

Praise

A WALK THROUGH
THE PSALMS

PSALMS 91-120

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Introduction

Just as we can use a hymnal as our songbook for corporate worship, so was the book of Psalms the songbook for the Israelite people. The Israelites in the Old Testament used the book of Psalms as their songbook to worship God as they walked with Him and hoped in His covenantal promises. Psalms was written by numerous authors over the course of Israel's history and was likely compiled after Israel's exile. The book of Psalms is broken into five books, with the first half focused on lamentation and the second half focused on praise and the future messianic King. *Praise* is the fourth study in the *A Walk Through the Psalms* series, and it picks up where the *Seek* study left off by covering Psalms 91-120. These psalms primarily contain songs of worship and exhortations to worship God as King. While most of the psalms in Psalms 91-120 were written anonymously, some were penned by David, who was king over Israel.

While the book of Psalms was Israel's songbook, Psalms is our songbook too. The psalms in Psalms 91-120 give us words we can pray and sing to God in worship. These psalms stir our affections for the Lord and encourage us to remember and rest in the mighty and holy character of God. Psalms 91-120 also regularly point us to Jesus Christ, who is the fulfillment of the Psalms. As you journey through these thirty psalms, you will be reminded of the hope of the gospel and the greatness of God who is worthy of our praise.

THE PSALMS IN PSALMS 91-120

GIVE US WORDS WE CAN

pray and sing to God in worship.



God Most High

READ PSALM 91

Even if we have not been in a dangerous situation, most of us have felt the desire to be safe. In a deeply broken world, we long for security and protection from tumultuous events. In this psalm, an anonymous psalmist writes encouragement for times of danger and fear. What makes this psalm comforting is the truth it brings about God amidst danger. It calls us to lift our eyes to our great God whose promise of protection calms our hearts.

Psalm 91 begins with a declaration by the psalmist, whose identity is unknown. He asserts that those who live under the protection of the Lord dwell within His shadow. In this first verse, the psalmist presents us with truths about God's character by using two names of God. First, God is the Most High. This means nothing is above the Lord; He is the ruler over all things. Second, God is the Almighty. Nothing matches the power and glory of the Lord. He is strong in might, and His power is inexhaustible. These two names of God encourage our hearts to rest in who God is. Our fears find comfort in the character of the Lord. In times of anxiety and fear, we need to remember our God is the Most High and the Almighty, and no earthly danger compares to His might.

In verse 2, the psalmist speaks about himself. He writes how the Lord is his refuge, fortress, and God. Knowing God is a refuge and a fortress, the psalmist trusts Him. But the psalmist does not keep this truth to himself. For the rest of the psalm, his language shifts from "me" to "you" as he speaks to his readers. The psalmist encourages us that the Lord will rescue us from the bird trap and the plague. The bird trap is figurative language describing physical situations that bring about fear and anguish. The plague, however, is not as physical. While we may see its effects upon a person, a plague is silent and invisible. By providing these two examples, the psalmist encourages us to see God's deliverance in both the seen and unseen.

In verse 4, the psalmist uses figurative language to describe the Lord as a large bird. A baby bird finds safety and comfort within the wings of its mother. In the same way, we can rest secure in God's protective hands. This promise continues in verses 5-8. In light of God's protection, there is nothing to fear. Verses 5-6 describe how God's protection never ceases. He protects us noon, night, and day. Verses 7-8 speak to the providence of the Lord. By continuing to use the example of a plague, the psalmist writes that while others may experience death, the one the Lord protects remains safe, untouched by the danger around him or her.

Verse 9 says the Lord protects the one who has made God their refuge and dwelling place. By acknowledging God is the Most High, we abandon all else and run to Him for our refuge. Worldly comforts promise protection but always fail to deliver. This is because earthly things are not designed to provide us lasting comfort and protection. Because God is the Most High and the Almighty, He is our true refuge.

