

MAPPING THE PSALMS

Lesson 14

Book 5: THE DEUTERONOMY BOOK, Part 2

Psalm 119 to 145



Book 5: The Deuteronomy Book

The Word of Life
Ps 119-145

We now look at the **second** part of Book 5:

[A] The Word of Life, 119

[B] Psalms of Deliverance, 120-134

[C] Psalms of Praise, 135-136

[B] Psalms of Deliverance, 137-139

[C] Psalms of Praise, 140-145

Look for the answers to these questions:

1. Psalm 119 has ___ sections. Each section has ___ verses.
2. What are the ten key words in Psalm 119?
3. What are the three parts to every “song of degrees”?
4. What Psalm teaches us how to find deliverance from self-hatred?
5. According to this lesson, what are the four parts to Psalm 139?



Book 5: The Deuteronomy Book

The Word of Life
Ps 119-145

[A] The Word of Life, 119

Psalm 119 has 176 verses, making it the **longest** chapter in the Bible.

Psalm 119: The Word of Life

Psalm 119 is structured in a very special way.

It is divided into **22 sections** – one for each of the 22 letters of the Hebrew alphabet.

Each section contains **8 verses**. The first word in verses 1-8 begin with the Hebrew letter *aleph*; verses 9-16 begin with *beth*, and so on.

The chart on the next page makes this a little easier to understand:

The 22 Divisions of Psalm 119

Hebrew Letter		Verses
---------------	--	--------

1. Aleph	א	1-8
2. Beth	ב	9-16
3. Gimel	ג	17-24
4. Daleth	ד	25-32
5. He	ה	33-40
6. Vau	ו	41-48
7. Zain	ז	49-56
8. Cheth	ח	57-63
9. Teth	ט	65-72
10. Jod	י	73-80
11. Caph	כ	81-88

Hebrew Letter		Verses
---------------	--	--------

12. Lamed	ל	89-96
13. Mem	מ	97-104
14. Nun	נ	105-112
15. Samech	ס	113-120
16. Ain	ע	121-128
17. Pe	פ	129-136
18. Tzaddi	צ	137-144
19. Koph	ק	145-152
20. Resh	ר	153-160
21. Schin	ש	161-168
22. Tau	ת	169-176

See how each verse in Psalm 119:1-8 begins with the Hebrew letter “ALEPH.”



- 1 אֲשֶׁר־י תְּמִימֵי־דַרְךְךָ הָהֶלְכִים בְּתוֹרַת יְהוָה:
- 2 אֲשֶׁר־י נִצְרִי עֵדוּתִי בְּכָל־לֵב יִדְרָשׁוּהוּ:
- 3 אֲך־י לֹא־פָעֵלוּ עוֹלָה בְּדַרְכֵי הַלְכוּ:
- 4 אֲתָה צוֹיְתָה פְקוּדֶיךָ לְשֹׁמֵר מְאֹד:
- 5 אֲחֲלִי יִכְנֹו דַרְכֵי לְשֹׁמֵר חֲקִיךָ:
- 6 אִז־י לֹא־אֲבוֹשׁ בְּהַבִּיטִי אֶל־כָּל־מַצּוֹתֶיךָ:
- 7 אִוְדָךְ בִּישָׁר לֵבִי בְּלִמּוּדֵי מִשְׁפָּטֶי צְדָקָךְ:
- 8 אֲת־חֲקִיךָ אֲשֹׁמֵר אֶל־תֵּעֲזֹבֵנִי עַד־מְאֹד:

One of these 10 words is in every verse of Psalm 119 (except verse 122)

	Ten Key Words	Hebrew Word	How many times?
1	Way, Ways	Derek	13
2	Testimony, Testimonies	Eduth	23
3	Precepts	Pikkudim	21
4	Commandment / Commandments	Mizvah	22
5	Word, Words	Imrah	42
6	Law	Torah	25
7	Judgment, Ordinances	Mishpat	23
8	Righteousness / Right / Justice	Zedek	15
9	Statutes	Hok, Hukka	22
10	Word, Words	Dabar	24



Book 5: The Deuteronomy Book

The Word of Life
Ps 119-145

Next are 15 psalms of deliverance.
Each one is called “a song of degrees”
or upward steps.

