

A photograph of a music stand with sheet music in a dimly lit room. The text "A Psalm To Remember" is overlaid in a white, cursive font. The background shows blurred figures of people and warm, bokeh lights, suggesting a concert or rehearsal setting.

*A Psalm  
To Remember*

**Psalms: An Emotionally Honest Communication**



## CHAPTER ONE

# Learning How to Read the Psalms





## CHAPTER TWO

# An emotionally Honest Call

# Psalm 8

1 Lord, our Lord, how majestic is your name in all the earth! You have set your glory in the heavens.

2 Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger.

3 When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place,

4 what is mankind that you are mindful of them, human beings that you care for them?

5 You have made them a little lower than the angels and crowned them with glory and honour.

9 Lord, our Lord, how majestic is your name in all the earth!



# Psalm 6

1 Lord, do not rebuke me in your anger or discipline me in your wrath.

2 Have mercy on me, Lord, for I am faint; heal me, Lord, for my bones are in agony.

3 My soul is in deep anguish. How long, Lord, how long?

4 Turn, Lord, and deliver me; save me because of your unfailing love.

6 I am worn out from my groaning.

All night long I flood my bed with weeping and drench my couch with tears.

7 My eyes grow weak with sorrow; they fail because of all my foes.





# Psalm 3

1 Lord, how many are my foes! How many rise up against me!

2 Many are saying of me, "God will not deliver him."

3 But you, Lord, are a shield around me, my glory, the One who lifts my head high.

7 Arise, Lord! Deliver me, my God! Strike all my enemies on the jaw; break the teeth of the wicked.

8 From the Lord comes deliverance. May your blessing be on your people.



# Psalm 10

1 Why, Lord, do you stand far off? Why do you hide yourself in times of trouble?

2 In his arrogance the wicked man hunts down the weak, who are caught in the schemes he devises.

3 He boasts about the cravings of his heart; he blesses the greedy and reviles the LORD.

4 In his pride the wicked man does not seek him; in all his thoughts there is no room for God.

5 His ways are always prosperous; your laws are rejected by him; he sneers at all his enemies.

13 Why does the wicked man revile God? Why does he say to himself, "He won't call me to account"?









## CHAPTER THREE

# Dealing With the Hard Bits

# Psalm 137

1 By the rivers of Babylon we sat and wept when we remembered Zion. 2 There on the poplars we hung our harps, 3 for there our captors asked us for songs, our tormentors demanded songs of joy; they said, "Sing us one of the songs of Zion!"

4 How can we sing the songs of the Lord while in a foreign land?

7 Remember, Lord, what the Edomites did on the day Jerusalem fell. "Tear it down," they cried, "tear it down to its foundations!" 8 Daughter Babylon, doomed to destruction, happy is the one who repays you according to what you have done to us.

9 **Happy is the one who seizes your infants and dashes them against the rocks.**









## CONCLUSION

# Lessons for the Non-Poet