

Insights From Psalms (Book 4)

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Insights From Psalms (Book 4)

Psalm 90 to 104

by Jonathan Cooper

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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

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Psalm 90 to 104

- Psalm 90 was written by Moses (Psalm 90:0).
- God is our dwelling place (Psalm 90:1).
- God has always been God, and He will always be God (Psalm 90:2).
- In the sight of God, a thousand years is like a single day that's gone by, or a single watch in the night (Psalm 90:4). It's a brief span of time to Him.
- We can't hide our sins from God (Psalm 90:8).
- Even a lifetime of 70 or 80 years is a short life (Psalm 90:10).
- Since our lives are short, we should learn to number our days (Psalm 90:12).
- Since our lives are short, we should apply our hearts to wisdom (Psalm 90:12).
- God's mercy is a reason to rejoice (Psalm 90:14).
- God's mercy is satisfying (Psalm 90:14).
- Moses wanted God to make the Israelites glad for as many years as they had suffered (Psalm 90:15).
- It's not wrong to pray that God would show us His glory (Psalm 90:16).
- It's good to pray that God would establish the work of our hands (Psalm 90:17).
- It's good to dwell in the secret place of God (Psalm 91:1).
- It's good to abide under the shadow of God (Psalm 91:1).
- God is our refuge (Psalm 91:2).

- God is our fortress (Psalm 91:2).
- The truth of God is our shield (Psalm 91:4). It protects us from many things.
- There's a recurring theme that God doesn't want the righteous to be afraid (Psalm 91:5).
- The day is coming when the righteous will see God punish the wicked (Psalm 91:8).
- God is the most high (Psalm 91:9). There's no one higher than Him.
- There are times when God uses His angels to protect His people (Psalm 91:11).
- God will deliver the righteous from His wrath (Psalm 91:14).
- One day God will set the righteous on high (Psalm 91:14).
- The reason God delivers the righteous is because they know Him and love Him (Psalm 91:15).
- Psalm 92 were written specifically to be sung on the sabbath (Psalm 92:0).
- We should sing about God's loving kindness (Psalm 92:2).
- We should sing about God's faithfulness (Psalm 92:2).
- We should sing praises to God in the morning (Psalm 92:2).
- We should sing praises to God at night (Psalm 92:2).
- It's not wrong to use instruments to praise God (Psalm 92:3).
- The psalmist spoke of using an instrument that had ten

strings to praise God (Psalm 92:3).

- There's a recurring theme of using stringed instruments (such as harps) to praise God (Psalm 92:3).
- It's good for our praise music to God to be solemn (Psalm 92:3). It's also good for it to be joyful.
- There are times when God's works make us glad (Psalm 92:4).
- God's thoughts are very deep (Psalm 92:5).
- We should seek to know God's great works, and we should seek to understand His thoughts (Psalm 92:6).
- One day the wicked will be destroyed forever (Psalm 92:7).
- God will always be the most high. There will never be anyone higher than Him (Psalm 92:8).
- It's good to speak of the coming day when all of the wicked will perish (Psalm 92:9).
- It's good to look forward to the day when the righteous will be exalted (Psalm 92:12).
- God is our rock (Psalm 92:15).
- One of the reasons God will destroy the wicked and bless the righteous is to show that He is upright (Psalm 92:15).
- God is clothed with majesty (Psalm 93:1).
- God is clothed with strength (Psalm 93:1).
- God's strength came from Himself. He didn't obtain His strength from another source (Psalm 93:1).
- God has always reigned (Psalm 93:2).

- There's a recurring theme of the waters in the sea trying to rise up, and God restraining them and putting them in their place (Psalm 93:3).
- The testimonies of God are certain (Psalm 93:5).
- The psalmist said twice in one verse that vengeance belongs to God (Psalm 94:1).
- One day God will judge the world (Psalm 94:2).
- One day the proud will be punished (Psalm 94:2).
- Those who believe that God doesn't see sin, or doesn't care about sin, are fools (Psalm 94:8).
- It's foolish to think that the God who created the eye doesn't see (Psalm 94:9).
- It's foolish to think that the God who created the ear doesn't hear (Psalm 94:9).
- God knows about the wickedness of the wicked (Psalm 94:10).
- Our thoughts aren't hidden from God (Psalm 94:11).
- It's a blessing to be chastened by God (Psalm 94:12).
- It's a blessing to be taught the law of God (Psalm 94:12).
- One of the reasons God chastens people and teaches them His law is to give them rest from the days of adversity (Psalm 94:13). The day is coming when God will give rest to the righteous.
- When we start to slip we should seek God's mercy, which is able to hold us up (Psalm 94:18).
- God is able to comfort us (Psalm 94:19).

