

# **Insights From Psalms (Book 1)**

Other non-fiction books by the author:

Biblical Oddities

Even So, Come, Lord Jesus

The Kings of Israel and Judah

Collected Sunday School Lessons (2008 – 2009)

Collected Sunday School Lessons (2010 – 2011)

Collected Sunday School Lessons (2012 – 2013)

Collected Sunday School Lessons (2014 – 2018)

The Lost Doctrines

Dinosaurs in History

Summary of Old Testament Events

Chapter Summary of the Bible

Creation: A Study of Origins

Theology: An Assortment of Articles

Heresy: A Study of False Teachers

Eschatology: A Study of the Second Coming

C S Lewis

Bill Gothard

Translation Issues: The KJV Controversy

The Catholic Church: A Study of Heresy

# Insights From Psalms (Book 1)

Psalm 1 to 41

by Jonathan Cooper

First Edition on 6/1/2024

# Introduction

One of the ways I've been studying the Word of God is by making a list of everything that each book of the Bible teaches. This has resulted in more than a thousand pages of material. Although it's interesting and I've learned a lot from writing it, that's a lot of bullet points to read through!

The purpose of this book is to extract the most interesting insights from that massive list. This isn't intended to summarize each book of the Bible because that's what my "Chapter Summary of the Bible" is for. It's also not intended to list the major points of each book because you're probably already familiar with them. Finally, it's not intended to offer in-depth commentary because that's what my regular commentary is for. This book is simply a collection of points that I found interesting.

I hope there's some material here that you find edifying.

Jon Cooper  
4/29/2024

# Table of Contents

Introduction.....4  
Psalm 1 to 41.....7



# Psalm 1 to 41

- We must not walk in the counsel of the ungodly (Psalm 1:1). This means we must disregard wicked counsel, and not obey it.
- God's law is a source of delight (Psalm 1:2).
- The wicked don't have a future. One day they'll be judged and destroyed (Psalm 1:5).
- The righteous have a future. When wicked are judged and cast out, the righteous will remain (Psalm 1:5).
- The wicked seek to overcome God, but that's impossible and will never happen (Psalm 2:1).
- God knows there's a conspiracy among the rulers of this world to overthrow Him (Psalm 2:2).
- The rulers of this world don't want God to rule over them (Psalm 2:3).
- God mocks the rulers of this world for their attempts to overthrow Him. They're not threatening to Him at all (Psalm 2:4).
- God is going to vex the rulers of this world, because they hate Him and are trying to overthrow Him (Psalm 2:5).
- God has placed the Messiah (the Lord Jesus Christ) in a place of power and authority in Zion, and no ruler of this world will ever be able to overthrow Him (Psalm 2:6-12).
- God commands the rulers of this world to stop their vain rebellion against Him, and instead fear and serve Him (Psalm 2:10-11).
- There may be times when God allows wicked people to

rise up against us and bring trouble into our life (Psalm 3:1).

- When we're in trouble we must go to God. He is our shield, our glory, and our source of comfort (Psalm 3:3).
- The reason the psalmist was able to sleep at night, even though he had many enemies who had risen up against him, was because he trusted in the Lord (Psalm 3:5).
- It's not wrong to pray that God would smite the ungodly (Psalm 3:7).
- God's help is an act of mercy. He doesn't owe us help and we can't demand His help. Instead we must humbly approach Him and pray that He would have mercy upon us (Psalm 4:1).
- There may be times when our enemies take the good things in our life and turn them into sources of shame (Psalm 4:2).
- It's far better to be godly than to be ungodly (Psalm 4:3).
- Those who are godly belong to the Lord (Psalm 4:3).
- Our awe of God must be so great that we don't sin (Psalm 4:4). God's greatness should stop us from sinning.
- It's not true that there's nothing good in life and we have no help. This is because we have God, who is the source of all goodness (Psalm 4:6-7).
- God is the one who puts gladness in our heart (Psalm 4:7).
- Wine can be a source of gladness (Psalm 4:7).
- God is a greater source of gladness than the things of this



world (Psalm 4:7).

