

# Psalms 1-41

1. Two ways of Life	2. Coronation of the Lord's Anointed	3. Victory in the Face of Defeat	4. Evening Prayer for Deliverance	5. Morning Prayer for Guidance	6. Prayer for God's Mercy
7. Wickedness Justly Rewarded	8. God's Glory and Man's Dominion	9. Praise for Victory over Enemies	10. Petition for God's Judgment	11. God Tests the Sons of Men	12. The Pure Words of the LORD
13. The Prayer for God's Answer—Now	14. The Characteristics of the Godless	15. The Characteristics of the Godly	16. Eternal Life for One Who Trusts	17. "Hide Me Under the Shadow of Your Wings"	18. Thanksgiving for Deliverance by God
19. The Works and Word of God	20. Trust Not in Chariots and Horses but in God	21. Triumph of the King	22. Psalm of the Cross, "The LORD is my Shepherd"	23. Psalm of the Divine Shepherd	24. Psalm of the King of Glory
25. Prayer for Instruction	26. "Examine Me, O Lord, and Prove Me?"	27. Trust in the Lord and Be Not Afraid	28. Rejoice Because of Answered Prayer	29. The Powerful Voice of God	30. Praise for Dramatic Deliverance
31. "Be of Good Courage"	32. The Blessedness of Forgiveness	33. God Considers All Man's Works	34. Seek the Lord	35. Petition for God's Intervention	36. The Loving Kindness of God
37. "Rest in the Lord"	38. The Heavy Burden of Sin	39. Know the Measure of Man's Day	40. Delight to Do God's Will	41. The Blessedness of Helping the Poor	

The book of Psalms begins with a contrast between the godly and the ungodly.

Some of these psalms put great emphasis on trusting God rather than earthly objects or people and remind us that we need not fear because God is with us.

Another psalm reminds us that God will judge our hearts and that we should seek after God's mercy.

# Psalms 42-72

42. Seek After the Lord	43. "Hope in God"	44. Prayer for Deliverance by God	45. The Psalm of the Great King	46. "God is Our Refuge and Strength"	47. The LORD Shall Subdue All Nations
48. Praise of Mount Zion	49. Riches Cannot Redeem	50. The Lord Shall Judge All people	51. Confession and Forgiveness of Sin	52. The LORD Shall Judge the Deceitful	53. A Portrait of the Godless
54. The LORD Is Our Helper	55. "Cast Your Burden Upon the LORD"	56. Fears in the Midst of Trials	57. Prayers in the Midst of Perils	58. Wicked Judges Will Be Judged	59. Petition for Deliverance from Violent Men
60. Prayer for Deliverance of the Nation	61. Prayer When Overwhelmed	62. Wait for God	63. Thirst for God	64. Prayer for God's Protection	65. God's Provision through Nature
66. Remember What God Has Done	67. God Shall Govern the Earth	68. God is the Father of the Fatherless	69. Petition for God to Draw Near	70. Prayer for the Poor and Needy	71. Prayer for the Aged
72. The Reign of the Messiah	<b>Psalms 42-72</b>				

These psalms could be summarized with the phrase "God is our refuge and strength" (Psalm 46:1).

One psalm reminds us to cast our burdens upon the Lord in every challenge or trial.

Another encourages us to wait patiently upon God in all things.

# Psalms 73-89

73. Perspective of Eternity	74. Request for God to Remember His Covenant	75. "God Is the Judge"	76. The Glorious Might of God	77. When Overwhelmed, Remember God's Greatness	78. God's Continued Guidance in Spite of Unbelief
79. Avenge the Defilement of Jerusalem	80. Israel's Plea for God's Mercy	81. God's Plea for Israel's Obedience	82. Rebuke of Israel's Urgent Judges	83. Plea for God to Destroy Israel's Enemies	84. The Joy of Dwelling with God
85. Prayer for Revival	86. "Teach Me Your Way, O LORD"	87. Glorious Zion, City of God	88. Crying from Deepest Affliction	89. Claiming God's Promises in Affliction	

These psalms encompass several themes and frequently describe God as a judge who can rebuke wicked earthly judges and destroy Israel's enemies.

