

**=Story Behind the Psalm=
Psalms 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 Reference: Psalm 108

PSALM 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:

We as Christians need to learn how to start the day out right, so we can see God's full wonder and blessing throughout the day. If you just walk with God at night before you go to sleep. It's like giving God the leftover of your life. It's no different than a man who has lived in sin for 50 years then finally coming to Christ and then gives the last 5 years of his life to God. You see it always starts off with one day at a time. Now I'm going to teach you how start out right.

1. Read your Bible.

When you read your Bible in the morning it gives you a sense of accomplishment throughout the day and it'll give you strength. No you won't become like superman after you read your Bible, but you will have the strength to not lose your temper when some guys makes you mad. And you'll also have the strength to make wise small decisions that will affect your life in the long run. So ready your Bible in the morning is a great way to start the day right for strength.

2. Pray

When you pray to God in the morning it makes you more interactive throughout the day. It'll loosen up your lips so you can talk to more people and have a better testimony. When you pray in the morning, you are more apt to talk to God throughout the day. When you pray at night, you have already forgot to talk to God, so in a panic, you pray at night to appease your conscience. But when you pray, God is going use you to make wise decisions.

3. Be neat and organized

Here's one that most people struggle with. It's easy to be organized, but to be organized **all the time** is a much different. The reason why you want to organized is because while everyone else is messy and cluttered your space and life is free, and its been proven that neat people are less stressed than messy people. So clean your room. Clean your desk at school, clean your clothes, do your hair ((men and ladies)men, not like the world). Just small things like that will make a big difference in starting your day out right.

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*