about the Word of God? What might we expect to learn?
3. Our study of the Word of God in Scripture should lead us to become more like the Word of God, Who is Jesus. Explain.

*Those that fear God and his wrath, must hope in God and his mercy; for there is no flying from him, but by flying to him. Let thy mercy, O Lord, be upon us; let us always have the comfort and benefit, not according to our merits, but according to the promise which thou hast in thy word given to us, and according to the faith thou hast by thy Spirit and grace wrought in us. Matthew Henry (1662-1714), Commentary on Psalm 33.12-22*

*Pray Psalm 33.4-12.*

Rejoice and give thanks to God for His Word, for Jesus, Who made all things and rules all things, and Who is true and right altogether. Thank Him that He will be with you today, to fill and direct and empower your walk with and work for Him. Commit yourself and your day to Him.

*Sing Psalm 33.4-12.*

*(Truro: Shout, for the Blessed Jesus Reigns)*

Joyfully shout! His Word is true; He does His work in faithfulness.

His love prevails the whole world through; the LORD loves truth and righteousness.

God spoke and heaven came to be, and all its hosts His Spirit wrought.

He heaps the waters of the sea; the deeps their dwelling place are taught.

Let all below now fear the LORD; let all in awe of Him abide!

The worlds exist by His own Word; let all on earth in Him confide.

He nullifies the nations' plans; forever stands His sov'reign Word.

All they are blessed who with Him stand—the chosen people of the LORD.

## 5 The Righteous One

*Pray Psalm 34.3, 18, 19.*

Oh, magnify the LORD with me,  
And let us exalt His name together...  
The LORD is near to those who have a broken heart,  
And saves such as have a contrite spirit.  
Many are the afflictions of the righteous,  
But the LORD delivers him out of them all.

*Sing Psalm 34.3, 18, 19.*

(Alleluia [Lowe]: *Mighty God, While Angels Bless You*)  
When for help we cry to Jesus, He will save, for He is near.  
He delivers us from trouble, for He holds us ever dear.  
*Refrain v. 3*  
Magnify the Name of Jesus! Let us lift His Name in praise!

*Read Psalm 34.1-22; meditate on verses 18-22.*

*Preparation*

1. What did David seek from the LORD?
2. How must they live who seek the LORD like this?

*Meditation*

David was filled with rejoicing as he wrote this psalm, because the LORD had just delivered him from perhaps the scariest time of his life. To escape Saul, David had fled to the Philistines. Of all places to flee! Had he not only recently killed their great champion and routed their armies? Was he mad?

That's what he hoped the Philistines would believe. One more madman was not what Abimelech (Achish) needed, so he drove David away, but not until after the threat from Saul had subsided (1 Sam. 21.10-15).

David's psalm overflows with gratitude and praise to the prayer-hearing God. He urges others to praise and thank Him as well (vv. 3, 8-10), and he revels in the promises of God's continued blessings and care. Verses 19-22, while they speak to all who are righteous (vv. 12-18) are prophetic of the suffering of Jesus—the "Righteous One", v. 19. As Augustine reminds us, Jesus' bones were not broken during His crucifixion, thus pointing to this psalm to demonstrate His righteousness. David ends by holding out the promise of redemption and calling us to trust in the LORD.

The redemption and deliverance we have through Jesus is a reason for continuous celebration, for praise and thanks and blessing to God the Father, Who chose us for Himself, God the Spirit, Who effects our salvation, and God the Righteous One and Son of the Father, Who accomplished our redemption by His perfect life, substitutionary suffering, and powerful resurrection from the dead.

*Treasure Old and New: Matthew 13.52; Psalm 119.162.*

"Then the soldiers came and broke the legs of the first and of the other who was crucified with Him. But when they came to Jesus and saw that He was already dead, they did not break His legs. But one of the soldiers pierced His side with a spear..." (Jn. 19.32-34).

Jesus the very thought of Thee...and of Your love, Who died for me.  
(Bernard of Clairvaux, 1150/Wesley, 1738)



“For these things were done that the Scripture should be fulfilled, ‘Not one of His bones shall be broken.’ And again another Scripture says, ‘They shall look on Him whom they pierced’” (Jn. 19.36, 37).

