

“Love Lifted Me Recovery Ministries”

Favorite Psalms Bible Study - Part 1

Psalm 22:22-31 Lesson #5

**INSTRUCTIONS: Read the entire section of Scripture in Psalms before starting to look up the other Scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God's word. Most Scriptures are from the New King James Version.

22-23 **I will DECLARE Your NAME to My BRETHREN; in the midst of the congregation I will praise You. You who FEAR the LORD**, praise Him! All you descendants of Jacob, glorify Him, and fear Him all you offspring of Israel!

•**Psalm 111:10** “The _____ of the _____ is the beginning of _____; a good understanding have all those who _____ His commandments.”

•**Proverbs 9:10** “The _____ of the _____ is the beginning of wisdom, and the _____ of the Holy One is understanding.”

Definition: “I will DECLARE Your NAME to My BRETHREN” – This is yet another prophecy of the coming messiah, Jesus, who would spend most of His earthly ministry DECLARING and PROCLAIMING the name of God the Father, and telling people how they must come to God through Himself.

•**Matthew 4:23** “Now _____ went about all Galilee, _____ in their synagogues, _____ the _____ of the kingdom, and healing all kinds of sickness and all kinds of diseases among the people.”

•**Hebrews 2:11-12** “For both He who sanctifies and those who are being sanctified are all of one, for which reason He is not ashamed to call them _____, saying, ‘I will _____ Your _____ to My _____; in the _____ of the _____ I will sing _____ to You.’”

•**John 17:26** “And I have _____ to _____ Your _____, and will _____ it, that the _____ with which You _____ Me may be in them, and I in them.”

Definition: “You who FEAR the LORD” – The “Fear of the Lord” means **reverential AWE and RESPECT for God**, especially as EVIDENCED by OBEDIENCE to His commands and DOING His will. The New Testament equivalent is HOLY living, being filled with the Spirit, and “walking in a manner worthy of the Lord.” Some people have trouble with the concept of FEARING God, because it seems like a negative thing, or has connotations of punishment or abuse from a parent in their childhood. If this is your case, whenever you see the words “fear of the Lord” or “fear God” just substitute “obedience to the Lord” and “OBEY God.” Some people just don’t like the idea of fearing God, because they want a “touchy-feely” religion, and want to think of God ONLY as a loving, indulgent Heavenly Father. Well, God IS a loving God, but He is not indulgent - **He practices “tough love.”** Since the fear of the Lord is the knowledge and wisdom of God, **it is the OPPOSITE of thinking YOU KNOW it ALL.** Proverbs 1:31 talks about those who will be “filled with **their own** devices” and Proverbs 3:7 says to “be not **wise in your own eyes**” but rather “FEAR the LORD and depart from evil.” Those who fear the Lord hate evil, they are open and ready to REPENT whenever they are reproved by God (shown to be wrong), and they listen and incline their ears to His instruction.

•**Proverbs 2:1-6** “My son, if you receive My _____, and treasure My commands within you, so that you incline your ear to _____, and apply your heart to understanding; yes, if you will cry out for discernment, and lift up your voice for understanding, if you seek her (wisdom) as silver, and search for her as for hidden treasures; then you will _____ the _____ of the _____, and find the knowledge of God. For the Lord gives wisdom; from His mouth (God’s word, the Bible) come knowledge and

understanding.”

• **Proverbs 8:13** “The _____ of the _____ is to _____ evil; pride, and arrogance, and the evil way, and the _____ mouth do I _____.”

24 For **He has NOT DESPISED nor ABHORRED the AFFLICTION of the AFFLICTED**; nor has He hidden His face from Him; but **when He CRIED to him, He HEARD**.

• **Psalm 31:22** “For I said in my haste, ‘I am cut off from before Your eyes’ nevertheless, You _____ the _____ of my supplications when I _____ out to You.”

• **Psalm 37:28 & 32-33** “For the Lord loves _____, and does _____ forsake His _____; they are preserved forever, but the descendants of the wicked shall be cut off.” (Verses 32-33) “The wicked watches the righteous, and seeks to slay him. The Lord will _____ leave him _____ his _____, nor condemn him when he is judged.”

Definition: “He has NOT DESPISED nor ABHORRED the AFFLICTION of the AFFLICTED” –

“Despise” means to look down upon with contempt, and “abhor” means to turn away from in horror or disgust. This Scripture tells us that **God NEVER does this to us**, if we are His children through faith in Jesus Christ. Yes, He must turn away from SIN in horror and disgust, but He does not see us in our sin, because we have been WASHED and FORGIVEN of ALL our sins through our faith in Christ.

