

## STUDY GUIDE:

### Week 1. 2026 PSALMS 1 & 2

#### Study Theme: The Two Ways under the Reigning Christ

The blessed life shaped by God's Word and joyful submission to God's King.

#### Lesson Focus

There are only two ways set before humanity:

- **The way of life**—obedience to God's Word under Christ's gracious reign
- **The way of judgement**—rebellion against God and rejection of His King

Psalms 1 and 2 describe **the way of the righteous**, and Psalm 2 reveals **the reign of the righteous King**. Together they teach that true blessing is found only in covenant faithfulness fulfilled perfectly in Christ.

#### Christ-Centred Foundation

Christ alone fulfils:

- **Psalm 1** perfectly as the sinless, righteous Man
- **Psalm 2** fully as the installed, anointed King

He is both **the obedient Son** and **the reigning Son** (Matt 3:17; Acts 4:25–28)

#### Supporting Verses:

Joshua 1:8; Matthew 5:17; Acts 13:33; Hebrews 1:5

## PSALM 1 – THE TWO WAYS OF LIFE

### A. The Good Man (Psalm 1:1–3, 6)

The Psalter opens with the word "**Blessed**", echoing covenant blessing and anticipating Christ's Sermon on the Mount. As Spurgeon notes, it may be read: "*Oh, the blessedness!*"

#### 1. The Separation of the Blessed (Psalm 1:1)

The blessed man is a **separated man**. Evil progresses in stages:

- **Walking** in ungodly counsel
- **Standing** in sinful ways

- **Sitting** in scornful company

Refusal at the first step guards the soul from destruction.

- *Walks not* in worldly counsel
- *Stands not* with sinners
- *Sits not* among scoffers

“The seat of the scornful may be very lofty, but it is very near the gate of hell.” — Spurgeon

## 2. The Scripture and the Blessed (Psalm 1:2)

The godly person is marked by a **deep relationship with God’s Word**.

- **Delight:** God’s law is his joy, not his burden
- **Devotion:** Meditation is continual—day and night

*This is not emotional passion but sustained, disciplined love for Scripture.*

## 3. The Success of the Blessed (Psalm 1:3)

True success is defined by God, not the world.

- **Planted** by God—secure and nourished
- **Productive**—bearing fruit in season
- **Perpetual**—faithful and enduring
- **Prosperous**—inward spiritual flourishing

This prosperity is covenantal and eternal, not worldly applause.

## 4. The Sympathy of the LORD (Psalm 1:6)

“The LORD knows the way of the righteous.”

This knowledge includes:

- **Cognisance** – God sees the faithful, even when the world ignores them
- **Care** – God watches over and preserves His people

## B. The Cunning Man (Psalm 1:4–6)

Scripture recognises **only two classes of people**: the righteous and the wicked.

### 1. His Value (Psalm 1:4)

The ungodly are compared not to trees, but to **chaff**:

- **Inferior** – fruitless and useless for eternity
- **Unstable** – driven by every wind

Power and popularity cannot compensate for spiritual emptiness.

### 2. His Decision (Psalm 1:5–6)

The judgement of the wicked is final and devastating:

- **They will not stand** in judgement.
- **They will not belong** to the righteous assembly
- **Their way will perish** eternally

Earthly success cannot avert eternal ruin.

## PSALM 2 – THE REIGN OF GOD’S KING

Psalm 2 reveals the world’s hatred of Christ and God’s unshakeable response: **the enthronement of His Son**. David foreshadows Christ, but Christ is the ultimate fulfilment.

### A. The Rage of Unbelief (Psalm 2:1–3)

Unbelief is not passive—it is **violent resistance**.

- **Global in scope** – nations rage
- **Futile in thought** – vain imaginations
- **Unified in rebellion** – rulers conspire
- **Moral in motive** – desire freedom from restraint

The cross stands as the climax of this rage (Acts 2:23).

### B. The Retribution for Rebellion (Psalm 2:4–6)

God responds with:

- **Derision** – He laughs at human arrogance
- **Wrath** – He speaks judgement.
- **Sovereignty** – His King is enthroned regardless

Christ reigns despite rejection.

