

MEMORY VERSE: “Then He said to them, ‘These are the words which I spoke to you while I was still with you, that all things must be fulfilled which were written in the Law of Moses and the Prophets and the Psalms concerning Me.’ And He opened their understanding, that they might comprehend the Scriptures.” Luke 24:44, 45, NKJV

LESSON STUDY INTRO

This week’s lesson serves as an introduction to this quarter’s study in the book of Psalms.

1. The Psalms were given by inspiration (Sab, Mon, Wed, Fri)

- Sabbath afternoon’s lesson introduces the book of Psalms as “a prayer book and hymnbook...”
 - These prayers and hymns are drawn from the varied experiences of God’s people. Monday’s lesson introduces us to a number of the Psalmists, such as David, Asaph, Solomon, Moses, and various Levites, and the sons of Korah (see Qtly, Mon, par 1).
- Like the rest of Scripture, the fact that the Psalms are the experience of these men may lead some to forget that they are the product of divine inspiration.
 - “[T]he Psalms did not originate with mortals but with God, who inspired their thoughts” (Qtly, Sab, par 1).
 - “All Scripture is given by inspiration of God...” (2 Tim. 3:16)
 - Jesus also referred to the Psalms as Scripture (Lk. 2:44, 45)
 - The Psalms, then, rather than simply giving an account of other men’s experience, are given by God to guide us in our experiences, as well (see Rom. 8:26, 27; Qtly, Wed, par 1, 3).

Written in different ages, by men who differed widely in rank and occupation, and in mental and spiritual endowments, the books of the Bible present a wide contrast in style, as well as a diversity in the nature of the subjects unfolded. Different forms of expression are employed by different writers.... [A]nd each, under the guidance of the Holy Spirit, presents what is most forcibly impressed upon his own mind—a different aspect of the truth in each, but a perfect harmony through all. And the truths thus revealed unite to form a perfect whole, adapted to meet the wants of men in all the circumstances and experiences of life.... The treasure was entrusted to earthen vessels, yet it is, nonetheless, from Heaven. GC, introduction, pp. v, vi

2. The Psalms give practical instruction in spirituality (Sun, Tue)

- The word “Psalms” in both Old and New Testaments “means ‘to sing with instrumental accompaniment,’ or simply ‘to sing’ or ‘to praise’” (SDA Bible Commentary, Vol. 3, pp. 613-15).
 - As such, the Psalms were incorporated into various aspects of personal and public worship.
 - Psalms could incorporate a variety of instruments, such as the trumpet, lute, harp, timbrel, stringed instruments, flutes and cymbals (see Ps. 150); Ironically, however, like the sacred name of God, we have no record of any of the Psalms’ compositions.
 - “The Psalms did not only accompany the people’s worship, but they also instructed them on how they should worship God in the sanctuary” (Qtly, Sun, last par).
 - “[H]ow can we use the Psalms in our own worship, whether in a private or in a corporate setting?” (Qtly, Sun, bottom of page)

Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings—as much a duty as it is to pray. If we are heaven-bound, how can we go as a band of mourners, groaning and complaining all along the way to our Father's house? MH 251.3

3. The Psalms assume the immediate presence of God (Thu)

- The psalmists speak of God and to God as “a very present help in trouble” (Ps. 46:1).
 - It is assumed that though God is in heaven, He is near each of His people, and interested to hear and interact with them.
 - This is in part what the Bible meant when saying Moses “endured as seeing Him who is invisible” (Heb. 11:27).
 - The lesson points out how the Psalms seek to submit “all life experiences to God” (see Qtly, Thu, par 1). It adds that “the centrality of God in life produces the centrality of worship” (Ibid, par 2). The converse is also true – that the centrality of God in worship leads to the centrality of God in the life.

Had the Sabbath been universally kept, man's thoughts and affections would have been led to the Creator as the object of reverence and worship, and there would never have been an idolater, an atheist, or an infidel. GC 437.2

CONCLUSION

“The Psalms are... testimonies of divine Redemption and signs of God’s grace and hope. The Psalms convey a divine promise to all who embrace, by faith, God’s gifts of forgiveness and of a new life” (Qtly, Mon, last par).