The Righteous One, the Perfect One, The LORD of lords, and KING of kings, suffered the most heinous death—not for a crime He had committed—but for all the crimes we had committed. Thorns, nails, a spear, humiliation, and separation from God the Father. He descended into hell.

And yet, for all we did to Him, we receive blessing upon blessing. Freedom, forgiveness, salvation, sanctification, mercy, grace, and love. And the Holy Spirit.

“The LORD redeems the soul of His servants,  
and none of those who trust in Him shall be condemned” (Ps. 34.22).  
“...For You were slain, and have redeemed us to God by Your blood...” (Rev. 5.9).

How thankful, how grateful, how appreciative we are for His suffering, death, and resurrection!  
“I will bless the LORD at all times; His praise shall continually be in my mouth.  
My soul shall make its boast in the LORD...” (Ps. 34.1, 2).

“Who is the man who desires life, and loves many days, that he may see good?” (Ps. 34.12)

Who is the one who would show Jesus the love He deserves?  
Here are some initial suggestions (a starter-kit, as it were):

“Keep your tongue from evil,  
and your lips from speaking deceit.  
Depart from evil and do good;  
seek peace and pursue it” (Ps. 34.13, 14).

And how will we be able to do that?  
How can we know what is good and what is evil?

“By taking heed according to Your Word.  
With my whole heart I have sought You;  
oh, let me not wander from Your commandments!  
Your Word I have hidden in my heart,  
that I might not sin against You” (Ps. 119.9-11).  
“LORD, I hope for Your salvation, and I do Your commandments.  
My soul keeps Your testimonies, and I love them exceedingly.  
I keep Your precepts and Your testimonies,  
for all my ways are before You” (Ps. 119.166-168).

“Beloved, do not imitate what is evil, but what is good.  
He who does good is of God, but he who does evil has not seen God” (3 Jn. 11).

“Oh, taste and see that the LORD is good; blessed is the man who trusts in Him!” (Ps. 34.8)

### *Reflection*

1. How did Jesus come to be known as the Righteous One? What does that mean for us?
2. Why is it important, when we’re sharing the Gospel, to emphasize the righteousness of Jesus?
3. Jesus, the Righteous One, suffered for His claim to be God and the Messiah. Should we expect to suffer by identifying with Him? Explain.

*The prophecy was fulfilled in our Lord, because as he hung on the cross he expired before the soldiers arrived; they found his body already lifeless, so they had no wish to break his legs; thus the Scripture was fulfilled. But the promise was made to all Christians. Augustine (354-430), Expositions on the Psalms 34.24*

*Pray Psalm 34.1-9.*

Spent an extended season of prayer praising and exalting the Lord Jesus Christ. Look into His face, to see the glory there (2 Cor. 4.6). Take your seat beside Him (Eph. 2.6) and revel in His Presence. Thank and praise Him for saving you from sin and from all your troubles. Go forth into your day, filled with His Spirit.

*Sing Psalm 34.1-9.*

*(Alleluia [Lowe]: Mighty God, While Angels Bless You)*

I will bless the LORD at all times; I shall praise Him evermore!

My soul makes its boast in Jesus—Him we gladly all adore!

*Refrain v. 3*

Magnify the Name of Jesus!

Let us lift His Name in praise!

When I sought the LORD, He answered and from fear delivered me.

Those who look to Him are radiant; shamed their face shall never be.

*Refrain*

When I cried to God, He heard me, and from trouble rescued me.

'Round their camp His angel lingers that they may delivered be.

*Refrain*

Taste and see how good is Jesus; blessed are all who in Him hide.

None shall lack for any blessing who in Christ will e'er confide.

*Refrain*

## 6 Christ Victorious

*Pray Psalm 37.34-37.*

Wait on the LORD,  
And keep His way,  
And He shall exalt you to inherit the land;  
When the wicked are cut off, you shall see *it*.  
I have seen the wicked in great power,  
And spreading himself like a native green tree.  
Yet he passed away, and behold, he *was* no *more*;  
Indeed I sought him, but he could not be found.  
Mark the blameless *man*, and observe the upright;  
For the future of *that man* is peace.