### **C. The Reign of the Anointed (Psalm 2:7–9)**

- **Declared decree** – God’s Word rules
- **Divine identity** – “You are My Son”
- **Universal dominion** – all nations given to Him
- **Irresistible power** – judgement is certain

Christ’s reign is absolute, righteous, and final.

### **D. The Recommendations for the Rulers (Psalm 2:10–12)**

God graciously calls rebels to repentance:

- **Listen** – receive instruction
- **Serve** – with reverent fear
- **Rejoice** – with trembling joy
- **Love** – kiss the Son

### **Promise**

“Blessed are all who take refuge in Him.”

This is the Gospel call: blessing through trust in Christ.

### **Study reflections and applications**

#### **1. What does the passage say?**

God blesses obedience and judges rebellion.

#### **2. The meaning:**

God calls His people to covenant faithfulness under His rule.

3. **About God:**

He is Lawgiver, Judge, and Sovereign King.

4. **About humanity:**

We must choose submission or resistance.

5. **What must I do?**

Delight in God's Word and submit joyfully to Christ.

6. **Relationships:**

Live distinctly among those who reject God.

7. **Prayer:**

Ask God for a love for Scripture and faith in Christ's kingship.

**Conclusion**

Psalms 1 and 2 together declare this truth:

**Blessing belongs only to those who walk in God's way and bow before God's King.**

Christ is the righteous Man and the reigning Son—our refuge, our King, and our life.

## Trusting God Day and Night

**Theme:** Confidence in God during distress

**Encouragement:** God hears when His people cry.

**Praise:** God grants peace and rest (Psalm 4:8).

**Lesson:** True security comes from the Lord, not circumstances.

### Introduction: Trust in the God Who Keeps Watch

Psalms 3 and 4 form a paired testimony of faith in the fact that **Psalm 3 considered as a morning psalm** and **Psalm 4 as an evening psalm**. Together, they teach the believer how to live **by faith both day and night**, when threats are real, enemies are many, and circumstances appear hopeless.

Historically, these psalms arise from one of the darkest moments in David's life: **the rebellion of his own son, Absalom** (2 Samuel 15–18). David is not facing anonymous enemies but betrayal from within his own household. Yet instead of hopelessness, he models the **trust in the sovereign, covenant-keeping God**.

### Psalm 3: Confidence in God Amid Surrounding Danger

#### Historical Context

The category identifies Psalm 3 as written when David fled from Absalom. The king of Israel is reduced to a fugitive. The covenant promises seem threatened, and many interpret David's suffering as divine abandonment.

This psalm shows how **God's elect king rests securely even when appearances suggest defeat**. This is true to his elect people; He is a covenant keeping God.

#### A. Surrounded by Enemies (Psalm 3:1–2)

David begins with honest lament: "LORD, how many are my foes!"

The **increase of opposition** is overwhelming. Troubles "rise up" against him, and voices mock his faith: "There is no salvation for him in God."

This is not merely political rebellion: it is a **theological resentment**. The enemies imply that God has rejected David. In ancient times and today, this voice is very active as it threatens that God has left you. This reflects the ongoing spiritual hostility promised in **Genesis 3:15**, intensified in every

generation (Prov. 29:27; John 15:19). Believers should not be surprised when they are hated by wicked people without any reason.

### **Reformed insight:**

God's people must expect opposition. Faith does not exempt believers from suffering; it often invites it.

### **B. Sustained by God (Psalm 3:3–6)**

Against human mockery, David declares theological truth: "But You, O LORD, are a shield about me."

God is described as:

- **Shield** – sovereign protector
- **Glory** – source of honour, not circumstances
- **Lifter of my head** – restorer of dignity and hope

David's confidence is rooted not in himself but in **God's covenant faithfulness**. His prayer is earnest, vocal, and answered. The evidence?

"I lay down and slept; I woke again, for the LORD sustained me."

Sleep becomes an **act of faith**. Though surrounded by enemies, David rests because God neither slumbers nor sleeps (Ps. 121:4).

### **C. Saved by God (Psalm 3:7–8)**

David petitions boldly: "Arise, O LORD! Save me, O my God!"

