

# ANATOMY OF THE SOUL

## ANATOMY OF THE SOUL – THE PSALMS OF ISRAEL

### SERIES OVERVIEW

John Calvin called the book of Psalms “an anatomy of all parts of the soul.” The original songbook of Israel, the Psalms cover the full range of human emotions, affirming our humanness and validating our feelings. But they don’t leave us there. In each song of praise, we are called out of our small, self-absorbed world to consider the vastness, power, and love of God...and if we are listening, we will be changed.

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| <b>JUNE 5</b>    | <b>DESPAIR – PSALM 22</b><br>“My God, my God, why have you forsaken me?”                                      |
| <b>JUNE 12</b>   | <b>FEAR – PSALM 27</b><br>“The Lord is my light and my salvation—whom shall I fear?”                          |
| <b>JUNE 19</b>   | <b>INJUSTICE – PSALM 37:1-9</b><br>“Do not fret because of those who are evil.”                               |
| <b>JUNE 26</b>   | <b>WAITING – PSALM 40</b><br>“I waited patiently for the Lord; he turned to me and heard my cry.”             |
| <b>JULY 3</b>    | <b>GRATITUDE – PSALM 65</b><br>“We are filled with the good things of your house.”                            |
| <b>JULY 10</b>   | <b>STRESS – PSALM 23</b>  |
| <b>JULY 17</b>   | <b>GUILT – PSALM 51</b><br>“Create in me a pure heart, O God, and renew a steadfast spirit within me.”        |
| <b>JULY 24</b>   | <b>RESTLESSNESS – PSALM 95</b><br>“Come, let us bow down in worship, let us kneel before the Lord our Maker.” |
| <b>AUGUST 14</b> | <b>DEVOTION – PSALM 119: 1-24</b><br>“I have hidden your Word in my heart.”                                   |
| <b>AUGUST 21</b> | <b>CONTENTMENT – PSALM 131</b><br>“like a weaned child I am content.”   |
| <b>AUGUST 28</b> | <b>PRAISE – PSALM 150</b><br>“Let everything that has breath praise the Lord.”                                |



# ANATOMY OF THE SOUL

## LECTIO DIVINA INSTRUCTIONS: READ, THINK, PRAY, & BE:

Lectio Divina is a practice of Scripture reading, meditation, and prayer intended to promote communion with God. Scripture is the living Word of God, and we are called to listen to what He is saying to us. Use the prompts below to guide your personal devotional time or to discuss the Scripture passage with your small group. Use a journal to record your insights.

### 1. READ THE SCRIPTURE PASSAGE, AND ALLOW 1-2 MINUTES FOR SILENT REFLECTION.

**READ:** God's Word is His gift to you. Experience it; enjoy the shape, sound, and beauty of the words. After a minute or two of silence, re-tell the story in your journal or small group, using your own words.

- What is happening? When, where, how, or why?
- Who are the characters?
- What does the passage say?

### 2. READ THE PASSAGE AGAIN, ALLOWING 1-2 MINUTES FOR SILENT REFLECTION.

**MEDIATE (THINK):** To meditate means to keep something in mind. As you read, pay attention to any words or phrases that stand out.

- What words or phrases stand out to you from the passage you just read?
- What do you hear God saying to you through this passage or words/phrases? How does it relate to your life?
- Is it convicting or encouraging? How is the passage, or words/phrases making you feel?

### 3. READ THE PASSAGE AGAIN, ALLOWING 1-2 MINUTES FOR SILENT REFLECTION.

**PRAY:** The Holy Spirit will reveal why something is resonating from His Word. Take time to listen to his voice, and respond to God in prayerful conversation.

- Ask God why He gave you that word or phrase. Or ask Him why you felt the way you did when you meditated on it?
- Are you being prompted to confess or give thanks for something?
- What might He be calling you to do – or how might he want you to be different after reading this passage?

### 4. READ THE PASSAGE A FINAL TIME. THEN, SPEND A FEW MINUTES IN PRAYER.

**BE:** As you end your time in the Scripture passage, take time to simply rest in God's love. Sit at the feet of Jesus; feeling, noticing, and absorbing how much He loves you.

## JUNE 3 – DESPAIR, PSALM 22

KEY VERSE: “MY GOD, MY GOD, WHY HAVE YOU FORSAKEN ME?”

### Psalm 22[a]

**For the director of music. To the tune of “The Doe of the Morning.” A psalm of David.**

1 My God, my God, why have you forsaken me?  
Why are you so far from saving me,  
so far from my cries of anguish?

2 My God, I cry out by day, but you do not answer,  
by night, but I find no rest.[b]

3 Yet you are enthroned as the Holy One;  
you are the one Israel praises.[c]

4 In you our ancestors put their trust;  
they trusted and you delivered them.

5 To you they cried out and were saved;  
in you they trusted and were not put to shame.

6 But I am a worm and not a man,  
scorned by everyone, despised by the people.

7 All who see me mock me;  
they hurl insults, shaking their heads.

8 “He trusts in the Lord,” they say,  
“let the Lord rescue him.  
Let him deliver him,  
since he delights in him.”

9 Yet you brought me out of the womb;  
you made me trust in you, even at my mother’s  
breast.

10 From birth I was cast on you;  
from my mother’s womb you have been my God.

11 Do not be far from me,  
for trouble is near  
and there is no one to help.

12 Many bulls surround me;  
strong bulls of Bashan encircle me.

13 Roaring lions that tear their prey  
open their mouths wide against me.

14 I am poured out like water,  
and all my bones are out of joint.  
My heart has turned to wax;  
it has melted within me.

15 My mouth[d] is dried up like a potsherd,  
and my tongue sticks to the roof of my mouth;  
you lay me in the dust of death.

16 Dogs surround me,  
a pack of villains encircles me;  
they pierce[e] my hands and my feet.

17 All my bones are on display;  
people stare and gloat over me.

18 They divide my clothes among them  
and cast lots for my garment.

19 But you, Lord, do not be far from me.  
You are my strength; come quickly to help me.

20 Deliver me from the sword,  
my precious life from the power of the dogs.

21 Rescue me from the mouth of the lions;  
save me from the horns of the wild oxen.

22 I will declare your name to my people;  
in the assembly I will praise you.

23 You who fear the Lord, praise him!  
All you descendants of Jacob, honor him!  
Revere him, all you descendants of Israel!

24 For he has not despised or scorned  
the suffering of the afflicted one;  
he has not hidden his face from him  
but has listened to his cry for help.

25 From you comes the theme of my praise in the  
great assembly;  
before those who fear you[f] I will fulfill my vows.

26 The poor will eat and be satisfied;  
those who seek the Lord will praise him—  
may your hearts live forever!

27 All the ends of the earth  
will remember and turn to the Lord,  
and all the families of the nations  
will bow down before him,

28 for dominion belongs to the Lord  
and he rules over the nations.

29 All the rich of the earth will feast and worship;  
all who go down to the dust will kneel before  
him—  
those who cannot keep themselves alive.

30 Posterity will serve him;  
future generations will be told about the Lord.

31 They will proclaim his righteousness,  
declaring to a people yet unborn:  
He has done it!

## JUNE 12 – FEAR, PSALM 27

KEY VERSE: “THE LORD IS MY LIGHT AND MY SALVATION – WHOM SHALL I FEAR?”

### **Psalm 27** **Of David.**

1 The Lord is my light and my salvation—  
whom shall I fear?  
The Lord is the stronghold of my life—  
of whom shall I be afraid?  
2 When the wicked advance against me  
to devour[a] me,  
it is my enemies and my foes  
who will stumble and fall.  
3 Though an army besiege me,  
my heart will not fear;  
though war break out against me,  
even then I will be confident.  
4 One thing I ask from the Lord,  
this only do I seek:  
that I may dwell in the house of the Lord  
all the days of my life,  
to gaze on the beauty of the Lord  
and to seek him in his temple.  
5 For in the day of trouble  
he will keep me safe in his dwelling;  
he will hide me in the shelter of his sacred tent  
and set me high upon a rock.  
6 Then my head will be exalted  
above the enemies who surround me;  
at his sacred tent I will sacrifice with shouts of joy;  
I will sing and make music to the Lord.