In Psalm 86, King David records a plea that God teach us His way so we can walk in truth

# Psalms 90-106

90. "Teach Us to Number Our Days"	91. Abiding in "The Shadow of the Almighty"	92. It is Good to Praise the LORD	93. The Majesty of God	94. Vengeance Belongs only to God	95. Call to Worship the LORD
96. Declare the Glory of God	97. Rejoice! The LORD Reigns!	98. Sing a New Song to the LORD	99. "Exalt the LORD Our God"	100. "Serve the LORD with Gladness"	101. Commitment of a Holy Life
102. Prayer of an Overwhelmed Saint	103. Bless the LORD, All you People!	104. Psalm Rehearsing Creation	105. Remember, God Keeps His Promises	106. "We Have Sinned"	

Many of these psalms encourage us to praise the Lord, remember that vengeance belongs to Him, declare His glory, and serve Him with gladness

# Psalms 107-150

107. God Satisfies the Longing Soul	108. Awake Early and Praise the LORD	109. Song of the Slandered	110. The Coming of the Priest-King-Judge	111. Praise for God's Tender Care	112. The Blessings of Those Who Fear God
113. The Condescending Grace of God	114. In Praise for the Exodus	115. To God Alone Be the Glory	116. Love the LORD for What He Has Done	117. Praise of All	118. Better to Trust God Than Man
119. Praise of the Scriptures	120. A Cry in Distress	121. God is Our Keeper	122. Pray for the Peace of Jerusalem"	123. Plea for the Mercy of God	124. God is on Our Side
125. Trust in the LORD and Abide Forever	126. "Sow in Tears, Reap in Joy"	127. Children are God's Heritage	128. Blessing on the House of the God-fearing	129. Plea of the Persecuted	130. "My Soul Waits for the Lord"
131. A Childlike Faith	132. Trust in the God of David	133. Beauty of the Unity of the Brethren	134. Praise the LORD in the Evening	135. God Has Done Great Things!	136. God's Mercy Endure Forever
137. Tears in Exile	138. God Answered My Prayer	139. "Search Me, O God"	140. Preserve Me form Violence	141. Set a Guard, O LORD, over My Mouth	142. "No One Cares for My Soul"
143. "Teach Me to Do Your Will"	144. "What Is Man?"	145. Testify to God's Great Acts	146. "Do Not Put Your Trust in Prince"	147. God Heals the Brokenhearted	148. All Creation Praises the LORD
149. "The Lord Take Pleasure in His People"	150. "Praise the LORD"				

These psalms recognize that "children are an heritage of the Lord" (Psalm 127:3) and that they are an eternal blessing for righteous parents. One psalm near the end of the book offers a heartfelt plea that the Lord will deliver us and keep us from the evil and violent practices of wicked men.

## Color Chart

Jesus Christ, The King (portrayed in Matthew)

Jesus Christ, The Servant (portrayed in Mark)

Jesus Christ, the Son of God (portrayed by Luke)

Jesus Christ, the Son of God (portrayed by John)

Psalms	Prophecy	Fulfillment
2:7	God will declare Him to be His Son	Matthew 3:17
8:6	All things will be put under His feet	Hebrews 2:8
16:10	He will be resurrected from the dead	Mark 16:6-7
22:1	God will forsake Him in His hour of need	Matthew 27:46
22:7-8	He will be scorned and mocked	Luke 23:35
22:16	His hands and feet will be pierced	John 20:25,27
22:18	Others will gamble for His clothes	Matthew 27:35-36
34:20	Not one of His bones will be broken	John 19:32-33, 36
35:11	He will be accused by false witnesses	Mark 14-57
35:19	He will be hated without a cause	John 15:25
40:7-8	He will come to do God's will	Hebrews 10:7
41:9	He will be betrayed by a friend	Luke 22:47
45:6	His throne will be forever	Hebrews 8:1
68:18	He will ascend to God's right hand	Mark 16:19
69:9	Zeal for God's house will consume Him	John 2:17
69:21	He will be given vinegar and gall to drink	Matthew 27:34
109:4	He will pray for His enemies	Luke 23:34
109:8	His betrayer's office will be fulfilled by another	Acts 1:20
110:1	His enemies will be made subject to Him	Matthew 22:44
110:4	He will be a priest like Melchizedek	Hebrews 5:6
118:22	He will be the chief cornerstone	Matthew 21:42
118:26	He will come in the name of the LORD	Matthew 21:9

