



Author and Date

Individual psalms come from different periods of Israel's history, but at every stage they served as the songbook of God's people. David wrote about half of the Psalms. His role as king was more than that of a ruler. He was to represent and even embody the people, and their well-being was tied to his faithfulness.

The Gospel in the Psalms

The risen Jesus said to his disciples that "everything written about me in the Law of Moses and the Prophets and the Psalms [i.e., the Old Testament Poetical Books] must be fulfilled" (Luke 24:44). Jesus considered the book of Psalms to be ultimately about him. To read the Psalms in a non-gospel way, therefore, is to fail to read them the way Jesus himself told us to.

How then do we read the Psalms in a way that honors Jesus' own words? We do so by understanding that this book of the Bible, like all books of the Bible, plays a contributing role in the history of redemption that culminates in Jesus. The Bible is in essence a message of what God has done to redeem and restore sinners, and this is done preeminently in the person and work of Christ. Each book of the Bible carries forward that supreme redemptive purpose, a purpose that comes to a decisive climax in Jesus.

Psalms, however, is unique in some ways. Perhaps more than any other book in the Old Testament, this book clearly anticipates the coming of the Messiah. This is done in various ways. The Psalms predict the coming Savior in a fairly straightforward way, such as in Psalm 2, where the Messiah's rule over the nations is prophesied. Other times Jesus himself takes on his own lips the words of a psalm. In this way he "fulfills" the psalm even though the

psalm does not self-consciously look toward the future. Psalm 22:1 (“My God, my God, why have you forsaken me?”) is an example of this. Still other times, psalms pick up earlier promises to God’s covenant people, especially the Davidic promise of an eternal reign from 2 Samuel 7. Jesus fulfills these psalms (such as in Ps. 45:6) because he is the Davidic Son, the heir of the promises to David that he would never lack a son to sit on the throne.

Stepping back and viewing the Psalms more broadly, we should see that they are not “about” Jesus (to use his own word from Luke 24) merely by a verse here and a verse there anticipating him. Though the Christ-centeredness of the Psalms are surely not less than this, a full understanding of the Christ-focus of the Psalms must understand what these 150 poems are — namely, the heart-cries of God’s covenant people. They cry to him for forgiveness (Psalms 32; 51; 130), out of lament (Psalms 12; 13), with praise (Psalms 8; 93; 145), with thanksgiving (Psalm 9; 106; 138), to exult in God’s law (Psalms 19; 119), to express confidence (Psalm 23), and to recount the merciful dealings of God with his people throughout Israel’s history (Psalms 78; 107).

In all these ways we see the hearts of God’s people laid bare before him in song. Yet as believers on this side of the first coming of Christ, we must understand that Christ fulfilled all such cries to God. *Jesus is God’s definitive answer to the cries of his people.* Jesus provides the forgiveness cried out for. Jesus underwent the ultimate lament, crying out as he was forsaken by the Father on the cross, so that we need not lament separation from God. Jesus’ substitutionary work gives us supreme reason to praise God and to thank him. Jesus perfectly lived out God’s law so that we lawbreakers can be exonerated freely and then changed from the inside out so that we can delight in God’s law truly. Looking to Jesus, we have full cause for confidence in God; if God did not spare his own Son, what can we ever possibly lack (Rom. 8:32)? And Jesus is himself the fulfillment of all God’s ways with his people in our space-and-time history.

Reading the Psalms mindful of Jesus is not a clever way to read this book of the Bible, nor is it one way to do so among others. It is the way. A gospel-lens to reading the Psalms is how Jesus himself teaches us to read them. As you read this portion of God’s Word, make these prayers to God your own, and consider the ways these Psalms are good news to us — expressing the full range of our emotions, and ultimately bringing our minds to rest on the finished work of Christ on behalf of sinners.

