

Where to Find Help in the Book of Psalms

When You Feel...	When You're Facing...	When You Want...
Afraid: 3, 4, 27, 46, 49, 56, 91, 118	Competition: 133	Acceptance: 139
Alone: 9, 10, 12, 13, 27, 40, 43	Criticism: 35, 56, 120	Answers: 4, 17
"Burned Out": 6, 63	Danger: 11	Confidence: 46, 71
Cheated: 41	Death: 6, 71, 90	Courage: 11, 42
Confused: 10, 12, 73	Decisions: 1, 119	Fellowship with God: 5, 16, 25, 27, 37, 133
Depressed: 27, 34, 42, 43, 88, 143	Discrimination: 54	Forgiveness: 32, 38, 40, 51, 69, 86, 103, 130
Distressed: 13, 25, 31, 40, 107	Doubts: 34, 37, 94	Friendship: 16
Elated: 19, 96	Enemies: 3, 25, 35, 41, 56, 59	Godliness: 15, 25
Guilty: 19, 32, 38, 51	Evil People: 10, 35, 36, 49, 52, 109, 140	Guidance: 1, 5, 15, 19, 25, 32, 48
Hateful: 11	Heresy: 14	Healing: 6, 41
Impatient: 13, 27, 37, 40	Hypocrisy: 26, 28, 40, 50	Hope: 16, 17, 18, 23, 27
Insecure: 3, 5, 12, 91	Illness: 6, 139	Humility: 19, 147
Insulted: 41, 70	Lies: 5, 12, 120	Illumination: 19
Jealous: 37	Old Age: 71, 92	Integrity: 24, 25
Like Quitting: 29, 43, 145	Persecution: 1, 3, 7, 56	Joy: 9, 16, 28, 126
Lost: 23, 139	Poverty: 9, 10, 12	Justice: 2, 7, 14, 26, 37, 49, 58, 82
Overwhelmed: 25, 69, 142	Punishment: 6, 38, 39	Knowledge: 2, 8, 18, 19, 25, 29, 97, 103
Penitent/Sorry: 32, 51, 66	Slander/Insults: 7, 15, 35, 43, 120	Leadership: 72
Proud: 14, 30, 49	Sorrow: 23, 34	Peace: 3, 4
Purposeless: 14, 25, 39, 49, 90	Success: 18, 112, 127, 128	Perspective: 2, 11
Sad: 13	Temptation: 38, 141	Prayer: 5, 17, 27, 61
Self-Confident: 24	Troubles: 34, 55, 86, 102, 142, 145	Protection: 3, 4, 7, 16, 17, 18, 23, 27, 31, 91, 121, 125
Tense: 4	Verbal Cruelty: 35, 120	Provision: 23
Thankful: 118, 136, 138		Rest: 23, 27
Threatened: 3, 11, 17		Stability: 11, 33, 46
Tired/Weak: 6, 13, 18, 28, 29, 40, 86		Vindication: 9, 14, 28, 35, 109
Trapped: 7, 17, 42, 88, 142		Wisdom: 1, 16, 19, 64, 111
Unimportant: 8, 90, 139		
Vengeful: 3, 7, 109		
Worried: 37		
Worshipful: 8, 19, 27, 29, 150		

Adapted from Tyndale Handbook of Bible Charts and Maps

"That You May Grow Thereby..."

A weekly Bible reading plan



Psalms 120-150

Psalms: Book 5 Continued

Overview

This week you will complete your reading of the Psalms! As with most of the Psalms in book 5 (Ps. 107-150), the Psalms you'll read this week are heavily focused on praise and thanksgiving. This is one of the most exuberant and joyful sections of the Psalms. The reading this week begins with a section often called "The Psalms of Ascent" and it contains several other Psalms of praise and worship. The final handful of Psalms are praise songs that burst with praise towards God. These Psalms explore the many reasons God's children have to praise His name, and remind readers today of how much they have to be thankful for, and how worthy God truly is of our unceasing praise! As the final verse of Psalms says, "Let everything that has breath praise the Lord! Praise the Lord!"

Suggested Reading Schedule

Monday: Psalms 120-129
 Tuesday: Psalms 130-135
 Wednesday: Psalms 136-139
 Thursday: Psalms 140-144
 Friday: Psalm 145-150

Going Up: The Psalms of Ascent



Psalms 120-134 comprises a special section of the Psalms often called the "Psalms of Ascent" or "Psalms of Degrees." This heading is a translation of the Hebrew term *ma'alot* which means "goings up." There is some debate about what these Psalms were used for. There are a few who believe the "going up" refers to the step-like rhythm or tone of the Psalms. More often, it is supposed that these Psalms were a part of a journey or worship practice. Some believe they were sung by Jews that were returning to Jerusalem after the Babylonian captivity. Several historians and commentators believe that these psalms were sung by the priests as they traversed the 15 steps leading up to the temple. Most commonly, it is believed that Jews sang these songs as they travelled from their home towns to Jerusalem to observe the three feasts that men were required to attend every year according to the Law of Moses. Whatever the case, it seems clear that these Psalms were very special to the Jewish people, and tied closely to their worship. This section of the Psalms is worthy of extra reading and special study. It explores important topics such as trusting in God, longing to go home, the joy of worshipping God, and the attitudes of those who reverently and obediently worship the Creator. These songs served a special purpose in preparing the mind of the Jews for worship. Today, we should remember that songs of praise are not just for our entertainment. Spiritual songs play an important role in preparing our minds for worship, and "psalms, hymns, and spiritual songs" are a form of teaching one another. Lifting up songs of praise to God help us remember our own upward journey to Heaven!

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