

**PSALMS**  
**Book 4: Psalm 90-106**

**PSALM 90**  
*A prayer of Moses the man of God*

**1. Lord, You have been our dwelling place throughout all generations. (Dt 33:27, Ps 91:1, 9, Ez 11:16, Act 17:28).**

- a. Before the mountains were born or You brought forth the world, from everlasting to everlasting, You are God.
- b. You turn men back to dust saying, "Return to dust, O sons of men." (Gen 3:19, Ps 103:14, Ps 104:29, Ecc 3:20, 12:7)
  - For a thousand years in Your sight are like a day that has just gone by, like a watch in the night. (2 Pet 3:8, Ps 39:5, 89:47; Mtt 22:32, Jas 4:14)
  - You sweep men away ("flood them away") in the sleep [of death]; they are like the new grass of the morning - though in the morning it springs up, by evening it is dry and withered. (Job 14:2, Is 40:6-8, 21-24, Jas 1:10-11, 1 Pet 1:24-25)
- c. We are consumed by Your anger and terrified by Your indignation ("heat, wrath"). (Ps 2:5)
  - You have set our iniquities before You, our secret sins ("perversity, moral faults") in the light of your presence ("face"). (Ps 44:21, Ecc 12:14, Mtt 10:26, Lk 12:2-3, Ps 139)
  - All our days pass ("are passed away, are declining") away under Your wrath; we finish our years with a moan ("moan/sigh").
    - The length of our days is 70 years, or 80 if we have the strength;
      - \* Yet their span ("boast" or "duration") is but trouble and sorrow
      - \* For they quickly pass (or are "cut off") and we fly away.

**2. Who knows the power of Your anger?**

- a. For Your wrath is as great as the fear ("fear, reverence, piety") that is due You.
- b. Teach us to number our days [aright] (The sense of the original can be: "*Show us our mortality*"), that we may gain a heart of wisdom. (Job 28:28, Ps 111:10, Prv 1:7, 9:10; Ecc 2:13)
- c. Relent, O Lord! How long will it be? (*Moses appeals to God for mercy/grace/favor*)
  - Have compassion on Your servants. (See Ex 34:6-7, Ps 135:13-14, 103:6-14)
  - Satisfy us in the morning with Your unfailing love, that we may sing (or "shout") for joy and be glad all our days.
    - Make us glad for as many ("according to the") days as You have afflicted us, for as many years as we have seen trouble ("pain, affliction").
    - May Your deeds (or "work") be shown ("seen") to Your servants, Your splendor to their children.

**3. May the favor ("delightfulness, pleasantness") of the Lord our God rest upon us; establish the work of our hands for us - yes establish the work of our hands.**

**So - Remember that God is our dwelling place, our Creator, Sustainer and Provider. Remember how fleeting your life is and focus on things with eternal value. Strive to live life on day at a time. Seek God and trust Him to produce fruit in your life.**

**PSALMS**  
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**Psalm 91**

**He who dwells in the shelter** (or "*hiding/secret place*") **of the Most High will rest in the shadow of the Almighty.** *If God is where our trust / hope is, He will also be our shelter.*

**1. I will say of the LORD, "He is my refuge and my fortress, My God, in whom ("*Him*") I trust."**

- a. Surely He will save you from the fowler's snare and from the deadly ("*destructive*") pestilence. (See Lk 6:46-49 - the "storms" come to both houses, but only one is secure).
- b. He will cover you with His feathers, and under His wings you will find ("*take*") refuge; (Ps 17:8). *The secret/hidden place may well refer to the "holy of holies" in the temple - the resting place of the ark that is topped by its atonement cover over which the cherubim spread their wings. God covers the sin of those who trust in Him. He is our security. See Zech 3:1-5 for an example.*
- c. His faithfulness (or "*truth*") will be your shield and rampart ("*buckler*," a small shield used in close combat). (Eph 6:16)
  - You will not fear the terror of the ("*by*") night, nor the arrow that flies by day.
  - The pestilence that stalks in the darkness nor the plague ("destruction") that destroys ("*devastates/wastes*") at midday. Rom 8:28-39 - *certainly applies here - Nothing can separate the child of God from His love.*
- d. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.
  - You will only observe it with your eyes
  - and see the punishment ("*retribution*") of the wicked. (Ps 37:34, Prv. 29:16)

**2. If you make the Most High your dwelling ("*shelter/hiding place*"), the same word in vs 1 translated ("*shelter/hiding place*") - even the LORD Who is my refuge,**

- then no harm ("*evil, misery*" etc.) will befall you, no disaster ("*assault, plague, wound*" etc.) will come near your tent ("*dwelling*").
- For He will command His angels concerning you to guard you in all your ways; (Ps 34:7)
  - \* they will lift you up in their hands, so that you will not strike your foot against a stone.
  - \* You will tread upon the lion and the cobra ("*venomous serpent*"); you will trample the great lion and serpent (also, "*dragon, sea monster*"). (Jer 51:20-23, Mic 4:13, Heb 1:14 - especially 1 Cor 1:18-31, Mal 1:1-5)
- "Because he loves Me," says the LORD, "I will rescue him;" I will protect him ("Set him securely, inaccessibly high") for he acknowledges My name. See 2 Tim 4:1-8
  - \* He will call upon Me; and I will answer him; I will be with him in trouble, (Job 36:13-16)
  - \* I will deliver him and honor him.
  - \* With long life will I satisfy him and show him My salvation."

