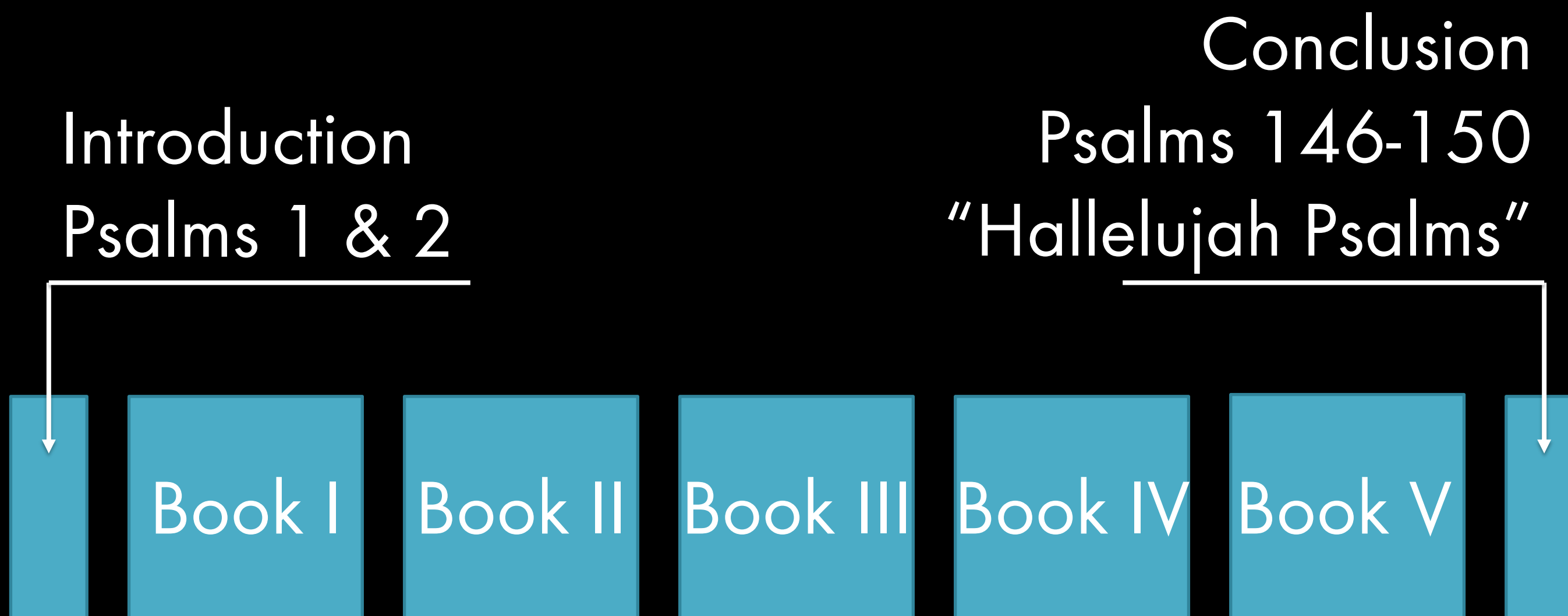




psalms

for the summer

# Structure of the Book of Psalms



<sup>1</sup> Blessed is the one...

<sup>2</sup> whose delight is in the law (*torah*) of the LORD,  
and who meditates on his law day and night.

Psalm 1:1-2 (NIV)

<sup>2</sup> The kings of the earth rise up  
and the rulers band together  
against the LORD  
and against his anointed (*māšîaḥ*), saying,  
<sup>3</sup> "Let us break their chains  
and throw off their shackles."

Psalm 2:2-3 (NIV)

<sup>12</sup> Kiss his son, or he will be angry  
and your way will lead to your destruction,  
for his wrath can flare up in a moment.  
Blessed are all who take refuge in him.

Psalm 2:12 (NIV)

<sup>1</sup> **Blessed** is the one...

<sup>2</sup> whose delight is in the law (torah) of the LORD,  
and who meditates on his law day and night.

Psalm 1:1-2 (NIV)

<sup>12</sup> **Blessed** are all who take refuge in him.

