

# Psalms



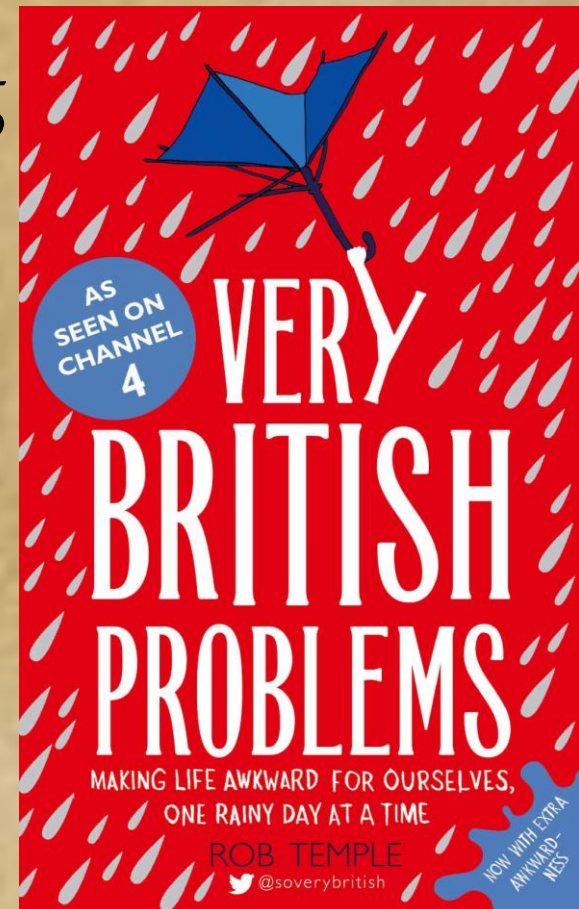
# “Very British Test”

Q1: Someone bumps into you in the street. Do you:

A: Shout, ‘Hey Buddy! I’m walking here, fool!’

B: Think nothing of it; after all, that’s just part of the pavement battleground.

C: Raise your palm and apologise while jumping into the road, before going home to shout at the cat and weed the hell out of the garden





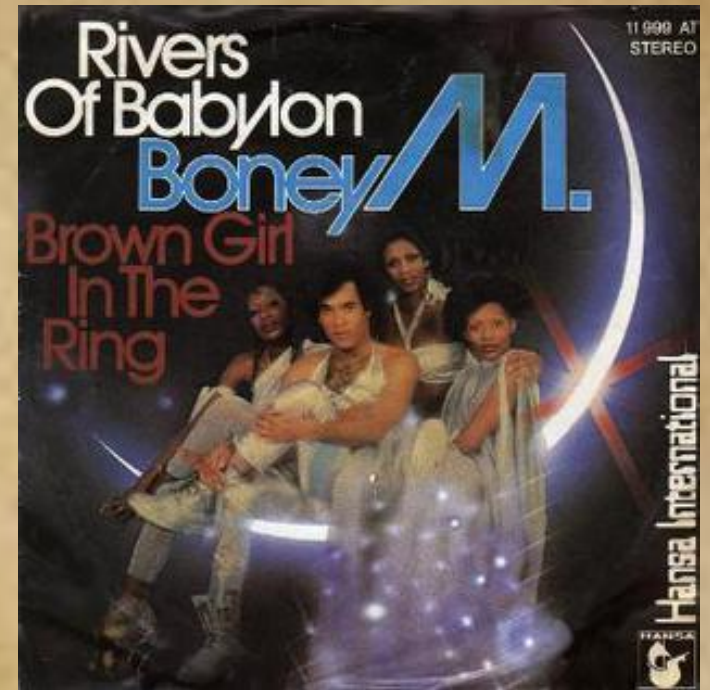


"The destruction of Jerusalem by nebuzar adan" by William Brassey Hole

By the rivers of Babylon  
There we sat down  
Yeah, yeah, we wept  
When we remembered Zion



# Rivers of Babylon



By the rivers of Babylon  
There we sat down  
Yeah, yeah, we wept  
When we remembered Zion

# Psalm 22

## (abandonment and faith)

My God, my God, why have you forsaken me?  
Why are you so far from helping me,  
from the words of my groaning?

(v1)

On you I was cast from birth,  
and since my mother bore me  
you have been my God.  
Do not be far from me,  
for trouble is near and there is no-one to help.

(v10-11)



# Psalm 3

(faith in adversity)

O LORD, How many are my foes!  
Many are rising against me;  
many are saying to me  
“there is no help for you in God”  
But you, O LORD,  
are a shield around me,  
my glory,  
and the one who lifts my head.

(v1-3)

# Psalm 118

## (victory)

O give thanks to the LORD, for he is good;  
His steadfast love endures forever.

(v1 and 29)

Out of my distress I called on the LORD  
The LORD answered me and set me in a broad place

(v5)

The LORD is my strength and my might;  
He has become my salvation

(v14)



# Psalm 104

## (Praise for creation)

Bless the LORD, O my soul  
O LORD my God you are very great  
You are clothed with honour and majesty  
(v1)

O Lord how manifold are your works!  
In wisdom you have made them all; the earth  
is full of your creatures

(v24)

# Psalm 103

## (Praise for faithfulness)

Bless the LORD, O my soul  
and do not forget all his benefits -  
who forgives all your iniquity  
who heals all your diseases,  
who redeems your life from the Pit,  
who crowns you with steadfast love and mercy,  
who satisfies you with good as long as you live  
so that your youth is renewed like the eagle's.

(v2-5)



# Psalms



# Psalms

- We feel
- We cry out
- God hears
- God understands and cares
- God holds





# Psalm 61

Hear my cry, O God;  
listen to my prayer.  
From the end of the earth I call to you,  
when my heart is faint.  
Lead me to the rock  
that is higher than I;  
for you are my refuge,  
a strong tower against the enemy.  
Let me abide in you forever,  
find refuge under the shelter of your  
wings  
(v1-4)