

**SECRETS
OF THE
PSALMIST**

“As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.”



Henry David Thoreau

A VITAL SPIRITUAL DISCIPLINE

⁷ That day David first appointed Asaph and his associates to give praise to the Lord in this manner:
. . . ²⁸ Ascribe to the LORD, O families of nations,
ascribe to the LORD glory and strength, ²⁹ ascribe
to the LORD the glory due his name. Bring an
offering and come before him; worship the LORD in
the splendor of his holiness.



1 Chronicles 16:7, 28-29

¹ Ascribe to the LORD, O mighty ones, ascribe to the LORD glory and strength ² Ascribe to the LORD the glory due his name; worship the LORD in the splendor of his holiness.



Psalm 29:1, Psalm 96:7

A LITTLE BACKGROUND:

GOD'S COVENANT OATH TO ABRAHAM



⁷ He also said to him, “I am the Lord, who brought you out of Ur of the Chaldeans to give you this land to take possession of it.”⁸ But Abram said, “Sovereign Lord, **how can I know** that I will gain possession of it?”



Genesis 15:7-8

**A LITTLE BACKGROUND:
GOD'S CALLING OF MOSES**

¹⁶ I have watched over you and have seen what has been done to you in Egypt. ¹⁷ And I have promised to bring you up out of your misery in Egypt into the land of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites—a land flowing with milk and honey.'



Exodus 3:16-17

Exodus 13:5 - the land **he swore** to your ancestors
to give you

Exodus 32:13 - this land **I promised** them

Numbers 14:30 - the land **I swore with uplifted hand**
to make your home

Deuteronomy 1:8 - the land **the Lord swore** he
would give to your fathers



Deuteronomy 6:10 - the land **he swore** to your fathers
to give you

Deuteronomy 7:13 - in the land **he swore** to your
ancestors to give you.

Deuteronomy 10:11 - the land **I swore** to their
ancestors to give them

Deuteronomy 11:21 - in the land **the Lord swore** to
give your ancestors



Deuteronomy 26:3 - the land the Lord swore to our
ancestors to give us

Deuteronomy 28:11 - in the land he swore to your
ancestors to give you

Deuteronomy 30:20 - in the land he swore to give to
your fathers

Deuteronomy 31:7 - the land that the Lord swore to
their ancestors



**If you have the heart of a free person but the
mind of a slave,
you will not live like an overcomer and it will
keep you from God's promises**

ISRAEL'S JOURNEY OF UNBELIEF

THEY ASCRIBED EVIL TO GOD

Where	What they said	What God intended
The Red Sea	"Was it because there were no graves in Egypt that you brought us to the desert to die? - Exodus 14:10-12	Destroy their slave-masters, cement their freedom and break the power of one of the greatest superpowers and threats to Israel
Marah (bitter waters)	24 So the people grumbled against Moses, saying, " What are we to drink? " - Exodus 15:22-24	Demonstrated that He can make what is the most bitter of places sweet
Desert of Sin (hungry)	"If only we had died by the LORD's hand in Egypt! . . . you have brought us out into this desert to starve this entire assembly to death. " - Exodus 16:2	Gave them the bread of angels - demonstrating His daily faithfulness
Rephidim (no water)	"Why did you bring us up out of Egypt to make us and our children and livestock die of thirst? " Exodus 17:1-3	Revealed that He could supply amply from impossibly hard places



Where	What they said	What God intended
2nd visit to Rephidim	4 Why have you brought up the assembly of the LORD into this wilderness, that we and our animals should die here? - Numbers 20:2-5	Revealed His holiness and the power of His word
(no water)	"Why have you brought us up out of Egypt to die in the desert? There is no bread! There is no water! And we detest this miserable food! " - numbers 21:4-5	Showed His compassion in the plan and in making a way out of their rebellious grumbling by providing the bronze snake
Horeb (when the spies reported back)	Because the Lord hates us , He has brought us out of the land of Egypt to deliver us into the hand of the Amorites, to destroy us. - Deuteronomy 1:26-27	Established the truth that their constant confession would frame their reality
	"If only we had died in Egypt! Or in this desert! 3 Why is the LORD bringing us to this land only to let us fall by the sword? Our wives and children will be taken as plunder. Wouldn't it be better for us to go back to Egypt?" - Numbers 14	Demonstrated His compassion on the children they declared doomed to be the generation that would inherit