7 Hear my voice when I call, Lord;  
be merciful to me and answer me.  
8 My heart says of you, “Seek his face!”  
Your face, Lord, I will seek.  
9 Do not hide your face from me,  
do not turn your servant away in anger;  
you have been my helper.  
Do not reject me or forsake me,  
God my Savior.  
10 Though my father and mother forsake me,  
the Lord will receive me.  
11 Teach me your way, Lord;  
lead me in a straight path  
because of my oppressors.  
12 Do not turn me over to the desire of my foes,  
for false witnesses rise up against me,  
spouting malicious accusations.  
13 I remain confident of this:  
I will see the goodness of the Lord  
in the land of the living.  
14 Wait for the Lord;  
be strong and take heart  
and wait for the Lord.

## **JUNE 19 – INJUSTICE, PSALM 37:1-9**

**KEY VERSE: DO NOT FRET BECAUSE OF THOSE WHO ARE EVIL.”**

**Psalms 37[a]**

**Of David.**

- 1 Do not fret because of those who are evil  
or be envious of those who do wrong;
- 2 for like the grass they will soon wither,  
like green plants they will soon die away.
- 3 Trust in the Lord and do good;  
dwell in the land and enjoy safe pasture.
- 4 Take delight in the Lord,  
and he will give you the desires of your heart.
- 5 Commit your way to the Lord;  
trust in him and he will do this:
- 6 He will make your righteous reward shine like  
the dawn,  
your vindication like the noonday sun.
- 7 Be still before the Lord  
and wait patiently for him;  
do not fret when people succeed in their ways,  
when they carry out their wicked schemes.
- 8 Refrain from anger and turn from wrath;  
do not fret—it leads only to evil.
- 9 For those who are evil will be destroyed,  
but those who hope in the Lord will inherit the  
land.



## JUNE 26 – WAITING, PSALM 40

KEY VERSE: “I WAITED PATIENTLY FOR THE LORD; HE TURNED TO ME AND HEARD MY CRY.”

### Psalm 40[a]

**For the director of music. Of David. A psalm.**

- 1 I waited patiently for the Lord;  
he turned to me and heard my cry.
- 2 He lifted me out of the slimy pit,  
out of the mud and mire;  
he set my feet on a rock  
and gave me a firm place to stand.
- 3 He put a new song in my mouth,  
a hymn of praise to our God.  
Many will see and fear the Lord  
and put their trust in him.
- 4 Blessed is the one  
who trusts in the Lord,  
who does not look to the proud,  
to those who turn aside to false gods.[b]
- 5 Many, Lord my God,  
are the wonders you have done,  
the things you planned for us.  
None can compare with you;  
were I to speak and tell of your deeds,  
they would be too many to declare.
- 6 Sacrifice and offering you did not desire—  
but my ears you have opened[c]—  
burnt offerings and sin offerings[d] you did not  
require.
- 7 Then I said, “Here I am, I have come—  
it is written about me in the scroll.[e]
- 8 I desire to do your will, my God;  
your law is within my heart.”
- 9 I proclaim your saving acts in the great assembly;  
I do not seal my lips, Lord,  
as you know.
- 10 I do not hide your righteousness in my heart;  
I speak of your faithfulness and your saving help.  
I do not conceal your love and your faithfulness  
from the great assembly.
- 11 Do not withhold your mercy from me, Lord;  
may your love and faithfulness always protect  
me.
- 12 For troubles without number surround me;  
my sins have overtaken me, and I cannot see.  
They are more than the hairs of my head,  
and my heart fails within me.
- 13 Be pleased to save me, Lord;  
come quickly, Lord, to help me.
- 14 May all who want to take my life  
be put to shame and confusion;  
may all who desire my ruin  
be turned back in disgrace.
- 15 May those who say to me, “Aha! Aha!”  
be appalled at their own shame.
- 16 But may all who seek you  
rejoice and be glad in you;  
may those who long for your saving help always  
say,  
“The Lord is great!”
- 17 But as for me, I am poor and needy;  
may the Lord think of me.  
You are my help and my deliverer;  
you are my God, do not delay.

## JULY 3 – GRATITUDE, PSALM 65

KEY VERSE: "WE ARE FILLED WITH THE GOOD THINGS OF YOUR HOUSE."