*** *ESV Gospel Transformation Bible* ***

3-Month Reading Plan

Date	Day	Psalms			
9-Jan	Mon	1	2		
10-Jan	Tue	3	4		
11-Jan	Wed	5	6		
12-Jan	Thu	7	8		
13-Jan	Fri	9	10		
14-Jan	Sat	11	12		
15-Jan	Sun	catch up day			
16-Jan	Mon	13	14	15	
17-Jan	Tue	16	17		
18-Jan	Wed	18			
19-Jan	Thu	19	20		
20-Jan	Fri	21	22		
21-Jan	Sat	23	24	25	
22-Jan	Sun	catch up day			
23-Jan	Mon	26	27		
24-Jan	Tue	28	29	30	
25-Jan	Wed	31	32		
26-Jan	Thu	33	34		
27-Jan	Fri	35	36		
28-Jan	Sat	37			
29-Jan	Sun	catch up day			
30-Jan	Mon	38	39		
31-Jan	Tue	40	41		
1-Feb	Wed	42	43	44	
2-Feb	Thu	45	46	47	
3-Feb	Fri	48	49		
4-Feb	Sat	50	51		
5-Feb	Sun	catch up day			
6-Feb	Mon	52	53	54	
7-Feb	Tue	55	56		
8-Feb	Wed	57	58	59	
9-Feb	Thu	60	61	62	
10-Feb	Fri	63	64	65	
11-Feb	Sat	66	67		
12-Feb	Sun	catch up day			
13-Feb	Mon	68			
14-Feb	Tue	69	70		
15-Feb	Wed	71	72		
16-Feb	Thu	73	74		
17-Feb	Fri	75	76	77	
18-Feb	Sat	78			
19-Feb	Sun	catch up day			

Date	Day	Psalms			
20-Feb	Mon	79	80	81	
21-Feb	Tue	82	83	84	
22-Feb	Wed	85	86		
23-Feb	Thu	87	88		
24-Feb	Fri	89			
25-Feb	Sat	90	91		
26-Feb	Sun	catch up day			
27-Feb	Mon	92	93	94	
28-Feb	Tue	95	96	97	
1-Mar	Wed	98	99	100	101
2-Mar	Thu	102	103		
3-Mar	Fri	104			
4-Mar	Sat	105			
5-Mar	Sun	catch up day			
6-Mar	Mon	106			
7-Mar	Tue	107			
8-Mar	Wed	108	109		
9-Mar	Thu	110	111	112	113
10-Mar	Fri	114	115	116	
11-Mar	Sat	117	118		
12-Mar	Sun	catch up day			
13-Mar	Mon	119:1-40			
14-Mar	Tue	119:41-80			
15-Mar	Wed	119:81-120			
16-Mar	Thu	119:121-160			
17-Mar	Fri	119:161-176			
18-Mar	Sat	120	121	122	123
19-Mar	Sun	catch up day			
20-Mar	Mon	124	125	126	
21-Mar	Tue	127	128	129	
22-Mar	Wed	130	131	132	
23-Mar	Thu	133	134	135	
24-Mar	Fri	136			
25-Mar	Sat	137	138		
26-Mar	Sun	catch up day			
27-Mar	Mon	139	140		
28-Mar	Tue	141	142		
29-Mar	Wed	143	144		
30-Mar	Thu	145	146		
31-Mar	Fri	147	148		
1-Apr	Sat	149	150		
2-Apr	Sun	catch up day			

GOSPEL-CENTERED BIBLE READING

#1 - God's Character and Ways

Paano nagpapakilala ang Diyos – Ama, Anak, at Espiritu – sa mga talatang ito? Paano nito ipinapakita ang kadakilaan, kabutihan at kalooban ng Diyos sa ating buhay?

#2 - Man's Fallen Condition

Paano ipinapakita ng Diyos sa mga talatang ito ang kalagayan ng puso mong makasalan, mahina at nasasaktan habang namumuhay sa mundo ng mga makasalan?

#3 - Gospel Story

Paano ka itinuturo ng mga talatang ito kay Jesus at sa kanyang ginawa para sa iyo – sa kanyang buhay, kamatayan at muling pagkabuhay?

#4 - Gospel Identity

Paano ipinapaalala ng mga talatang ito ang bago mong pagkatao o kalagayan sa pakikipag-isa kay Jesus na bunga ng kanyang ginawa para sa iyo?

#5 - Gospel Promises

Paano ipinapaalala ng mga talatang ito ang mga pangako ng Diyos na nais niyang panghawakan mo?

#6 - Heart Transformation

Bilang tugon, ano ang dapat mong hilingin sa Banal na Espiritu para baguhin ang puso mo na maging tulad ni Jesus?

#7 - Plan for Obedience

Bilang tugon, paano ka susunod sa Salita ng Diyos sa iyo ngayon? Ano'ng plano mong gawin dito?

#8 - Prayer

Gawing pansariling panalangin ang resulta ng pag-aaral mo. Ipanalangin din ang ibang tao.