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**Psalm 92**

**1. It is good** (“agreeable, delightful”) **to praise the LORD and make music** (“make melody, praise in song”) **to Your name, O Most High.**

- a. To proclaim (“declare, make known”, KJV - “*Shew forth*”) Your love (“faithfulness, faithful love, loving kindness”) in the morning and Your faithfulness (“steadfastness, firmness, faithfulness”) at night,
- b. To the music of the 10 stringed [lyre] and the melody (“harmonious sound/meditation”) of the harp.

**2. For You make me glad by your deeds** (or “*work*”) **O LORD, I sing for joy** (“Cry aloud,” “cry in triumph,” “sing for joy”) **at the works** (“doings”) **of Your hand.** *This refers to God's dealings with men throughout history.*

- a. How great are Your works, O LORD, how profound (“deep”) Your thoughts. (Ps 36:6, 139:6; Rom 11:23)
- b. The senseless (“brutish, stupid” - animal-like) man does not know, fools (“dull, stupid”) do not understand,
  - that though (“when”) the wicked spring up like grass, and all evildoers (workers of “trouble, sorrow, wickedness”) flourish, they will be forever destroyed. (“It is for their destruction forever”) See Ps 73!
  - But You, O LORD, [are] exalted forever.
- c. For surely (“behold/lo”) Your enemies, O LORD, surely (“behold” / lo”) Your enemies will perish; all evildoers will be scattered.

**3. You have exalted my horn like that of a wild ox** (Some translations read, “unicorn.” This refers not to a one-horned animal but to the now extinct wild ox or “Auroch a massive and powerful beast”), **fine** (“fresh”) **oil's have been poured upon me.**

- a. My eyes have seen the defeat - (lit., “my desire”) of my adversaries, my ears have heard the rout (“desire”) of my wicked foes (“who rise up against me”).
- b. The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the LORD.
  - They will flourish in the courts of our God.
  - They will still bear fruit in old age (Hos 14:8).
    - \* They will stay fresh (“full of sap, prosperous”) and green (“flourishing”),
    - \* proclaiming “The LORD is upright; He is my Rock, and there is no wickedness in Him. (Dt 32:4, Ps 18:2, 145:17)

**So, regarding Psalm 92 God uses the writer to convey three things to us:**

1. It is a pleasant, good and agreeable thing to be thankful to God and to do so with music and song.
  - Look at 1 Chr 25: It was of such importance the king David had the leaders of the army organize a large group of the Levites for singing and the musical accompaniment of worship.  
Such ministry is described in the text as “prophesy.” Music ministry done rightly is a prophetic office, drawing people’s attention to the person and work of our God and motivating us to worship, thanksgiving and praise. This is **good!** In Eph 5:19 we are exhorted to sing to ourselves and others in “psalms, hymns and spiritual songs.”
  - Using music to praise God for His works, faithfulness and name.
  
2. It is good to rejoice in what God has done and in the triumph of His justice.
  - It may *look* for a while as if evil-doers will prevail. But it is only temporary.
  - There is a reckoning and God’s (to us) mysterious workings will always work out for the benefit of His people and for the judgment of His enemies. Again, I commend Psalm 73 to you: read it and be encouraged.
  
3. God will sustain His people, even into old age.
  - They will be vindicated at the judgment.
  - They will “sparkle and grow” in His presence.
  - Even in old age they will bear spiritual fruit.
  - Their lives will be a testimony to God’s faithfulness and goodness.

*A note here to all you empty nesters and “maturer saints:” Abraham was called by God at the age of 75, Moses at 80. Just because you are older doesn’t mean you do not matter or cannot contribute in ministry.*

- *Like everyone in the family of God you can pray.*
- *Like everyone in the family of God you can give.*
- *Like everyone in the family of God you can encourage others.*
- *Like everyone in the family of God you can offer counsel and teach. You especially, who have lived life and learned by experience as God has led and taught you, can mentor the younger (e.g., Tit 2:4).*
- *Like everyone in the family of God you have been given the gifting to serve (1 Cor 12:7).*

In the words of the poet Robert Browning, “Grow old along with me! The best is yet to be, the last of life, for which the first was made. Our times are in His hand who saith, 'A whole I planned, youth shows but half; trust God: See all, nor be afraid!'”

From his poem “Rabbi Ben Ezra” published in 1864.

