

A Summary of Each Psalm

The Psalms are the inward and outward expressions of the saints as they are passing through their daily lives (i) under God's sovereignty, (ii) learning to deal with God and be dealt with by God, (iii) while calling on the name of the Lord, praying, singing, and praising, (iv) in order that their lives would issue in God's purpose of His house in Zion and in Jerusalem.

Many of these expressions are the very expressions of Christ who as the Spirit of Christ was in the writers producing the Psalms as the Word of Christ (Col. 3:16). Thus, the expressions include the inner thoughts and feelings of the saints with their frustrations, sorrows, distresses, hopes, desires, longings, and aspirations. These expressions are uttered in prayer, song, praise, calling, moaning, murmuring, talking to themselves, shouting, complaining, declaring, and playing musical instruments, which helped them to break through the severity of their trials.

Martin Luther's summary of the Psalms is brief, to point, and helpful: "In the Psalms one looks into the hearts of all the saints." The following summary of each Psalm is a starter and guide and to enjoy the riches and depths of the Psalms.

(BOOK I – PSALMS 1—41)

- Psalm 1* – Living day and night in the Word
- Psalm 2* – Contacting the Anointed and Resurrected Christ to bring in God's Kingdom
- Psalm 3* – Christ as our shield, our glory, and the lifter of our head in the midst of fear
- Psalm 4* – Learning to contact Christ in the midst of our thoughts and reactions at the end of the day
- Psalm 5* – Learning how to get to the Lord in the morning in order to keep our focus on God's house
- Psalm 6* – Learning to touch the Lord with music when we are weak and sense the Lord's discipline

- Psalm 7* – Singing in the midst of our enemies and letting God be our defense
- Psalm 8* – Christ as the Son of Man to carry out God's purpose of image and dominion
- Psalm 9* – Learning to get into the divine perspective by singing, praising, and praying
- Psalm 10* – Letting the Lord deal with our heart
- Psalm 11* – Learning to trust the Lord when our soul is being tested
- Psalm 12* – Learning to trust in the Lord's Words as an overcoming one during a time of decline and duplicity
- Psalm 13* – Learning to sing to the Lord and identify our negative experiences as His dealings
- Psalm 14* – Viewing the sinfulness of man in the light of God's corporate purpose of Zion
- Psalm 15* – The kind of life and experience that can remain in the church life
- Psalm 16* – The extent to which God Himself becomes our portion as we experience the inward parts of Christ
- Psalm 17* – Learning to have pure motives with the one goal of being in His likeness while passing through trials and the enemies' attacks
- Psalm 18* – A song of victory that expresses the experiences that constitute the bringing in of the realm of the kingdom
- Psalm 19* – Enjoying the revelation of God in creation and in His Word
- Psalm 20* – Learning the various ways God answers us
- Psalm 21* – Experiencing the joy of answered prayer
- Psalm 22* – God's economy revealed in the crucifixion, the resurrection, the church, and the kingdom
- Psalm 23* – Experiencing the Lord's shepherding by being supplied, restored, and led to dwell in the house of the Lord

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Psalm 24 – Preparation for the coming of Christ
Psalm 25 – Learning to interact with the Lord under pressure and guilt
Psalm 26 – Living a separated life because of the love for God’s house
Psalm 27 – Having a single heart for God’s house
Psalm 28 – Having a heart and hands for God’s house
Psalm 29 – Experiencing the voice of the Lord for the glory in God’s house
Psalm 30 – Learning to come through experiences of death into resurrection for the purpose of testimony in God’s house
Psalm 31 – The way to experience the cross
Psalm 32 – Learning to be dealt with by God in the confessing of our sin
Psalm 33 – Learning how to enjoy the Lord for the eternal plans in His heart
Psalm 34 – Tasting the Lord, desiring life, and being broken before Him
Psalm 35 – Learning how to commit our soul to the Lord while under attack
Psalm 36 – Being abundantly satisfied with life and light in the fatness of God’s house
Psalm 37 – Learning how to be specific in your dealings with the Lord
Psalm 38 – Touching the Lord in the midst of inner turmoil
Psalm 39 – Learning to recognize God’s hand in our environment
Psalm 40 – Experiencing the new covenant life within our heart for the sake of the church
Psalm 41 – Coming out of betrayal and death into resurrection