His confidence is grounded in:

- **Past deliverance** ("You have struck all my enemies before")
- **God's exclusive authority** ("Salvation belongs to the LORD")

This verse is central to Reformed theology: **God alone is the source of salvation**, whether from physical danger or eternal judgement (Jonah 2:9; Isaiah 45:21–22; Prov. 21:31).

David ends not with self-focus but covenant assurance: "Your blessing be on Your people."

## Psalm 4: Peaceful Rest in God Despite Opposition

Psalm 4 likely follows the night described in Psalm 3. Having prayed and rested, David now speaks **with calm authority** to God, to his enemies, and to his own soul.

### A. Call to God (Psalm 4:1)

David appeals to:

- **God of my righteousness** – not self-righteousness, but God-given standing
- **Past mercies** – “You have enlarged me when I was in distress.”
- **Grace, not merit** – “Be gracious to me”

### Reformed emphasis:

Prayer rests on grace alone. Past deliverances strengthen present faith.

### B. Warning to the Enemies (Psalm 4:2–5)

David confronts rebellion with truth:

- Their actions dishonour what God has established
- God has **set apart the godly** for Himself
- The LORD hears His covenant people

Rather than seeking revenge, David calls his enemies to:

- Tremble at sin
- Reflect in stillness
- Offer the right sacrifices.
- Trust the LORD

This reflects Reformed ethics: **true worship flows from repentance and faith, not manipulation or empty ritual.**

### C. Joyous Peace in God (Psalm 4:6–8)

Many ask, “Who will show us any good?”

David responds with prayer for **God’s shining face**, echoing the Aaronic blessing (Num. 6:24–26).

His joy is not circumstantial but spiritual:

“You have put more joy in my heart than they have when their grain and wine abound.”

The psalm concludes: “In peace I will both lie down and sleep; for You alone, O LORD, make me dwell in safety.”

True peace is not the absence of trouble, but **the presence of God**. *Do you have this peace?*

### **Christ-Centred Focus**

David’s trust points beyond himself to **David’s greater Son**.

Jesus Christ:

- Was surrounded by enemies
- Was betrayed by those closest to Him
- Was mocked as forsaken by God
- Entrusted Himself fully to the Father

“Father, into Your hands I commit My spirit.” (Luke 23:46)

In Christ, believers find the ultimate fulfilment of:

- God as shield
- God as Saviour
- God as peace-giver

### **Supporting Scriptures**

- **Proverbs 3:5–6** – Trust in the LORD with all your heart.
- **Isaiah 26:3** – Perfect peace for the mind stayed on God
- **John 16:33** – Christ has overcome the world.

### **Study Reflection Summary**

- **What does the passage say?** God sustains His people amid fear.
- **The meaning:** David trusted God while fleeing Absalom.
- **About God:** He is shield, glory, and peace-giver.
- **About man:** We are prone to fear and anxiety.

- **What must I do?** Rest in God's protection.
- **Relationships:** Respond to hostility with faith, not revenge.
- **Prayer:** Commit worries to God before sleep.

### Take-Home Life Implication (Psalms 3–4)

**When troubles surround us by day and fears follow us into the night, the believer's security does not lie in changed circumstances but in an unchanging God.**

Because **salvation belongs to the LORD**, we need not panic, retaliate, or despair. Instead, we pray, remember past mercies, entrust ourselves to God's sovereign care, and rest literally and spiritually in Him.

**The God who sustained David, who upheld Christ, is the same God who guards His people today.** Therefore, we may lie down in peace and rise in confidence, trusting Him both day and night.

## Week 4:

## Psalms 7–8

### The Righteous Judge and the Glorious King

**Theme:** God's justice and human dignity

**Encouragement:** God's majesty fills creation

**Praise:** Humanity crowned with glory—fulfilled in Christ

**Central Lesson:** Christ reigns as the true and perfect Man

#### Introduction: **From Cry to Crown**

Psalms 7 and 8 are intentionally placed together to lead the reader on a theological journey. Psalm 7 confronts us with a broken world where injustice, slander, and persecution threaten the righteous. Psalm 8 then lifts our eyes to the heavens, revealing the majesty of God and the dignity He has bestowed upon humanity.

