

## Psalm 1

### The Blessed Life

Main Idea: Pursuing God and his ways is worth it even though it is true that the wicked can prosper temporarily

Counseling Context: When you need to remember that God has a good reward for those who trust him and wait patiently for him.

NT Verses: Matthew 7:13-27

## Psalm 2

### The Coronation of God's Son

Main Idea: Jesus is the rightful ruler over all authorities.

Counseling Context: When powerful people abuse their authority and hurt you.

NT Verses: Acts 4:26-27, 2 Sam. 7:14, Heb. 1:5, Rev. 2:27, 12:5, 19:15

Outline:

1. The Wicked are foolish to try to rebel against God's authority (1-3)
2. The LORD sees their plans as ridiculous (4)  
(Because he has installed his king over them- 5-6)
3. God's King will rule with absolute power (7-9)
4. The Wise king will submit to the LORD's authority (10-12)

Difficult Verses: "Son of God" is used as a title for the king of Israel; God "laughs" pictures God in complete control even though wicked Kings think they can thwart his plans

## Psalm 3

### Confidence in the Face of Adversity

Main Idea: We can pray with confidence God will help when we are surrounded by adversaries

Counseling Context: When you feel you are being attacked/needing sleep

NT Verses: Jesus also faced many adversaries and spent much time in prayer

Outline:

1. As believers face increasing adversaries who taunt their faith (NYC), we can find confidence in God's plan (1-3)  
We find hope by rehearsing Do's glorious plan for our lives (3)
2. God's people grow in confidence through answered prayer (4-6)
3. God's people may anticipate complete deliverance when they pray to the LORD (7-8)  
God's people must acknowledge that deliverance is from the LORD alone (8)

Difficult Verses:

"Broken the teeth"

1. As believers face increasing adversaries who taunt their faith (NYC), we can find confidence in God's plan (1-3)

We find hope by rehearsing Do's glorious plan for our lives (3)

**2Sa 18:31** And behold, the Cushite arrived, and the Cushite said, "Let my lord the king receive good news, for the LORD has freed you this day from the hand of all those who rose up against you."

**2Sa 16:8** "The LORD has returned upon you all the bloodshed of the house of Saul, in whose place you have reigned; and the LORD has given the kingdom into the hand of your son Absalom. And behold, you are taken in your own evil, for you are a man of bloodshed!"

2. God's people grow in confidence through answered prayer (4-6)
3. God's people may anticipate complete deliverance when they pray to the LORD (7-8)  
God's people must acknowledge that deliverance is from the LORD alone (8)

"When opposed by many adversaries, the faithful may pray with confidence for deliverance because the Lord's plan for them cannot be thwarted by the world." Ross, p.227

#### **Psalm 4**

Safe and Secure in God's Love in spite of False Accusations

Main Idea: We can have confidence in God's goodness even when wicked mockers seem to prosper

Counseling Context: -Also about sleep. (Psalm 3 is for the morning-verse 5, 4 for the evening- verse 8)

Outline:

1. God can give relief to his people when they are in distress (1)
2. The Proven confidence of the people of God should be a warning to those who try to disgrace their faith (2-5)
3. The faithful find greater joy in God's provision of peace and security than the joy at the time of harvest (6-8)

NT Verses: Mat 5:11-12, "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. <sup>12</sup> Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you."

#### **Psalm 6**

Prayer for Deliverance from God's Discipline

Main Idea: When God disciplines his people with adversaries, the repentant will pray for relief because of God's faithful love.

Counseling Context: Anxiety from guilt/Severe suffering because of consequences of Sin

Outline:

- David recognizes his pain is a consequence of sin and turns to God in prayer (1-3)  
David appeals to God's love and his desire to bring glory to him (4-5)  
Adversaries can cause great pain (It's not okay!) and can be from God at the same time (6-8)  
-“bones” can refer to the whole physical structure or the spirit within the boney structure  
We can put our confidence in the final judgment (9-10)

Difficult Verses:

V.5- Can be used by Jehovah's Witnesses and others to oppose consciousness after death. But the Psalms always speak of “giving praise” in the context of temple worship. “No remembrance” should also be understood in this context. There is no way to draw people's attention to the glory of God on earth. (Same word as Ps. 8:4, “What is man that you are *mindful* of him.”

NT Verses:

**Hebrews 12:6** The Lord disciplines the one he loves, and he chastens everyone he accepts as his son.

## Psalm 7

### The Innocent Appeal to the Righteous Judge

Main Idea: Innocent victims can pray knowing that God is just and brings judgment on the wicked.

