

OLD TESTAMENT GOSPEL DOCTRINE CLASS

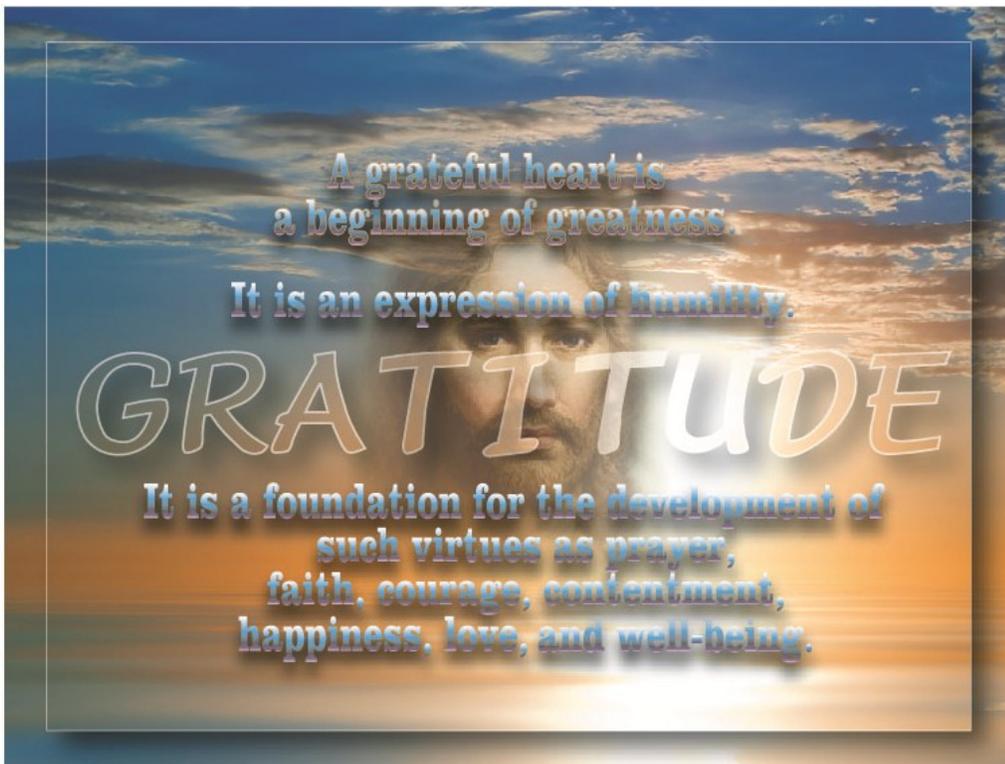
Green Mountain 1st Ward, Lakewood, Colorado

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Lesson #25: "Let Every Thing That Hath Breath Praise the Lord" (Psalms)

Introduction



Lesson Highlights

- Prophecies of the life and mission of Jesus Christ
- "The Lord hath dealt bountifully with thee" (Psalm 116:7).
- "What shall I render unto the Lord for all his benefits toward me?" (Psalm 116:12)
- "Trust in the Lord" (Psalm 4:5)

We are grateful for the Savior, his life, and mission. Consider other things for which you are thankful. What gifts and opportunities from the Lord are you especially grateful for? How would your life be different without these blessings?

The book of Psalms is a collection of poems originally sung as praises or petitions to God. Many were written by David. This book is like a hymnal from ancient Israel. Its lyrics constitute some of the world's best inspirational literature, expressing faith in the Lord and an earnest desire to live righteously. Read Psalm 23:

The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever. —Psalm 23

What feelings are expressed in this psalm? What are your feelings as you read or listen to this psalm? Reflect upon other favorite psalms and why they are important to you.

Many of the psalms express gratitude for blessings the Lord has given. Part of this lesson focuses on those blessings and on what we can do to show our gratitude for them.

A study of this lesson will help us show our gratitude for the Savior and for the many blessings that he and our Heavenly Father have given us.

Next Week

#26 King Solomon: Man of Wisdom, Man of Foolishness
(1 Kings 3; 5–11)

Prophecies of the life and mission of Jesus Christ

Many psalms prophesy of Christ's mission as the Messiah. The resurrected Savior declared, "All things must be fulfilled, which were written in the law of Moses, and in the prophets, and in the psalms, concerning me" (Luke 24:44).

Jesus Christ is the only person whose birth, life, death, and resurrection were prophesied before his birth. Such detailed prophecies were given about the Savior's life to make it clear that Jesus was the promised Messiah, the Savior of the

world. These prophecies were a blessing to those who received them as they helped people learn of the Savior and gain testimonies of him even before he was born. The prophecies also helped some people recognize him when he came.

Blessed is the man
that walketh not in the
counsel of the ungodly,
nor standeth in the
way of sinners,
nor sitteth in the seat
of the scornful.

But his delight is in the
law of the Lord;
and in his law doth
he meditate day
and night.

And he shall be like a
tree planted by the
rivers of water,
that bringeth forth his
fruit in his season;
his leaf also shall
not wither;
and whatsoever he
doeth shall prosper.

The ungodly are not so:
but are like the chaff
which the wind
driveth away.

Therefore the ungodly
shall not stand in the
judgment,
nor sinners in the
congregation of the
righteous.