**PSALMS**  
**Book 4: Psalms 90-106**

**Psalm 93**

1. **The LORD reigns, He is robed (Or, "clothed") in majesty; the LORD is robed in majesty and is armed (or "clothed, armed, girded, equipped") [Himself] with strength.** The enemy seeks to change this but cannot (Dan 7:25). Only the LORD has that control (Dan 2:20-23).
  - a. ["Indeed/surely"], the world is firmly established; it cannot be moved ("be made to totter, shake or slip"). (Ps 96:10, 2 Tim 2:14-19)
  - b. Your throne was established long ago ("from then"); You are from all eternity.
  
2. **The seas ("streams, rivers")\* have lifted up, LORD, the seas\* have lifted up their voice;**
  - a. The seas \* have lifted up their pounding [waves]. (*The idea here is not of the ocean but of raging rivers, thundering down their course, in their power and thunderous noise. Compared to the LORD, they are nothing*).
  - b. Mightier than the thunder of the great waters, mightier than the breakers of the sea - the LORD on high is mighty. (See Ex 15:10, Ps 65:7, Mtt 8:27).
  
3. **Your statutes ("testimonies, laws, witness") stand firm ("sure/unalterable"); holiness adorns Your house for endless days, O LORD.** (Ps 33:11, Is 14:27, Jer 44:24-28)

*Ps 2 begins, "Why do the nations conspire (rage) and the peoples plot in vain? The kings of the earth take their stand and the rulers gather together against the LORD and against His Anointed One. 'Let us break their chains,' they say, 'and throw off their fetters.'" vs 1-3. Today our text (Ps 93) declares that try as we might, God's decrees, laws and commands are unalterable. The nations (often in Scripture represented by the churning seas) can rage all they want, His purpose stands! And it always will.*

**PSALMS**  
**Book 4: Psalms 90-106**  
**Psalm 94**

- 1. [O] LORD, the God who avenges, O God who avenges, shine forth. 1-7**
- a. Rise up, O Judge off the earth, pay back ("render") to the proud [what they deserve].
  - b. How long will the wicked, O LORD, how long will the wicked be jubilant? (Ps 10:3)
    - They pour out arrogant (or "insolent") [words], all the evildoers are full of boasting.
    - They crush Your people O LORD; they oppress ("afflict") Your inheritance.
    - They slay the widow and the alien; they murder the fatherless.
    - They say, "The LORD, does not see; the God of Jacob pays no heed."
- 2. Take heed, ("Consider, understand") you senseless ones among the people; you fools ("dullard, stupid") , when will you become wise? 8-11**
- a. Does He who implanted the ear not hear?
  - b. Does He who formed the eye not see?
  - c. Does He who disciplines (or, "instructs") nations not punish ("judge")?
  - d. Does He who teaches man (the "nation's") lack knowledge?
    - The LORD, knows the thoughts of man;
    - He knows that they are futile ("breath, vanity").
- 3. Blessed is the man that You discipline, O LORD, the man you teach from your law.11-15**
- a. You grant him relief from days of trouble, till a pit is dug for the wicked. (Gal 6:7-8, Phil 1:6)
  - b. For the LORD, will not reject His people; He will never forsake His inheritance. (Rom 11:29, Mal 3:6)
  - c. Judgment will again be founded on righteousness, (*God has the cure.* Lev 26, Deut 28)
  - d. And all the upright in heart will follow it. **In the wake of judgment, righteousness thrives.**
- 4. Who will rise up for me against the wicked? Who will take a stand for me against evildoers (*workers of "trouble, sorrow, wickedness"*)? 16-23**
- a. Unless the LORD, [had] given me help, I would have dwelt in the silence of death.
  - b. When I said, "My foot is slipping," your love O LORD supported me. (Ps 73)
  - c. When anxiety was great within me, Your consolation(s) brought joy to my soul. (Ps 106)
  - d. Can a corrupt throne be allied with You - one that brings misery by its decrees? (Ps 82)
    - They band together against the [life of the] righteous and condemn the innocent to death.
    - But the LORD has become my fortress, and my God the Rock in whom I take refuge.
    - He will repay them for their sins ("brought on them their own iniquity") and destroy them for their wickedness; the LORD our God will destroy them.

Some things to take away from this Psalm:

- Although there is wrong in this world, there is an accounting.
- Vengeance is God's not ours. (See Rom 12:9-21)
- He misses nothing. (Ps 37)
- Be patient (Mal 2:17)
- God's discipline is a blessing (though it might not seem so at the time - Heb 12:4-12).
- God is our refuge in hard times and oppression. (Ps 46:1)
- The powers that exist are accountable. (Ps 82)



**PSALMS**  
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**Psalm 95**

- 1. Come, let us sing for joy to the LORD, let us shout aloud to the Rock of our salvation.** (Ps 81:1-2, 100:1-4, 150)
  - a. Let us come before Him with thanksgiving, (Ps 9:11, 33:2, 81:1; Eph 5:8-21, Col 3:16, Jas 5:13)
  - b. And extol Him with music and song ("*songs of praise/psalms*"). (Ps 68:24-27, 1 Chr 25:1-8)
  - c. And with attention (1 Cor 14:15)
  