Counseling Context: Those suffering abuse

Outline:

We should appeal to God when we are in danger from the wicked (1-2)

We can appeal to God on the basis of our innocence against the wicked (3-5)

We can appeal to God on the basis of his justice (6-9)

We can find comfort knowing God judges the wicked (10-17)

**1 Samuel 24:9** He said to Saul, "Why do you listen when men say, 'David is bent on harming you'? (After cutting off corner of robe)

Difficult Verses:

7:8 "Vindicate me, LORD, according to my righteousness" vs. Rom. 3:23: "There is no one who is righteous, no not one"

7:11 God is "angry every day": This is comforting to the helpless. God judged Pharaoh's army to save the abused Hebrew slaves, he can do the same for us.

NT Verses: Romans 2:5, 16

## Psalm 8

### God's Plan for Mankind

Main Idea: God chose to reveal his glory by enabling vulnerable human beings to play a part in carrying out his plan for creation.

Counseling Context: Seeking Purpose in Life

Outline:

The LORD will make his name great (1)

The LORD uses the weak to establish his great name (2)

The LORD gives dominion to mankind to accomplish his purposes (3-8)

Conclusion: The LORD will make his name great (9)

Ultimately through Jesus!

Difficult Verses: lower than God/the gods/angels/heavenly beings?

NT Verses:

**Matthew 6:9** This, then, is how you should pray: "Our Father in heaven, hallowed be your name"

**1 Corinthians 1:27** But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong.

**Hebrews 2:5-9** It is not to angels that he has subjected the world to come, about which we are speaking.

<sup>6</sup> But there is a place where someone has testified: "What is mankind that you are mindful of them, a son of man that you care for him? <sup>7</sup> You made them a little lower than the angels; you crowned them with glory and honor <sup>8</sup> and put everything under their feet." In putting everything under them, God left nothing that is not subject to them. Yet at present we do not see everything subject to them. <sup>9</sup> But we do see Jesus, who was made lower than the angels for a little while, now crowned with glory and honor because he suffered death, so that by the grace of God he might taste death for everyone.

**1 Corinthians 15:26-27** The last enemy to be destroyed is death. <sup>27</sup> For he "has put everything under his feet." Now when it says that "everything" has been put under him, it is clear that this does not include God himself, who put everything under Christ.

## Psalm 10

### The Oppression of the Helpless

#### Main Idea:

Even though wicked people terrify and oppress the helpless, God's people may pray with confidence for divine justice because the LORD is the eternal and righteous King.

Counseling Context: struggles with oppression/abuse

#### Outline:

Lament over the power of the wicked (1-11)

Prayer to God for rescue and justice (12-15)

Expression of confidence that God will act because he is king (16-18)

Difficult Verses: The hiddenness of God (1)

#### NT Verses:

**Rev. 18:7** (see 10:6) Give her as much torment and grief as the glory and luxury she gave herself. In her heart she boasts, 'I sit enthroned as queen. I am not a widow; I will never mourn.'

**1 Peter 4:19** (10:14) So then, those who suffer according to God's will should commit themselves to their faithful Creator and continue to do good.

**2Ti 1:12** For this reason I also suffer these things, but I am not ashamed; for I know whom I have believed and I am convinced that He is able to guard what I have entrusted to Him until that day.

## Psalm 12

### Truth in a World of Deception

Main Idea: God's words are trustworthy in a world that lives by deception and corruption

Counseling Context: Someone hurt by abusive speech/people

#### Outline:

Integrity seems to have disappeared (1-4)

The LORD speaks (5)

We can have confidence in God's Word (6-8)

Difficult Verses: N/A

NT Verses: **Jam 1:8** being a double-minded man, unstable in all his ways.

## Psalm 14

### The Folly and the Future of the Fool

Main Idea: The righteous may have to live in a godless and corrupt world that seeks to destroy them, but there is coming a glorious day of reckoning when God will destroy the wicked and deliver his people

Counseling Context: Evangelism for the indifferent

#### Outline:

-The LORD's appraisal of the godless human race (1-4)

-The coming destruction on the corrupt race (5-6)

-Longing for the coming day of salvation (7)

Difficult Verses: 14:1-not the same as modern atheism ("wither" in Ps. 1)

NT Verses: **Rom 3:10-12** As it is written: "There is no one righteous, not even one; <sup>11</sup> there is no one who understands; there is no one who seeks God. <sup>12</sup> All have turned away, they have together become worthless; there is no one who does good, not even one."

## Psalm 15

### Qualifications of Worshipers

Main Idea: The wicked of Ps. 14 is now contrasted with the traits of the righteous

Counseling Context: Discipleship/Evangelism/New Believer

Outline:

-Question: Who may enter into the presence of the LORD? (1)

-Answer: The one who practices righteousness (2-5)

Difficult Verses: **15:2** "The one who walks blamelessly," not, "the one who believes..."

NT Verses: **John 1:47** When Jesus saw Nathanael approaching, he said of him, "Here truly is an Israelite in whom there is no deceit

**James 2:24** You see that a person is considered righteous by what they do and not by faith alone.

## Psalm 16

### The LORD's Everlasting Provision and Protection

Main Idea: God's protective care of his saints does not end in death but continues in everlasting life beyond the grave.