(BOOK II – PSALMS 42—72)

Psalm 42 – Longing for God and His house while responding in spirit with a disquieted and troubled soul under the Lord’s discipline
Psalm 43 – Allowing our troubled soul to lead us to God and to His house
Psalm 44 – Living a life under God’s sovereignty, bearing the cross, being dealt with by God, and remaining in the love of God
Psalm 45 – Overflowing with Christ to bring in the kingdom as His dealt-with and prepared bride
Psalm 46 – Experiencing God as a river in His city in the midst of great tribulation to usher in the kingdom
Psalm 47 – Participating in the atmosphere and activity of both the reality & manifestation of the kingdom
Psalm 48 – Appreciating and experiencing Zion as the highest reality and enjoyment of God in the universe
Psalm 49 – Being dealt with in the matter of money
Psalm 50 – Being in God’s light under the blood, and having every hypocritical way dealt with
Psalm 51 – Letting failure lead us to deal with God to the bottom for the sake of Zion and His building

Psalm 52 – Letting our relationship with God and His house overshadow our relationship with fierce opposers
Psalm 53 – Understanding the total depravity of man and that calling upon God is man’s only salvation
Psalm 54 – Learning to interact with the Lord in prayer and praise while under pressure
Psalm 55 – Learning how to spend increased time with the Lord and to be strongly exercised in contacting God in the light of severe spiritual warfare
Psalm 56 – Learning to rely only upon the Word in the midst of God’s measured-out dealings in our lives
Psalm 57 – Learning to be steadfast to stir up and awaken the glory in our spirit in order to enjoy His presence in our soul when the enemy seeks to destroy
Psalm 58 – Learning to live a life of spiritual warfare for the sake of the reward of the kingdom and reigning with Christ over His enemies
Psalm 59 – Learning to experience God as our defense and strength in times of emergency
Psalm 60 – Trusting in God’s spoken Word to restore us after He has dealt with us
Psalm 61 – Contacting God in the middle of overwhelming feelings in order to experience Him as “the Rock that is higher than I”
Psalm 62 – Learning to quiet our souls before the Lord from all intrusions from our own thoughts that our expectation would only be from Him
Psalm 63 – Having a soul life that can only be satisfied with God and His sanctuary
Psalm 64 – Learning to trust in the work of God to defeat the plots of the wicked
Psalm 65 – Experiencing Zion, the church, as the unique place of praise and prayer
Psalm 66 – Learning how to deal inwardly with the Lord and pass through the fiery trials into a place of rich abundance to offer Christ in God’s house
Psalm 67 – Living in His presence in order that God’s way for the kingdom will be brought to the earth
Psalm 68 – Living under the vision of the Triune God’s move and procession throughout history to have a dwelling place that expresses His kingdom
Psalm 69 – Learning how the experiences of death and resurrection are the factors that produce God’s house and kingdom
Psalm 70 – Learning how to pray with persistence when we are being accused by the enemy
Psalm 71 – Allowing all of our trials and troubles to usher us into a continual contact with God that we might live in the reality of resurrection
Psalm 72 – A vision of the reigning of Christ over all His enemies

(BOOK III – PSALMS 73—89)