*Sing Psalm 37.34-37.*

(Neumark: *If Thou But Suffer God to Guide Thee*)

Wait on the LORD, His way observing, and He will lift you up on high.  
Those prone to wicked ways preserving, your eyes shall see cast down to die.  
The blameless man shall stand upright, for God preserves him by His might!

Salvation comes from Christ our Savior; He is our strength in time of need.  
On us does He bestow His favor, who all His holy judgments heed.  
He is our help in troubled times; our refuge He, in Him we hide.

*Read Psalm 37.1-40; meditate on verses 3-9.*

*Preparation*

1. What instructions are given in verses 3-9?
2. What promises?

*Meditation*

Psalm 37 is interesting for our purposes for several reasons. First, David exhorts himself and others to renew delight and trust in the LORD (vv. 1-5, 7). He will guide us in the way and bring forth righteousness and justice in us (vv. 5, 6, 23, 24). We must not worry about those who wish us ill, because the LORD has already determined their destruction (vv. 7-10, 12-15).

Second, promises are renewed and, in the process, previous psalms are referred to which add strength to the primary message of this psalm. Thus, the LORD laughing at the rebellious and the wicked (v. 13) recalls Psalm 2, where He points the wicked to Jesus. He “knows the days of the upright” (v. 18) recalls Psalm 1 and the promise of eternal life. The mention of “the land” (or “the earth”) also recalls the promises to Abraham, which are frequently glanced in many psalms.

Jesus drew from Psalm 37 in His sermon on the mount (v. 11, cf. Matt. 5.5). Those who walk meekly and uprightly shall gain an eternal inheritance (v. 18) and shall not be ashamed at the judgment of the wicked (vv. 19, 20).

Finally, the psalm points to the Righteous One (v. 30) Who has wisdom in His mouth and justice on His tongue. The Law of God is in His heart, and He will never turn from following God’s Word. Though the wicked try to destroy Him, the LORD will preserve Him against the false justice of men (vv. 32, 33).

He is a Savior to wait on, rest in, delight in and trust, for He gives us the salvation of the LORD and strengthens us in all our times of trouble (vv. 39, 40).

*Treasure Old and New: Matthew 13.52; Psalm 119.162*

“Trust in the LORD,”

(not in wealth or power or politics or health or friendships or happiness, or whatever)

“and do good; dwell in the land, and feed on His faithfulness.

Delight yourself also in the LORD,”

(not in relationships, politics, games, vacations, money, fame, popularity, or whatever)

“and He shall give you the desires of your heart” (Ps. 37.3, 4).

Put your Trust and find Delight only in Him.

Contrast that with this scenario:

“Then they believed His words; they sang His praise.

They soon forgot His works; they did not wait for His counsel,

but lusted exceedingly in the wilderness, and tested God in the desert.

And He gave them their request, but sent leanness into their soul” (Ps. 106.12-15).

Their trust and delight focused on their bodily wants and needs.

Their request was for physical ease and full bellies, and whatever.

Our present life and eternal future are sewed up carefully, neatly, and securely in God our Savior.

“May He grant you according to your heart’s desire, and fulfill all your purpose” (Ps. 20.4) when your desires and purpose mirror His desires and purpose for you.

“Oh, LORD of hosts, blessed is the man who trusts in You!” (Ps. 84.12)

But we must be carefully mindful of our heart’s desires, because, as Paul warned:

“Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.

For he who sows to his flesh will of the flesh reap corruption,

but he who sows to the Spirit will of the Spirit reap everlasting life.

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith” (Gal. 6.7-10).

We are to imitate Christ, as Paul did (1 Cor. 11.1), and pay attention to the purposes for which Jesus spent His time on earth:

“My food is to do the will of Him Who sent Me, and to finish His work” (Jn. 4.34; 19.30).

“Now My soul is troubled, and what shall I say? ‘Father, save Me from this hour?’

But for this purpose I came to this hour. Father, glorify Your Name” (Jn. 12.27, 28).

“...for the Son of Man has come to seek and to save that which was lost” (Lk. 19.10).

Obviously, we cannot die to redeem and save others; only Jesus could do that.

But His desires and purpose centered on what He had been called to do, and why.

And to be pleasing and obedient to His Father.

That, too, is our purpose and calling—to glorify God and enjoy Him forever (*Catechism*).