## Some excerpts from Psalms

Psalm 4:5	Offer the sacrifices of righteousness	Opportunities to lose oneself for the good of others present themselves daily: the mother who serves her children's needs; the father who gives his time for their instruction; parents who give up worldly pleasure for quality home life; children who care for their aged parents; home teaching service; visiting teaching; time for compassionate service; giving comfort to those who need strength; serving with diligence in Church callings; community and public service in the interest of preserving our freedoms; financial donations for tithes, fast offerings, support of missionaries, welfare, building and temple projects. Truly, the day of sacrifice is not past. Ezra Taft Benson ( <i>Conference Report</i> , April 1979, 34)
Psalm 5:3	In the morning will I direct my prayer unto thee, and will look up	Perhaps what this world needs, as much as anything, is to "look up" as the Psalmist said-to look up in our joys as well as our afflictions, in our abundance as well as in our need. We must continually look up and acknowledge God as the giver of every good thing and the source of our salvation. President Howard W. Hunter Ensign Nov. 1977
Psalm 6:1-2	O Lord, rebuke me not in thine anger... Have mercy upon me, O Lord; for I am weak	The Lord is justified in punishing us for our sins. If he rebuked us and chastened us immediately after every sin, we would learn our lesson quickly. But do we really want that? Isn't this probationary state a chance for us to learn how to be obedient for reasons other than fear?
Psalm 7:8	Judge me, O Lord, according to my righteousness, and according to mine integrity	To me the principle of integrity is one of the greatest blessings we can possibly possess. He who proves true to himself or his brethren, to his friends and his God, will have the evidence within him that he is accepted; he will have the confidence of his God and of his friends. <i>The Discourses of Wilford Woodruff</i> , edited by G. Homer Durham [Salt Lake City: Bookcraft, 1969], 260)
Psalm 8:4	What is man that thou art mindful of him?	I first read the following words 67 years ago in a college English class: "What a piece of work is man! how noble in reason! how infinite in faculty! in form and moving how express and admirable! in action how like an angel! in apprehension how like a god! the beauty of the world! the paragon of animals!" (Hamlet, act 2, scene 2, lines 303-7). Gordon B. Hinckley ("The Quest for Excellence," <i>Ensign</i> , Sept. 1999, 2, 5)
Psalm 9:7	the Lord... hath prepared his throne for judgment	The ninth psalm may not be the most famous of psalms, but within its few verses is the prophecy of Millennial Judgment-the assurance that the both the wicked and the righteous will receive their due. This judgment will be administered from the millennial throne of Christ. He will share this responsibility with righteous priesthood holders (1 Cor. 6:22; Rev. 20:4).