- Psalm 73* – Finding God as our portion through the Lord’s dealing in our lives and learning to interpret all things from the standpoint of the church
- Psalm 74* – Learning that the church is the ultimate goal in God’s dealings
- Psalm 75* – Learning the lessons of God’s authority over the affairs of men
- Psalm 76* – Experiencing the church as the place where God is known
- Psalm 77* – Learning to cry out to God to see that His way is in the sanctuary and in the sea
- Psalm 78* – Learning how God’s dealings are based upon God’s love and choice to have a corporate testimony
- Psalm 79* – Maintaining a pure motive under God’s dealings for the Lord’s name and flock
- Psalm 80* – Learning to trust in Another life to revive and restore us
- Psalm 81* – Learning to listen to the voice of God
- Psalm 82* – Learning to trust in the Lord’s judgment of the earth
- Psalm 83* – Letting God Himself deal with and shame the enemies of the church
- Psalm 84* – Experiencing strength to fulfill the deepest longing and the greatest privilege of a child of God – appearing before God in Zion and dwelling in God’s house
- Psalm 85* – Being revived and restored with righteousness and peace in the reality of the kingdom
- Psalm 86* – Interacting with the Lord by calling on His name in the midst of trouble for Him to unite our heart to praise Him
- Psalm 87* – Zion as the highest enjoyment for God and His begotten and registered people
- Psalm 88* – Learning to touch God when you are at your lowest level
- Psalm 89* – Proving God’s faithfulness despite what we pass through

(BOOK IV – PSALMS 90—106)

- Psalm 90* – Dwelling in God and dealing with God in order to number our days to live for His purpose and work
- Psalm 91* – Learning how to experience the Lord through all kinds of troubles, fears, and attacks of the enemy, by trusting Him, fleeing to Him, loving Him, and being satisfied with Him
- Psalm 92* – Learning to remain fresh with life because of being planted in the house of the Lord
- Psalm 93* – Knowing the Lord’s reigning from the throne in the expression of His house despite the noise of the enemy
- Psalm 94* – Allowing the Lord to deal with our vain thoughts and our anxious souls through His discipline that we might be brought back to a

life of righteousness

- Psalm 95* – Coming quickly to the church meeting with praises and singing in order to hear His voice and keep our hearts from hardening
- Psalm 96* – Speaking and praising in the church meetings in anticipation of His coming back to set up His kingdom
- Psalm 97* – Loving the Lord in the light and experiencing His preservation of our souls that we might live in the reality of His universal kingdom
- Psalm 98* – Releasing the Spirit spontaneously in every way for His divine economy of salvation and the manifestation of His kingdom
- Psalm 99* – Calling upon the Lord and experiencing Him corporately for the sake of His testimony on the earth in Zion
- Psalm 100* – Thanking and blessing the Lord in the meetings for the fact that He has done everything to make us the church
- Psalm 101* – Allowing the Lord to deal with our lives in a detailed and fine way that we might dwell in His house in reality
- Psalm 102* – Being burdened in prayer for the recovery of the church life as Zion because of the vision of God’s unchanging purpose
- Psalm 103* – Blessing the Lord for the way He tenderly and graciously deals with us for the sake of His kingdom
- Psalm 104* – Learning how to enjoy God for His creation and all His works
- Psalm 105* – Thanking and praising the Lord for His unchanging word and covenant expressed in His sovereignty, His power, and His care through every trial in order that He might have a testimony in His people
- Psalm 106* – Praising the Lord for the history of His merciful dealings with His people

(BOOK V – PSALMS 107—150)

- Psalm 107* – Learning to observe God’s providential hand and wonderful works in all the events and circumstances of our lives
- Psalm 108* – Learning to praise the Lord out of a deep recognition of Him as the sole source of our help
- Psalm 109* – Experiencing the inward dealings of the cross by prayer and praise
- Psalm 110* – Experiencing Christ as king and priest in His kingdom in dealing with His enemies
- Psalm 111* – Having a heart for the Lord’s works in the church
- Psalm 112* – Having a heart that is dealt with in relation to money
- Psalm 113* – Experiencing the Lord in His interest in the ordinary affairs and details of our lives
- Psalm 114* – Learning to experience Christ as God’s way in the carrying out of His purpose
- Psalm 115* – Learning to trust in the Lord and receive the