In verses 10-13, the psalmist continues to promise protection from the Lord, using figurative language in verses 12-13. Strength from the Lord does not mean we will physically conquer all threats. But with the Lord, we can confidently handle anything that comes our way. It is also important to understand this psalm is not promising a life free from calamity. God's protection is intertwined with His providence. In our lives, we are not promised freedom from suffering and full protection from danger and disease. However, in moments of suffering, God's sovereign hand is not removed from us. While there are times when God will allow us to experience suffering, there are other times when He sovereignly keeps us protected. God's providence reminds us we are kept in His hands. Nothing can touch us without His permission.

The psalmist ends this psalm with six "I will" statements from the Lord. These promises are linked to the intimate relationship one has with the Lord. Verse 14 says God will deliver the one who has his heart set on Him, and God will protect him because he knows His name. These verses display the intimacy between God and the believer who trusts in Him. To have

one's heart set on God means we worship Him and trust Him above all else. To know His name is to have a deep relationship. This moves us beyond simply knowing God intellectually to knowing Him personally. For those of us in Christ, this describes our relationship with God. All of these "I will" statements are promised to us. God promises to hear us when we call out to Him. He promises to be with us in times of trouble, and He promises His deliverance and protection. In moments of fear and hardship, we never have to wonder if God is present and helping us. With God, there are no unreliable claims—only sure promises.

Our protection from the Lord is rooted in our position in Christ. Without Christ, we do not have the promise of God's continual presence, provision, and protection. However, verse 16 tells us God will show us His salvation. While God will demonstrate this in physical ways in our day-to-day lives, God has ultimately shown us His salvation through Christ. The gospel teaches us we have been delivered from sin and death and are rescued from the punishment of our sins. We are satisfied with eternal life because of our salvation from Christ. His salvation brings us continual security. Because of Jesus, we can confidently say nothing will separate us from His love—even death itself (Romans 8:38). Even when calamity comes, we can rest knowing our fate is secure in Christ. We are forever protected in the hands of the Most High.

WITH GOD, THERE ARE NO
UNRELIABLE CLAIMS —
only sure promises.

READ JOB 1:6-12. HOW DOES IT COMFORT YOU TO KNOW NOTHING
CAN TOUCH YOU, EVEN SATAN, WITHOUT GOD'S PERMISSION?

READ OVER THE SIX "I WILL" PROMISES IN PSALM 91:14-16. WHICH ONE
OF THESE RESONATES WITH YOU THE MOST? WHY?

HOW DOES THIS PSALM ENCOURAGE YOU TO WALK
CONFIDENTLY IN TIMES OF FEAR AND DANGER?



Magnificent Are Your Works

READ PSALM 92

Today's psalm is a song for the Sabbath! The Sabbath was an important celebration for the Israelites. In fact, it was a command from God (Exodus 20:1-17). God instituted the Sabbath as a way to bring His people rest. On the seventh day, every person was to cease from their work. But this day was also a time to remember and rejoice over God's covenant with His people and His past work of deliverance through the exodus. Singing this song reminded the people of the Sabbath's purpose. This day was not about them; it was about the Lord.

From the start, we see the song emphasize praise to the Lord. In verses 1-2, the psalmist outlines three ways the Israelites should respond: give thanks to the Lord, sing praise to His name, and declare His faithfulness. Beginning the song in this way sets the tone for the rest of the song. This song is not celebrating what we have done but what the Lord has done. In verses 4-5, the people rejoice over what God has done and shout for joy over the works of His hands.

An improper way to celebrate the Sabbath would be to emphasize one's own works instead of God's. In our own lives, we can find it easy to become prideful over the things we do. This may even prevent us from resting as we place our time in our own hands. We can fall into the mentality that we are in charge of our lives. But we should not take credit for the work of our hands. God has given us the work we do, the skill to accomplish our work, and the strength to continue our work. When we emphasize our own work, we miss the many ways God has worked in our lives. He has done so much for us, and He is worthy to be praised.

While the wise and righteous acknowledge and praise God's works, the foolish and unrighteous do not. In verses 7-9, the psalmist describes the fate of the wicked. Unrighteous people may thrive for a moment, but their end is destruction. Verses 12-14 compare the unrighteous with the righteous. Unlike the unrighteous, the righteous continue to flourish and thrive. They are not like grass but like a strong palm or cedar tree. Even in their old age, they continue to remain healthy and bear fruit.