## Some excerpts from Psalms

Psalm 10:1	<p>Why standest thou afar off, O Lord?</p> <p>Why hidest thou thyself in times of trouble?</p>	<p>At times when the wicked prosper and the righteous suffer, we wonder why God doesn't step in and do something (Alma 14:8-11). Can you think of another prophet who wondered why God seemed so distant? How about the Prophet Joseph in Liberty Jail?</p>
Psalm 14:1	The fool hath said in his heart, There is no God	<p>What, then, is the meaning of life? What are its central purposes? Can they ever be identified and understood by mortals? These are questions which in one form or another have occupied the time and attention of thoughtful men and women throughout the ages. Alexander B. Morrison ("Life-The Gift Each Is Given," <i>Ensign</i>, Dec. 1998, 15)</p>
Psalm 16:10	thou wilt not leave my soul in hell	<p>The only souls who are left in hell are the sons of perdition. After their suffering in spirit prison, "all the rest shall be brought forth by the resurrection from the dead through the triumph and glory of the Lamb" to inherit one of three kingdoms of glory (D&amp;C 76:39). David fell from his exaltation, but he was not a son of perdition</p>
Psalm 18:18-20, 24, 96	Read at the dedication of the Kirtland temple by Sidney Rigdon	<p>At nine o'clock a. m. [March 27, 1836] President Sidney Rigdon commenced the services of the day by reading the 96th and 24th Psalms... President Rigdon then read the 18th, 19th and 20th verses of the 18th chapter of Matthew, and preached more particularly from the 20th verse</p>
Psalm 19:2	The heavens declare the glory of God; and the firmament sheweth his handywork	<p>(Astronaut Don Lind) "To look down on the earth from space is absolutely incredible. I knew ahead of time just exactly what I was going to see. I was intellectually prepared, but I was not prepared emotionally for what I saw. The world is very large. I knew that. But to see this huge, magnificent sphere slowly rotating beneath me was overwhelming. ("The Heavens Declare the Glory of God," <i>Ensign</i>, Nov. 1985, 38-39)</p>



**Betrayal, Trial, and Crucifixion**

Ps. 41:9: "Yea, mine own familiar friend, in whom I trusted, which did eat of my bread, hath lifted up his heel against me."	John 13:18: "I speak not of you all: I know whom I have chosen: but that the scripture may be fulfilled, He that eateth bread with me hath lifted up his heel against me."
Ps. 55:12-14: "For it was not an enemy that reproached me; then I could have borne it: neither was it he that hated me that did magnify himself against me; then I would have hid myself from him: "But it was thou, a man ... mine acquaintance. "We took sweet counsel together, and walked unto the house of God in company."	John 13:21, 26: "When Jesus had thus said, he was troubled in spirit, and testified, and said, Verily, verily, I say unto you, that one of you shall betray me. ... "Jesus answered, He it is, to whom I shall give a sop, when I have dipped it. And when he had dipped the sop, he gave it to Judas Iscariot, the son of Simon."
Ps. 22:16: "For dogs have compassed me: the assembly of the wicked have inclosed me: they pierced my hands and my feet."	Matt. 27:26: "And when he had scourged Jesus, he delivered him to be crucified."
Ps. 22:18: "They part my garments among them, and cast lots upon my vesture."	John 19:23-24: "Then the soldiers, when they had crucified Jesus, took his garments, and made four parts, to every soldier a part; and also his coat: now the coat was without seam, woven from the top throughout. "They said therefore among themselves, Let us not rend it, but cast lots for it, whose it shall be."
Ps. 22:7-8: "All they that see me laugh me to scorn: they shoot out the lip, they shake the head, saying, "He trusted on the Lord that he would deliver him: let him deliver him, seeing he delighted in him."	Matt. 27:39-43: "And they that passed by reviled him, wagging their heads, "And saying, Thou that destroyest the temple, and buildest it in three days, save thyself. If thou be the Son of God, come down from the cross. "Likewise also the chief priests mocking him, with the scribes and elders, said, "He saved others; himself he cannot save. If he be the King of Israel, let him now come down from the cross, and we will believe him. "He trusted in God; let him deliver him now, if he will have him: for he said, I am the Son of God."
Ps. 69:21: "They gave me also gall for my meat; and in my thirst they gave me vinegar to drink."	Matt. 27:34, 48: "They gave him vinegar to drink mingled with gall: and when he had tasted thereof, he would not drink. ... "And straightway one of them ran, and took a sponge, and filled it with vinegar, and put it on a reed, and gave him to drink."
Ps. 22:1: "My God, my God, why hast thou forsaken me? why art thou so far from helping me, and from the words of my roaring?"	Matt. 27:46: "And about the ninth hour Jesus cried with a loud voice, saying, Eli, Eli, lama sabachthani? that is to say, My God, my God, why hast thou forsaken me?"
Ps. 31:5: "Into thine hand I commit my spirit: thou hast redeemed me, O Lord God of truth."	Luke 23:46: "And when Jesus had cried with a loud voice, he said, Father, into thy hands I commend my spirit: and having said thus, he gave up the ghost."
Ps. 34:20: "He keepeth all his bones: not one of them is broken."	John 19:32-33: "Then came the soldiers, and brake the legs of the first, and of the other which was crucified with him. "But when they came to Jesus, and saw that he was dead already, they brake not his legs."

