

# Lesson 25 - “Let Every Thing That Hath Breath Praise the Lord”

Purpose: To help us show their gratitude for the Savior and for the many blessings that he and our Heavenly Father have given us.

My lessons take a different path than the Gospel Doctrine lesson manual. The lesson outline looks closer at the doctrinal topics included in the lesson purpose and scripture block. The lessons are designed to challenge mature, active Latter-Day Saints who have a solid Gospel foundation and are looking for insights into the scriptures that will broaden their faith and understanding.

If you are interested in downloading the Powerpoint file, links to source material or reading posts about improving Gospel Doctrine class preparation, delivery and engagement, you can join my Facebook Group and have full access to the content posted there. The link is <https://www.facebook.com/groups/188904648521022/>

## **Last Week's Lesson Challenge**

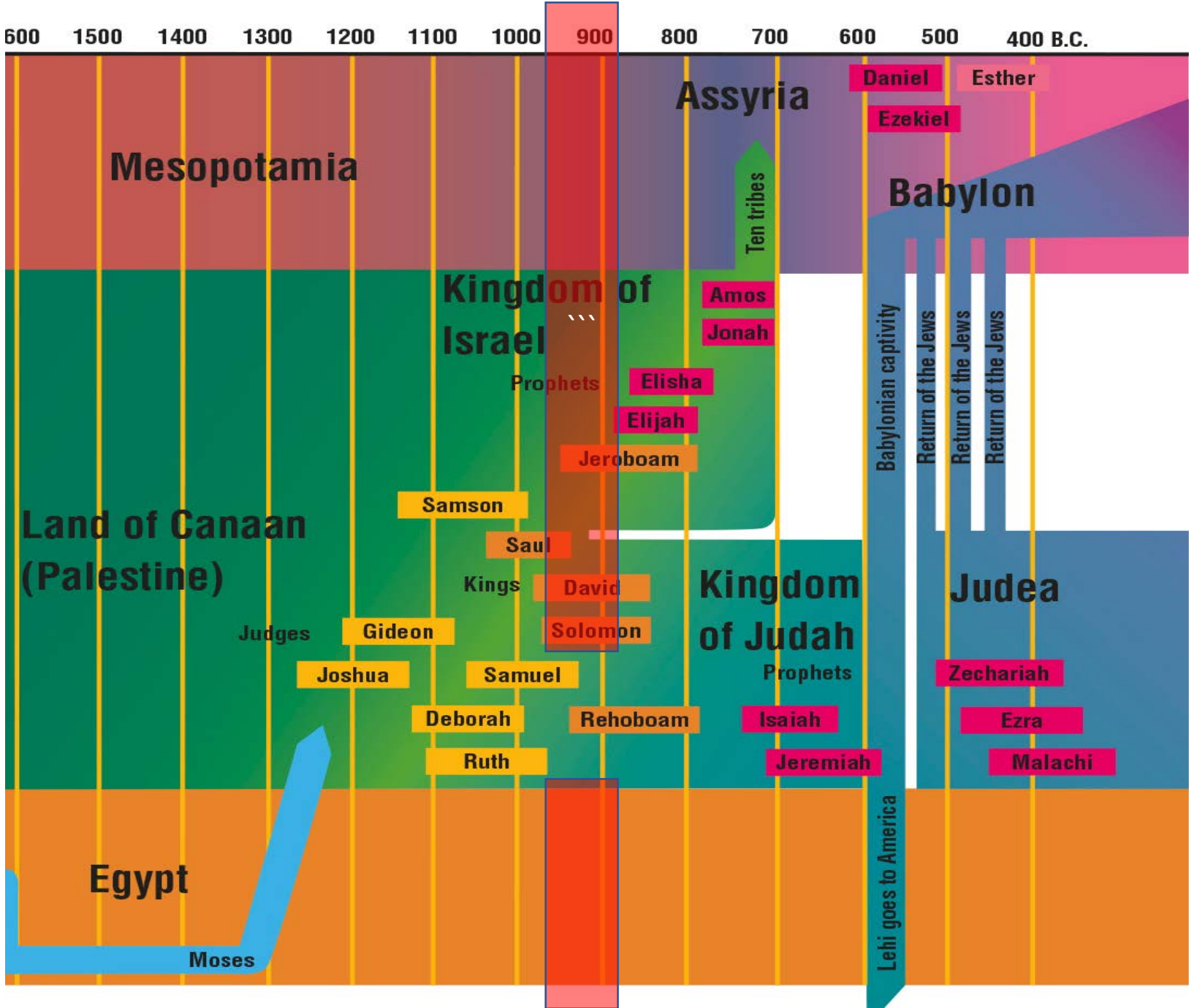
It is hopeful that we will never be guilty of the grievous sins David committed. This doesn't reduce our need for repentance for the sins we do and will continue to do throughout our lives.

