

=Story Behind the Psalm=

Psalm 108

NOTE: *These lessons are designed simply as a guideline. As a Sunday School teacher part of your job is to study the lesson and develop it for the pupils in your class according to their age and spiritual development.*

Scripture: Psalms 108

AUTHOR: David

The Story Behind the Psalm

It was no doubt written after a national victory, though we do not know which victory. We cannot help but notice how similar it is to Psalm 57:7-11 and Psalm 60:5-12. This means that the Holy Spirit thought these words important enough to stress them greatly. Because of this they deserve our added attention.

This is also the warrior's morning song, during which he adores God and strengthens himself before entering into the busy day. We have the setting up of the Messiah on the holy hill of Zion, and that Messiah is described as a conqueror when the battle is won.

The Psalm is divided into two parts. The first part is a thanksgiving of faith and a promise to praise the Lord. The second part is a prayer for preservation of God's people.

One of the most beautiful parts of the Psalm is in verse 1. Note the words, "My heart is fixed." In the Hebrew, these words mean, "My heart is ready or prepared," and then, "my heart is fixed." Before a stake is driven into the ground and fixed, it must be prepared and sharpened. David says, "My heart is prepared, and because it is prepared, it is fixed!"

The Way It Was Used by God's People

For strength in the morning time, especially when a busy day or a conflict was ahead, this Psalm was used.

LESSON:

1. We need to get alone with God in the morning.

- a. Abraham met God early in the morning: Genesis 19:27
- b. Jacob met God early in the morning: Genesis 28:18
- c. Moses met God early in the morning: Exodus 24:4
- d. Gideon met God early in the morning: Judges 6:38
- e. David met God early in the morning: Psalm 57:8/Psalm 63:1

- f. Isaiah met God early in the morning: Isaiah 26:9:
 - g. Jesus met God early in the morning: Mark 1:35
 - h. We need strength and direction for the day.
 - i. Meeting with God in the morning keeps us spiritually minded all day
2. **We should be a voice and testimony for the Lord all day long (Psalm 108:3).**
 - a. Speak of the Lord and His goodness constantly
 - b. Brag on what God has done for you
 3. **All day long we should strive to have God exalted in all we do (verse 5).**
 - a. Never be guilty of forgetting God all week and remembering Him only on Sunday.
 - b. God needs to be the focal point of all we do each day.
 - c. We are here to glorify Him in all we do (I Corinthians 10:31)
 4. **The world helps cleanse us from our sin (verse 9).**
 - a. Moab is a picture of the world. David said Moab was his wash pot. The world can point out faults that we tend to overlook. The world also serves as a reminder where little sins will lead. The world will also help us realize how important a good testimony is.
 5. **Depend on God for every need of every day (verses 10-13).**
 - a. We should be in the habit of running to God before any other refuge.
 - b. Bring everything to God all day long. From turning a light green to giving wisdom for a situation to thanking Him for your food. This is called praying without ceasing (I Thessalonians 5:17).

Memory Verse: *Give us help from trouble: for vain is the help of man. Through God we shall do valiantly: for he it is that shall tread down our enemies. Psalm 108:12-13*