This comparison shows us the difference between the one who has a relationship with the Lord and the one who does not. A person who does not live for the Lord lives only for themselves. They pursue what they want and seem to flourish by their own means. But their flourishing is deceiving. In fact, without the Lord, no one can truly flourish. Their fate reveals the temporary nature of their flourishing. They may flourish in this life, but without the Lord, they are doomed to an eternity separated from Him.

We can see this evident in our own day. Many people around us live, believing they are flourishing and thriving. They may appear successful and popular, always seeming to get what they want. We may even grow jealous of people like this. It can be easy to think, “How are they thriving while I’m struggling? How are sinful people succeeding while I’m suffering?”

The contrast between the grass and the palm tree deepens our understanding. Grass may sprout up quickly, but it dies quickly. A palm tree may grow slowly, but it stays strong and steady for many years. True flourishing is not determined by pace but by fruit. Sinful people may seem to be “winning,” but the works of their hands are meaningless. As believers, our work is purposeful because we work for the Lord. We bear fruit for His glory. Verse 15 says our fruit declares to others, “The Lord is just; he is my rock, and there is no unrighteousness in him.” What makes believers different is that we dedicate our lives to pointing others to Christ. We do not live for our glory but for the glory of the Lord. This is what it means to truly thrive.

Ultimately, our flourishing is rooted in our relationship with Christ. John 15 tells us that as believers, we are connected to the Vine, Jesus Christ. As His branches, we bear fruit, but only because we are connected to Him. Like a tree finds its source of life in

its roots, so do we find our source of life through Christ. Our relationship with Him keeps us secure all the way into eternity. Even in the times we struggle to bear fruit, we can rest in the power of God working within us. Philippians 1:6 tells us, “I am sure of this, that he who started a good work in you will carry it on to completion until the day of Christ Jesus.” When we feel like we are not flourishing, we can remember God is working within us. Sanctification may feel slow, but it always yields its reward. Because of our relationship with Christ and the power of the Holy Spirit within us, we will remain strong and steady in our faith. We can persevere in our faith because we have seen God’s faithfulness in the past, we have His help in the present, and we know our future.

This psalm should encourage us to ask ourselves, “Am I continually praising God for what He has done? Am I pointing to the things I do or to what God has done and is doing through me?” Like a strong palm tree, we stand as witnesses to the strength of God within us. Our joy, even in moments of struggle, declares to others our reliance on the Lord. May we live in gratitude over the works of the Lord. He has done great things, is doing great things, and will do great things.

WE CAN PERSEVERE IN
OUR FAITH BECAUSE
WE HAVE SEEN
God's faithfulness
IN THE PAST.

HOW ARE YOU TEMPTED TO GLORIFY WHAT YOU DO INSTEAD OF WHAT GOD HAS DONE?

HOW DOES PSALM 92 ENCOURAGE YOU IN TIMES WHEN SANCTIFICATION FEELS SLOW?

TAKE A MOMENT TO REFLECT ON GOD'S FAITHFULNESS IN YOUR LIFE. LIST THREE WAYS
GOD HAS BEEN FAITHFUL TO YOU, AND THANK HIM FOR WHAT HE HAS DONE.

WEEK ONE / DAY THREE



The Lord Reigns

READ PSALM 93

Psalm 93 opens with the words, “The Lord reigns!” In today’s Western culture, we are not very familiar with the idea of someone reigning. Unless we keep up with the royal family in England or read fiction novels, the language of a sovereign or a king is not as common as it once was. However, this psalm begins a series of psalms about God being the king, declaring God as both a sovereign and sovereign over all things.

A sovereign is described as being a supreme ruler. To be sovereign means to possess ultimate power. When we talk about the sovereignty of God, we refer to His total control over all things. God’s sovereignty is usually paired with His providence, meaning He divinely orchestrates time and events. In Psalm 93, the psalmist praises God for both His majesty and eternity.

Verse 1 proclaims God’s majesty. The psalmist says that the Lord is “robed in majesty” and “enveloped in strength.” A king’s robe would symbolize His authority. This picture of God being robed describes His great authority, majesty, and strength. He is like a grand king clothed in robes of the finest quality. He is our great King—mighty and magnificent.

