



ROCK
OF REFUGE

The Power of the Psalms

- **What are the Psalms?**
 - The Songbook of Israel
 - The Mirror of the Soul
 - The Dialogue with God
 - The Picture of Life Unfiltered



The Power of the Psalms

- Give expression to nearly every emotion of faith:
 - Assurance
 - Doubt
 - Joy
 - Despair
 - Devotion
 - Anger



The Purpose of the Psalms

- *Psalms swallows doubt and despair in an avalanche of praise*



The Purpose of the Psalms

- **Function of the Psalms and the Journey of Faith:**
 - Psalms of Orientation
 - Psalms of Disorientation
 - Psalms of New Orientation



The Psalms of Orientation

- These psalms reflect the confident belief that the world is well ordered, reliable and life giving to the person of faith.
- Initial understanding of God and the world in which we live.
- This is a necessary step of faith, but we must not remain in this phase forever.



The Psalms of Disorientation

- These psalms reflect the brokenness of life when it is no longer orderly, but savage.
- They are spoken out of the depths, they are still bold acts of faith.
- We tend to be uncomfortable hearing of this state.
- God has no intention of leaving us here.



The Psalms of New Orientation

- The “pit” is not the end of life – there is more!
- The “New Orientation” psalms reflect the surprise of new possibilities that are experienced as a gift of God.
- These powerful psalms are descriptive of the faith that has endured the trial and seen the glory of God!



The Meaning of the Psalm Types

- Didactic (Instructive) Psalms
- Lament Psalms (Most common)
- Praise Psalms
- Thanksgiving Psalms
- Psalms of Confidence



What Does the Book of Psalms Teach Us?

- **Didactic (Instructive) Frame:**
 - Worship to God should be an instructive experience.
- **Dominance of the Lament.**
- **Doxological Direction:**
 - Praise is not only for the high points, but also the low points.
 - Joy is a discipline!





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The image features a large, dark, textured rock in the foreground, partially submerged in turbulent, white-capped waves. A simple wooden cross stands on top of the rock. The background is a vast, dark sky filled with heavy, billowing clouds. A bright, glowing light source, possibly the sun, is visible through the clouds, casting a warm, golden glow on the horizon and the rock. The overall atmosphere is one of strength, stability, and divine presence.