- 2. For the LORD is the great God, the great king above all gods. (Is 45:21-ff, Phil 2:5-11)**
  - a. In His hands are the depths of the earth, and the mountain peaks ("horns") belong to Him.
  - b. The sea is His, for He made it. Gen 1:1, Jn 1:1-5, Col 1:15-17, Heb 1:1-3
  - c. And His hands made ("*formed*") the dry land. (Jn 1: 1-5, Heb 1:8-12)
  
- 3. Come let us bow down in worship, let us kneel before the LORD our Maker.** The writer invites us to join in acclaiming our Lord. Look at Heb 10:19-25 - How can we encourage one another to seek Him?
  - a. For He is our God. (Lk 9:20 - Who is He to you?)
  - b. And we are the people of His pasture, the flock (*used of sheep or goats*) under His care. (See Is 40:10-11, Jn 10).
  
- 4. Today, if you hear His voice, do not harden your hearts as you did at Meribah ("*Strife/contention*").** (Ex 17:1-7).
  - a. As you did at Massah ("*trial/tempting,*" *think,* "*provokation*") in the desert where your fathers tested and tried me, though they had seen what I did. (Dt 1:26-36, Heb 3:7-4:13)
  - b. For 40 years I was angry with that generation .
    - I said, "They are a people whose hearts go astray and they have not known My ways.
    - So I declared on oath in My anger, "They shall never enter my rest." Act 7, Ps 78:40
    - \* God forgave them, but sin has consequences ( e.g., Num 14:17-20). The men of military age who rebelled and refused to go into the land all died in the desert.
    - \* In Hebrews the consequences of hardening are worse - damnation. Israel refused to listen and obey God and that generation would not see the promised land. But those who reject the gospel will not enter life.

Some things to glean from this psalm:

1. Musical worship is important. Both with voice and musical instruments.
2. God equates musical/vocal worship with prophesy (1 Chr 25:1-8)
3. Music should be used both for our own edification and that of others. (Eph 5:19, Jas 5:13)
4. We should praise God with mindful zeal (1 Cor 14:15)
5. Praise Him together/individually for His care for His flock.
6. Don't harden your hearts - It won't end well and there will be a cost.

**PSALMS**  
**Book 4: Psalms 90-106**  
**Psalm 96**

- 1. Sing to the LORD a new song; sing to the LORD all the earth. 1-3**
- a. Sing to the LORD, praise (“*bless, adore*”) His name; proclaim His salvation (“*good news*” of His care, deliverance and salvation) day after day (*unceasing* - Ps 34:1, Eph 5:20).
  - b. Declare (“*count, relate*”) His glory among the nations, His marvelous deeds (or “wonders”) among all peoples.  
***Sing a new song - not “vain repetitions. That is no more acceptable in musical worship than it is in prayer (Mtt 6:7, 1 Cor 14:15). He wants all of us!***
- 2. For great is the LORD and most worthy of praise (“*to be praised greatly*”); He is to be feared above all gods. (Ps 76:7, see Is 40, Heb 4:13) 4-6**
- a. For all the gods of the nations are idols, but the LORD made the heavens (See Heb 1).
  - b. Splendor (or “*honor*”) and majesty are before Him; strength and glory (or “*beauty*”) are in His sanctuary.  
***There is no other god to whom we must give an account. Why honor what are not God?***
- 3. Ascribe (Also, “*give*”) to the LORD, O families of nations, ascribe to the LORD glory and strength. 7-10**
- a. Ascribe to the LORD the glory due His name; bring an offering and come into His courts.
  - b. Worship (also, “*bow down*”) the LORD in the splendor (also “*glory, beauty*”) of His holiness, tremble before Him, all the earth. Understand *who* He is! Hold Him in awe and honor.
  - c. Say among the nations, “The LORD reigns.” (Ps 93:1, Dan 7:1-14, Rev 19:11-16)
    - The world is firmly established, it cannot be moved,
    - He will judge the peoples with equity.  
***Rom 11:36, Eph 3:21, 1 Pet 4:11 - Praise Him!***
- 4. Let the heavens rejoice, let the earth be glad; let the sea resound (or “*thunder*”), and all that is in it. 11-13**
- a. Let the field[s] be jubilant, and everything in them.
  - b. Then all the trees of the forest will sing for joy; [they will sing] before the LORD, for He comes.
    - He comes to judge the earth.
    - He will judge the world in righteousness and the peoples in His truth (“*faithfulness*”).
      - \* Look up Rom 8:18-25 This world languishes under the curse (Gen 3:17, 5:29, Ecc 1:2).
      - \* The world is in bondage to decay (Act 3:21, 2 Pet 3:13).
      - \* It will not be liberated until the God’s people come into their own at the end of the age.
      - \* As beautiful as this world can be, it is barely a shadow of its once and future glory.  
***There’s a new world coming: Is 64:1-5, 1 Cor 2:6-10 Praise Him!***