David said "Create in me a clean heart, O God; and renew a right spirit within me."

Our weekly challenge was to discover what that means in our own lives.

Would anyone wish to share their thoughts during the past week on the challenge?

# Psalms



Lesson 25 reviews the Book of Psalms. Today we will discuss what the Book of Psalms is, who wrote it and what reading and studying the Book of Psalms can do improve our lives.

Do Latter-Day Saints understand the Psalms and read it as part of their daily scripture study?

How do mainstream Christians understand the Psalms, read them and use them in daily scripture study?

## Some Basic Facts About The Book Of Psalms

- There are 150 chapters, or 150 Psalms.
- How was the Book of Psalms included in the King James Version Bible?
  - Anciently the Jews divided the Old Testament into three main sections: the Law (the first five books of Moses), the Prophets, and the Writings. The Psalms constituted the major portion of the third division, the Writings.
  - The Hebrew name for Psalms was Tehillim, or songs of praise. Our title comes from the Greek psalterion, which is formed from the root psallo, meaning “to sing” (Clarke, Bible Commentary, 3:199).
  - Anciently the Hebrews divided the one hundred and fifty psalms into five separate books that included, in today’s Bible, Psalms 1 through 41, 42 through 72, 73 through 89, 90 through 106, and 107 through 150. At the end of each division, the break is marked with a doxology, or formal declaration of God’s power and glory (see Psalms 41:13; 72:19; 89:52; 106:48). Psalm 150 is itself a doxology, using the Hebrew Hallelujah, “praise ye the Lord,” at its beginning and end, as well as the word praise eleven other times. It is a fitting conclusion to the Tehillim, “songs of praise.”

# Who Wrote the Psalms?

There is a great debate among biblical scholars about the authorship of the Psalms. Superscriptions on many of the Psalms themselves attribute them to various ancient authors:

Psalms with no superscription - 18

Psalms attributed to David - 73

Psalms attributed to Solomon - 2

Psalms attributed to Asaph (a musician in David's court) - 12

Psalms attributed to the sons of Korah (Levites) - 11

Psalms attributed to Heman (a leader of the temple music) - 1

Psalms attributed to Ethan (a leader of the temple music) - 1

Psalms attributed to Moses - 1

Psalms with song titles - 4

Hallelujah ("Praise Ye Jehovah") Psalms - 18

Psalms of Degree (see Reading 28-4 for a definition) – 15

**Do Latter-Day Saints understand the Psalms and read it as part of their daily scripture study?** - With the amount of scriptures that are part of the Latter-Day Saint faith, there is going to be some that are read more and some less. Latter-Day Saints tend to spend more time with modern day revelation scriptures, especially the Book of Mormon. However, there is much in the Book of Psalms that will help Latter-Day Saints come closer to Jesus Christ. Christ quoted from the Psalms more than any other Old Testament book, 11 Psalm references out of 78 Old Testament references.

<https://www.puritanboard.com/threads/random-question-how-many-times-did-jesus-quote-the-ot-in-the-gospels.57448/>

## **How do mainstream Christians understand the Psalms, read them and use them in daily scripture study? – An example quote from a Christian blogger.**

*The book of Psalms expresses worship. Throughout its many pages, Psalms encourages its readers to praise God for who He is and what He has done. The Psalms illuminate the greatness of our God, affirm His faithfulness to us in times of trouble, and remind us of the absolute centrality of His Word. As the Psalms present a clear picture of God lovingly guiding His people, the responses of praise and worship to God are never far from the psalmists' pens. The portrayal of worship in the Psalms offers us glimpse after glimpse of hearts devoted to God, individuals repentant before Him, and lives changed through encounters with Him.*

<https://www.insight.org/resources/bible/the-wisdom-books/psalms>



## To summarize, the Christian blogger writes the following:

- The book of Psalms expresses worship.
- The Psalms illuminate the greatness of our God, affirm His faithfulness to us in times of trouble, and remind us of the absolute centrality of His Word.
- The portrayal of worship in the Psalms offers us glimpse after glimpse of hearts devoted to God, individuals repentant before Him, and lives changed through encounters with Him.

Earlier, we discussed that Jesus Christ quoted from the Book of Psalms more than any other Old Testament book. In addition to the value of reading the Book of Psalms to understand worship, we can also read the Book of Psalms to better understand the Savior. The authors of the New Testament quoted extensively from the Book of Psalms in their telling the story of the Savior's ministry.