Together, these psalms move from courtroom to cosmos, from plea to praise, and ultimately from fallen humanity to the exalted Christ. In Reformed theology, this movement reflects God's covenantal faithfulness: He is both the righteous Judge and the glorious King, who restores justice and fulfills human destiny in His Son.

## PART I: PSALM 7 — THE RIGHTEOUS JUDGE

### Historical and Literary Context

Psalm 7 is a **lament and legal appeal**. David cries out to God during a time of false accusation and persecution, traditionally linked to Cush the Benjamite. The psalm reflects the covenantal understanding that God is the ultimate Judge who examines hearts, not merely outward appearances.

#### 1. Trust in God Amid Accusation (Psalm 7:1–2)

David begins with a confession of faith: "O LORD my God, in you do I take refuge."

This double address **Yahweh** (the covenant Lord) and **my God**: reveals both reverence and intimacy. David's faith is not abstract; it is personal and relational. He seeks refuge not in self-vindication, but in God's protection.

The lion imagery highlights the ferocity of the threat. Slander, though invisible, is as destructive as physical violence. Yet David teaches us that **faith runs toward God, not away from Him**, even when misunderstood and falsely accused.

#### Theological Insight:

God is the refuge of the righteous. Faith does not deny danger; it entrusts danger to God.

#### 2. Integrity Before the Divine Judge (Psalm 7:3–5)

David boldly invites God's examination: "If there is wrong in my hands..."

This is not self-righteousness but covenantal integrity. David knows that justification before God rests not in perfection, but in truthfulness. He refuses to manipulate God with false piety.

Here we learn a crucial Reformed principle:

**The believer may appeal to God's justice precisely because God knows the heart.**

## Practical Application:

- A clear conscience gives boldness in prayer
- Repaying evil with good reflects covenant faithfulness.
- Honour and integrity matter deeply in God's sight.

### 3. God's Courtroom and Righteous Judgement (Psalm 7:6–11)

David calls God to “arise,”, echoing ancient courtroom imagery. God is depicted as both warrior and judge, defending the innocent and confronting wickedness.

“God is a righteous judge, and a God who feels indignation every day.”

This verse corrects modern distortions of God. Divine love does not cancel divine justice. God's wrath is not irrational anger but **holy opposition to evil**.

#### About God:

- Righteous
- Omniscient (testing hearts and minds)
- Actively opposed to wickedness

#### Comfort for the Faithful:

God's justice assures believers that evil will not have the final word.

### 4. The Self-Destruction of the Wicked (Psalm 7:12–16)

The psalm describes wickedness as **self-defeating**. The sinner digs a pit and falls into it. Evil turns inward and collapses under its own weight.

This echoes a consistent biblical truth: **Sin contains the seeds of its own judgement**.

### 5. Praise Rooted in Justice (Psalm 7:17)

David ends not with bitterness, but with worship:

“I will give thanks to the LORD because of his righteousness.”

Praise is the proper response to trusting God's justice. Worship flows from confidence in God's moral governance of the world.

## PART II: PSALM 8 — THE GLORIOUS KING

Where Psalm 7 focuses on **justice**, Psalm 8 focuses on **glory**. Yet they are inseparable: the God who judges rightly is the God whose majesty fills creation.

### 1. God's Majestic Name (Psalm 8:1, 9)

“O LORD, our Lord, how majestic is your name in all the earth!”

This psalm is framed by praise. God's **name** represents His revealed character, authority, and covenant presence.

- **Yahweh**: the faithful covenant God
- **Adonai**: the sovereign ruler

God's glory is not confined to heaven; it fills the earth.

## 2. Strength Perfected Through Weakness (Psalm 8:2)

God silences His enemies through the praise of children. This miracle overturns human expectations and anticipates Christ's words in Matthew 21.

### Theological Insight:

God's kingdom advances not through human strength, but through humble faith.

## 3. Humanity's Smallness and God's Mindfulness (Psalm 8:3–4)

As David gazes at the heavens, he asks:

"What is man that you are mindful of him?"

This is not despair, but wonder. Humanity is small, yet deeply valued. God's mindfulness reveals grace, not human worthiness.