**PSALMS**  
**Book 4: Psalms 90-106**  
**Psalm 97**

- 1. The LORD reigns, let the earth be glad, let the distant shores (*“multitude of islands,”*) rejoice. *Why?***
  - a. Clouds and thick darkness (*“heavy/dark clouds”*) surround Him; (Ex 19:9, Ps 18:9)
  - b. Righteousness and justice are the foundation of His throne. (Ps 45:6-7, Heb 1:8)
  - c. Fire goes before Him and consumes His foes on every side. (Dan 7:10, Heb 12:29)
  - d. His lightning lights up the world; the earth sees and trembles. (Job 37, Ps 7:18)
  - e. The mountains melt like wax before the LORD, before the Lord of all the earth. (Ps 46:6, 104:32; Mic 1:4)
  - f. The heavens proclaim His righteousness, all the peoples see His glory. (Ps 19:1-6, 89:35-37)
  
- 2. All who worship images are put to shame, those who boast in idols - worship Him all you gods!** (Jer 2:13, Rom 1:25) At the “end of the road,” temporal priorities will always fail us. It is far better to pour ourselves into those things with lasting value - The love of God and love of our neighbor. Those things that usurped God’s rightful place in our lives will testify against us in His presence. Thank God for redemption!
  
- 3. Zion hears and rejoices and the villages of Judah are glad because of Your judgments O LORD.** He is the Judge of all. His people can trust in Him.
  - a. For You, O LORD, are most high over all the earth, (Ex 18:11, Ps 83:18)
  - b. You are exalted far above all gods.
  
- 4. Let all those who love the LORD hate evil.** (Mal 1:6, Lk 6:46, Jas 1:22)
  - a. For He guards the lives of His faithful ones and delivers them from the hand of the wicked. (Phil 1:6)
  - b. Light is shed (“scattered”) upon the righteous and joy on the upright in heart.
  
- 5. Rejoice in the LORD, you who are righteous, and praise His holy name (*“holiness”*).**

**PSALMS**  
**Book 4: Psalms 90-106**  
**Psalm 99**

**1. The LORD reigns, let the nations (“peoples”) tremble; He sits enthroned between the cherubim, let the earth shake.** *This speaks of God causing His glory to dwell in the temple between the gold cherubim that overshadowed the ark of the covenant. To check out cherubim look at Ezk 1 and 10. The idea here is that God reigns. His rule and will are supreme.*

- a. Great is the LORD in Zion; He is exalted over all the nations. *He chose Zion as the place Where He caused His glory to dwell and from where He will rule the nations. Consider, that He now reigns and dwells within His people.*
- b. Let them praise Your great and awesome name - He is holy. *His name inspires fear. The KJV translates it “terrible.” The idea is that of awe-producing majesty, power and holiness. See Mk 4:41, Lk 5:8.*
- c. The king is mighty, he loves justice - (Ps 61:8-9, Mic 6:8)
  - You have established equity; in Jacob You have done what is just and right.
  - Exalt the LORD our God and worship at His footstool (meaning here, *the ark*); He is holy.

**2. Moses and Aaron were among His priests, Samuel was among those who called on His name.**

- a. They called on the LORD and He answered them. (e.g., 1 Sam 12:18)
- b. He spoke to them from the pillar of cloud;
- c. They kept His statutes and the decrees He gave them. (1 Jn 5:13-15). *Prevailing prayer that seeks God’s will is powerful.*

**3. O LORD our God, you answered them;**

- a. You were to Israel forgiving God, though You punished their misdeeds (e.g., Num 14:20). *God is forgiving (See Exd 34:6-7) but deals with our sin. In His mercy He doesn’t allow us to escape the consequences of our rebellion. Instead, He teaches us through discipline.*
- b. Exalt the LORD our God and worship at His holy mountain (also, “hill”), for the LORD our God is holy.

**God reigns, He is exalted over all, loves justice and dwells within us.**

**He is to be held in awe and respected.**

**He answers the prayers of those who seek His will and keep His word.**

**He is forgiving and teaches His people through discipline.**

**Exalt Him!**

**PSALMS**  
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**Psalm 100**

**1. Shout for joy to the LORD, all the earth. (See also Ps 69:29-33, 95:1-2).**

- a. Worship the LORD with gladness; come before Him with joyfulness. *In the OT, people came to a location, the tabernacle (and later the temple) to worship. Now we (believers) are the temple of the Spirit.*
  - *What do we have to rejoice about? Everything. Life, salvation, provision etc. (Rom 12:1)*
  - *Worship should never be passive - worship from your heart with enthusiasm!*
  
- b. Know that the LORD is God, *(And in point of fact, we are not!)*
  - *It is He who has made us and we are His (or, "and not we ourselves").*
    - \* *Think about His goodness - look at the world where He has placed us.*
    - \* *Think about how He has equipped us to enjoy His creation (Our senses).*
  - *We are His people, the sheep of His pasture (See Ps 74:1-3, Is 40:11).*