- The psalmist cried out to God *with his voice* (Psalm 5:2).
- God is our King (Psalm 5:2).
- The psalmist looked up to heaven when he prayed each morning (Psalm 5:3).
- God doesn't take pleasure in wickedness (Psalm 5:4). This means we shouldn't either.
- The text doesn't say that God loves the sinner but hates the sin. Instead it says that God hates all those who do iniquity (Psalm 5:5).
- The Lord abhors those who shed innocent blood (Psalm 5:6).
- The Lord abhors those who are deceitful (Psalm 5:6).
- In the Old Testament, people worshiped God while facing His temple (Psalm 5:7).
- The inward parts of the wicked are full of wickedness (Psalm 5:9).
- The flattery of the wicked is dangerous (Psalm 5:9).
- It's good to pray that God would destroy the wicked (Psalm 5:10).
- We must love God's name (Psalm 5:11). Those who love His name will be joyful in Him.
- Loving God and trusting in Him are sources of joy (Psalm 5:11).
- God will encompass the righteous with His favor (Psalm 5:12).

- When we anger God, it's good to pray that He wouldn't rebuke us in His anger, but instead would have mercy on us (Psalm 6:1).
- When we anger God, we can still cry out to Him for mercy and healing (Psalm 6:1-2).
- It's not wrong to cry out to God and ask Him how long it will be until He comes and heals us (Psalm 6:1-3).
- The Lord hears our weeping (Psalm 6:8).
- It's not wrong to pray that our enemies would be ashamed (Psalm 6:10).
- It's not wrong to pray that God's judgment upon the wicked would be sudden (Psalm 6:10).
- There may be times when the wicked threaten to tear our soul apart, and there's no one to deliver us (Psalm 7:1-2)
- We must make sure that we're not doing the evil things that wicked people accuse us of doing (Psalm 7:3-5). We need to be innocent.
- There may be times when people you've helped turn against you (Psalm 7:4).
- One of the consequences of sin is a loss of honor (Psalm 7:5).
- It's not wrong to pray that God would judge the wicked in anger (Psalm 7:6).
- It's not wrong to claim to have integrity (Psalm 7:8).
- God puts our heart to the test (Psalm 7:9).
- God saves the upright in heart (Psalm 7:10).

- The text doesn't say that God loves the sinner but hates the sin. Instead it says that God is angry with the wicked every day (Psalm 7:11).
- God has already prepared His arrows against those who persecute the righteous (Psalm 7:13).
- One day the evil deeds of the wicked will return upon their own head (Psalm 7:16).
- The name of the Lord is excellent (Psalm 8:1).
- We should praise the Lord for His glory (Psalm 8:1).
- The glory of God can be seen in His creation – in the heavens, the moon, and the stars. Their greatness is a reflection of God, who created them (Psalm 8:3).
- God is infinitely greater than us, and yet He's still mindful of us and visits us (Psalm 8:4).
- God gave mankind dominion over the universe that He created (Psalm 8:6).
- There are paths in the sea (Psalm 8:8).
- We must praise God with all our heart (Psalm 9:1).
- God is the one who makes our enemies perish (Psalm 9:3).
- The wicked can't endure God's presence (Psalm 9:3).
- The Lord shall judge the world in righteousness (Psalm 9:8).
- The Lord is a refuge for the oppressed (Psalm 9:9).
- God hasn't forsaken those who seek Him (Psalm 9:10).
- We must declare to the people the things that God has

done (Psalm 9:11).

- God avenges the blood of the innocent (Psalm 9:12).
- When people hate us, we should pray that God would have mercy on us (Psalm 9:13).
- When we're at the gates of death, we should pray that God would have mercy on us (Psalm 9:13).
- When God saves us, we should praise Him in front of others and tell them about the great things He's done (Psalm 9:14).
- The Lord is known by His judgments (Psalm 9:16).
- The wicked are ensnared by the work of their hands (Psalm 9:16).
- God destroys nations that forget Him (Psalm 9:17).
- The needy won't always be forgotten (Psalm 9:18).
- There are times when it seems that God is far away, or is hiding during times of trouble (Psalm 10:1).
- It's wrong to persecute the poor (Psalm 10:2).
- It's not wrong to pray that the wicked would be ensnared by their own evil plans (Psalm 10:2).
- The Lord abhors those who are covetous (Psalm 10:3).
- The reason the wicked don't seek God is because they're proud (Psalm 10:4). They haven't humbled themselves before Him.
- God must be in all of our thoughts (Psalm 10:4).
- All of the ways of the wicked are grievous (Psalm 10:5).