For the Lord knoweth the
way of the righteous:
but the way of the
ungodly shall perish.

—Psalm 1

The following prophecies about Christ are written in the book of Psalms:

PROPHECY	FULFILLMENT
Psalm 107:23-30	Matthew 8:23-27. Jesus calmed the winds and the waves.
Psalm 69:8	John 1:11; John 7:5. Jesus was not received by his own people.
Psalm 41:9; Psalm 55:12-14	John 13:18, John 13:21. Jesus was betrayed by a friend.
Psalm 69:20	Mark 14:32-41. Jesus suffered alone in Gethsemane.
Psalm 22:7-8	Matthew 27:39-43. Jesus was mocked.
Psalm 22:16	Mark 15:25. Jesus was crucified.
Psalm 22:18	Matthew 27:35. The soldiers cast lots for Christ's clothes.
Psalm 22:1	Matthew 27:46. Jesus asked the Father why he had forsaken him.
Psalm 69:21	John 19:28-30. Jesus was given vinegar for his thirst.
Psalm 34:20	John 19:33-36. None of Jesus' bones was broken.
Psalm 31:5	Luke 23:46. Jesus commended his spirit to the Father and died.
Psalm 16:10	Acts 2:31-32; Acts 13:34-35. The Savior's flesh did not see corruption, being raised up in the Resurrection.

"The Lord hath dealt bountifully with thee" (Psalm 116:7).

In addition to prophesying of the Savior's life and mission, many psalms express gratitude for blessings such as the creation of heaven and earth; the Savior's mercy, forgiveness, and love; the scriptures; and the temple.

The Creation of Heaven and Earth

Psalm 19:1; 104:5-7, 14, 24; 136:3-9 express gratitude to the Lord for the creation of heaven and earth.

The Savior's Mercy, Forgiveness, and Love

Psalm 23; 51; 59:16; 78:38; 86:5, 13; 100:4-5; 103:2-4, 8-11, 17-18 - Some of these psalms express gratitude to the Savior for his mercy, forgiveness, and love.

The Scriptures

Psalm 19:7-11; 119 - These psalms express gratitude to the Lord for the scriptures.

Psalm 19:7-10 - Synonyms for the scriptures include law, testimony, statutes, commandment, and judgments.

Adjectives describing the scriptures include perfect, sure, right, pure, true, and righteous. The scriptures are also described as more desired than gold and sweeter than honey.

Psalm 19:7-11 - Blessings the scriptures bring into our lives, as recorded in these verses include: converting our souls (verse 7), making the simple wise (verse 7), causing our hearts to rejoice

(verse 8), enlightening our eyes (verse 8), giving us warning (verse 11).

Psalm 119:97 - The Psalmist exclaimed to the Lord, "O how love I thy law! it is my meditation all the day". Think seriously about how you might develop such a love for the scriptures.

Psalm 119:105 - The scriptures like "a lamp unto [our] feet, and a light unto [our] path".

The Temple

Psalm 5:7; 15:1-3; 24; 27:4; 65:4; 84:1-2,4,10-12; 122; 134 teach about the temple.

“What shall I render unto the Lord for all his benefits toward me?” (Psalm 116:12)

In **Psalm 116:12**, David asked, “What shall I render unto the Lord for all his benefits toward me?”

David’s answer to his own this question is listed below:

- **Psalm 116:13** “I will take the cup of salvation”.
- **Psalm 116:13** “I will ... call upon the name of the Lord”.

- **Psalm 116:16** “O Lord, truly I am thy servant”.
- **Psalm 116:17** “I will offer to thee the sacrifice of thanksgiving”.
- **Psalm 116:18-19** “I will pay my vows unto the Lord now in the presence of all his people, in the courts of the Lord’s house”.

We too can accept the gospel, pray, serve, be grateful, and attend the temple.

“Trust in the Lord” (Psalm 4:5)

“Trust in the Lord” is one of the most common admonitions in the book of Psalms (Psalm 4:5; Psalm 5:11; Psalm 9:10; Psalm 18:2; Psalm 56:11; Psalm 62:8; Psalm

118:8-9). Think about how you place your trust in the Lord and the blessings you received as you trusted him.

Conclusion

The psalms bear powerful witness of the divine mission of Jesus Christ. They also remind us of the great blessings that he and our Heavenly Father have given us. And they suggest ways we can express gratitude for those blessings. The final Psalm, Psalm 150, summarizes the message of the book.

Praise ye the Lord. Praise God in his sanctuary: praise him in the firmament of his power.

Praise him for his mighty acts: praise him according to his excellent greatness.

Praise him with the sound of the trumpet: praise him with the psaltery and harp.

Praise him with the timbrel and dance: praise him with stringed instruments and organs.

Praise him upon the loud cymbals: praise him upon the high sounding cymbals.

Let every thing that hath breath praise the Lord. Praise ye the Lord.

—Psalm 150



The Psalmist
King David in Prayer
By Hilary Sylvester

Gospel Doctrine Notebook

Record your thoughts on the teachings discussed in this lesson.

- As the ancients gave praise to the Lord through their Psalms, we should also praise the Lord by raising our voices in prayer, in song, and in action.
- Write your own psalm or song of praise and thanksgiving.