Psalm 2:12b (NIV)

*A psalm of David. When he fled from his son  
Absalom.*

Psalm 3 Superscript (NIV)

<sup>1</sup> LORD, how many are my foes!  
How many rise up against me!  
<sup>2</sup> Many are saying of me,  
"God will not deliver him."

Psalm 3:1-2 (NIV)



<sup>3</sup> But you, LORD, are a shield around me,  
my glory, the One who lifts my head high.  
<sup>4</sup> I call out to the LORD,  
and he answers me from his holy mountain.

Psalm 3:3-4 (NIV)

5 I lie down and sleep;

I wake again, because the LORD sustains me.

6 I will not fear though tens of thousands  
assail me on every side.

Psalm 3:5-6 (NIV)

<sup>7</sup> Arise, LORD!

Deliver me, my God!

Strike all my enemies on the jaw;

break the teeth of the wicked.

<sup>8</sup> From the LORD comes deliverance.

May your blessing be on your people.

Psalm 3:7-8 (NIV)

A psalm (**mizmôr**) of David. When he fled from his son Absalom.

Psalm 3 Superscript (NIV)

<sup>1</sup> LORD, how many are my foes!  
How many rise up against me!  
<sup>2</sup> Many are saying of me,  
"God will not deliver him."

Psalm 3:1-2 (NIV)

Praying the psalms we don't resonate with changes us.

<sup>1</sup> LORD, how many are my foes!  
How many rise up against me!  
<sup>2</sup> Many are saying of me,  
"God will not deliver him."

Psalm 3:1-2 (NIV)

Praying the psalms we don't resonate with changes us.  
We have enemies because we have chosen God's side.



<sup>3</sup> But you, LORD, are a shield around me,  
my glory, the One who lifts my head high.  
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and he answers me from his holy mountain.

Psalm 3:3-4 (NIV)

Praying the psalms we don't resonate with changes us.  
We have enemies because we have chosen God's side.  
Our identity is founded on our relationship with God.

5 I lie down and sleep;

I wake again, because the LORD sustains me.

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Psalm 3:5-6 (NIV)

Praying the psalms we don't resonate with changes us.  
We have enemies because we have chosen God's side.  
Our identity is founded on our relationship with God.  
We can rest because God sustains us.

<sup>7</sup> Arise, LORD!

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Strike all my enemies on the jaw;

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Psalm 3:7-8 (NIV)

Praying the psalms we don't resonate with changes us.  
We have enemies because we have chosen God's side.  
Our identity is founded on our relationship with God.  
We can rest because God sustains us.  
We pray our raw emotions.

<sup>1</sup> LORD, how many are my foes! How many rise up against me! <sup>2</sup> Many are saying of me, "God will not deliver him."

Psalm 3:1-2 (NIV)

- Where in your life are you experiencing conflict or strong relational tension? Who would you describe, if anyone, as your enemy? Talk to God about it.
- This psalm reminds us that we are on God's side in this conflict with this rebellious world. Where do you see evidence of that in your life right now? Ask God to help you see the tension more clearly.

<sup>3</sup> But you, LORD, are a shield around me, my glory, the One who lifts my head high. <sup>4</sup> I call out to the LORD, and he answers me from his holy mountain. Psalm 3:3-4 (NIV)

- Where do you most often find your identity—your work? Your income? Your education? Your social media following? Confess those to God and ask Him to help you find your identity solely in Him.
- Do you believe that God responds when you pray? Share honestly with God about this.



<sup>5</sup> I lie down and sleep; I wake again, because the LORD sustains me. <sup>6</sup> I will not fear though tens of thousands assail me on every side.

Psalm 3:5-6 (NIV)

- What do you fear? What's keeping you up at night? Ask God to help you trust Him with those things.

<sup>7</sup> Arise, LORD! Deliver me, my God! Strike all my enemies on the jaw; break the teeth of the wicked. <sup>8</sup> From the LORD comes deliverance. May your blessing be on your people.

Psalm 3:7-8 (NIV)

- What raw emotions or desires have you been hiding from God? Ask Him to give you the courage to bring those things to Him.