- The wicked can't comprehend God's judgments (Psalm 10:5).
- The wicked have deceived themselves into thinking that there are no consequences for their sinful behavior (Psalm 10:6).
- The wicked have deceived themselves into thinking that God will never judge them (Psalm 10:6).
- The wicked secretly hunt the poor in order to make them fall (Psalm 10:8-10).
- The wicked tell themselves that God doesn't see the evil they're doing (Psalm 10:11).
- The reason the wicked have contempt for God is because they believe He won't punish them for their wickedness (Psalm 10:13).
- God knows everything the wicked have done (Psalm 10:14).
- One day God will avenge the poor (Psalm 10:14).
- It's good for the poor to pray to God for help, because He cares about them (Psalm 10:14).
- It's good for the fatherless to pray to God for help, because He cares about them (Psalm 10:14).
- The psalmist prayed that God would break the arm of the wicked. This is because he wanted to see their power broken so that they could no longer kill the innocent or oppress the poor (Psalm 10:15).
- The Lord is King forever and ever (Psalm 10:16).
- The day will come when all of the pagans will be removed

from God's land (Psalm 10:16).

- It's good to tell God our desires (Psalm 10:17). He will hear them, if we're humble.
- God is the one who prepares our heart to seek Him (Psalm 10:17).
- One day people will no longer oppress one another because God will put a stop to it (Psalm 10:18).
- The wicked want to privately shoot arrows at the righteous. They want to attack them from secret, so that no one knows what they're doing (Psalm 11:2).
- The Lord tests the righteous (Psalm 11:5).
- The text doesn't say that God loves the sinner but hates the sin. Instead it says that God hates the wicked (Psalm 11:5).
- One day God will rain fire and brimstone upon the wicked (Psalm 11:6).
- There may be a time when the righteous are gone and we are alone (Psalm 12:1). In those times we should cry out to God for help.
- When everyone is a liar, life become very dangerous (Psalm 12:1-2).
- The Lord will destroy those who flatter others (Psalm 12:3).
- The Lord will destroy those who speak proudly (Psalm 12:3).
- The wicked believe that their lies will cause them to prevail (Psalm 12:4).

- The wicked believe that no one has the power to tell them what to do (Psalm 12:4).
- God sees the oppression of the poor (Psalm 12:5).
- God will arise to save the poor (Psalm 12:5).
- God cares about the poor (Psalm 12:5).
- The words of the Lord are pure (Psalm 12:6).
- The Lord will preserve His words forever (Psalm 12:7).
- There may be a time when society exalts the vilest people (Psalm 12:8). This is a terrible thing.
- There may be times when it seems that the Lord has forgotten us (Psalm 13:1).
- There may be times when each day is filled with sorrow (Psalm 13:2).
- It's good to pray that God would consider our life, and the terrible pain we're in (Psalm 13:3).
- Our response to the Lord's blessings should be singing (Psalm 13:6).
- Those who say there's no God are fools (Psalm 14:1).
- Those who say there's no God are corrupt (Psalm 14:1).
- Those who say there's no God have done abominable things (Psalm 14:1).
- There's no one who does good. Everyone is corrupt and evil (Psalm 14:1). This means everyone is a sinner.
- Those who persecute God's people lack knowledge (Psalm 14:4).

- It's good to seek the salvation of Israel (Psalm 14:7).
- God cares about the thoughts of our heart (Psalm 15:2).
- God cares about the things that we say (Psalm 15:3).
- God cares about how we treat those who are around us (Psalm 15:3).
- We must honor those who fear the Lord (Psalm 15:4).
- We must have contempt for the those who are vile (instead of honoring and praising them) (Psalm 15:4).
- We must keep our promises, even when doing so hurts us (Psalm 15:4).
- We should delight in God's saints (Psalm 16:3).
- Those who worship other gods will multiply their sorrows (Psalm 16:4).
- The psalmist wouldn't even speak the names of other gods (Psalm 16:4). Under the Mosaic Law, speaking the name of false gods was forbidden (Exodus 23:13).
- The Lord is our portion in this life (Psalm 16:5).
- The Lord is our inheritance (Psalm 16:5).
- We must bless the Lord (Psalm 16:7).
- In God's presence is fullness of joy (Psalm 16:11).
- At God's right hand are everlasting pleasures (Psalm 16:11).
- The psalmist said that God visits him in the night (Psalm 17:3).
- We should live a righteous life so that when God judges



us, He will find nothing to condemn (Psalm 17:3).

