

# The Psalms in Our Times:

## An Online Study of the Psalms During the COVID-19 Pandemic

### Agenda for Weeks 1-3:

- Series overview (week 1 only)
- Check-in and review
- Introduction of the Week's Psalm(s)
- Discussion and Question & Answer

### Agenda for Week 4:

- Check-in and review
- Sharing of Psalms (optional)
- Wrap-up

### Sources for Psalm texts:

- Book of Common Prayer (Psalter, pages 582-808)
- Oremus Bible Browser ([bible.oremus.org](http://bible.oremus.org))

Participants are invited to this document and take notes (or not) and work on creating their own Psalm for Session 4 (or not).

All videos will be posted to the "St. John's Episcopal Church Lancaster" YouTube page so participants can review or catch up as needed.

# Session 1

<p>Psalm 29</p> <p><sup>1</sup>Ascribe to the Lord, O heavenly beings, ascribe to the Lord glory and strength. <sup>2</sup>Ascribe to the Lord the glory of his name; worship the Lord in holy splendor. <sup>3</sup>The voice of the Lord is over the waters; the God of glory thunders, the Lord, over mighty waters. <sup>4</sup>The voice of the Lord is powerful; the voice of the Lord is full of majesty. <sup>5</sup>The voice of the Lord breaks the cedars; the Lord breaks the cedars of Lebanon. <sup>6</sup>He makes Lebanon skip like a calf, and Sirion like a young wild ox. <sup>7</sup>The voice of the Lord flashes forth flames of fire. <sup>8</sup>The voice of the Lord shakes the wilderness; the Lord shakes the wilderness of Kadesh. <sup>9</sup>The voice of the Lord causes the oaks to whirl, and strips the forest bare; and in his temple all say, "Glory!" <sup>10</sup>The Lord sits enthroned over the flood; the Lord sits enthroned as king forever. <sup>11</sup>May the Lord give strength to his people! May the Lord bless his people with peace!</p>	<p>Psalm 146</p> <p><sup>1</sup>Praise the Lord! Praise the Lord, O my soul! <sup>2</sup>I will praise the Lord as long as I live; I will sing praises to my God all my life long. <sup>3</sup>Do not put your trust in princes, in mortals, in whom there is no help. <sup>4</sup>When their breath departs, they return to the earth; on that very day their plans perish. <sup>5</sup>Happy are those whose help is the God of Jacob, whose hope is in the Lord their God, <sup>6</sup>who made heaven and earth, the sea, and all that is in them; who keeps faith forever; <sup>7</sup>who executes justice for the oppressed; who gives food to the hungry. The Lord sets the prisoners free; <sup>8</sup>the Lord opens the eyes of the blind. The Lord lifts up those who are bowed down; the Lord loves the righteous. <sup>9</sup>The Lord watches over the strangers; he upholds the orphan and the widow, but the way of the wicked he brings to ruin. <sup>10</sup>The Lord will reign forever, your God, O Zion, for all generations. Praise the Lord!</p>
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Type of Psalms: **Praise (when our relationship with God is untroubled); "Orientation": when we are focused on God, not distracted**

Background: **no specific background to Ps. 29**

Key words, phrases, elements, imagery: **repetition of "the voice of the Lord" honors and acknowledges just how powerful God is (nature and the world react simply to the sound of God's voice); Pattern: v. 1-2 "what a person should do" and v. 3-11 "why a person should do it"**

Reflections and Notes:

Other Psalms of this type: **47, 96, 98, 147, 148, 149 (others?)**

## Session 2

<p>Psalm 3</p> <p><sup>1</sup> O Lord, how many are my foes! Many are rising against me; <sup>2</sup> many are saying to me, ‘There is no help for you in God.’ <sup>3</sup> But you, O Lord, are a shield around me, my glory, and the one who lifts up my head. <sup>4</sup> I cry aloud to the Lord, and he answers me from his holy hill. <sup>5</sup> I lie down and sleep; I wake again, for the Lord sustains me. <sup>6</sup> I am not afraid of tens of thousands of people who have set themselves against me all around. <sup>7</sup> Rise up, O Lord! Deliver me, O my God! For you strike all my enemies on the cheek; you break the teeth of the wicked. <sup>8</sup> Deliverance belongs to the Lord; may your blessing be on your people!</p>	<p>Psalm 13</p> <p><sup>1</sup>How long, O Lord? Will you forget me forever? How long will you hide your face from me? <sup>2</sup>How long must I bear pain in my soul, and have sorrow in my heart all day long? How long shall my enemy be exalted over me? <sup>3</sup>Consider and answer me, O Lord my God! Give light to my eyes, or I will sleep the sleep of death, <sup>4</sup>and my enemy will say, “I have prevailed”; my foes will rejoice because I am shaken. <sup>5</sup>But I trusted in your steadfast love; my heart shall rejoice in your salvation. <sup>6</sup>I will sing to the Lord, because he has dealt bountifully with me.</p>
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Type of Psalms:

Background:

Key words, phrases, elements, imagery:

Reflections and Notes:

Other Psalms of this type:

## Session 3

### Psalm 30

<sup>1</sup> I will extol you, O Lord, for you have drawn me up,  
and did not let my foes rejoice over me.  
<sup>2</sup> O Lord my God, I cried to you for help,  
and you have healed me.  
<sup>3</sup> O Lord, you brought up my soul from Sheol,  
restored me to life from among those gone down to the Pit.  
<sup>4</sup> Sing praises to the Lord, O you his faithful ones,  
and give thanks to his holy name.  
<sup>5</sup> For his anger is but for a moment;  
his favour is for a lifetime.  
Weeping may linger for the night,  
but joy comes with the morning.  
<sup>6</sup> As for me, I said in my prosperity,  
'I shall never be moved.'  
<sup>7</sup> By your favour, O Lord,  
you had established me as a strong mountain;  
you hid your face;  
I was dismayed.  
<sup>8</sup> To you, O Lord, I cried,  
and to the Lord I made supplication:  
<sup>9</sup> 'What profit is there in my death,  
if I go down to the Pit?  
Will the dust praise you?  
Will it tell of your faithfulness?  
<sup>10</sup> Hear, O Lord, and be gracious to me!  
O Lord, be my helper!'  
<sup>11</sup> You have turned my mourning into dancing;  
you have taken off my sackcloth  
and clothed me with joy,  
<sup>12</sup> so that my soul may praise you and not be silent.  
O Lord my God, I will give thanks to you for ever.

### Psalm 138

<sup>1</sup> I give you thanks, O Lord, with my whole heart;  
before the gods I sing your praise;  
<sup>2</sup> I bow down toward your holy temple and give thanks to your name for your steadfast love and your faithfulness;  
for you have exalted your name and your word above everything.  
<sup>3</sup> On the day I called, you answered me,  
you increased my strength of soul.  
<sup>4</sup> All the kings of the earth shall praise you,  
O Lord, for they have heard the words of your mouth.  
<sup>5</sup> They shall sing of the ways of the Lord,  
for great is the glory of the Lord.  
<sup>6</sup> For though the Lord is high, he regards the lowly;  
but the haughty he perceives from far away.  
<sup>7</sup> Though I walk in the midst of trouble,  
you preserve me against the wrath of my enemies;  
you stretch out your hand, and your right hand delivers me.  
<sup>8</sup> The Lord will fulfill his purpose for me;  
your steadfast love, O Lord, endures forever.  
Do not forsake the work of your hands.

Type of Psalms:

Background:

Key words, phrases, elements, imagery:

Reflections and Notes:

Other Psalms of this type:

