



Finding Christ in the Psalms

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Session I: Studying the Psalms

Oratio, Meditatio, Tentatio

Prayer (“oratio”)

As you begin, acknowledge that the Holy Spirit is the real Teacher of the Scriptures. When you open the Scriptures ask Him to “open your eyes” so that you may see, understand and trust in the person, work and promises of Jesus.

Meditation on the Word of God (“meditatio”)

The Holy Spirit wants to give you a “firm grip” on the Psalm

1. Read the Psalm
2. Say or Sing the Psalm
3. Study the Psalm
4. Memorize Parts of the Psalm
5. Meditate on the Psalm

(Repeat)

Christ Centered Application of Psalm to Life (“tentatio”)

- A** = “**Ask**” (Prayer) – What is the Psalm asking me to pray for?
- B** = “**Believe**” (Instruction) – What is the Psalm asking me to learn and believe about the Triune God?
- C** = “**Confess**” (Repentance) – How is this Psalm convicting me of my sin? For what do I need forgiveness?
- D** = “**Do**” (Response) – How should I praise, thank and act?

Study Guide and Worksheet for Individual Psalms

Assignment 1: How is the Psalm referenced in the rest of the Scriptures, specifically in the New Testament? (see index of NT citations and allusions in the Psalms)

Key Interpreting Principle: the Holy Spirit uses the Scriptures to interpret the Scriptures

Assignment 2: Identify the “shadows” or “images” in the Psalm that point to the person and work of Jesus. (see diagram 1a and 1b)

Assignment 3: Identify the speaker (the “voice”) of the Psalm (see diagram 2)

- Is Jesus (“the Spirit of Christ”) praying?
- Is Jesus praying WITH and THROUGH His Church?
- Is the Church praying?

Assignment 4: Identify what part of the Christian life is described in the Psalm. (see diagram 3)

Assignment 5: Identify what parts of the Catechism help explain the Psalm.
(reference *Luther's Small Catechism with Explanation*)

- Ten Commandments
- The Creed
- The Lord's Prayer
- The Forgiveness of Sins in Baptism, Office of the Keys and the Sacrament of the Altar

Assignment 6: Identify the “A, B, C, D’s” of the Psalm.

A = “Ask” (Prayer) – What is the Psalm asking me to pray for?

B = “Believe” (Instruction) – What is the Psalm asking me to learn and believe about the Triune God?

C = “Confess” (Repentance) – How is this Psalm convicting me of my sin? For what do I need forgiveness?

D = “Do” (Response) – How should I praise, thank and act?