- The wicked strike from secret (Psalm 17:12).
- It's good to pray that God would cast down the wicked so they can't hunt the righteous as prey (Psalm 17:13).
- There may be times when the wicked are wealthy (Psalm 17:14).
- There may be times when the wicked have many children (Psalm 17:14).
- The only blessings the wicked will ever receive are in this life. The wealth of this life is their portion (because after death they'll be tormented forever and ever) (Psalm 17:14).
- When we're resurrected, we will behold God's face and find total satisfaction in Him (Psalm 17:15).
- The Lord is our strength (Psalm 18:1).
- The Lord is our fortress (Psalm 18:2).
- The Lord is our deliverer (Psalm 18:2).
- The Lord is our salvation (Psalm 18:2).
- The Lord is worthy to be praised (Psalm 18:3).
- There may be times when we're afraid (Psalm 18:4).
- The psalmist speaks of a time when God will hear the cry of His people, and will come to this world in great anger. In that day He will shake the world to its foundations and bow down the heavens. He will send out a devouring fire, along with hailstones and coals of fire (Psalm 18:7-13). In that coming He will shoot His arrows and His lightning against the wicked, and His rebuke will uncover the

foundations of the world (Psalm 18:14-15). This means the book of Psalms, which was written about a thousand years before the first coming of Jesus, contains a prophecy of Christ's Second Coming.

- God delights in the righteous (Psalm 18:19).
- We must keep ourselves from iniquity (Psalm 18:23).
- God is merciful to those who are merciful (Psalm 18:25).
- God is harsh and cruel to those who are harsh and cruel (Psalm 18:26).
- God will save those who are afflicted (Psalm 18:27).
- God will bring down those who are proud (Psalm 18:27).
- God will give us light in the darkness (Psalm 18:28).
- The psalmist said that by the power of God he ran through an army of enemy soldiers, and leaped over a wall (Psalm 18:29). God can give us the strength to overcome impossible obstacles.
- God's ways are perfect (Psalm 18:30).
- God is the one who sets us on high places that are impossible to reach (Psalm 18:33).
- The psalmist said that by God's power he was able to break a bow of steel with his arms (Psalm 18:34). God can give us the strength to do things that are far beyond our abilities.
- God's salvation is a shield to us (Psalm 18:35).
- God's gentleness makes us great (Psalm 18:35).
- God can give us the strength to achieve a victory over our

enemies that's so complete they can't rise up against us again (Psalm 18:38).

- God is the one who avenges us (Psalm 18:47).
- It's good to give thanks to God among pagans who don't believe in Him (Psalm 18:49).
- On every day and every night, the sky tells all nations about God's greatness and glory (Psalm 19:1-3). This means that all nations have heard about God's greatness through His creation, regardless of what language they speak.
- The psalmist compares the sun to a bridegroom coming out of his chamber (Psalm 19:5).
- The psalmist compares the sun to a strong man who rejoices at the prospect of running a race (Psalm 19:5).
- God's law is perfect (Psalm 19:7).
- God's law converts the soul (Psalm 19:7).
- The testimony of the Lord gives wisdom to simple-minded people (Psalm 19:7).
- God's commandment is pure (Psalm 19:8).
- God's commandment brings enlightenment (Psalm 19:8).
- God's judgments are true and righteous (Psalm 19:9).
- It's better to have God's law than to have a lot of high-quality gold (Psalm 19:10).
- God's law is sweeter than honey (Psalm 19:10).
- There's great reward in keeping God's law (Psalm 19:11).
- We should pray that God will reveal to us the areas in our

life where we're sinning in ignorance (Psalm 19:12).

- We must not sin presumptuously (Psalm 19:13).
- We should pray that God wouldn't let sin have dominion over us (Psalm 19:13). This is because we must not sin, and God is the one who frees us from the power of sin so that we can walk in His ways.
- We should make sure that the meditations of our heart are acceptable in God's sight (Psalm 19:14).
- God is our redeemer (Psalm 19:14).
- It's good to pray that God would hear other people's prayers (Psalm 20:1).
- The psalmist prayed that God would send help from His sanctuary (the temple) (Psalm 20:2).
- It's good to pray that God would grant other people's desires (Psalm 20:4).
- It's good to pray that God would fulfill other people's plans (Psalm 20:4).
- We should rejoice in the salvation that comes from God (Psalm 20:5).
- The psalmist said that we will set up our banners in God's name (Psalm 20:5).
- Heaven is holy (Psalm 20:6).
- Heaven belongs to the Lord (Psalm 20:6).
- God hears our prayers from Heaven (Psalm 20:6).
- We must trust in the name of the Lord (Psalm 20:7).
- It's better to trust in the Lord than to trust in armies or

weapons (Psalm 20:7).

