



Whenever you come together, each of you has a psalm (1 Cor 14:26)

# Introducing the Psalms

Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. (Col 3:16)

1 Praise the Lord! Praise God in His sanctuary; Praise Him in His mighty firmament! 2 Praise Him for His mighty acts; Praise Him according to His excellent greatness! 3 Praise Him with the sound of the trumpet; Praise Him with the lute and harp! 4 Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes! 5 Praise Him with loud cymbals; Praise Him with clashing cymbals! 6 Let everything that has breath praise the Lord. Praise the Lord! (Ps 150)

## What does “Psalm” mean?



- “poem sung to the accompaniment of musical instruments”.
- The Psalms were set to the accompaniment of stringed instruments and served as the temple hymnbook.
- Some were composed for liturgical use in the Temple.
- The Hebrew name is “the book of praises” because almost every Psalm contains some note of praise to God.
- The Psalms teach us how to know the Lord through jubilation, war, peace, worship, judgment, prophecy, praise & lament.

*“What is there that may not be learned in the Psalms?!” – St Augustine*

*“The Bible within the Bible” – St Jerome*



## Who wrote the Psalms?

- King David (“the sweet psalmist of Israel” 2Sam 23:1) – 73 + 2
  - 73 Psalms are attributed to King David in the title
  - 2 Psalms (2 and 95) are ascribed to King David in the New Testament
    - Acts 2:25-26 & Hebrews 4:7
- Moses – 2: Psalm 90 & 100
- Ashaph – a priest who headed the service of music, Sons of Korah – a group of temple singers & composers - 24
- Solomon – ?
- The remainder are called Orphan Psalms and may have been written by David & Ezra

*Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. (James 5:13)*

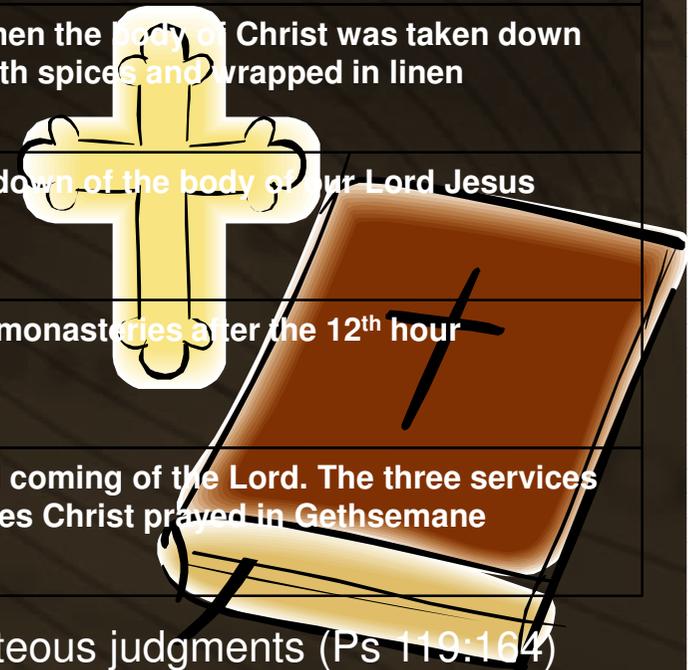
# The Psalms

- How many Psalms are there?
  - 150/151
- Why do the Traditional churches have 151 Psalm?
  - We use the Septuagint version which has 151 Psalms.
  - Psalms 9&10 in the Hebrew version are combined giving a total of 150 Psalms.
- When were they written?
  - 1000-400 B.C.
- Keywords in the Psalms:
  - Praise – 140, Mercy – 100, Trust – 55, Joy – 24
  - The Psalms teach us how to **rejoice** by **trusting** in God, **praising** Him with words inspired by the Holy Spirit.

...speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord (Eph 5:19)

# The Agbia – The Psalms through the Agbia teach us many things about the Lord.

Agbia Hour	Time Prayed	Commemoration
1 <sup>st</sup> Hour (Morning Prayer - Prime)	6am	Commemorates the hour which Christ rose from the dead. To be Prayed in the morning to give thanks to God for the beginning of a new day, and to glorify Him for His Resurrection.
3 <sup>rd</sup> Hour (Terce)	9am	Commemorates three major events: I) Hour at which Christ was condemned by Pilate. II) Christ's Ascension to heaven III) Holy Spirit coming down on the disciples
6 <sup>th</sup> Hour (Sext)	12pm	Commemorates the crucifixion of Christ
9 <sup>th</sup> Hour (None)	3pm	Commemorates the hour of the death of Christ in the flesh, and the right hand thief who found favor in his eyes
11 <sup>th</sup> Hour (Sunset Prayer)	6pm	Commemorates the time when the body of Christ was taken down from the cross, anointed with spices and wrapped in linen
12 <sup>th</sup> Hour (Prayer before sleeping - Compline)	9pm	Commemorates the laying down of the body of our Lord Jesus Christ in the tomb
Prayer of the Veil (Special for monks)	Read after the 12 <sup>th</sup> hour by monks	This prayer is read daily in monasteries after the 12 <sup>th</sup> hour
Midnight Prayer	12am	Commemorates the second coming of the Lord. The three services correspond to the three times Christ prayed in Gethsemane