## 4. Humanity Crowned with Glory (Psalm 8:5–8)

Echoing [Genesis 1:26–28](#), humanity is:

- Made in God's image
- Crowned with glory and honour
- Given dominion over creation

Yet this dominion is fractured by sin. Psalm 8 therefore points beyond Adam to a [greater Man](#).

## **PART III: CHRIST-CENTRED FULFILMENT**

### Psalm 8 Fulfilled in Christ

The New Testament explicitly applies Psalm 8 to Jesus Christ.

### Hebrews 2:6–9

Jesus is the true Son of Man who:

- Was made lower than the angels (incarnation)
- Suffered death
- Is now crowned with glory and honour

### Supporting Scriptures:

- Daniel 7:13–14 — The Son of Man receives everlasting dominion
- Philippians 2:9–11 — Christ exalted above every name

**Reformed Christology:**

Christ is the **second Adam**, fulfilling humanity’s calling perfectly. Where Adam failed, Christ obeyed. Where humanity lost dominion, Christ restores it.

**THEOLOGICAL SYNTHESIS: PSALMS 7–8 TOGETHER**

<b>Psalm 7,</b>	<b>Psalm 8,</b>
God the Judge	God the King
Justice	Glory
Human frailty under accusation	Human dignity under grace
Cry for vindication	Song of exaltation
Fulfilled in Christ’s righteousness	Fulfilled in Christ’s exaltation

**STUDY REFLECTIONS**

**What does the passage say?** God judges righteously and reigns gloriously.

**Original Meaning:** God’s justice comforted the faithful; His majesty anchored their hope.

**About God:** Majestic, righteous, sovereign, covenantally faithful.

**About Humanity:** Small, sinful, yet honoured and restored in Christ.

**What must I do?**

- Trust God’s justice
- Live with integrity
- Worship with humility

**Relationships:** Treat others with dignity as image-bearers redeemed in Christ.

**CONCLUSION**

Psalms 7 and 8 together proclaim the heart of biblical theology:

**The God who judges sin is the God who restores humanity—through Christ.**

In a world of injustice and confusion, these psalms call the church to trust God’s justice, rejoice in His majesty, and confess Jesus Christ as the exalted King and perfect Man, to whom be all glory forever.

## Week 5

## Psalms 9–10

### God Reigns Forever: Justice for the Oppressed and Hope for the Needy

**Theme:** God reigns forever as a righteous King and just Judge.

**Devotion:** God reigns forever.

**Encouragement:** God defends the oppressed, the poor, and the needy.

**Praise:** God remembers His covenant and never forgets the afflicted.

**Lesson:** The cry for justice is rooted in God's kingship, not human power.

### Reflection Question

Where do I see injustice in my world, community, or church?

How do I pray in faith when God seems silent?

### Prayer Suggestion

Ask God to bring justice and mercy through Christ, the righteous King.

### Introduction: One Song, Two Movements

Though numbered separately, **Psalms 9 and 10** form a single theological unit. Psalm 9 emphasizes praise for God's justice already displayed, while **Psalm 10** voices lament over injustice that still persists. Together, they teach believers how to live faithfully between God's past acts of deliverance and His future acts of judgement.

Psalm 9 answers the question: *"Who is God?"*

Psalm 10 answers the question: *"Why does evil still seem to triumph?"*

Together they confess: **God reigns forever, even when His justice seems delayed.**

### Psalm 9: Praise for the Righteous King

#### Overview

Psalm 9 is a psalm of thanksgiving, testimony, and confidence. David praises God not merely for personal deliverance but for God's public rule over nations, history, and justice itself. Worship here is not sentimental—it is grounded in **God's revealed acts of judgement and mercy.**

#### 1. Wholehearted Praise for God's Mighty Works (9:1–2)

David resolves to praise God with his *whole heart*. True worship involves:

- Memory ("I will recount all your wonderful deeds")
- Joy ("I will be glad and exult in you")
- Public testimony ("I will sing praise to your name")

Praise is not optional devotion; it is a covenant response to God's saving acts. The psalmist understands that **public mercies require public praise**, especially "in the gates of Zion," where God's people gather.

