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Introduction

CHRIST is the theme of the whole Bible, the Old Testament as well as the New. It is amazing that of all the Old Testament quotations included in the New Testament which refer to Christ, nearly one-half of them are from the Psalms.

As we read through the Book of Psalms, we come to many prophetic statements concerning Jesus Christ. Some Psalms are entirely about Him. In others, only a verse or two refer to the life of Jesus Christ. The Psalms give us the true expression of the feelings of the persons who wrote them. But the sorrow, suffering, joy, and triumph find their fullest meaning in the life and on the lips of God's Son and our Savior, Jesus Christ.

This study does not include an exposition of every Psalm. Instead, we have attempted to share some of the treasures found in the selected Psalms which speak of Christ. These are called Messianic (Mess-e-AN-ik) Psalms. You will be amazed at the accuracy of the detail and scope of the wonderful prophecies expressed in these songs written several thousand years ago.

The study of these Messianic Psalms will strengthen your faith, encourage your Christian growth, and enrich your life. The truths expressed in these ancient songs meet the needs of our lives and are as relevant today as when they were first written.

Lucille Fern Sollenberger

*Be good to me, your servant,
so that I may live and obey your teachings.
Open my eyes,
so that I may see
the wonderful truths in your law.
—Psalm 119:17-18*



Lesson
1

Christ – The Blessed Man

Psalm 1

Introduction

Wherever you turn in the Bible, you will find Christ. He is there in parable, in person, in example, in symbol, and in name. And, Christ is definitely in the Psalms. This is most evident in the Messianic (Mess-e-AN-ik) Psalms—which refer to the Messiah, the Hebrew word for Christ.

Psalms are expressions of praise and worship.

*Oh come, let us sing to the LORD;
let us make a joyful noise to the rock of our salvation!
Let us come into his presence with thanksgiving;
let us make a joyful noise to him with songs of praise!*

—Psalm 95:1-2, *ESV*

The Psalms are timeless.

These 150 poems apply to every age, stage, and face, reflecting the full range of experiences and feelings we face in life. What's more, the Psalms are full of Christ:

- His humanity
- His exaltation
- His rejection
- His sacrifice
- His victory



First Five Books of the Bible	Five Sections of Psalms	Psalms Number	Both Books are About:
Genesis	Section I	1-41	Humankind's beginning and God's plan concerning them
Exodus	Section II	42-72	God's deliverance of His people
Leviticus	Section III	73-89	The worship of God in His sanctuary
Numbers	Section IV	90-106	The peril and protection of God's people in testing
Deuteronomy	Section V	107-150	God overruling all trials, difficulties, and perplexities. Praise and worship.

Meditation and Memorization

It is not enough to simply read the Bible. We must study and meditate on it. Meditation is like chewing. It extracts the sweetness and nutritive value from the Scripture so it can be absorbed into your life. Memorizing God's Word helps us meditate on it because we can recall it freely.

Read Psalm 1:2 and page 542, 2 Timothy 3:16. What is the connection between these two verses?