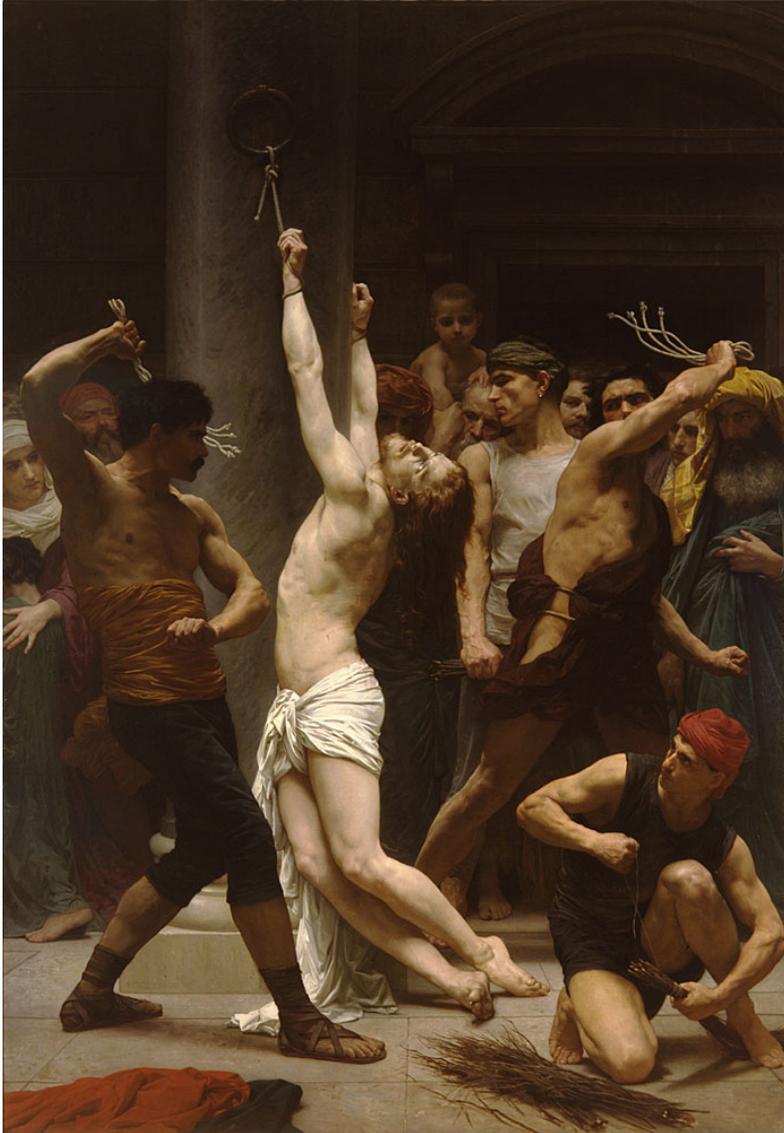


Seven times a day I praise You because of Your righteous judgments (Ps 119:164)

Then He said to them... all things must be fulfilled which were written in the Law of Moses and the Prophets and the Psalms concerning Me. (Luke 24:44)

## Messianic Psalms

- Many of the Psalms specifically anticipate the life & ministry of our Lord Jesus



Psalm	Portrayal	Fulfilled
2:7	The Son of God	Matthew 3:17
8:2	Praised by children	Matthew 21:15, 16
8:6	Ruler of all	Hebrews 2:8
16:10	Rises from death	Matthew 28:7
22:1	Forsaken by God	Matthew 27:46
22:7, 8	Derided by enemies	Luke 23:35
22:16	Hands and feet pierced	John 20:27
22:18	Lots cast for clothes	Matthew 27:35, 36
34:20	Bones unbroken	John 19:32, 33, 36
35:11	Accused by false witnesses	Mark 14:57
35:19	Hated without cause	John 15:25
40:7, 8	Delights in God's will	Hebrews 10:7
41:9	Betrayed by a friend	Luke 22:47
45:6	The eternal King	Hebrews 1:8
68:18	Ascends to heaven	Acts 1:9-11
69:9	Zealous for God's house	John 2:17
69:21	Given vinegar and gall	Matthew 27:34
109:4	Prays for enemies	Luke 23:34
109:8	His betrayer replaced	Acts 1:20
110:1	Rules over His enemies	Matthew 22:44
110:4	A priest forever	Hebrews 5:6
118:22	The chief stone of God's building	Matthew 21:42
118:26	Comes in the name of the Lord	Matthew 21:9



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**GLORY BE TO GOD  
FOREVER AND EVER.  
AMEN.**