In doing the work we have been called to do, we glorify Him. “For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them” (Eph. 2.10).

“The law of his God is in his heart...

Wait on the LORD, and keep His way, and He shall exalt you to inherit the land...

Mark the blameless man, and observe the upright; for the future of that man is peace” (Ps. 37.31, 34, 37).

With Christ—Always Victorious.

*Reflection*

1. How would you explain to a new believer what it means to trust in the Lord?
2. Would you say that you “delight” in the Lord? How?
3. If we think of “land” or “earth” in terms of our own Personal Mission Field, how should we comport ourselves there to make progress in gaining it for the Lord? What does that mean and why is it so important?

*To delight in God is as much a privilege as a duty. He has not promised to gratify the appetites of the body, and the humors of the fancy, but the desires of the renewed, sanctified soul. What is the desire of a good man? It is this, to know, and love, and serve God. Matthew Henry (1662-1714), Commentary on Psalm 37.1-6*

*Pray Psalm 37.1-9.*

Pray that the Lord will enable you to know a greater measure of our great salvation. Renew trust and delight in the Lord by meditating on Him, exalted in glory. Commit the details of your day to the Lord, to know, love, and serve Him in them all.

*Sing Psalm 37.1-9.*

(Neumark: *If Thou But Suffer God to Guide Thee*)

Let not the wicked make you worry; envy not those who break God’s Word.  
Like dying grass will they be sorry, and fade like every dying herb.  
Trust in the LORD and do His will; dwell in His grace, be faithful still.

Delight yourself in God’s salvation; He’ll give you all your heart’s desire.  
Commit to Him your every station, and His good purpose will transpire.  
Your righteousness a blazing light He will bring forth against the night.

Rest in the LORD and wait on Jesus; fret not at those who practice sin.  
Forsake all wrath till anger ceases; let anxious fears not enter in.  
The wicked perish from the LORD, but they are blessed who heed His Word!

## 7 A Salvation to Proclaim

*Pray Psalm 40.1-3.*

I waited patiently for the LORD;  
And He inclined to me,  
And heard my cry.  
He also brought me up out of a horrible pit,  
Out of the miry clay,  
And set my feet upon a rock,  
And established my steps.  
He has put a new song in my mouth—  
Praise to our God;  
Many will see it and fear,  
And will trust in the LORD.

*Sing Psalm 40.1-3.*

(Dix: *For the Beauty of the Earth*)

I waited patiently for God; He inclined and heard my cry,  
lifted me up above the sod, set me on a Rock on high!  
New songs in my mouth He gave; may He through me many save.

*Read Psalm 40.1-17; meditate on verses 9, 10, 16, 17.*

*Preparation*

1. What had God done for David?
2. How did David respond?

*Meditation*

The writer of the book of Hebrews spotted the Lord Jesus in this psalm, as he notes in Hebrews 10.6-10. He followed the Septuagint (the pre-Christian translation of the Old Testament into Greek) which he considered to be more reliable than the Hebrew text, especially at verse 5 (Ps. 40.6). Christ's body was the final sacrifice by the offering of which all other sacrifices were eliminated. And, despite the pain and suffering, Jesus delighted to do the will of God, His heart being filled with the Law of the LORD (v. 8).

That sacrifice not only achieved the forgiveness of our sins but the righteousness we need to enjoy the favor and Presence of the LORD. This was Good News for David, which he gladly proclaimed (vv. 9, 10, 16, 17), and it's Good News for us as well.

God has, through our Lord Jesus Christ, lifted us up out of the mire of lies and sin and set us on the Rock of Jesus, giving us a new song of praise to sing for His glory (vv. 1-3). The more we trust and obey the Lord, the more we realize how constant and essential is His Presence with us (vv. 4, 5). We must not hide His righteousness nor remain silent about His magnificent work (vv. 9, 10), but seek His mercies and His lovingkindness and truth that we may escape the snares of sin (vv. 11, 12). Thus, we cry to the Lord for help (v. 13), and we rejoice in His saving work, which we proclaim by our lives and words (vv. 16, 17).

God's thoughts toward us are constant and sustaining (v. 17). O, that we might think as often on Him! Then surely our witness would become more consistent and effective.

