



ROCK
OF
REFUGE

The Power of the Psalms

- **What are the Psalms?**
 - **The Songbook of Israel**
 - **The Mirror of the Soul**
 - **The Dialogue with God**
 - **The Picture of Life Unfiltered**



The Power of the Psalms

- **Give expression to nearly every emotion of faith:**
 - Assurance
 - Doubt
 - Joy
 - Despair
 - Devotion
 - Anger



The Purpose of the Psalms

***Psalms swallows doubt
and despair in an
avalanche of praise***



The Purpose of the Psalms

- **Function of the Psalms and the Journey of Faith:**
 - **Psalms of Orientation**
 - **Psalms of Disorientation**
 - **Psalms of New Orientation**



The Psalms of Orientation

- These psalms reflect the confident belief that the world is well ordered, reliable and life giving to the person of faith.
- Initial understanding of God and the world in which we live.
- This is a necessary step of faith, but we must not remain in this phase forever.



The Psalms of Disorientation

- These psalms reflect the brokenness of life when it is no longer orderly, but savage.
- They are spoken out of the depths, they are still bold acts of faith.
- We tend to be uncomfortable hearing of this state.
- God has no intention of leaving us here.



The Psalms of New Orientation

- The “pit” is not the end of life – there is more!
- The “New Orientation” psalms reflect the surprise of new possibilities that are experienced as a gift of God.
- These powerful psalms are descriptive of the faith that has endured the trial and seen the glory of God!



The Meaning of the Psalm Types

- **Didactic (Instructive) Psalms**
- **Lament Psalms (Most common)**
- **Praise Psalms**
- **Thanksgiving Psalms**
- **Psalms of Confidence**



What Does the Book of Psalms Teach Us?

- **Didactic (Instructive) Frame:**
 - Worship to God should be an instructive experience.
- **Dominance of the Lament.**
- **Doxological Direction:**
 - Praise is not only for the high points, but also the low points.
 - Joy is a discipline!