blessing of the Lord by living a God-centered rather than man-centered life

- Psalm 116* – Learning to experience the Lord as our rest by calling upon His name in the midst of death environments in order that the church might be supplied with life
- Psalm 117* – Learning to practice the generality of the church by praising the Lord with all the saints
- Psalm 118* – Thanking the Lord for His mercy in bringing us through so many trials and chastisements that we could experience Christ as the chief cornerstone to build the church
- Psalm 119* – Letting the Word indwell in us richly that we might learn to relate everything in our lives to the Lord
- Psalm 120* – Longing for a change and the peace of God's house by interacting with the Lord in a contentious environment
- Psalm 121* – Experiencing the Lord's help and preservation when we live for His house
- Psalm 122* – Being practically built up in God's house by meeting together with the saints and experiencing the divine peace with all the brethren
- Psalm 123* – Learning to look upon and behold the Lord in a dependent way while our soul is passing through turmoil for the sake of His house
- Psalm 124* – Being conscious that the Lord Himself is our helper in the midst of the enemies' attack on our soul
- Psalm 125* – Trusting in the Lord as we proceed to live a life in and for God's house
- Psalm 126* – Learning to sow and reap for the sake of the recovery of the saints back to Zion
- Psalm 127* – Realizing that building, protecting, and bearing fruit are wholly the Lord's doing and not man's
- Psalm 128* – Realizing that living for God's house in Zion is the secret of experiencing the Lord's blessing in our work, marriage, and family
- Psalm 129* – Enduring much affliction for the sake of Zion
- Psalm 130* – Learning to cry to the Lord out of our depths to experience the mercy of His abundant redemption
- Psalm 131* – Having our soul dealt with by the Lord in the realm of pride and ambition
- Psalm 132* – Living a life to experience Christ specifically for the church as God's chosen and desired dwelling place
- Psalm 133* – Experiencing life and blessing when we practically stand together in oneness
- Psalm 134* – Enjoying the worship in the house of the Lord and flowing out to bless others because of it
- Psalm 135* – Appreciating the church the way God appreciates the church as His special treasure
- Psalm 136* – Being specific and detailed in our thanks giving with a deep realization of His mercy in our lives

- Psalm 137* – Knowing and experiencing the difference between Babylon and Jerusalem from the divine point of view
- Psalm 138* – Having a heart to praise the Lord for His house, His Word, and His reviving and perfecting work
- Psalm 139* – Experiencing what it is like to live under the Lord's light and searching
- Psalm 140* – Keeping ourselves in the presence of the Lord while under the attack of the enemy
- Psalm 141* – Being sensitive to the Lord and open to be dealt with by other members of the Body, while keeping our eyes upon the Lord
- Psalm 142* – Learning how to be transparent with God in prayer when in trouble and at the same time acknowledging the Lord's bountiful dealing
- Psalm 143* – Learning how to interact with the Lord and pray through when we are overwhelmed by the enemy
- Psalm 144* – Fighting the good fight of faith for the sake of being in the state of a happy church life
- Psalm 145* – Learning to praise the Lord for all His attributes and virtues in the glory of His kingdom
- Psalm 146* – Praising the Lord while we have our being
- Psalm 147* – Praising the Lord with a vision of His purpose for Jerusalem and Zion
- Psalm 148* – Praising the Lord with all creation and all creatures
- Psalm 149* – Praising the Lord with our mouth in the church meeting, and executing judgment with the Lord in the kingdom
- Psalm 150* – Praising God in His sanctuary with every thing that has breath*

— Bill Freeman

* This summary of each Psalm is taken from the book, *The Word of Christ in the Psalms*, by Bill Freeman. This book of 90 pages may be ordered for \$3.95 postpaid from **Ministry Publications**, P.O. Box 1077, Moses Lake, WA 98837.

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