- God's strength is a cause for rejoicing (Psalm 21:1).
- Honor comes from God (Psalm 21:5).
- Majesty comes from God (Psalm 21:5).
- God can make us exceedingly glad (Psalm 21:6).
- Rulers must trust in the Lord (Psalm 21:7).
- God gives His mercy to those who trust in Him (Psalm 21:7).
- Those who trust in God won't be moved (Psalm 21:7).
- In the day of God's anger, He will devour His enemies with fire (Psalm 21:9).
- One day all of the wicked will be gone, and none will be left (Psalm 21:10).
- The wicked have deceived themselves. They believe they can carry out their plans against God, but they can't (Psalm 21:11).
- We should pray that God will be exalted (Psalm 21:13).
- There may be times when we cry out to God, and He doesn't answer us or save us (Psalm 22:1-2).
- God inhabits the praises of Israel (Psalm 22:3).
- The psalmist said that God filled him with hope *while he was still an infant* (Psalm 22:9). This is something that God did, not something the infant did. This means God can reach out to an infant and cause that child to hope in Him.
- The psalmist said that the Lord was his God *before he*

*was even born* (Psalm 22:10). This means God can save people before they're born.

- The Lord doesn't always prevent terrible things from happening to us (Psalm 22:14).
- There may be times when our strength is gone (Psalm 22:15).
- Even though God hadn't rescued the psalmist from danger, he still hoped in God and trusted in Him (Psalm 22:21).
- God sees the affliction of the afflicted (Psalm 22:24).
- One day the meek will eat and be satisfied (Psalm 22:26).
- One day all the people of all the nations will worship God (Psalm 22:27).
- The Lord guides us to good places that nurture us and supply our needs (Psalm 23:2).
- The Lord restores our soul (Psalm 23:3).
- The reason the Lord leads us in the paths of righteousness is for the sake of His name (Psalm 23:3).
- Although there may be times when we're in danger, we don't have to be afraid because God is with us (Psalm 23:4).
- Everything in this world belongs to God (Psalm 24:1).
- Righteousness is a gift from God. It's something He gives us (Psalm 24:5).
- God is mighty in battle (Psalm 24:8).
- We should pray that God will show us His ways and teach

us His paths (Psalm 25:4).

- We should pray that God will lead us in His truth (Psalm 25:5).
- The reason God will teach sinners His way is because He's good and upright (Psalm 25:8).
- God will teach the meek His way (Psalm 25:9).
- God teaches His way to those who fear Him (Psalm 25:12).
- The descendants of those who fear the Lord will inherit the earth (Psalm 25:12-13).
- God has revealed things to those who fear Him that He hasn't revealed to others (Psalm 25:14).
- Our eyes must remain fixed on the Lord. We must not be distracted from Him (Psalm 25:15).
- When our enemies are cruel to us, we must seek God (Psalm 25:19).
- It's good to pray that God would test our heart (Psalm 26:2).
- We must not join those who are liars (Psalm 26:4).
- The house of the Lord is a place of honor (Psalm 26:8).
- The Lord is our light (Psalm 27:1)
- The one thing we should desire in this life isn't riches, or pleasure, or status. Instead it's to dwell in the house of the Lord and behold His beauty (Psalm 27:4).
- If our father or mother forsakes us, the Lord will watch over us (Psalm 27:10).