**2. Enter His gates with thanksgiving and His courts with praise, give thanks to Him and praise His name.**

- a. *What is in a name? He reveals Himself by the names that He gives us by which He is known. Here are few.*
  - *El Shaddai ( translated "God Almighty," is used in association with God's promises. He is the God who is "enough," sufficient to do all that He promises.*
  - *El Elyon (God Most High)*
  - *Lahai Roi - "The Living One Who Sees Me"*
  - *YHWH Jireh - "The Lord Who Provides"*
  - *YHWH Tsidkenu - "The Lord our Righteousness"*
  - *YHWH Nissi - "The Lord our Banner"*
  - *Jesus - "The Salvation of God."*
  - *Emmanuel - "God with us"*
  
- b. *For the LORD is good and His love endures forever.*
- c. *His faithfulness continues through all generations. God's faithful love has several nuances. Lovingkindness, faithfulness, covenant keeping, loyal love. He is trustworthy and good! Praise Him!*

**PSALMS**  
**Book 4: Psalms 90-106**

**Psalm 101**

- 1. I will sing of Your love and justice; to you O LORD, I will sing praise.**
  
- 2. I will be careful (“*prudent, circumspect*”) lead a blameless (“*sound, healthy*”) life - when will You come to me?**
  - a. I will walk (*live*) in my house with blameless heart (“*in integrity*”).**
  - b. I will set before my eyes no vile thing.** *David was determined to resist corruption.*
  - c. The deeds of faithless men I hate; they will not cling to me.** *David wanted to resist corruption and if he sinned, to shake it off. He would not cleave to them.*
  - d. Men of perverse (“*twisted, corrupted*”) heart shall be far from me.** *He did not wish to consciously tolerate wrong.*
  - e. I will have nothing to do with evil.** (See Ps 82).
  - f. Whoever slanders his neighbor in secret, him I will put to silence (“*cut off*”).**
  - g. Whoever has haughty eyes and a proud heart, him I will not endure.** (Prv 21:4). *David desired to staff his government with honest, humble people.*
  
- 3. My eyes will be on the faithful in the land, that they may dwell with me; he whose walk is blameless (“*sound, healthy*”) will minister to (“*serve*”) me.**
  - a.** No one who practices deceit will dwell in my house;
  - b.** No one who speaks falsely will stand in my presence.
  - c.** Every morning I will put to silence all the wicked in the land; I will cut off every evildoer from the city of the LORD.

Thoughts:

- David knew with certainty that he was a sinner (e.g., Ps 51)  
David was the leader of his nation. He wanted to do it right. (Ex 23:1-9, Prv 16:12)
- He needed a backbone.
  - He needed wisdom.
  - He needed to advocate for the oppressed. (Ecc 4:1, 5:8-9)
  - He didn't want to be played.

What is our goal in doing our work day in and day out? (Col 3:23)

**PSALMS**  
**Book 4: Psalms 90-106**

**Psalm 102**

*The prayer of an afflicted (or "poor") man. When he is faint and poured out his lament before the LORD.*

- 1. Hear my prayer, O LORD; let my cry for help come to you.**
  - a. Do not hide Your face from me when I am in distress ("trouble, straights").
  - b. Turn your ear to me; when I call, answer me quickly.
  
- 2. For my days vanish like smoke; my bones like glowing embers ("on a hearth")**
  - a. My heart is blighted ("stricken") and withered like grass ("green plants").
  - b. I forget to eat my food ("bread, solid food in general").
  - c. Because of my loud groaning, I am reduced to skin and bones.
  - d. **I am like a desert owl** (or perhaps, "pelican"), **like an owl among the ruins.**
    - I lie awake, ("I watch")
    - I have become like a bird alone on a roof. (Jer 15:17)
  - e. All day long my enemies taunt ("reproach") me; those who rail against ("deride") me use my name as a curse ("swear an oath against me").
    - For I eat ashes as my food
    - and mingle my drink with tears because of Your great wrath.
      - \* For You have taken me up and thrown me aside.
      - \* My days are like the evening shadow; I wither away grass.
  
- 3. But You, O LORD, sit enthroned forever; Your renown endured through all generations.**
  - a. You will arise and have compassion on Zion, for it is time to show favor to her; the appointed time has come.
  - b. For her stones are dear to Your servants; her very dust mo yes them to pity.
  - c. The nations will fear the name of the LORD, all the kings of the earth will revere Your glory.
    - For the LORD will rebuild Zion and appear in His glory.
    - He will respond to the prayer of the destitute; He will not despise their plea.
  
- 4. Let this be written for a future generation, that a people not yet created may praise the LORD.**
  - a. The LORD looked down from His sanctuary on high, from heaven He viewed the earth.
    - To hear the groans of the prisoners
    - and release those condemned to death.
  - b. So the name of the LORD will be declared in Zion and His praise in Jerusalem when the peoples and the kingdoms assemble to worship the LORD.
  - c. In the course of my life He broke my strength; He cut short my days.
  - d. So I said: "Do not take me away, O my God, in the midst of my days;
    - Your years go own through all generations.
    - In the beginning You laid the foundations of the earth, and the heavens are the work of Your hands. See Heb 1:5-14
      - \* The will perish, but You remain; they will all wear out like a garment. Like clothing You will change them and they will be discarded.
      - \* But You remain the same, and Your years will never end. (Mal 3:6)
      - \* The children of Your servants will live in Your presence; their descendants will be established before You. (Phil 3:20)



So, regarding the message of Psalm 102:

An afflicted, weary man calls to the LORD.