### Psalm 65[a]

**For the director of music. Of David. A psalm.**

1 Praise awaits[b] you, our God, in Zion;  
to you our vows will be fulfilled.  
2 You who answer prayer,  
to you all people will come.  
3 When we were overwhelmed by sins,  
you forgave[c] our transgressions.  
4 Blessed are those you choose  
and bring near to live in your courts!  
We are filled with the good things of your house,  
of your holy temple.  
5 You answer us with awesome and righteous  
deeds,  
God our Savior,  
the hope of all the ends of the earth  
and of the farthest seas,  
6 who formed the mountains by your power,  
having armed yourself with strength,  
7 who stilled the roaring of the seas,  
the roaring of their waves,  
and the turmoil of the nations.  
8 The whole earth is filled with awe at your  
wonders;  
where morning dawns, where evening fades,  
you call forth songs of joy.  
9 You care for the land and water it;  
you enrich it abundantly.  
The streams of God are filled with water  
to provide the people with grain,  
for so you have ordained it.[d]  
10 You drench its furrows and level its ridges;  
you soften it with showers and bless its crops.  
11 You crown the year with your bounty,  
and your carts overflow with abundance.  
12 The grasslands of the wilderness overflow;  
the hills are clothed with gladness.  
13 The meadows are covered with flocks  
and the valleys are mantled with grain;  
they shout for joy and sing.

## JULY 10 – STRESS, PSALM 23

### Psalm 23

#### A psalm of David.

1 The Lord is my shepherd, I lack nothing.  
2 He makes me lie down in green pastures,  
he leads me beside quiet waters,  
3 he refreshes my soul.  
He guides me along the right paths  
for his name's sake.  
4 Even though I walk  
through the darkest valley,[a]  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.  
5 You prepare a table before me  
in the presence of my enemies.  
You anoint my head with oil;  
my cup overflows.  
6 Surely your goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the Lord  
forever.



## JULY 17 – GUILT, PSALM 51

KEY VERSE: “CREATE IN ME A PURE HEART, O GOD, AND RENEW A STEADFAST SPIRIT WITHIN ME.”

### Psalm 51[a]

**For the director of music. A psalm of David.  
When the prophet Nathan came to him after  
David had committed adultery with Bathsheba.**

1 Have mercy on me, O God,  
according to your unfailing love;  
according to your great compassion  
blot out my transgressions.  
2 Wash away all my iniquity  
and cleanse me from my sin.  
3 For I know my transgressions,  
and my sin is always before me.  
4 Against you, you only, have I sinned  
and done what is evil in your sight;  
so you are right in your verdict  
and justified when you judge.  
5 Surely I was sinful at birth,  
sinful from the time my mother conceived me.  
6 Yet you desired faithfulness even in the womb;  
you taught me wisdom in that secret place.  
7 Cleanse me with hyssop, and I will be clean;  
wash me, and I will be whiter than snow.  
8 Let me hear joy and gladness;  
let the bones you have crushed rejoice.  
9 Hide your face from my sins  
and blot out all my iniquity.  
10 Create in me a pure heart, O God,  
and renew a steadfast spirit within me.  
11 Do not cast me from your presence  
or take your Holy Spirit from me.  
12 Restore to me the joy of your salvation  
and grant me a willing spirit, to sustain me.  
13 Then I will teach transgressors your ways,  
so that sinners will turn back to you.

14 Deliver me from the guilt of bloodshed, O God,  
you who are God my Savior,  
and my tongue will sing of your righteousness.  
15 Open my lips, Lord,  
and my mouth will declare your praise.  
16 You do not delight in sacrifice, or I would bring  
it;  
you do not take pleasure in burnt offerings.  
17 My sacrifice, O God, is[b] a broken spirit;  
a broken and contrite heart  
you, God, will not despise.  
18 May it please you to prosper Zion,  
to build up the walls of Jerusalem.  
19 Then you will delight in the sacrifices of the  
righteous,  
in burnt offerings offered whole;  
then bulls will be offered on your altar.

## **JULY 24 – RESTLESSNESS – PSALM 95**

KEY VERSE: “COME, LET US BOW DOWN IN WORSHIP, LET US KNEEL BEFORE THE LORD OUR MAKER.”