Elder Jeffrey R. Holland of the Quorum of the Twelve, said the following in an address at BYU Provo in March 1980:

“Jesus Himself quoted the book of Psalms more than any other Old Testament text. Beyond the Savior's own use of these writings, the authors of the four Gospels [Matthew, Mark, Luke, and John] drew heavily on the psalms as they strove to document His life and ministry, particularly those excruciating hours of His arrest, trial, and Crucifixion”.

[https://speeches.byu.edu/talks/jeffrey-r-holland\\_times-trouble/](https://speeches.byu.edu/talks/jeffrey-r-holland_times-trouble/)

We are going to read four of the scriptures from the Book of Psalms that foretell of events in the Savior's life and ministry.

## Psalm 22:1, 7–8, 16, 18

1 My God, my God, why hast thou forsaken me? why art thou so far from helping me, and from the words of my roaring?

7 All they that see me laugh me to scorn: they shoot out the lip, they shake the head, saying,

8 He trusted on the Lord that he would deliver him: let him deliver him, seeing he delighted in him.

16 For dogs have compassed me: the assembly of the wicked have enclosed me: they pierced my hands and my feet.

17 I may tell all my bones: they look and stare upon me.

18 They part my garments among them, and cast lots upon my vesture.

### **Psalm 31:5**

5 Into thine hand I commit my spirit: thou hast redeemed me, O Lord God of truth.

### **Psalm 34:20**

20 He keepeth all his bones: not one of them is broken.

### **Psalm 69:21**

21 They gave me also gall for my meat; and in my thirst they gave me vinegar to drink.

What truths can we learn from studying these psalms and learning about how they were fulfilled?

- Prophecies found in Psalms of Jesus Christ's suffering and death were given long before He was born on earth.
- Prophecies found in Psalms of Jesus Christ's suffering and death were fulfilled.

Universally, the most well known Psalm is David's Psalm 23. This is a familiar story of the Psalm 23 told by President Hugh B. Brown.

I once heard President Hugh B. Brown relate this inspiring story: Sometime ago a great actor in the city of New York gave a wonderful performance in a large theatre, at the close of which there were rounds of applause. He was called back again and again. Finally someone called to him, "Would you do for us the Twenty-third Psalm?"

"Why, yes. I know the Twenty-third Psalm."

He recited it as an actor would, perfectly, with nothing left to be desired as far as a performance was concerned. When he was finished, again there was thunderous applause. Then the actor came to the front of the stage and said: "Ladies and gentlemen, there is an old man sitting here on the front row whom I happen to know. I am going to ask him without any notice if he will come and repeat the Twenty-third Psalm."

The elderly gentleman, of course, was frightened. Trembling, he came to the stage. Fearfully he looked out over the vast audience. Then, as though he were at home only with one, he closed his eyes against the audience, bowed his head, and talked to God, and said: "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."

Then changing to address the Savior directly and intimately:

"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." [Ps. 23:1–6]

When the old man finished, there was no applause, but there was not a dry eye in that house. The actor came to the front of the stage. He, too, was wiping his eyes. And he said, "Ladies and gentlemen, I know the words of the Twenty-third Psalm, but this man knows the Shepherd." (Adapted from Hugh B. Brown, *The Quest*, Salt Lake City: Deseret Book Co., 1961, pp. 335–36.)

Elder Jeffrey R. Holland of the Quorum of the Twelve, said the following about Psalm 23 in an address at BYU Provo in March 1980:

“We need a shepherd because in innocence or ignorance—but on occasion willfully and against counsel—we turn ‘every one to his own way’ and as a result ‘have gone astray’ [Isaiah 53:6]. We wander here and scamper there, inspect this and nibble at that, until at some point we look up and realize we are either lost or about to be destroyed. We realize that we, or others who affect us, have done either something stupid or something wrong—which are so very often the same thing. We realize we desperately need help; we are in trouble and frantically look about for our shepherd, our defender, our savior”.

[https://speeches.byu.edu/talks/jeffrey-r-holland\\_times-trouble/](https://speeches.byu.edu/talks/jeffrey-r-holland_times-trouble/)



## This Week's Lesson Challenge

The Book of Psalms can be a special place to find solace and relief from the difficulties we face. Unique among the scriptures, the Psalms are passages of calm, faith and worship of the Savior. For example, we are familiar with Psalm 23:2 which reads

*“He maketh me to lie down in green pastures: he leadeth me beside the still waters.”*

How can this verse, and others like it, not calm you and give you hope.

This week's challenge is to spend time reading the Book of Psalms and begin to find favorite chapters and verses that you can turn to in times of distress and need.