[A] The Word of Life, 119

[B] Psalms of Deliverance, 120-134

The Songs of Degrees

Some say these psalms are songs of ascending to Jerusalem from Babylon after the captivity.

Others say they are songs of pilgrimage for the journey to Jerusalem to celebrate the three annual feasts.

A third theory suggests that these psalms were sung by the priests as they ascended the fifteen steps to the Temple in Jerusalem.

All of these statements could be true. In any case, these psalms are songs of deliverance along the way.

The SONGS of DEGREES

Distress

Trust

Peace in Zion

The fifteen **Songs of Degrees** are presented in five sets, each set made of three psalms. Each set contains a song of distress, a song of trust in God, and a song of peace in Zion.

The SONGS of DEGREES

Distress

Trust

Peace in Zion



120

121

122

123

124

125

126

127

128

128

130

131

132

133

134

In this lesson, we will only look at the **first** set of three.

The SONGS of DEGREES

Distress

Trust

Peace in Zion

Psalm 120:1-7

- 1 **In my distress I cried unto the LORD**, and he heard me.
- 2 Deliver my soul, O LORD, from lying lips, *and* from a deceitful tongue.
- 3 What shall be given unto thee?
or what shall be done unto thee, thou false tongue?
- 4 Sharp arrows of the mighty, with coals of juniper.
- 5 Woe is me, that I sojourn in Mesech, *that* I dwell in the tents of Kedar!
- 6 My soul hath long dwelt with him that hateth peace.
- 7 *I am for peace*: but when I speak, they *are* for war.

The SONGS of DEGREES

Distress

Trust

Peace in Zion

Psalm 121:1-8

- 1 I will lift up mine eyes unto the hills, from whence cometh my help.
- 2 *My help cometh from the LORD, which made heaven and earth.*
- 3 He will not suffer thy foot to be moved: he that keepeth thee will not slumber.
- 4 Behold, he that keepeth Israel shall neither slumber nor sleep.
- 5 The LORD is thy keeper: the LORD is thy shade upon thy right hand.
- 6 The sun shall not smite thee by day, nor the moon by night.
- 7 The LORD shall preserve thee from all evil: he shall preserve thy soul.
- 8 The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore.

The SONGS of DEGREES

Distress

Trust

Peace in Zion

Psalm 122:1-9

- 1 I was glad when they said unto me, Let us go into the house of the LORD.
- 2 Our feet shall stand within thy gates, O Jerusalem.
- 3 Jerusalem is builded as a city that is compact together:
- 4 Whither the tribes go up, the tribes of the LORD, unto the testimony of Israel, to give thanks unto the name of the LORD.
- 5 For there are set thrones of judgment, the thrones of the house of David.
- 6 Pray for the peace of Jerusalem: they shall prosper that love thee.
- 7 **Peace be within thy walls, and prosperity within thy palaces.**
- 8 For my brethren and companions' sakes, I will now say, Peace be within thee.
- 9 Because of the house of the LORD our God I will seek thy good.



Book 5: The Deuteronomy Book

The Word of Life

Ps 119-145

Psalm 136 is an enlarged version of Psalm 135. Every line of Psalm 136 ends with “for his mercy endureth for ever.”

[A] The Word of Life, 119

[B] Psalms of Deliverance, 120-134

[C] Psalms of Praise, 135-136

Ps 136: Praise For His Infinite Mercies

Praise, 1-3

Creative Wonders, 4-9

From Egypt, 10-15

To Canaan, 16-22

God's Goodness, 23-25

Praise, 26

Psalm 136:1-3

- ¹ O give thanks unto the LORD; for *he is good*:
for his mercy *endureth* for ever.
- ² O give thanks unto the God of gods:
for his mercy *endureth* for ever.
- ³ O give thanks to the Lord of lords:
for his mercy *endureth* for ever.