- In times of trouble we must wait on the Lord (Psalm 27:14).
- God is the one who strengthens our heart (Psalm 27:14).
- A person may hide their evil intentions with peaceful words (Psalm 28:3).
- It's good to pray that God would spare us when He judges the wicked (Psalm 28:3).
- It's good to pray that God would punish the wicked according to the wicked things they've done (Psalm 28:4).
- Because God's name is worthy of glory, we must glorify His name. We must give Him the glory that He deserves (Psalm 28:1-2).
- The Lord's holiness is beautiful (Psalm 28:2).
- The Lord's voice divides flames of fire (Psalm 28:7).
- In God's temple, everyone speaks of His glory (Psalm 28:9).
- The Lord is the King forever and ever. He will always be King (Psalm 28:10).
- The Lord will give strength to His people (Psalm 28:11).
- We should thank the Lord for His holiness (Psalm 30:4).
- Joy comes in the morning. Although we may weep for a while, joy will come again (Psalm 30:5).
- One of the ways we can rejoice for the great things God has done for us is through dancing (Psalm 30:11).
- We should seek God's leadership in our lives (Psalm 31:3).
- There may be times when our enemies lay secret traps



which ensnare us. We might be trapped by something we never saw coming (Psalm 31:4).

- God has considered the troubles we're facing (Psalm 31:7).
- Sin can cause our strength to fail (Psalm 31:10).
- Sin can damage our health (Psalm 31:10).
- Sin can cause grief (Psalm 31:10).
- The painful results of sin can last for years (Psalm 31:10).
- It's not wrong to pray that God would silence the wicked by killing them (Psalm 31:17).
- It's not wrong to pray that God would silence liars (Psalm 31:18).
- God has laid up an enormous amount of goodness for those who fear Him (Psalm 31:19).
- God will hide the righteous in the secret of His presence (Psalm 31:20).
- God hears our cries, even when we think He doesn't (Psalm 31:22).
- If we choose to be courageous then God will strengthen our heart (Psalm 31:24).
- Blessed are those whose transgressions are forgiven (Psalm 32:1).
- We must seek God in a time when He may be found (Psalm 32:6).
- The way to survive life's storms is to *repent*. Those who confess their sins to God will be able to stand firmly upon

the Rock when the storms come (Psalm 32:6).

- God is our hiding place (Psalm 32:7).
- We must not be like horses and mules, which lack understanding and must be led down the right paths by force (Psalm 32:9). Instead we must seek understanding so we do what's right.
- The wicked will experience many sorrows (Psalm 32:10).
- God puts a difference between the righteous and the wicked (Psalm 32:10). He shows mercy to the righteous but gives sorrow to the wicked.
- The righteous should shout for joy (Psalm 32:11).
- The righteous should rejoice in the Lord (Psalm 33:1).
- God wants us to praise Him with the harp (Psalm 33:2).
- We must sing to the Lord (Psalm 33:3).
- When playing music to the Lord, it's good to play both skillfully *and loudly* (Psalm 33:3).
- God loves righteousness (Psalm 33:5).
- The earth is full of God's goodness (Psalm 33:5).
- The Lord made the universe by His word. He spoke it into existence (Psalm 33:6).
- All the inhabitants of the world should stand in awe of God (Psalm 33:8).
- God is able to carry out His will simply by speaking it. When He speaks, it is done (Psalm 33:9).
- The Lord brings the counsel of pagans to nothing (Psalm 33:10).

- The counsel of the Lord stands forever (Psalm 33:11).
- The thoughts of God's heart endure to all generations (Psalm 33:11).
- Blessed is the nation whose God is the Lord (Psalm 33:12).
- The Lord is watching this world from Heaven. He knows what people are doing (Psalm 33:13-14).
- God ponders the things we're doing (Psalm 33:15).
- No king is saved by the size of his army (Psalm 33:16).
- The mighty aren't delivered by their great strength (Psalm 33:16).
- The eye of the Lord is upon those who fear Him (Psalm 33:18-19). He will deliver their soul.
- God's name is holy (Psalm 33:21).
- If we trust in God, we will one day rejoice (Psalm 33:21).
- We should boast about the great things that God has done for us (Psalm 34:2).
- We should tell others about the great things that God has done for us (Psalm 33:2).
- God is the one who delivers us from our fears (Psalm 34:4).
- God hears the poor when they cry out to Him (Psalm 34:6). He cares about the poor.
- The angel of the Lord encamps around those who fear God (Psalm 34:7).
- There are times when God uses angels to deliver those

who fear Him (Psalm 34:7).