Verse 2 highlights God’s eternity. God’s throne was not created with the rest of creation. God has always existed, which means His throne has always existed. He surpasses any earthly king, for God has reigned for all of eternity. This, too, speaks to God’s sovereignty. Nothing can shake the world, for God holds it in His hands. This can be hard for us to understand since we often feel the chaos and confusion of this fallen world. When natural disaster strikes or tumultuous events occur, we can feel as if our world is a snow globe, shaken up with pieces falling all around. While there are times when the world is thrown into chaos, God still holds it all together in His hands. This gives us immense peace when tragedy strikes. We may feel shaken, but the God of the universe is not shaken. He holds all things together, even when things feel like they are falling apart.

Verses 3-4 speak directly to circumstances that make us feel shaken. The psalmist uses figurative language by comparing opposition to a rising flood. This could mean that during the penning of this psalm, Israel was facing attack from their enemies. Like a rising flood, their enemies might have been lifting their voices in jeers and taunts. Opposition from others can certainly feel like a raging flood pounding against us. But any form of suffering can also feel like a rising flood. In times of suffering, we can feel as if there are rising waters around us. At times, we can be pelted with waves of fear and anxiety.

Amidst the floodwaters of life, there is hope. Verse 4 tells us God is greater than the roar of a huge flood and mightier than the waves of the sea. What a comfort it is to know that the things that seem great to us are no match for the greatness of God. He is greater than any danger or suffering we may experience. In moments of fear and suffering, God's sovereignty washes over us—not like a raging flood but like a calming stream. We can rest in moments of opposition and suffering, knowing God is greater than anything we may face.

In verse 5, the psalmist focuses on the testimonies of God. The psalmist describes God's testimonies as completely reliable. God is a holy, sovereign, and eternal God. His holiness means He is set apart and sinless. No one is like Him, and nothing compares to Him.

He is sovereign, which means He controls all of creation. He is eternal, meaning He has no beginning or end. We can trust God's Word because His words are from the lips of a holy, sovereign, and eternal God. In moments when we doubt God's Word, we must remember who He is. The psalmist ends Psalm 93 by speaking to God's eternity once again. Holiness adorns God's house for all the days to come. God's house can refer to God's kingdom. Because God created all things, both heaven and earth are part of His kingdom. He has ruled for all of eternity, and He will continue to rule forever.

This psalm should move us to marvel at the greatness of God. Sometimes, it can be easy to forget how holy and majestic God truly is. In times of fear, we can focus on the floodwaters rather than the God who controls them. The disciples fell into this mentality in both Luke 8:22-25 and Matthew 14:22-33. In these instances, the disciples were overwhelmed with the storms around them, but Jesus demonstrated His authority over all things as He calmed the storm in Luke 8 and walked on the water in Matthew 14. Jesus is Lord over creation. There is nothing over which He does not have power or control. By dying on the cross and rising from the grave, Jesus declares His triumph over sin and death. Those in Christ have received deliverance from the powerful waters of sin.

While we will still experience the weight of sin and living in a broken world now, we can rejoice in the future deliverance to come. One day, Christ will return and set all things right. No more will there be floodwaters of sin and suffering, for Christ will wash them away forever. When this day comes, we will have the opportunity to kneel before Christ and declare His lordship (Philippians 2:9-11). But even now, we can rejoice in the lordship of Christ and the sovereignty of God. In every fearful and troubling circumstance, we can be comforted by the greatness of God. The Lord reigns!

IN EVERY FEARFUL AND TROUBLING
CIRCUMSTANCE, WE CAN BE COMFORTED
by the greatness of God.

WHAT TYPE OF "FLOOD" ARE YOU EXPERIENCING NOW? HOW CAN THIS PSALM
ENCOURAGE AND BRING YOU COMFORT AMID THIS FLOOD?

WHAT KEEPS YOU FROM TRUSTING GOD? HOW DOES GOD BEING SOVEREIGN
OVER ALL THINGS ENCOURAGE YOU TO TRUST HIM?

HOW DOES CHRIST'S FUTURE DELIVERANCE BRING YOU PEACE IN THE PRESENT?