### **Theological Insight:**

Praise flows from gratitude, and gratitude flows from remembering God's works. Forgetfulness leads to weak worship.

## **2. God the Righteous Judge of History (9:3–8)**

David interprets history theologically. When enemies fall, it is not chance—it is **God acting as Judge**:

- God rebukes nations
- God blots out the wicked
- God establishes His throne forever

Human kingdoms rise and fall, but **God's kingship is eternal and moral**, not merely powerful. His judgement is righteous, not arbitrary.

### **Key Truth:**

God does not merely react to evil—He governs history toward justice.

## **3. Refuge for the Oppressed (9:9–10)**

God is portrayed as a **stronghold** for the oppressed. This is covenant language: those who *know His name* trust Him because He never forsakes those who seek Him.

Faith here is not blind optimism—it is **relational trust grounded in God's revealed character**.

## **4. Worship, Witness, and God's Memory (9:11–12)**

God dwells in Zion, yet His deeds must be declared among the nations. Worship leads naturally to mission. Importantly, God:

- Remembers the afflicted
- Does not forget the cry of the humble

Human courts forget the poor; **God never does**.

## **5. Petition Rooted in Praise (9:13–20)**

David moves from praise to petition:

- He asks for mercy
- He pleads for justice among the nations
- He prays that humanity would know its limits

The psalm ends with a sobering request: "*Let them know they are but men.*" Pride is the root of injustice; humility is the pathway to righteousness.

## **Psalm 10: Lament in the Face of Persistent Evil**

### **Overview**

Psalm 10 shifts tone dramatically. Where Psalm 9 celebrates God's justice, Psalm 10 wrestles with **God's apparent silence**. Yet this lament is not faithless—it is deeply theological. The psalmist brings his confusion *to God*, not away from Him.

### 1. The Pain of God's Apparent Absence (10:1)

The psalm opens with a bold question:

“Why, O LORD, do you stand far away?”

Faith does not deny pain. Biblical faith **voices confusion honestly before God**. Silence is experienced, but silence is not abandonment.

### 2. The Anatomy of Wickedness (10:2–11)

The psalm offers one of Scripture's most detailed portraits of evil:

- Pride and arrogance
- Exploitation of the poor
- Denial of God
- Deceitful speech
- Presumption of immunity from judgement

The wicked believe God does not see. This practical atheism fuels oppression.

#### **Theological Insight:**

When God is removed from conscience, power becomes predatory.

### 3. A Cry for Divine Intervention (10:12–15)

The psalmist calls God to action:

- “Arise”
- “Lift up your hand”
- “Break the arm of the wicked”

This is not personal vengeance—it is a plea for **God's kingship to be publicly displayed**. Justice matters because God's name matters.

### 4. Confidence in God's Eternal Kingship (10:16–18)

The psalm ends in renewed faith:

- God is King forever
- God hears the desire of the humble
- God strengthens hearts
- God brings justice to the oppressed

Human oppressors are mortal. God alone reigns eternally.

### **Christ-Centred Fulfilment**

Psalms 9–10 find their ultimate fulfilment in **Jesus Christ**, who embodies God’s justice and mercy.

### **Christ the Righteous King**

- He reigns forever (Daniel 7:13–14)
- He judges righteously (Acts 17:31)
- He defends the poor and oppressed (Luke 4:18)

### **Christ and the Cry for Justice**

- On the cross, Christ entered human injustice
- In the resurrection, God vindicated righteousness
- At His return, Christ will judge the nations fully and finally

**The gospel assures us:** Justice delayed is not justice denied.

### **Doctrinal and Practical Reflections**

**What does the passage say?** God reigns forever and will bring justice to the oppressed.

**Original Meaning** God’s people were encouraged to trust His kingship even when evil seemed unchecked.

#### **What does this teach about God?**

- He is sovereign
- He is righteous
- He is attentive to the afflicted
- He is faithful to His covenant

#### **What does this teach about humanity?**

- Humanity is accountable
- Power without God leads to oppression
- The needy are precious to God

#### **What must I do?**

- Trust God’s justice
- Pray honestly in times of silence
- Stand with the oppressed
- Praise God even while waiting

### **Relationships**

Treat every person with dignity as one seen by God.