Ps 136: Praise For His Infinite Mercies

Praise, 1-3

Creative Wonders, 4-9

From Egypt, 10-15

To Canaan, 16-22

God's Goodness, 23-25

Praise, 26

Psalm 136:4-9

- ⁴ To him who alone doeth great wonders:
for his mercy *endureth* for ever.
- ⁵ To him that by wisdom made the heavens:
for his mercy *endureth* for ever.
- ⁶ To him that stretched out the earth above the waters:
for his mercy *endureth* for ever.
- ⁷ To him that made great lights:
for his mercy *endureth* for ever:
- ⁸ The sun to rule by day:
for his mercy *endureth* for ever:
- ⁹ The moon and stars to rule by night:
for his mercy *endureth* for ever.

Ps 136: Praise For His Infinite Mercies

Praise, 1-3

Creative Wonders, 4-9

From Egypt, 10-15

To Canaan, 16-22

God's Goodness, 23-25

Praise, 26

Psalm 136:10-15

- ¹⁰ To him that smote Egypt in their firstborn:
for his mercy *endureth* for ever:
- ¹¹ And brought out Israel from among them:
for his mercy *endureth* for ever:
- ¹² With a strong hand, and with a stretched out arm:
for his mercy *endureth* for ever.
- ¹³ To him which divided the Red sea into parts:
for his mercy *endureth* for ever:
- ¹⁴ And made Israel to pass through the midst of it:
for his mercy *endureth* for ever:
- ¹⁵ But overthrew Pharaoh and his host in the Red sea:
for his mercy *endureth* for ever.

Ps 136: Praise For His Infinite Mercies

Praise, 1-3

Creative Wonders, 4-9

From Egypt, 10-15

To Canaan, 16-22

God's Goodness, 23-25

Praise, 26

Psalm 136:16-22

- ¹⁶ To him which led his people through the wilderness:
for his mercy *endureth* for ever.
- ¹⁷ To him which smote great kings:
for his mercy *endureth* for ever:
- ¹⁸ And slew famous kings:
for his mercy *endureth* for ever:
- ¹⁹ Sihon king of the Amorites:
for his mercy *endureth* for ever:
- ²⁰ And Og the king of Bashan:
for his mercy *endureth* for ever:
- ²¹ And gave their land for an heritage:
for his mercy *endureth* for ever:
- ²² *Even* an heritage unto Israel his servant:
for his mercy *endureth* for ever.

Ps 136: Praise For His Infinite Mercies

Praise, 1-3

Creative Wonders, 4-9

From Egypt, 10-15

To Canaan, 16-22

God's Goodness, 23-25

Praise, 26

Psalm 136:23-25

- ²³ Who remembered us in our low estate:
for his mercy *endureth* for ever:
- ²⁴ And hath redeemed us from our enemies:
for his mercy *endureth* for ever.
- ²⁵ Who giveth food to all flesh:
for his mercy *endureth* for ever.

Ps 136: Praise For His Infinite Mercies

Praise, 1-3

Creative Wonders, 4-9

From Egypt, 10-15

To Canaan, 16-22

God's Goodness, 23-25

Praise, 26

Psalm 136:26

²⁶ O give thanks unto the God of heaven:
for his mercy *endureth* for ever.



Book 5: The Deuteronomy Book

The Word of Life

Ps 119-145

Up next are more psalms of deliverance.

[A] The Word of Life, 119

[B] Psalms of Deliverance, 120-134

[C] Psalms of Praise, 135-136

[B] Psalms of Deliverance, 137-139

Three Psalms of Deliverance, 137-139

137: Deliverance from Captivity in Babylon

¹ By the rivers of Babylon,
there we sat down, yea, we wept,
when we remembered Zion.

