

Psalms resources to consider (in descending order of complexity)

James Hamilton: [Psalms: Volume I & II](#).

Hamilton is the most detailed on this list. Combines scholarly insight with a Pastor's heart and often pays special attention to literary features.

Tremper Longman: [Psalms: An Introduction and Commentary](#).

Good basic commentary that pays attention to Christ-centered themes in each Psalm.

Derek Kidner: [Psalms 1-72 & Psalms 73-150](#).

Fantastic for brevity and attention given to the major redemptive features of each Psalm. Kidner has a unique way of economizing words and covering a lot of ground.

Charles Spurgeon: [The Treasury of David](#) (19th c., readily available)

Classic commentary from one of the great preachers of all time. It is dated in some places, but combines Spurgeon's insight with numerous quotes from others on each Psalm. Pays special attention to how the text affects the heart of the worshiper. This is a fantastic resource but avoid the "abridged" versions and search a good used complete set.

James Montgomery Boice: [Psalms \(3 vol\)](#).

An excellent blend of scholarly insight and pastoral wisdom. Think of it as "deep devotional." Not a technical commentary but much more than a devotional.

Timothy Keller: [The Songs of Jesus: A Year of Daily Devotions in the Psalms](#).

Short daily readings that include a portion of a Psalm, a pointed insight on the text, and a prayer. Good for the dinner table with older kids or adults.

Dane Orlund: [In the Lord I Take Refuge: 150 Daily Devotions through the Psalms](#).

Short devotionals focusing on the greatness of God and the care for his people. Good dinner table reading.

I suggest that the main trouble in this whole matter of spiritual depression in a sense is this, that we allow our self to talk to us instead of talking to our self.... Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? Take those thoughts that come to you the moment you wake up in the morning. You have not originated them, but they start talking to you, they bring back the problems of yesterday, etc. Somebody is talking. Who is talking to you? Your self is talking to you. Now [the Psalmist's] treatment was this; instead of allowing this self to talk to him, he starts talking to himself. 'Why art thou cast down, O my soul?' he asks. His soul had been depressing him, crushing him. So he stands up and says: 'Self, listen for a moment, I will speak to you'.

- D. Martyn Lloyd-Jones, *Spiritual Depression: It's Causes & Cure*, 20.

PSALMS

THE ANATOMY OF THE SOUL



PSALM 62

AUGUST 27, 2023

New City is spending time this summer exploring the Psalms – the songbook given by God to his people for worship, community, and a hopeful realism. This was modeled well in the life of Jesus. Though separated by language, culture, and generations, the Psalms are still the inspired and reliable guide to our own hearts and a constant help in honestly navigating the chaos of our world with God-honoring, Christ-centered, hope-filled resiliency.

Theologian John Calvin called the Psalms an “anatomy of the soul.” By this he meant that, in the Psalms, we find a study of the innerworkings of the emotional life of each person. Join us as we let the Bible expose, encourage, shape, and renew us through this songbook of ancient and eternal wisdom.

Psalm 62 *To the choirmaster: according to Jeduthun. A Psalm of David.*

¹For God alone my soul waits in silence;
from him comes my salvation.

²He alone is my rock and my salvation,
my fortress; I shall not be greatly shaken.

³How long will all of you attack a man
to batter him,
like a leaning wall, a tottering fence?

⁴They only plan to thrust him down from his high position.

They take pleasure in falsehood.

They bless with their mouths,

but inwardly they curse. *Selah*

⁵For God alone, O my soul, wait in silence,
for my hope is from him.

⁶He only is my rock and my salvation,
my fortress; I shall not be shaken.

⁷On God rests my salvation and my glory;
my mighty rock, my refuge is God.

⁸Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us. *Selah*

⁹Those of low estate are but a breath;
those of high estate are a delusion;
in the balances they go up;
they are together lighter than a breath.

¹⁰Put no trust in extortion;
set no vain hopes on robbery;
if riches increase, set not your heart on them.

¹¹Once God has spoken;
twice have I heard this:

that power belongs to God,

¹² and that to you, O Lord, belongs steadfast love.

For you will render to a man
according to his work.

The Quiet Soul

August 27, 2023 | Psalm 62 | Pastor Roger Williams

Covenant relationship with God provides opportunity for a quieted soul in a disquieted world.

1. What is a quiet soul? ⁽¹⁻²⁾

2. Why is a quiet soul needed? ⁽³⁻⁴⁾

3. How is a quiet soul developed? ⁽⁵⁻¹²⁾

Psalm 42:5

Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation and my God...

1 Peter 2 ²¹For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps. ²²He committed no sin, neither was deceit found in his mouth. ²³When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly. ²⁴He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed. ²⁵For you were straying like sheep, but have now returned to the Shepherd and Overseer of your souls.