**Psalm 22:1 "My God, my God, why hast thou forsaken me?":**

The first line of a hymn identifies the hymn. The first line of a psalm identifies the psalm. When Christ is on the cross, he utters this famous passage. It was an expression of his innermost feelings. It was an honest plea for understanding. But it was also a teaching moment. Those who had derided him saying, "If he be the King of Israel let him now come down from the cross, and we will believe him," (Matt. 27:42) were the chief priests and scribes. They *should have* known the scriptures better than anyone else. They *should have* known that the passage, "my God, my God, why hast thou forsaken me" was the first line of the 22<sup>nd</sup> Psalm. They *should have* recognized that Jesus was referencing the whole psalm when quoting this line.

They *should have* thought about the content of this psalm. They *should have* recognized that the Messiah was at that moment on the cross and suffering just as the 22<sup>nd</sup> psalm had prophesied. They *should have* then felt remorse and guilt. They *should have* then understood that their mocking had been prophesied by David a millennia previous. Gospel Doctrine.com

**Psalm 23:4 "though I walk through the valley of the shadow of death"**

If anyone had reason to worry for his own safety, it was David in the years that Saul persistently sought his life. Walking through the "valley of the shadow of death" was not poetry for David-it was reality. "David abode in the wilderness in strong holds, and remained in a mountain in the wilderness of Ziph. And Saul sought him every Day, but God delivered him not into his hand" (1 Sam. 23:14) What to us may be figurative, was all too real to David.

"David... knew loneliness and estrangement; he knew what it meant to be homeless, without friends; he knew what it meant to be betrayed by those closest to him; he knew what it meant to have his friends suffer. His psalms reflect this. He also was a man of sorrow and acquainted with grief. He, like Jesus after him, knew to an amazing degree the fulness of the dimensions of life. But through all this, David knew best that God knew best-and that the safest course in life is to throw oneself to a great degree upon the wisdom of God. This theme is dominant throughout the psalms. He knew as well as anyone what Christ meant when he told his own disciples ten centuries later, "I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing." (John 15:5.) This knowledge underlies all of David's poetry-and all of his greatness." (Arthur R. Bassett, "The King Called David," *Ensign*, Oct. 1973, 69)

## Some excerpts from Psalms

Psalm 24	Read at the dedication of the Kirtland temple by Sidney Rigdon	At nine o'clock a. m. [March 27, 1836] President Sidney Rigdon commenced the services of the day by reading the 96th and 24th Psalms... President Rigdon then read the 18th, 19th and 20th verses of the 18th chapter of Matthew, and preached more particularly from the 20th verse
Psalm 24:3-4	Who shall ascend into the hill of the Lord?... He that hath clean hands, and a pure heart	In my mind, "clean hands" suggests a cleanliness of body; a "pure heart" suggests a purity of motive; a soul not lifted up unto vanity is one who retains humility; and one who has not sworn deceitfully is one who enters the temple honorably and fully qualified to receive the blessings of the temple. Carlos E. Asay ( <i>Family Pecan Trees: Planting a Legacy of Faith at Home</i> [Salt Lake City: Deseret Book Co., 1992], 215)
Psalm 30:5	weeping may endure for a night, but joy cometh in the morning	It may safely be assumed that no person has ever lived entirely free of suffering and tribulation, nor has there ever been a period in human history that did not have its full share of turmoil, ruin, and misery. To all who so despair, may I offer the assurance found in the psalm "Weeping may endure for a night, but joy cometh in the morning." Thomas S. Monson "Look to God and Live," <i>Ensign</i> , May 1998, 52
Psalm 35	Read at the First Continental Congress	Reverend Duché opened the second session on September 7th, 1774 with prayer. It was not a perfunctory prayer, but one that was a time of profound prayer. Opening the session he read the 35th Psalm, and then broke into extemporaneous prayer.
Psalm 40	I waited patiently for the LORD; and he inclined unto me, and heard my cry.	<i>The Messiah will come and preach righteousness—He will declare salvation—The righteous will say, The Lord be magnified. Heading of Psalm 40</i>
Psalm 51	thy tender mercies	I have reflected repeatedly upon the phrase "the tender mercies of the Lord." Through personal study, observation, pondering, and prayer, I believe I have come to better understand that the Lord's tender mercies are the very personal and individualized blessings, strength, protection, assurances, guidance, loving-kindnesses, consolation, support, and spiritual gifts which we receive from and because of and through the Lord Jesus Christ. Truly, the Lord suits "his mercies according to the conditions of the children of men" Elder David A. Bednar "The Tender Mercies of the Lord," <i>Ensign</i> , May 2005, 99