### **Psalm 95**

1 Come, let us sing for joy to the Lord;  
let us shout aloud to the Rock of our salvation.  
2 Let us come before him with thanksgiving  
and extol him with music and song.  
3 For the Lord is the great God,  
the great King above all gods.  
4 In his hand are the depths of the earth,  
and the mountain peaks belong to him.  
5 The sea is his, for he made it,  
and his hands formed the dry land.  
6 Come, let us bow down in worship,  
let us kneel before the Lord our Maker;  
7 for he is our God  
and we are the people of his pasture,  
the flock under his care.  
Today, if only you would hear his voice,  
8 “Do not harden your hearts as you did at  
Meribah,[a]  
as you did that day at Massah[b] in the  
wilderness,  
9 where your ancestors tested me;  
they tried me, though they had seen what I did.  
10 For forty years I was angry with that generation;  
I said, ‘They are a people whose hearts go  
astray,  
and they have not known my ways.’  
11 So I declared on oath in my anger,  
‘They shall never enter my rest.’”

## AUGUST 14 – DEVOTION, PSALM 119

KEY VERSE: “I HAVE HIDDEN YOUR WORD IN MY HEART.”

### Psalm 119[a]

#### Aleph א

- 1 Blessed are those whose ways are blameless,  
who walk according to the law of the Lord.
- 2 Blessed are those who keep his statutes  
and seek him with all their heart—
- 3 they do no wrong  
but follow his ways.
- 4 You have laid down precepts  
that are to be fully obeyed.
- 5 Oh, that my ways were steadfast  
in obeying your decrees!
- 6 Then I would not be put to shame  
when I consider all your commands.
- 7 I will praise you with an upright heart  
as I learn your righteous laws.
- 8 I will obey your decrees;  
do not utterly forsake me.

#### Beth ב

- 9 How can a young person stay on the path of  
purity?  
By living according to your word.
- 10 I seek you with all my heart;  
do not let me stray from your commands.
- 11 I have hidden your word in my heart  
that I might not sin against you.
- 12 Praise be to you, Lord;  
teach me your decrees.
- 13 With my lips I recount  
all the laws that come from your mouth.
- 14 I rejoice in following your statutes  
as one rejoices in great riches.
- 15 I meditate on your precepts  
and consider your ways.
- 16 I delight in your decrees;  
I will not neglect your word.

#### Gimel ג

- 17 Be good to your servant while I live,  
that I may obey your word.
- 18 Open my eyes that I may see  
wonderful things in your law.
- 19 I am a stranger on earth;  
do not hide your commands from me.
- 20 My soul is consumed with longing  
for your laws at all times.
- 21 You rebuke the arrogant, who are accursed,  
those who stray from your commands.
- 22 Remove from me their scorn and contempt,  
for I keep your statutes.
- 23 Though rulers sit together and slander me,  
your servant will meditate on your decrees.
- 24 Your statutes are my delight;  
they are my counselors.

## AUGUST 21 – CONTENTMENT, PSALM 131

KEY VERSE: “...LIKE A WEANED CHILD I AM CONTENT.”

### Psalm 131

**A song of ascents. Of David.**

- 1 My heart is not proud, Lord,  
my eyes are not haughty;  
I do not concern myself with great matters  
or things too wonderful for me.
- 2 But I have calmed and quieted myself,  
I am like a weaned child with its mother;  
like a weaned child I am content.
- 3 Israel, put your hope in the Lord  
both now and forevermore.

## AUGUST 28 – PRAISE, PSALM 150

KEY VERSE: “LET EVERYTHING THAT HAS BREATH PRAISE THE LORD.”

### Psalm 150

1 Praise the Lord.[a]

Praise God in his sanctuary;

praise him in his mighty heavens.

2 Praise him for his acts of power;

praise him for his surpassing greatness.

3 Praise him with the sounding of the trumpet,

praise him with the harp and lyre,

4 praise him with timbrel and dancing,

praise him with the strings and pipe,

5 praise him with the clash of cymbals,

praise him with resounding cymbals.

6 Let everything that has breath praise the Lord.

Praise the Lord.