

Two Year Bible Trek  
Week 24  
Psalms 120-121, 123-125, 128-130, 140-142

**Key Concepts:** The key concepts here are that the Psalms are a complex mix of genres which were composed over an extended period of time. This lesson, along with the previous lesson focuses on Psalms which are cries for help...

**Stories:** Many of these Psalms appear to have either been composed during or attributed to the time when David found himself in difficult circumstances.

**Psalm Themes:** The writers speak from a place of a right relationship with God, are beset by enemies, are hurting, cry out for God's help, seek deliverance, see God as a protector and a place of refuge, and are willing to give thanks even in the face of tough times.

**Psalm 120** – Once again we begin with a Psalm seeking deliverance. The writer is surrounded by those who speak lies rather than the truth. This Psalm is unique in that the writer is seeking peace even while being surrounded by those who desire war.

**Psalm 121** – This is one of the most famous and well known Psalms. "I lift up my eyes unto the hills- from where will my help come. My help comes from the Lord, who made heaven and earth." It is a Psalm of affirmation that God can be counted upon for protection and deliverance.

**Psalm 123** – The writer reflects on the relationship between human beings and God...we are servants, God is the master. God then is asked to deliver his servants from the proud and powerful who show contempt for the ordinary person.

**Psalm 125** – The writer has confidence that those who trust in the Lord will not be moved, but will abide forever. This belief rests in the righteousness of God who will care for the righteous and good people. This is all set in the context of the Land...the place where God's people dwell.

**Psalm 128** – This is a Wisdom Psalm which reflects the belief that those who do good will be blessed and those who do evil will be cursed. There is a direct correlation between actions and results. It also has some marvelous imagery of blessedness.

**Psalm 129** – This appears to be a corporate Psalm dealing with the persecution of Israel. The prayer of the writer is that those who oppose the people of God will wither and fade.

**Psalm 130** – We encounter two famous phrases, "If you O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with you..." and "my soul waits for the Lord, more than those who watch for the morning, more than those who watch for the morning." This is a marvelous Psalm about God's forgiving love.

**Psalm 140** – Once again we have a Psalm seeking deliverance for the needy and the poor. It begins with a powerful description of how evil works to oppress. It ends with an affirmation that God cares for those who cannot defend themselves.

**Psalm 141** – This is a Psalm in which the writer seeks God's help in maintaining a righteous life and avoiding a wicked life. Finally there is a hope that the wicked will be caught in their own traps.

**Psalm 142** – The writer pours out his troubles to God in the face of what appears to be complete abandonment by everyone else. There is trust that God will deal bountifully with one who has been brought low.

1. How have you experienced God's protecting work in your own life?
2. What are your thoughts on God as judge and warrior?
3. How do you give thanks to God for God's protecting work in your life?