- God supplies the needs of those who fear Him (Psalm 34:9). He is the one who supplies our needs.
- Those who seek the Lord won't lack any good thing (Psalm 34:10).
- God blesses His saints in a way that He doesn't bless animals. Animals may go hungry, but God supplies the needs of His saints (Psalm 34:10).
- Children can (and should) be taught to fear the Lord (Psalm 34:11).
- If you desire a long and happy life then don't tell lies (Psalm 34:12-13).
- One of the punishments that God will pour out upon the wicked is that they will eventually be forgotten (Psalm 34:16).
- God knows when our heart is broken (Psalm 34:18).
- The righteous may be afflicted many times (Psalm 34:19).
- One day God will deliver us out of all of our afflictions (Psalm 34:19).
- None of those who trust in the Lord will be desolate (Psalm 34:22).
- It's good to ask God to fight against those who are fighting against us (Psalm 35:1).
- It's good to pray that God would put our enemies to shame (Psalm 35:4).
- There are times when the angel of the Lord chases after the enemies of the saints (Psalm 35:5).

- It's not wrong to pray that God would catch our enemies in the trap they've set for us (Psalm 35:8).
- It's not wrong to pray that God would destroy our enemies in a way they don't see coming (Psalm 35:8).
- There's no one like the Lord (Psalm 35:10).
- The Lord delivers the poor from those who are too strong for him (Psalm 35:10).
- One of the ways to damage a person's soul is to do evil to them when they've done good to you (Psalm 35:12). This is a terrible sin.
- Fasting humbles our soul (Psalm 35:13). This means fasting is a form of humility.
- There are times when the Lord sees the terrible things we're suffering, but doesn't do anything to stop it (Psalm 35:17).
- It's wrong to hate someone without a cause (Psalm 35:19).
- The Lord has heard the terrible things the wicked have spoken against us (Psalm 35:20-22).
- One of the punishments God sends upon the wicked is shame (Psalm 35:26).
- One of the punishments God sends upon the wicked is dishonor (Psalm 35:26).
- God has pleasure in the prosperity of His servants (Psalm 35:27).
- We should speak of God's righteousness all day long (Psalm 35:28).

- We should praise God all day long (Psalm 35:28).
- The wicked believe that they're good (Psalm 36:2).
- The wicked don't hate evil (Psalm 36:4).
- God preserves people (Psalm 36:6).
- God preserves animals (Psalm 36:6).
- We should praise God for His judgments (Psalm 36:6).
- We should praise God for His loving kindness (Psalm 36:7).
- The reason we can trust God is because He's both loving and kind (Psalm 36:7).
- God will abundantly satisfy those who put their trust in Him (Psalm 36:8).
- God will give pleasures to those who put their trust in Him (Psalm 36:8).
- One day the wicked will be cast down and unable to rise again (Psalm 36:12).
- The Bible consistently teaches that plants *wither* (Psalm 37:2). It doesn't say that they die! This means it puts a difference between the death of people and animals, and the death of plants.
- We shouldn't fret over the wicked, because one day they'll be destroyed (Psalm 37:1-2).
- We shouldn't envy the wicked, because one day they'll be destroyed (Psalm 37:1-2).
- If we trust in the Lord and do good then we'll be fed (Psalm 37:3).

- If we delight in the Lord then He will give us the desire of our heart (Psalm 37:4).
- If we want righteousness then we must trust in the Lord (Psalm 37:5-6).
- Having good judgment is a gift from God (Psalm 37:6).
- We must wait patiently for the Lord (Psalm 37:7).
- When the wicked prosper, we must wait patiently for the Lord (Psalm 37:7).
- When the wicked prosper and do evil things, we must not allow ourselves to become angry and then do something evil (Psalm 37:8).
- We must not respond to evil by doing evil things ourselves (Psalm 37:8).
- Those who do evil will be destroyed (Psalm 37:9).
- Those who wait upon the Lord will inherit the earth (Psalm 37:9).
- In a little while, we will look for the wicked but they will be gone (Psalm 37:10).
- One day the meek will inherit the earth (Psalm 37:11).
- One day the meek will delight themselves in the abundance of peace (Psalm 37:11).
- The Lord will laugh at the wicked (Psalm 37:13). They pose no threat to Him. He knows their end is coming.
- The wicked hate the poor (Psalm 37:14).
- The wicked hate the righteous (Psalm 37:14).
- The few things that the righteous possess are better than

the riches of many wicked people (Psalm 37:16).