Counseling Context: grieving death/purpose in life

Outline:

-Prayer for protection amidst David's continuing loyalty (1-4)

-Praise for God's goodness and guidance in life (5-7)

-Conclusion: David is assured of God's goodness throughout life and after death (8-11)

Difficult Verses: 16:10 and NT uses

NT Verses: Acts 2:25-28 (Peter), Acts 13:34-37 (Paul) (Lev. 7:17)

## Psalm 19

### The Design of Divine Revelation

Main Idea: The careful contemplation of the revelation of the LORD in creation and Scripture will lead to a joyous and God-centered life.

Counseling Context: Building trust in the sufficiency of God's revelation to address counseling issues

Outline:

-Nature, especially the sun, reveals God's glory (1-6)

-Special revelation, God's law, reveals the path to life (7-11)

-A closing prayer for help in following God's revelation (12-14)

"Having contemplated the glory of God through natural revelation and the will of God through special revelation, believers pray for cleansing and preservation from sin so that they might be acceptable to the LORD."

Difficult Verses:

1. Biblical cosmology and the sun (19:4-6)

2. The potential of natural revelation (19:1-2)

NT Verses:

**Romans 1:19-20** since what may be known about God is plain to them, because God has made it plain to them. <sup>20</sup> For since the creation of the world God's invisible qualities-- his eternal power and divine nature-- have been clearly seen, being understood from what has been made, so that people are without excuse.

**Acts 14:17** Yet he has not left himself without testimony: He has shown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy."

**Acts 17:27** God did this so that they would seek him and perhaps reach out for him and find him, though he is not far from any one of us.

**Romans 10:18** But I ask: Did they not hear? Of course they did: "Their voice has gone out into all the earth, their words to the ends of the world."

## Psalm 20

### Confidence in the Name of the Lord

Main Idea: Assurance that prayer has been answered-true faith-is developed and strengthened by meditation on the attributes of the LORD.

Counseling Context: Needing confidence that God will give victory

Outline:

This is about a king (9)

The king will have success (4)

Difficult Verses:

Context: Psalm 22:1

(The military victory of the king is emphasized in Ps. 21)

NT Verses:

**Numbers 27:16-17** "May the LORD, the God who gives breath to all living things, appoint someone over this community <sup>17</sup> to go out and come in before them, one who will lead them out and bring them in, so the LORD's people will not be like sheep without a shepherd." (See Numb 24)

**1 Kings 22:17** Then Micaiah answered, "I saw all Israel scattered on the hills like sheep without a shepherd, and the LORD said, 'These people have no master. Let each one go home in peace.'" (

**Matthew 9:36** When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.

**Numbers 24:17** "I see him, but not now; I behold him, but not near. A star will come out of Jacob; a scepter will rise out of Israel. He will crush the foreheads of Moab, the skulls of all the people of Sheth. <sup>18</sup> Edom will be conquered; Seir, his enemy, will be conquered, but Israel will grow strong. <sup>19</sup> A ruler will come out of Jacob and destroy the survivors of the city." (Num. 24:17 NIV)

## Psalm 22

### When God Seems Far

Main Idea: God may seem far off but is trustworthy

Counseling Context: When God seems far

Outline:

Cycle 1: God seems far (1-2) but is a trustworthy Savior (3-5)  
Cycle 2: God seems far (6-8) but is a trustworthy Savior (9-10)  
Petition 1: Do not be far (11) because I am in distress (11b-18)  
Petition 2: Do not be far (19-21)  
Praise for deliverance (22-31)

Difficult Verses: 22:16 “pierced” vs. “lion”

NT Verses:

22:1/Mat 27:46  
22:7/Mat. 27:39  
22:8/Mat 27:43  
22:15/John 19:28  
22:18/John 19:23-24  
22:22/Heb 2:12  
22:24, 31/Heb. 5:7

**Matthew 27:46** About three in the afternoon Jesus cried out in a loud voice, "*Eli, Eli, lema sabachthani?*" (which means "My God, my God, why have you forsaken me?").

**Matthew 27:39** Those who passed by hurled insults at him, shaking their heads.

**Matthew 27:43** He trusts in God. Let God rescue him now if he wants him, for he said, 'I am the Son of God.'

**John 19:28** Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, "I am thirsty."

**John 19:23** When the soldiers crucified Jesus, they took his clothes, dividing them into four shares, one for each of them, with the undergarment remaining. This garment was seamless, woven in one piece from top to bottom. <sup>24</sup> "Let's not tear it," they said to one another. "Let's decide by lot who will get it." This happened that the scripture might be fulfilled that said, "They divided my clothes among them and cast lots for my garment." So this is what the soldiers did.