*Treasure Old and New: Matthew 13.52; Psalm 119.162*

God required Jesus to be a sacrifice and an offering to pay the penalty for our sins, iniquities, and transgressions. We might like to think that one word would suffice for our malfeasance—it does not—however, these three are a good start. To them we could add: offences, misdeeds, trespasses, depravities, and much wickedness.

And yet the psalmist was able to pray: “Sacrifice and offering You did not desire; my ears You have opened. Burnt offering and sin offering You did not require” (Ps. 40.6). Not from us—only from His beloved Son.

But as happens with so many things that God lovingly tells us to do, we choose to do the opposite. Instead of love, appreciation, and obedience, we offer paltry substitutes for what He does desire and require. King Saul did the same. Instead of being obedient to the Word of the LORD, he decided to offer sacrifices instead.

Listen to what God thought of that, as He instructed the prophet Samuel to tell Saul:

“Has the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD?

Behold, to obey is better than sacrifice, and to heed than the fat of rams.

For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry.

Because you have rejected the word of the LORD,

He also has rejected you from being king” (1 Sam. 15.22, 23).

“To do righteousness and justice is more acceptable to the LORD than sacrifice” (Prov. 21.3).

Because of Jesus’ great, awful, required sacrifice, and His perfect obedience to God’s will, we too, must acquire, through the power of the Holy Spirit, the same attitude and attribute of obedience to God as Christ had. Our prayer and heart’s desire should be thus: “I delight to do Your will, O my God, and Your law is within my heart” (Ps. 40.8).

There are no substitutes—no matter how sacrificial or pragmatic—for pure obedience.

Paul, whose goal was to imitate Christ (1 Cor. 11.1) wrote these words to set our path toward obedience:

“Whatever things are true,

whatever things are noble,

whatever things are just,

whatever things are pure,

whatever things are lovely,

whatever things are of good report,

if there is any virtue and

if there is anything praiseworthy—meditate on these things.

The things which you learned and received and heard and saw in me, these do,

and the God of peace will be with you” (Phil. 4.8, 9).

“Let all those who seek You

Rejoice and be glad in You;

Let such as love Your salvation say continually,

“The LORD be magnified!” (Ps. 40.16).

Proclaimed and magnified through my obedience to Him.

“God’s thoughts toward us are constant and sustaining.

O, that we might think as often on Him!”

### *Reflection*

1. What are the keys to obeying God as Jesus did? How would you explain these to a new believer?

2. How can delighting to do God's will become more a part of your daily walk with Him?
3. Spend some time in prayer meditating on God thinking about you. Would you expect this exercise to increase your love for Him? Explain.

*If Christ has triumphed over our spiritual enemies, then we, through him, shall be more than conquerors. This may encourage all that seek God and love his salvation, to rejoice in him, and to praise him. Matthew Henry (1662-1714), Commentary on Psalm 40.11-17*

*Pray Psalm 40.9-17.*

Praise and thank the Lord for what He has done for you. Ask Him to give you opportunities today to talk to others about Jesus.

*Sing Psalm 40.9-17.*

*(Dix: For the Beauty of the Earth)*

LORD, Your truth will I proclaim to Your people gathered 'round,  
Nor will I my lips restrain—let Your precious ways resound!  
Of Your saving grace and Word I would speak, most loving LORD.

Keep Your mercy not from me; let Your love and truth prevail.  
Evil and iniquity make my trembling heart to fail.  
LORD, be pleased to rescue me! Let my shelter with You be.

Bring to shame my ev'ry foe, all who would my life destroy;  
bring them down to scorn and woe who at my hurt sing for joy.  
Let them come to grief and shame who heap scorn upon my name.

Let them shout for joy and sing who in saving grace delight!  
Let them praise to Jesus bring, though affliction be their plight.  
Christ, our help, our Savior, He! Of us ever mindful be!



*Questions for Reflection or Discussion*

1. How many ways have we seen Jesus in the psalms for this installment?
2. Which of these types, images, or foreshadowings speak most powerfully to you? Why?
3. What do we learn from these psalms about the purpose of Jesus' incarnation and His ministry?
4. How can we know more of Jesus' love for us, and why should we want to know this?
5. What's the most important lesson you have learned from seeing Jesus in these psalms?

*For Prayer:*

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