- The inheritance of the upright will last forever (Psalm 37:18).
- The upright won't be ashamed in times of evil and distress and pain (Psalm 37:19).
- The upright will be satisfied in days of famine (Psalm 37:19).
- The wicked will perish (Psalm 37:20).
- One day the enemies of the Lord will be consumed, the way that fat is consumed in the fire (Psalm 37:20).
- It's sinful to borrow something but then not pay it back (Psalm 37:21).
- The reason the saints of God aren't cast down when they fall is because the Lord upholds them with His hand (Psalm 37:24).
- The Lord doesn't forsake His saints (Psalm 37:28).
- The Lord is against the wicked (Psalm 37:28).
- God's law is in the heart of the righteous (Psalm 37:31).
- If we wait on the Lord and keep His way then one day we'll see the destruction of the wicked (Psalm 37:34).
- There may be times when the wicked have great power (Psalm 37:35).
- The power of the wicked won't last forever (Psalm 37:36).
- There are times when God is angry with us (Psalm 38:1-3).
- There are times when God's rebuke greatly weakens us



(Psalm 38:3).

- There are times when God's rebuke affects us physically (Psalm 38:3).
- Our sin can make our life difficult to bear (Psalm 38:3).
- Our sin can become a burden that's too great for us to bear (Psalm 38:4).
- Our foolishness can bring physical harm to us (Psalm 38:5).
- Our sin can bring diseases upon us (Psalm 38:7).
- Our sin can make us broken (Psalm 38:8).
- Even when God is angry with us over our sin, we must hope in Him (Psalm 38:15).
- Our sin can weaken us before our enemies (Psalm 38:16).
- Our sin can fill us with sorrow (Psalm 38:17).
- It's not wrong to tell God about how much we're suffering, even if our suffering is caused by our sin and is a result of God's anger (Psalm 38:17).
- When we sin, we must confess our sin to God (Psalm 38:18).
- When we sin, we must be sorry for what we've done (Psalm 38:18).
- There are times when the best course of action is to be silent (Psalm 39:1-2).
- When we're in the presence of wicked people, we must be careful not to sin with our words (Psalm 39:1).
- Being silent in the presence of the wicked filled the

psalmist with sorrow (Psalm 39:2).

- It's good to pray that God would teach us how short our life is (Psalm 39:4).
- It's good to pray that God would teach us how frail and weak we are (Psalm 39:4).
- It's good to sing psalms that magnify God and humble ourselves (Psalm 39:5).
- It is a vain thing to gather riches. Those who gather them can't keep them, and they don't know who will get them once they die (Psalm 39:6).
- God's rebuke can destroy a person's beauty (Psalm 39:11).
- If we wait upon the Lord then He will hear our cry (Psalm 40:1).
- God is able to put a new song of praise in our mouth (Psalm 40:3).
- One of the reasons we should sing God's praises in front of others is so that they'll see what God has done and will learn to fear and trust Him (Psalm 40:3).
- We must not embrace lies (Psalm 40:4). Those who embrace lies haven't put their trust in the Lord.
- God has done more wonderful works than can be numbered (Psalm 40:5).
- God has more thoughts about us than can be numbered (Psalm 40:5).
- God's will should be a source of delight to us (Psalm 40:8).

- We must know God's law (Psalm 40:8).
- We must declare God's righteousness to others (Psalm 40:9).
- We must declare God's love and kindness to others (Psalm 40:10).
- We must declare God's truth to others (Psalm 40:10).
- God's kindness preserves us (Psalm 40:11).
- God's truth preserves us (Psalm 40:11).
- There may be times when our sins outnumber the hairs on our head (Psalm 40:12).
- There may be times when our sins are so great that they cause our heart to fail (Psalm 40:12).
- When we've sinned, we must cry out to God for deliverance (Psalm 40:13).
- Even when we've sinned, we can still cry out to God for mercy and help (Psalm 40:13).
- We must magnify God (Psalm 40:16).
- There may be times when we're poor (Psalm 40:17).
- God will deliver those who care about the poor. The Lord will save them when they're sick or in trouble, because they considered the poor and cared about them (Psalm 41:1-3).
- When we sin we damage our soul (Psalm 41:4).
- When we sin against God, we must pray that He would heal our soul (Psalm 41:4).
- It's possible that those who we trust may one day rise up

against us (Psalm 41:9).

- We will be in the presence of God forever (Psalm 41:12).