**Hebrews 2:12** He says, "I will declare your name to my brothers and sisters; in the assembly I will sing your praises."

**Hebrews 5:7** During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission.



**Psalm 23**  
God Provides Faithfully

Main Idea: We find true and trustworthy care and protection in God

Counseling Context: Facing Death/Fear/Anxiety

Outline:

- God Cares for Us Like a Shepherd Cares for Sheep (1-3)
- David Praises God Directly for His Care (4-5)
- Conclusion: David Commits Himself to God's Faithful Care (6)

Difficult Verses: v6: What is the "House of the LORD?"

NT Verses:

**John 10:9-15** "I am the good shepherd. The good shepherd lays down his life for the sheep.

**John 10:27-28** My sheep listen to my voice; I know them, and they follow me. <sup>28</sup> I give them eternal life, and they shall never perish; no one will snatch them out of my hand.

**Psalm 24**  
Praising the Victorious King

Main Idea: We should look for and prepare for the coming of God's Messiah in Victory

Counseling Context: General Discipleship

Outline:

- God's authority over all the world (1-2)
- Preparation/Qualifications for entering God's "Holy Place" (3-6)
- Celebrating the King's Victory (7-10)

Difficult Verses:

NT Verses:

**1 Corinthians 10:26** for, "The earth is the Lord's, and everything in it."

**Matthew 5:8** "Blessed are the pure in heart, for they shall see God.

**2 Thessalonians 1:7** and give relief to you who are troubled, and to us as well. This will happen when the Lord Jesus is revealed from heaven in blazing fire with his powerful angels. <sup>8</sup> He will punish those who do not know God and do not obey the gospel of our Lord Jesus.

## Psalm 27

### A Prayer of Courageous Trust

Main Idea: The faithful find the sanctuary of the LORD the place to strengthen their faith and seek with confident expectation divine protection and guidance

Counseling Context: Overcoming Fear/Anxiety/Abandonment

Outline:

1. Expression of confidence against enemies because of God saves (1-3)
2. Expression of delight in tabernacle worship (4-6)
3. Petition for help (7-12)
4. Concluding statement of confidence in God (13-14)

Difficult Verses: "Sacrifices of joyful shouts"? (6)

NT Verses: **Romans 8:31-39**, Jesus in the Temple as a boy (Luke 2:49), Anna (Luke 2:37), False witnesses against Jesus (12/ Mark 14:55-56)

## Psalm 32

### The Joy of Forgiveness

Main Idea: Living with unconfessed sin brings oppressive guilt; confessing brings forgiveness and joy.

Counseling Context: When sin is a factor in depression/anger/anxiety  
(We do not need to "forgive ourselves," we need to trust that God forgives us)

Outline:

1. The forgiveness of sin brings great joy and relief (1-2)
2. The misery of guilt is removed with the confession of sin (3-5)
3. The psalmist encourages others to pray to God (6-7)
4. The psalmist calls on others to submit to God willingly with confession (8-11)

Difficult Verses:

NT Verses: **Romans 4:6-8** (1-2)

**John 1:47** When Jesus saw Nathanael approaching, he said of him, "Here truly is an Israelite in whom there is no deceit/guile." (2)

**1 John 1:9** If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (5)

**Romans 2:9** There will be trouble and distress for every human being who does evil: first for the Jew, then for the Gentile; (10)

## Psalm 37

Living with faith in God in a seemingly unjust world

Main Idea: We can trust God that seeking him will ultimately be more satisfying than anything else

Counseling Context: Addictions/Sinful habits

Outline:

Do not envy the pleasures of sinful people because it will soon disappear (1-2)

God will satisfy those who seek him (3-6)

Perseverance in faith will be rewarded in the Day of Judgment (7-22)

God looks after the righteous (23-40)

Difficult Verses: 25- never? This is connected to the righteous giving generously (21, 26). This isn't protection from all disaster, but a reflection that the righteous and generous will have others help them in times of great need.

NT Verses:

**Mat 6:33** But seek first His kingdom and His righteousness; and all these things shall be added to you. (4)

**Phi 4:4** Rejoice in the Lord always; again I will say, rejoice! (4)

**1Pe 5:7** casting all your anxiety upon Him, because He cares for you. (5)

**Mat 5:5** "Blessed are the gentle, for they shall inherit the earth. (9, 11, 27, 29)

**1Ti 6:6** But godliness actually is a means of great gain, when accompanied by contentment. (16)

**Jam 1:11** For the sun rises with a scorching wind, and withers the grass; and its flower falls off, and the beauty of its appearance is destroyed; so too the rich man in the midst of his pursuits will fade away. (20)

**Mat 6:30** "But if God so arrays the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more do so for you, O men of little faith? (20)

**Mat 5:42** "Give to him who asks of you, and do not turn away from him who wants to borrow from you. (26)