“Afflictions” means troubles or difficulties. **God does NOT abandon us in our time of trouble.**

• **Psalm 34:6 & 19** “This poor man _____ out, and the Lord _____ him, and saved him out of all his _____.” (Verse 19) “Many are the _____ of the righteous, but the _____ him out of them _____.”

• **Psalm 91:15** “He shall call upon Me, and I will _____ him; I will be _____ him in _____; I will _____ him and honor him.”

25-26 My praise shall be of You in the great congregation; I will pay My vows before those who fear him. **The poor shall eat and be SATISFIED; those who seek Him will praise the Lord**, let your heart live forever!

• **Psalm 107:9** “For He _____ the longing _____, and _____ the _____ soul with goodness.”

• **Psalm 42:1-2** “As the deer pants for the _____ brooks, so pants my _____ for You, O God. My soul _____ for _____, for the living God. When shall I come and appear before God?”

• **Psalm 34:8** “Oh, _____ and see that the _____ is _____; blessed is the man who _____ in Him!”

Definition: “The poor shall eat and be SATISFIED; those who SEEK HIM will praise the Lord” –

This is the same as where Jesus said that those who come to Him **“Shall NEVER HUNGER and shall NEVER THIRST.”** Jesus moves from talking about PHYSICAL HUNGER to SPIRITUAL HUNGER and THIRST. We, as human beings **who are CREATED in His image**, will always have an **EMPTINESS or HUNGER** for God until we put our faith and trust **in Jesus Christ**. Someone has said we have a **“GOD-SHAPED VACUUM” inside of us that can only be filled with God Himself.**

John 6:25-27 “And when they _____ Him on the other side of the sea, they said to Him, “Rabbi, when did You come here?” Jesus answered them and said, “Most assuredly, I say to you, you _____, not because you saw the signs, but because you _____ of the _____ and were filled. Do _____ labor for the _____ which perishes,

but for the _____ which endures to _____, which the Son of Man will give you, because God the Father has set His seal on Him.”

• **Isaiah 55:2-3** “Why do you spend money for what is not _____, and your wages for what does not _____? Listen carefully to Me, and _____ what is _____, and delight yourself in abundance. Incline your ear and come to _____. Listen that you may _____; and I will make an _____ covenant with you, according to the faithful mercies shown to David.”

• **John 6:51** “I am the _____ which came down from heaven. If anyone _____ of this _____, he will live _____; and the bread that I shall give is My flesh, which I shall give for the _____ of the world.”

Definition: “I AM the LIVING BREAD” — In the Gospel of John, Jesus makes many statements where He uses the “I AM” — the name of God. These names or titles for Jesus correspond with the names of God in the Old Testament. When Moses asked God in the burning bush to give him a name to tell the people, God simply said, “I AM THAT I AM” (Exodus 3:13-14). In other places in the Bible, God would say “I AM” and then add to His name whatever it was you needed. For example, “I AM the God who heals you” (Exodus 15:26) or “I AM the Provider” (Genesis 22:14). Jesus does the SAME THING. He says “I AM” and adds to it whatever we need in a spiritual sense: “I AM the Bread of Life,” “I AM the Door,” “I AM the Resurrection and the Life,” “I AM the Light of the World,” “I AM the Vine.”

• **John 10:9** “I _____ the _____. If anyone enters by _____, he will be _____, and will go in and out and find pasture.”

Definition: “You SEEK ME, NOT because you saw the SIGNS” — Jesus did SIGNS (miracles) such as the feeding of the five thousand in order to show that He was God. Instead of the people recognizing Him as God and worshiping Him, they just wanted the FREE FOOD!

Definition: “The POOR shall eat and be SATISFIED” – Who are “the poor” that this verse is talking about? It means the poor in spirit, the humble ones, although sometimes they are also the poor in material things, also.

• **James 2:5** “Listen, my beloved brethren: has God not _____ the _____ of this _____ to be _____ in _____ and _____ of the kingdom which He promised to those who love him?”