- God is able to bring delight to our soul (Psalm 94:19).
- Rulers who lead sinful lives don't have fellowship with God (Psalm 94:20).
- Governments that enact sinful laws don't have fellowship with God (Psalm 94:20).
- One day God will punish those who persecute the righteous and condemn the innocent (Psalm 94:23).
- Our praise to God should be joyful (Psalm 95:1).
- We should sing psalms to God (Psalm 95:2). The psalms are meant to be sung.
- When we enter into God's presence, we should be thankful (Psalm 95:2).
- When we enter into God's presence, we should praise Him (Psalm 95:2).
- God is the great King (Psalm 95:3).
- God is greater than all other gods (Psalm 95:3). The gods that the nations worship are just idols – the work of men's hands. There's no one else like Him.
- We should praise God because He is great (Psalm 95:3).
- We should praise God because He is the King (Psalm 95:3).
- God holds the deepest places of the earth in His hand (Psalm 95:4).
- Since God made us, we must bow down before Him (Psalm 95:6).
- When God speaks, we must not harden our heart (Psalm

95:8).

- The whole earth is commanded to sing to God (Psalm 96:1).
- We must bless God's name (Psalm 96:2).
- It's good to sing about God's salvation (Psalm 96:2).
- It's good to tell people who don't believe in God about His glory (Psalm 96:3).
- We must declare the wonders that God has done among all people (including those who don't believe in Him) (Psalm 96:3).
- We must fear God (Psalm 96:4).
- All of the people in the world have a duty to glorify God and bring Him offerings (Psalm 96:8)
- Holiness is beautiful (Psalm 96:9).
- Those who worship God must be holy (Psalm 96:9).
- All of the people in the world must fear God (Psalm 96:9).
- Those who don't believe in God must be told that He reigns (Psalm 96:10).
- One day God will judge the nations (Psalm 96:10).
- God's judgment is righteous (Psalm 96:10).
- It's a wonderful and joyous thing that God is coming to judge the earth (Psalm 96:11-13).
- One day God will judge the world with righteousness (Psalm 96:13).
- One day God will judge the people with His truth (Psalm

96:13).

- God reigns (Psalm 97:1).
- The fact that God reigns is a cause for rejoicing (Psalm 97:1).
- God's throne is a throne of righteousness (Psalm 97:2).
- God's throne is a throne of judgment (Psalm 97:2).
- God is the God of the whole earth (Psalm 97:5). The fact that many people don't believe in Him doesn't change this at all.
- All the people of the world see God's glory (Psalm 97:6). This is because they can see the heavens, which declare His glory.
- Those who love the Lord are commanded to hate evil (Psalm 97:10).
- God gives light to the righteous (Psalm 97:11).
- God gives gladness to those who are upright (Psalm 97:11).
- The righteous are commanded to give thanks for God's holiness (Psalm 97:12).
- One of the reasons we should sing to God is because He has done marvelous things (Psalm 98:1).
- God obtained the victory through His own strength (Psalm 98:1).
- The whole earth is commanded to joyfully praise God with a loud voice (Psalm 98:4).
- The psalmist said twice in one verse that God should be praised with harps (Psalm 98:5).

- The psalms are intended to be sung (Psalm 98:5).
- God is our King (Psalm 98:6).
- There's a recurring theme that the world itself should praise God (including the sea and the hills) (Psalm 98:8).
- God will judge the earth with righteousness (Psalm 98:9).
- All the people of the world should tremble before God, because He reigns (Psalm 99:1).
- God's name is holy (Psalm 99:3).
- The reason we must exalt God is because He is holy (Psalm 99:5).
- The reason we must worship God is because He is holy (Psalm 99:5).
- We must know and understand that God is the one who made us (Psalm 100:3).
- God is good (Psalm 100:5).
- God's mercy is everlasting (Psalm 100:5).
- God's truth endures to all generations (Psalm 100:5).
- We should seek to have a perfect heart (Psalm 101:2).
- When we're in our house, we should seek to do what's right in God's sight (Psalm 101:2).
- We must seek to avoid things that are wicked (Psalm 101:3).
- We must hate wickedness (Psalm 101:3).
- We should distance ourselves from wicked things (Psalm 101:3).

