

INTRODUCTION TO PSALMS

The Psalms are rich with God's word and full of blessings to those who trust in Him and love Him. Out of 98 psalms there are 108 blessings, approximately 57 where God is blessing man and about 47 referring to blessing the Lord and the remainder being unable to categorize. The reading of Psalms is something we should do on a regular basis. It will enlighten us, enrich our prayer life, strengthen our trust and love in God, give us greater knowledge of Him, open our hearts to Him, provide wisdom beyond belief, and above all will bring us closer into the presence of God. How can we ignore the significance and importance of the Psalms? Yet, it is not a book that demands the same way of teaching as we have done with the questions through Josh Hunt. While that is a way we could go in this study, let us take a different approach that is built around a sharing of what God is telling each of us as we study the selected Psalms for this series. In that regard, we will approach each week's lesson with the following steps in mind.

1. Read the whole Psalm, not just the selected passage.
2. Look at who wrote the Psalm.
3. Read the selected scripture of the Psalm with the following objectives in mind.
 - a. Provide an overview of the selected scripture in your own words.
 - b. What is the Psalter telling you? What is the main point?
 - c. Is there any progression or steps that lead you to a deeper understanding of God?
 - d. How does the selected scripture impact your walk with God?
 - e. Finally, pray through the selected scripture with particular attention to your reflections and study of the selected scripture.

Lesson One – May 31
THE HEART OF HAPPINESS
PSALM 5:11-12

Overview:

There is great joy and happiness knowing that God will be there for us when we seek His refuge. However, we must first trust Him and demonstrate our love for Him. It is this kind of faith that leads us to a life of righteousness, and God blesses the righteous by surrounding them with a protective shield.

What is the central focus of this Psalm? What is David telling us?

Progression or Steps that lead to a deeper relationship with God.

There is only one way in which righteousness can be obtained. Not by works, not by our own effort, but by faith and then by love. You can visualize them as the steps to God. First step depends on your having faith. Have you come to a saving relationship with Jesus Christ and now as a believer have you developed faith that “gives you confidence in what you hope for and assurance about what you do not see.” (Hebrews 11:1) We also have faith and know the love that God has for us. It is our trust in Jesus that forms the first step, then comes our love knowing that He first loved us. We show our love, by keeping His commandments through our obedience we express our love, and then the third step completes the progression for those who trust and love God are, and only they, are the righteous.

How does this impact your walk with God?

When we really come to faith that is genuine and real, that is built upon a trust surrounded by God’s word, and strengthened by confidence in the saving power of Jesus Christ, you cannot help but see the love God has for you. Have you experienced the comfort and peace that come when you seek His refuge? Can you recall any difficult times where you felt the same joy that Paul and Silas experienced when they were detained in the Philippian jail?