• **I Corinthians 1:26-29** “For you see your calling, brethren, that _____ many _____ according to the flesh, _____ many _____, not many _____, are called (chosen). But God has _____ the _____ things of the _____ to put to shame the wise, and God has _____ the _____ things of the world to put to shame the things which are mighty; and the base things of the _____ and the things which are _____ God has _____, and the things which are not, to bring to nothing the things that are, that no flesh should glory in His presence.”

• **Luke 6:20** “Then He lifted up His eyes toward His _____, and said, ‘_____ are you _____, for yours is the _____ of God.’”

Definition: “Chosen the POOR of this world to be RICH in faith and HEIRS of the kingdom” – Jesus said that the poor would be with us always, and God does not promise to make each one of us rich in this life. Poverty, along with sickness, death, and every perversion of God’s original creation, is part of the “curse of sin” that this earth has been plunged into since Adam disobeyed God in the Garden of Eden. However, the time we spend in this earthly life is so short compared to all eternity with God, and the riches that He will give to us in His kingdom. We are not promised that God will remove this curse of

poverty, pain and sickness until after Jesus returns and sets up His kingdom here on earth.

• **Revelation 21:4** “And God will wipe away every _____ from their _____; there shall be no more _____, nor _____, nor crying; and there shall be no more _____, for the former things have passed away.”

• **I Samuel 2:8** “He raises the _____ from the _____ and lifts the beggar from the _____, to set them among _____ and make them _____ the throne of _____. For the pillars of the earth are the Lord’s, and He has set the world upon them.”

• **Psalms 113:7-8** “He raises the _____ out of the dust, and lifts the _____ out of the ash heap, that He may _____ him with _____ - with the _____ of His people.”

Note: When it says that God “lifts the needy out of the ash heap”, the original Hebrew word translated “ash heap” here is “a pile of rubbish or filth, a dunghill”. The King James Version uses “dunghill”, which I like, as it is so descriptive of the mess of crap we so often make out of our lives.

Definition: “God has CHOSEN the FOOLISH things of the WORLD” – This wonderful, comforting Scripture in I Corinthians 1:26-29 is saying that **God has chosen us** (the foolish, weak, base and despised.... yes, that’s us!) instead of the rich, powerful, famous people, the “celebrities” that “the world” values so much. **I don’t mind being considered weak or foolish in the world’s eyes**, as long as God Himself has chosen me to be with Him for all eternity! All the people whose lives and material possessions were shown and admired on TV shows such as “Lifestyles of the Rich and Famous” will be going to hell for all eternity, unless some of them repented and gave their lives to Jesus Christ. On the other hand, look how many prison inmates, drug addicts and alcoholics, prostitutes and other **people who are despised and looked down on by the world have come to Christ** and had their lives turned around. The world doesn’t understand why God would even want those people, but we see that He loves us all, and He gets the glory when one of us commits our life to Him. So, let’s rejoice and give God the glory, because He has chosen us IN SPITE OF anything we could contribute, so don’t feel bad that you’re “not good enough” or feel that you are unworthy of God’s love. Hallelujah! Jesus Christ came into the world to save sinners, and **you can say, “I am a sinner! He came to SAVE me!”** God chooses the foolish, weak, base (lowly) and despised things of this world, so if you sometimes feel like you are too foolish, too weak, too lowly, or too despised for anyone to want you, you know **you are EXACTLY what God wants!** **Jesus said, “Without Me, you can do nothing”** (John 15:5), so rejoice and be happy that you have nothing to bring to God, or offer Him, and neither does anyone else.

27-28 All the ends of the world shall remember and turn to the Lord, and all the families of the nations shall worship before You. **For the KINGDOM is the LORD’S**, and He rules over the nations.

• **Matthew 6:13** “And do not lead us into temptation, but deliver us from the evil one. For _____ is the _____ and the _____ and the _____ forever. Amen.”

29-31 All the prosperous of the earth shall eat and **worship**; all those who go down to the dust **shall bow before Him**, even he who cannot keep himself alive. **A POSTERITY shall serve Him**, it will be recounted of the Lord to the next generation, they will come and **declare His righteousness** to a people who will be born, that He has done this.

Definition: “A POSTERITY shall serve Him” – “Posterity” means ALL of ones descendants, all future generations. In this messianic Psalm, it refers to the future generations of people who will believe in the Lord Jesus Christ, the Messiah, who will be considered His descendants and children of God. The final verses of this Psalm are just praising God, and showing how future generations of people will come to

Him and worship Him.

•Galatians 3:26 “For you are _____ of _____ through _____ in
Christ _____.”