- We must seek to have godly friends, not wicked and rebellious friends (Psalm 101:4).
- It's good to be intolerant of wickedness and rebellion (Psalm 101:4).
- We must not have a heart that's stubborn and rebellious (Psalm 101:4).
- It's a terrible thing to slander someone, even in private (Psalm 101:5).
- It's a bad thing to have a close relationship with those who slander others (Psalm 101:5).
- It's a bad thing to have a close relationship with those who are proud (Psalm 101:5).
- It's better to be served by those who walk in God's ways than those who are wicked (Psalm 101:6).
- We must not tolerate deceit or lies (Psalm 101:7).
- We should be opposed to the wicked (Psalm 101:8).
- It's good for the wicked to be removed from the city (Psalm 101:8).
- Some of the psalms are prayers (Psalm 102:0).
- When we're afflicted or are overwhelmed, we should pour out our problems before God (Psalm 102:0).
- The Bible consistently teaches that grass withers, not dies (Psalm 102:4).
- It's not wrong to weep when we're distressed (Psalm 102:9).
- It's not wrong to tell God about our tears (Psalm 102:9).

- Our suffering comes from God. He's the one who brings suffering into our life (Psalm 102:10). This can clearly be seen in the case of Job, who lived a prosperous life until God gave the devil permission to afflict him.
- Even though God is the one who brings suffering into our life, when we're afflicted we should still cry out to Him for deliverance (Psalm 102:10).
- There may be times when God lifts us up (Psalm 102:10).
- There may be times when God casts us down (Psalm 102:10).
- When God greatly afflicted the psalmist, he didn't attack or condemn God, and he wasn't angry with God. Instead he humbled himself before God and asked for His mercy (Psalm 102:10).
- God will endure forever (Psalm 102:12).
- When the psalmist was suffering, he still praised God (Psalm 102:12).
- It's good for God's servants to love Zion (Psalm 102:14).
- One day God will build up Zion (Psalm 102:16).
- One day God will appear in His glory (Psalm 102:16).
- There's a recurring theme that God is above the earth, and when He looks upon the earth He's looking down (as if the earth was at His feet) (Psalm 102:19).
- God beholds the earth from heaven (Psalm 102:19).
- God cares about prisoners (Psalm 102:20). He hears their groans and knows about their suffering.
- There are times when God frees those who are appointed

to death (Psalm 102:20).

- The kingdoms of the world should serve God (Psalm 102:22).
- Even though the heavens will eventually grow old and perish, God will not. He will endure forever (Psalm 102:26).
- The psalmist speaks of the fact that one day the universe will grow old, and God will change it (Psalm 102:26). This seems to be one of the rare references in the Old Testament to the eternal state, in which God will create a new heaven and earth that replaces the current one.
- God is the same. He never changes (Psalm 102:27). Although the heavens will change, God will never change.
- Our entire being should bless God's name (Psalm 103:1).
- We must not forget all of the benefits that God provides to us (Psalm 103:2).
- God is the one who forgives all of our sins (Psalm 103:3). Forgiveness comes from Him.
- God is the one who heals our diseases (Psalm 103:3). Healing comes from Him.
- God redeems our life from destruction (Psalm 103:4).
- God crowns us with loving kindness and tender mercies (Psalm 103:4).
- God is able to satisfy us (Psalm 103:5).
- We should remember that God is the one who provides us with food (Psalm 103:5).
- God executes righteousness and justice for all those who

are oppressed (Psalm 103:6).