**Their persistent unbelief and ascribing
of evil intent to God, tested Him and
fashioned a horrible reality**

²¹ Nevertheless, as surely as I live and as surely as the glory of the Lord fills the whole earth, ²² not one of those who saw my glory and the signs I performed in Egypt and in the wilderness but who disobeyed me and tested me ten times — ²³ not one of them will ever see the land I



Numbers 14:21-23

promised on oath to their ancestors. No one who has treated me with contempt will ever see it. 27 I have heard the complaints of these grumbling Israelites. 28 So tell them, 'As surely as I live, declares the LORD,



Numbers 14:21-23

I will do to you the very things I heard you say: ²⁹ In this desert your bodies will fall—every one of you twenty years old or more who was counted in the census and who has grumbled against me.



Numbers 14:27-29

**Let me recommend a 3 step process to writing
your own Psalms**

DESCRIBE - ASCRIBE -PRESCRIBE



Step 1

DESCRIBE

Write about the facts you are facing, your current circumstances

YOU - This includes your fears, failures, frustrations, friends

THEM - It also describes the actions, words and plans of those who would hurt you

HIM - Sometimes it even voices concerns about the Lord



DESCRIBE

Step 2

ASCRIBE

Give God the glory due His name - declare what you know the scriptures say about Him, try to exaggerate His goodness or greatness

HIS NATURE - Declare who He is, focus on His attributes

HIS WORKS - Remember what He has done for you, those you know, and those you've read about

HIS WORDS - Remember what He has said and

3C1 promised

ASCRIBE

¹ Shout for joy to God, all the earth! ² Sing the glory of his name; **make his praise glorious.** ³ Say to God, “How awesome are your deeds! So great is your power that your enemies cringe before you. ⁴ All the earth bows down to you; they sing praise to you, they sing the praises of your name.”



Psalm 66:1-4

Step 3

PRESCRIBE

This is a mixture of Petitions, prayers, memories of previous encounters, story telling, history lessons, declarations and testimonies

YOUR DESIRES - Ask for hoped for outcomes

THOSE WHO OPPOSE YOU - Prayer for them, blessings you can pronounce, that evil will fail, that the crisis will dissipate

HIS FAME - Pray for an outcome that brings Him glory



PRESCRIBE

PSALM 31

DESCRIBE

THE CIRCUMSTANCES

⁹ Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. ¹⁰ My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak ¹¹ Because of all my enemies, I am the utter

contempt of my neighbors and an object of dread to my closest friends— those who see me on the street flee from me.¹² I am forgotten as though I were dead; I have become like broken pottery.¹³ For I hear many whispering, “Terror on every side!” They conspire against me and plot to take my life.



PSALM 31:9-12

PSALM 31

ASCRIBE

GREATNESS TO GOD

¹⁴ But I trust in you, Lord; I say, “You are my God.”

¹⁵ My times are in your hands; ¹⁹ How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you.

²⁰ In the shelter of your presence you hide them from all human intrigues; you keep them safe in your dwelling from accusing tongues.

PSALM 31

PRESCRIBE

WHAT YOU WANT

¹ In you, Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness.

² Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.

³ Since you are my rock and my fortress, for the sake of your lead and guide me.



PSALM 31:1-5

⁴ Keep me free from the trap that is set for me, for you are my refuge. ⁵ Into your hands I commit my spirit; deliver me, Lord, my faithful God.

PSALM 3

DESCRIBE

THE CIRCUMSTANCES

¹ Lord, how many are my foes! How many rise up against me! ² Many are saying of me, “God will not deliver him.”

PSALM 3

ASCRIBE

GREATNESS TO GOD

³ But you, Lord, are a shield around me, my glory,
the One who lifts my head high. ⁴ I call out to the
Lord, and he answers me from his holy mountain.
⁵ I lie down and sleep; I wake again, because the
Lord sustains me. ⁶ I will not fear though tens of
thousands assail me on every side.



PSALM 3:3-6

PSALM 3

PRESCRIBE

WHAT YOU WANT

⁷ Arise, Lord! Deliver me, my God! Strike all my enemies on the jaw; break the teeth of the wicked. ⁸
From the Lord comes deliverance. May your blessing be on your people.