## Some excerpts from Psalms

<p>Psalm 82:6</p>	<p>I have said, Ye are gods; and all of you are children of the most High</p>	<p>"THE DOCTRINE OF A PREMORTAL LIFE, once common to the faith of Jews and Christians alike, is now the exclusive province of Latter-day Saints. Joseph Fielding McConkie <i>Answers: Straightforward Answers to Tough Gospel Questions</i> [Salt Lake City: Deseret Book Co., 1998], 80)</p> <p>"The revelations of the Restoration plainly teach that we are God's children and thus were created in his image and likeness. We approach such declarations with a sense of sacred reverence, for they are chief among those plain and precious truths that were taken from the scriptures by evil and designing men. Joseph Fielding McConkie, <i>Joseph Smith: The Choice Seer</i> [Salt Lake City: Bookcraft, 1996], chap. 11)</p>
<p>Psalms 113-118</p>	<p>Read or Sung at the Passover Meal</p>	<p>Use the special Passover Hallel. All 6 Psalms of the Hallel are recited in their entirety, but in 2 parts. Conduct the Passover Seder. This is a ritual feast conducted on the first night of Passover. The Hallel recited during the Seder is unique in that it is recited during the day on all other occasions. Raise and hold the second cup at Magid, the fifth part of the Seder. The first part of the Hallel is introduced with 10 expressions of praise. These expressions represent the 10 plagues of Egypt. Recite Psalms 113 and 114 just before the drinking of the second cup of wine while sitting down. This is the only time the Hallel is recited in 2 parts. Women are obligated to recite the Hallel at this time unlike other occasions. The leader of the Seder recites the first part of each Psalm and the other attendants recite the last part of each Psalm in response. Recite Psalms 115 through 118 during the 13th part of the Seder, also while sitting down. This part of the Seder is actually called the Hallel and is done just before drinking the fourth cup of wine (<a href="http://www.ehow.com/how_2145844_recite-hallel-passover.html">http://www.ehow.com/how_2145844_recite-hallel-passover.html</a>(link is external))</p>
<p>Psalm 115-118</p>	<p>During the Last Supper</p>	<p>Their recitation must have been especially poignant to the Master. He probably was the only one at the table who knew how literally, and how immediately, they would be fulfilled.</p>
<p>Psalm 127:3-5</p>	<p><b>Children are an heritage of the Lord</b></p>	<p>May the Lord bless you, my beloved sisters. You are the guardians of the hearth. You are the bearers of the children. You are they who nurture them and establish within them the habits of their lives. No other work reaches so close to divinity as does the nurturing of the sons and daughters of God. May you be strengthened for the challenges of the day. May you be endowed with wisdom beyond your own in dealing with the problems you constantly face. May your prayers and your pleadings be answered with blessings upon your heads and upon the heads of your loved ones. We leave with you our love and our blessing, that your lives may be filled with peace and gladness. President Gordon B. Hinckley ("Stand Strong against the Wiles of the World," <i>Ensign</i>, Nov. 1995, 101)</p>