- God is merciful (Psalm 103:8).
- God is gracious (Psalm 103:8).
- God is slow to anger (Psalm 103:8).
- God won't be angry forever (Psalm 103:9).
- God hasn't treated us as our sins deserve (Psalm 103:10). Instead He's been merciful to us.
- God is merciful to those who fear Him (Psalm 103:11).
- David compared how far God has removed our sins from us by comparing it to how far the east is from the west (Psalm 103:12). Our sins have been forgiven and utterly removed.
- David compared the way God pities those who fear Him to the way a father pities his children (Psalm 103:13).
- God remembers that we are dust (Psalm 103:14). God knows that we live short lives and then die. He hasn't forgotten that.
- David compared people's lifespan to the lifespan of flowers (which quickly grows up and is then gone and forgotten) (Psalm 103:15-16).
- God's mercy is from everlasting and to everlasting upon those who fear Him (Psalm 103:17). In other words, it's eternal.
- The righteousness that God gives is eternal. It never ends (Psalm 103:17).
- God gives righteousness to those who fear Him (Psalm 103:17). Righteousness comes from God.

- God puts a difference between those who obey His commandments and those who don't (Psalm 103:18).
- God's kingdom rules over all (Psalm 103:19).
- God's angels excel in strength (Psalm 103:20). They're very strong.
- God's angels obey His commandments (Psalm 103:20). They listen to His voice.
- God's angels bless Him (Psalm 103:20).
- God's servants are those who do the things that please Him (Psalm 103:21).
- God is clothed with honor (Psalm 104:1).
- God is clothed with majesty (Psalm 104:1).
- God covers Himself with light, as if it were a garment (Psalm 104:2).
- There's a recurring theme that the heavens have been stretched out (Psalm 104:2).
- God is the one who created the angels (Psalm 104:4).
- The angels are spirits (Psalm 104:4). They're called a flaming fire.
- There's a recurring theme that the earth is resting on a solid foundation, and it won't be moved (Psalm 104:5). This seems to refer to it not moving off of its foundation, and is *not* referring to the earth moving through space.
- The psalmist compared the way God covers the earth with the deep sea to the way someone is covered with a garment (Psalm 104:6).

- It seems that when God first created the earth, the waters covered the whole world and were above the mountains (Psalm 104:6).
- The sea obeys God's voice (Psalm 104:7).
- The reason God set a boundary that the waters can't pass over is so that they don't cover the whole earth again (Psalm 104:9).
- God is the one who provides water for animals to drink (Psalm 104:11). God provides for them.
- Water (and rain) is a gift from God (Psalm 104:11).
- The noise that birds make is referred to as a song (Psalm 104:12).
- Water and rain are works of God (Psalm 104:13).
- God is the one who causes grass to grow (Psalm 104:14).
- God is the one who provides grass for livestock to eat (Psalm 104:14). This means grass is a gift from God.
- God causes herbs to grow (Psalm 104:14).
- One of the purposes of herbs is to serve mankind (Psalm 104:14). They're a gift from God.
- God is the one who provides food for mankind to eat (Psalm 104:14).
- Wine makes the heart of man glad (Psalm 104:15). It's a gift from God.
- Bread strengthens people's heart (Psalm 104:15). It's a gift from God.
- God appointed the moon for seasons (Psalm 104:19). One

of the purposes of the moon is to mark seasons of time, such as months.

- The moon obeys God (by following the course God has set for it) (Psalm 104:19).
- The sun obeys God (by following the course God has set for it) (Psalm 104:19).
- God makes the darkness (Psalm 104:20). God is the one who created the night.
- God is the one who provides food for young lions (Psalm 104:21). The prey that they eat is a gift from God.
- God has done many great works (Psalm 104:24).
- We should glorify God for the many works He has done (Psalm 104:24).
- God has done all of His works through wisdom (Psalm 104:24).
- The earth is full of God's riches (Psalm 104:24).
- The sea (and all the living creatures within it) is one of the great works of God (Psalm 104:25).
- The leviathan was a real animal that actually existed (Psalm 104:26). It wasn't a mythical creature. (Job 41 has much to say about it.)
- God is the one who feeds the animals of the sea (Psalm 104:27). The food that they eat is a gift from Him.
- God cares about animals (Psalm 104:27).
- God's glory will endure forever (Psalm 104:31).
- God takes joy in His works (Psalm 104:31).

- We should sing praises to God for as long as we live (Psalm 104:33).
- We should meditate upon God (Psalm 104:34).
- Meditating upon God should be a source of joy (Psalm 104:34).
- God should be a source of joy to us (Psalm 104:34).
- One day all of the sinners will be consumed out of the earth (Psalm 104:35).
- It's not wrong to desire that all of the wicked of the world would be removed (Psalm 104:35). One day God will do exactly that.