1. A cry for help.

- a. He felt pressed (straightened).
- b. He needed help.

2. Why?

- a. He felt as if he were being consumed like fuel on a hearth.
- b. He was under attack (“blighted”) and withered like a dried up plant.
- c. He felt alone (Ps 22:1, Jer 15:17). Like a solitary bird on a roof.
- d. He suffered the taunts of his enemies.
- e. He felt he had been “kicked to the curb.” God had poured out His just wrath on Israel. (See Jer 45)
- f. His life was passing fast. Time seemed short.

3. Yet in his distress he remembered God’s faithfulness.

- a. He reigns eternally and time has born that out.
- b. He keeps His covenant - restoration will come! (See Heb 12:4-130)
- c. He will be justly revered by the world.
- d. He hears our prayers (Mtt 6:8).

4. Pass this on (Our children need to know).

- a. God hears our heart cry and acts. He is a great Savior.
- b. Through “good times” and trial, He is faithful. Lam 3:31-33
- c. He is the one constant through eternity. (He is faithful).
- d. He reigns over all. Remember Who is Lord! (Heb 1).

Maybe you have “dug a hole for yourself and feel like the “sharks” are circling?

Perhaps in your hardship and pain hope seems distant?

Do you feel alone and cast to the side?

Remember His faithfulness.

- Though He disciplines His own, He does it for our good.
- Though hard times can and will come, He is faithful.
- The issue is not in doubt! He reigns.

**PSALMS**  
**Book 4: Psalms 90-106**  
**Psalm 103**  
*Of David*

- 1. Praise the LORD, O my soul; all my inmost being, [praise] His holy name.**
  
- 2. Praise the LORD, O my soul, and forget not all His benefits.**
  - a. Who forgives all your sins ("*iniquity*") and heals all your diseases,
  - b. Who redeems your life from the pit and crowns you with love and compassion.
  - c. Who satisfies your desires with good things so that your youth is renewed like the eagle's.
  
  - b. The LORD works righteousness and justice for all the oppressed (those "wronged, suffering injustice etc.")*
  
- 2. He made known His ways to Moses, His deeds to the people of Israel.\* (Ex 33:4-34:7)**
  - a. The LORD is:
    - compassionate (or "*merciful*") and gracious,
    - slow to anger,
    - abounding in love ("*mercy, kindness*" etc.).
    - He will not always accuse, nor will He harbor His anger forever.
    - He does not treat us as our sins deserve or repay us according to our iniquities.  
    - \* For as high as the heavens are above the earth, so great is His love for those who fear Him.
    - \* As far as the east is from the west, so far has He removed our transgressions from from us.
    - \* As a father has compassion on his children, so the LORD has compassion on those who fear Him.
    - \* For He knows how we are formed, He remembers that we are dust.
  
  - b. As for man, His days are like grass, He flourishes like a flower of the field;
    - The wind blows over it and it is gone, and its place remembers it no more. (Is 40:6-8)
    - But from everlasting to everlasting, the LORD'S love is with those who fear Him and His righteousness with their children's children - with those who keep His covenant and remember to obey His precepts.
  
- 3. The LORD has established His throne in heaven, and His kingdom rules over all.**
  
- 4. Praise the LORD, you His angels, you mighty ones who do His bidding, who obey His word.**
  - a. Praise the LORD, all His heavenly hosts, you His Servants who do His will.
  
  - b. Praise the LORD, all His works everywhere in His dominion.
  
  - c. Praise the LORD, O my soul.

- Vs 3 We all have to die of something, someday! This does not mean that we will not be sick. But if we are sick or injured, it is God who heals us. 2 King 13:14
- Vs 4 God redeems, He “buys back” our lives from destruction (“the pit.”). Eph 2:1-10 He crowns (“surrounds) us with love and compassion (“tender mercies”).
- Vs 5 He satisfies your desires (Ps 37:4) and refreshes you. Like an eagle with fresh plumage. See Psalm 92:12-15!
- Vs 6 He works (or “executes,” “makes,” “does, performs”) righteousness for all the oppressed.

Vs 7- 18 God made Himself known to Moses and Israel:

- a. He is compassionate and gracious (merciful, kind, give grace etc. “Chesed” - a word with those connotations along with “loving-kindness,” “loyal/faithful love,” “faithfulness.” The word is rich and is hard to express in our language in a single word.
- b. He is slow to anger (See 2 Pet 3:9). If any of us received what we deserved we’d perish.
- c. His justice is tempered with mercy and upon repentance, forgiveness is ours.
- d. His great love is beyond our comprehension.
- e. His forgiveness is genuine and complete. East and West never meet.
- f. He understands our weakness and is gentle with us (See Heb 2:10-18, 4:14-16)
- g. He knows our “frame,” (how we are formed). That we are dust. (Gen 3:19, Ecc3:20).

