



The Psalms: God's Word, Our Prayers



THE BIG IDEA

Pray the Psalms. Speak and sing their words to God.

We can pray the Psalms because Jesus—True God and True Man—prayed them first.

1. There are many, correct ways to use the Bible
2. One of these is using the Psalms as our prayers



One Bible,
many uses

16 All Scripture is given by inspiration of God,
and is profitable for **doctrine**, for **reproof**, for
correction, for **instruction** in righteousness,
17 that the man of God may be **complete**,
thoroughly **equipped** for **every good work**.

–2 Timothy 3:16–17



Parts of the Bible

Old Testament

- Law / Torah
- Prophecy (History, Prophets)
- Writings (**Psalms**, Wisdom)

New Testament

- Gospels + Acts
- Letters
- Revelation

Uses of the Psalms

To teach us truths about God, ourselves, the world (theology)

To relate different parts of the Bible

Creation in Genesis and Psalm 8

Genesis 1

- Moon (“lesser light”)
- Stars
- Fish of the sea
- Birds of the air
- Beasts of the earth
- Created in the Image of God
- Dominion

Psalm 8

- Moon
- Stars
- Fish of the sea
- Birds of the air
- Beasts of the field
- Crowned with glory and honor
- Dominion

Uses of the Psalms

To teach us truths about God, ourselves, the world (theology)

To relate different parts of the Bible

To prophesy about Jesus and the church

Psalm 8 as Prophecy

15 But when the chief priests and scribes saw the wonderful things that He did, and **the children** crying out in the temple and saying, “Hosanna to the Son of David!” they were indignant 16 and said to Him, “Do You hear what these are saying?”

And Jesus said to them, “Yes. Have you never read, **‘Out of the mouth of babes and nursing infants You have perfected praise’?**”

–Matthew 21:15–16



Uses of the Psalms

To teach us truths about God, ourselves, the world (theology)

To relate different parts of the Bible

To prophesy about Jesus and the church

To be Jesus' prayers and songs

Psalms as Jesus's Prayers

Mark 15:34

³⁴ And at the ninth hour Jesus cried out with a loud voice, saying, "Eloi, Eloi, lama sabachthani?" which is translated, *"My God, My God, why have You forsaken Me?"*

Psalm 22:1

1 My God, My God, why have You forsaken Me?

Why are You so far from helping Me,

And from the words of My groaning?

Psalms as Jesus's Prayers

David says...

Psalm 22:1

Hebrew **Original**

*Eli, Eli, lama **azavtháni***
My-God, My-God, why have-you-forsaken-me?

Jesus says...

Mark 15:34

Aramaic **Translation**

*Eloi, Eloi, lama **sabachtháni***
My-God, My-God, why have-you-forsaken-me?

Jesus prayed Psalm 22 in his heart language!

Uses of the Psalms

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To relate different parts of the Bible

To prophesy about Jesus and the church

To be Jesus' prayers and songs

To be our prayers and songs

Practical Responses

Pray the Psalms with trust

Use Paraphrases and music

Memorization



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It all comes
back to Jesus