

Psalms: The Prayers of God's People  
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“All your words are true; all your righteous laws are eternal.” Psalm 119:160

The Book of Psalms stands alone among all the Holy Scriptures. It is unique in its authorship, format, artistry, and functional uses. The Book of Psalms is a compilation of poems written by individuals that functioned as songs to be utilized in worship.

However, this book of the Bible is way more than a mere songbook or poetry collection. These psalms should be seen as a “Best of the Best” of spiritually formative writings. The Holy Spirit leads believers to pass these particular writing on from one generation of believers to another.

The Book of Psalms was compiled while the Israelites were in exile in Babylon. This was a season of judgment from God because the Nation of Israel had drifted away from Him. However, there were still many faithful followers who, even in exile, led the nation back to repentance and faithfulness to follow God’s teachings.

Because of the nature of persecution that surrounded this book of psalms, many of the psalms are psalms of lament. These can be especially helpful to us when we are going through trials or persecutions. Following God isn’t all “hearts and butterflies.” We are in a constant war against the Devil and all evil at work in the world. This leads to some trying times in the life of a Christian. These psalms of lament help us to realize we are not alone and they give us a model for how to approach God about these challenges. It also gives us permission to take our trials to the Lord!

Other psalms in the book are psalms of praise, psalms of ascent (worship), and psalms of hope. In total, the 150 psalms in the book give us a comprehensive model of prayer in all times and circumstances. We learn to pray for the world, pray for ourselves, pray in times of joy and in times of trial. Through it all, each of the more than 10 psalters give us words and models that help our heart, soul, and mind to be filled with the power and presence of God in all circumstances.

Would you like to deepen your prayer life, grow your connection to God or simply learn how to pray to God no matter what you are going through? The Book of Psalms is a true treasure for the heart of the family of God as we mature as disciples of Jesus.