As for us:

- a. We are like grass that is here and gone. Time passes and we will not be found. I can walk across the field behind the church to an old cemetery. Some of the names on the headstones are no longer legible. These people, just like us are known likely only to God.
- b. But, God’s love for us is eternal. And He rules over all!

Let everyone and everything praise Him!

**\* It’s worth your time to chase down this theme in scripture. God’s description / declaration of who He is:**

<b>Ex 20:4-5</b>	<b>Ex 34:6-7</b>	<b>Ex 22:26-27</b>	<b>Nu 14:18</b>	<b>Ne 9:17</b>	<b>Ps 86:5,15</b>
<b>Ps 111:4</b>	<b>Ps 112:4</b>	<b>Ps 116:5</b>	<b>Ps 145:8</b>	<b>Is 55:6-8</b>	<b>Jer 32:17-19</b>
<b>Na 1:3</b>	<b>Joel 2:13</b>	<b>Micah 7:18</b>	<b>Rom 2:4</b>	<b>Eph 1:7-8</b>	<b>Jas 5:11</b>

**PSALMS**  
**Book 4: Psalms 90-106**  
**Psalm 104**

**Praise the LORD, O my soul**

- 1. O LORD my God, you are very good; you are clothed with splendor and majesty. 1-23**
- a. He wraps Himself in light as with a garment; (1 Tim 6:15b-16)
  - b. He stretches out the heavens like a tent and lays the beams of His upper chambers on the waters (Ps 19:1-6, Is 40:22-26).
  - c. He makes the clouds His chariots and rides on the wings of the wind.
  - d. He makes the winds His messengers, flames of fire His servants (Is 66:15-16).
  - e. He sets the earth on its foundations; it can never be moved (*He is in control*).
    - He covered it with the deep as with a garment; the waters stood above the mountains.
    - But at your rebuke the waters fled, at the sound of your thunder they took to flight (Gen 1:6-10).
      - \* They flowed over the mountains, they weren't down to the valleys, to the place you assigned for them.
      - \* You set a boundary they cannot cross; never again will they cover the earth (Gen 9:8-11, 12-27).
  - f. He makes springs pour waters into the ravines; it flows between the mountains.
    - They give water to all the beasts of the field; the wild donkeys quench their thirst (Job 38:22-41).
    - The birds of the air nest by the waters; they sing among the branches.
    - The waters the mountains from His upper chambers; the earth is satisfied by the fruit of His work.
  - g. He makes grass grow for the cattle; and plants for man to cultivate — bringing food from the earth. (*We didn't invent grain, veggies, flowers*).
    - Wine that gladdens the heart of man,
    - oil to make his face shine
    - and bread that sustains his heart.
  - h. The trees of the LORD are well watered, the cedars of Lebanon that He planted.
    - There the birds make their nests; the stork has its home in the pine trees.
    - The high mountains belong to the wild goats; the crags are a refuge for the coney.
  - i. The moon marks off the seasons, and the Sun knows when to go down (Ps 89:37).
    - You bring darkness, it becomes night, and all the beasts of the forest prowl.
      - \* The lions roar for their prey and seek their food from God.
      - \* The sun rises and they steal away; they return and lie down in their dens.
    - Then man goes out to his work, to his labor until evening.

**2. How many are your works, O LORD!**

**24-30**

- a. In. Wisdom you made them all (Ps 102:25, Isn 42:5, Jn 1:3, 1 Thess 1:15-17, Heb 11:3, Rev 4:11).
- b. The earth is full of your creatures.
  - There is the sea, vast and spacious, teeming with creatures beyond number — living things both large and small.
  - There the ships go to and fro, and the leviathan, which you formed to frolic there.
- c. They all look to you to give them their food at the proper time.
  - When you give it to them, they gather it up, when you open your hand, they are satisfied with good things.
  - When you hide your face, they are terrified;
  - When you take away their breath, they die and return to the dust.
  - When you send your Spirit they are created, and you renew the face of the earth.

**3. May the glory of the LORD endure forever; may the LORD rejoice in His works. 31-35**

- a. He who looks at the earth, and it trembles.
- b. Who touches the mountains and they smoke.
- c. I will sing to the LORD all my life; I will sing praises to my God, as long as I live.
  - May my meditation be pleasing to Him, as I rejoice in the LORD.
  - But may sinners vanish from the earth and the wicked be no more.

***Praise the LORD, O my soul  
Praise the LORD.***

***Some things to take away from this Psalm:***

- ***The earth is His (Ps 24:1)***
- ***Open your eyes and see His glory.***
- ***Open your eyes and see His provision.***
- ***Open your eyes and see His wisdom.***
- ***Open your eyes and see His power.***
- ***Praise Him!***