

## Hymns - Praise Descriptive Psalm 33

- 1) The call to praise  
- imperative, Halleluia
- 2) Reason for praise For, ...  
GOD IS GREAT!
- 3) Description of God's majesty  
a) in creation (Creator)  
(Praise may break in throughout  
the Psalm at any point)  
b) in history (Exodus)
- Out of compassion, God turns  
from majesty in order to enter  
into our lives.  
(Sapiential reflections)  
GOD IS GOOD!
- 4) Description of God's  
goodness  
a) God saves (Exodus)  
b) God preserves  
(Recreation)
- 5) Concluding call to praise
- Rejoice in the Lord, O you righteous. Praise befits the upright. 2) Praise the Lord with the lyre; make melody to him with the harp of ten strings. 3) Sing to him a new song; play skilfully on the strings, with loud shouts.
- 4) For the word of the Lord is upright, and all his work is done in faithfulness. 5) He loves righteousness and justice;  
the earth is full of the steadfast love of the Lord.
- 6) By the word of the Lord the heavens were made, and all their host by the breath of his mouth. He gathered the waters of the sea as in a bottle; he put the deeps in storehouses. 8) Let all the earth fear the Lord; let all the inhabitants of the world stand in awe. For the Lord spoke; it came to be; he commanded, and it stood firm.
- 10) The Lord brings the counsel of the nations to nothing; he frustrates the plans of the peoples. 11) The counsel of the Lord stands forever, the thoughts of his heart of all generations. 12) Happy is the nation whose God is the Lord, the people whom he has chosen as his heritage.
- 13) The Lord looks down from heaven; he sees all humankind.
- 14) From where he sits enthroned he watches all the inhabitants of the earth, he who fashions the hearts of them all, and observes all their deeds. 16) A king is not saved by his great army; a warrior is not delivered by his great strength. The war horse is a vain hope and by its strength it cannot save. 18) Truly the eye of the Lord is on those who fear him, on those who hope in his steadfast love, to deliver their soul from death  
and to keep them alive in famine.
- 20) Our soul waits for the Lord; he is our help and shield. Our heart is glad in him, because we trust in his holy name. Let your steadfast love, O Lord, be upon us, even as we hope in you.

Praise Descriptive: 8, 48, 103, 117, 135, 147.

## Psalms of LAMENT Psalm 22:1-23

- Address to God, a cry of help
- God
- Complaint I/We  
They/Foes  
(Declaration of Innocence)
- Confession of Trust  
(Sapiential reflections)
- Petition Hear!  
Save!
- Motivations for  
God to intervene
- Justice of God Save!  
Punish! (Curses)  
(double wish)
- Vow to Praise God
- <sup>1</sup> My God, my God, why have you forsaken me?  
Why are you so far from helping me, from the words of my groaning? <sup>2</sup> O my God, I cry by day, but you do not answer; and by night, but find no rest.
- <sup>3</sup> Yet you are holy, enthroned on the praises of Israel. <sup>4</sup> In you our ancestors trusted; they trusted, and you delivered them. <sup>5</sup> To you they cried, and were saved; in you they trusted, and were not put to shame.
- <sup>6</sup> But I am a worm, and not human; scorned by others, and despised by the people. <sup>7</sup> All who see me mock at me; they make mouths at me, they shake their heads; <sup>8</sup> "Commit your cause to the LORD; let him deliver-- let him rescue the one in whom he delights!"
- <sup>9</sup> Yet it was you who took me from the womb; you kept me safe on my mother's breast. <sup>10</sup> On you I was cast from my birth, and since my mother bore me you have been my God.
- <sup>11</sup> Do not be far from me, for trouble is near and there is no one to help. <sup>12</sup> Many bulls encircle me, strong bulls of Bashan surround me; <sup>13</sup> they open wide their mouths at me, like a ravening and roaring lion. <sup>14</sup> I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted within my breast; <sup>15</sup> my mouth is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death. <sup>16</sup> For dogs are all around me; a company of evildoers encircles me. My hands and feet have shriveled; <sup>17</sup> I can count all my bones. They stare and gloat over me; <sup>18</sup> they divide my clothes among themselves, and for my clothing they cast lots. <sup>19</sup> But you, O LORD, do not be far away! O my help, come quickly to my aid! <sup>20</sup> Deliver my soul from the sword, my life from the power of the dog! <sup>21</sup> Save me from the mouth of the lion! From the horns of the wild oxen you have rescued me.
- <sup>22</sup> I will tell of your name to my brothers and sisters; in the midst of the congregation I will praise you: <sup>23</sup> You who fear the LORD, praise him! All you offspring of Jacob, glorify him; stand in awe of him, all you offspring of Israel!

Psalms of lament: 7, 17, 22, 51, 56, 57, 80, 88, 140-143.

**Psalms of Trust          Psalm 23**

*Images to  
contemplate*

The Lord is like a shepherd who takes care of us like sheep.

Like a true shepherd God guides me in my life so that even in my darkest moments, I now realize I was upheld by God

Even in the midst of opposition and strife, God has given me moments of overflowing goodness.

With the knowledge, of how God has dwelt with me in the past how do I look to the future?

**Psalm 23:1-6** A Psalm of David.

The LORD is my shepherd, I shall not want.

<sup>2</sup> He makes me lie down in green pastures; he leads me beside still waters;

<sup>3</sup> he restores my soul.

He leads me in right paths for his name's sake.

<sup>4</sup> Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff-- they comfort me.

<sup>5</sup> You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

<sup>6</sup> Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD my whole life long.

Psalms of Trust: 23, 27, 46, 62, 121, 125, 131.

**Thanksgiving Psalms**

**Declaratory Praise          Psalm 30**

**1) Exhortation, Proclamation**

**2) Introductory Summary**  
The reason for the praise

**3) Looking back at a time of need**

The dire straights of the psalmist are recalled in order to highlight for the listeners the extraordinary gift that was given to the psalmist. Their function is to intensify the joy and praise that the hearers are called to share with the psalmist.

*(sapiential reflections)*

**4) Report of Deliverance**

The acts of God that have transformed the lament of the psalmist into praise are here recounted. This is the "confession proper" of the psalmist.

**5) Renewed vow of praise**

The return to praising God at the end of the psalm emphasizes the fundamental thrust of this form of prayer, namely to bring others into the joy of praising God's beauty and power.

1) I will extol you, O Lord,

for you have drawn me up, and did not let my foes rejoice over me.

2) O Lord my God, I cried to you for help, and you have healed me. 3) O Lord, you brought up my soul from Sheol, restored me to life from among those gone down to the Pit.

*(4) Sing praises to the Lord, O you his faithful ones, and give thanks to his holy name).*

*(5) For his anger is but for a moment; his favour is for a lifetime. Weeping may linger for the night, but joy comes with the morning).*

6) As for me, I said in my prosperity, "I shall never be moved." 7) By your favour, O Lord, you had established me as a strong mountain; you hid your face; I was dismayed. 8) To you, O Lord, I cried, and to the Lord I made supplication: 9) "What profit is there in my death, if I go down to the Pit? Will the dust praise you? Will it tell of your faithfulness? 10) Hear, O Lord, and be gracious to me! O Lord, be my helper!

11) You have turned my mourning into dancing; you have taken off my sackcloth and clothed me with joy, 12) so that my soul may praise you and not be silent.

O Lord my God, I will give thanks to you forever.

Psalms of Thanksgiving: 18, 30, 34, 116, 118, 124, 138.

**Movements of disposition in prayer for the various Psalm Types:**