Three Psalms of Deliverance, 137-139

137: Deliverance from Captivity in Babylon

¹ By the rivers of Babylon,
there we sat down, yea, we wept,
when we remembered Zion.

138: Deliverance from outside troubles

⁷ Though I walk in the midst of trouble,
thou wilt revive me:
thou shalt stretch forth thine hand
against the wrath of mine enemies,
and thy right hand shall save me.

Three Psalms of Deliverance, 137-139

137: Deliverance from Captivity in Babylon

¹ By the rivers of Babylon,
there we sat down, yea, we wept,
when we remembered Zion.

138: Deliverance from outside troubles

⁷ Though I walk in the midst of trouble,
thou wilt revive me:
thou shalt stretch forth thine hand
against the wrath of mine enemies,
and thy right hand shall save me.

139: Deliverance from Self-Hatred

(We will read this psalm in its entirety.)

Ps 139: Deliverance from Self-Hatred

You KNOW me

You are WITH me

You CREATED me

Your CAUSE is my cause

Psalm 139 divides into these four part.

Ps 139: Deliverance from Self-Hatred

You KNOW me, 1-6

You are WITH me

You CREATED me

Your CAUSE is mine

Psalm 139:1-6

- 1 O LORD, thou hast searched me, and known me.
- 2 Thou knowest my downsitting and mine uprising, thou understandest my thought afar off.
- 3 Thou compasses my path and my lying down, and art acquainted *with* all my ways.
- 4 For *there is* not a word in my tongue, *but*, lo, O LORD, thou knowest it altogether.
- 5 Thou hast beset me behind and before, and laid thine hand upon me.
- 6 *Such* knowledge is too wonderful for me; it is high, I cannot *attain* unto it.

God sees all your imperfections and still loves you.

Ps 139: Deliverance from Self-Hatred

You KNOW me

You are WITH me, 7-12

You CREATED me

Your CAUSE is mine

Psalm 139:7-12

- ⁷ **Whither shall I go from thy spirit?
or whither shall I flee from thy presence?**
- ⁸ If I ascend up into heaven, thou *art* there:
if I make my bed in hell, behold, thou *art there*.
- ⁹ *If* I take the wings of the morning,
and dwell in the uttermost parts of the sea;
- ¹⁰ Even there shall thy hand lead me,
and thy right hand shall hold me.
- ¹¹ If I say, Surely the darkness shall cover me;
even the night shall be light about me.
- ¹² Yea, the darkness hideth not from thee;
but the night shineth as the day:
the darkness and the light *are* both alike *to thee*.

Ps 139: Deliverance from Self-Hatred

You KNOW me

You are WITH me

You CREATED me, 13-18

Your CAUSE is mine

Psalm 139:13-16

- ¹³ For thou hast possessed my reins:
thou hast covered me in my mother's womb.
- ¹⁴ **I will praise thee;**
for I am fearfully and wonderfully made:
marvellous are thy works;
and *that* my soul knoweth right well.
- ¹⁵ My substance was not hid from thee,
when I was made in secret,
and curiously wrought in the lowest parts of the earth.
- ¹⁶ Thine eyes did see my substance, yet being unperfect;
and in thy book all *my members* were written,
which in continuance were fashioned,
when *as yet there* was none of them.

Ps 139: Deliverance from Self-Hatred

You KNOW me

You are WITH me

You CREATED me, 13-18

Your CAUSE is mine

Psalm 139:17-18

- ¹⁷ How precious also are thy thoughts unto me, O God!
how great is the sum of them!
- ¹⁸ *If* I should count them, they are more in number
than the sand:
when I awake, I am still with thee.

Ps 139: Deliverance from Self-Hatred

You KNOW me

You are WITH me

You CREATED me

Your CAUSE is mine, 19-24

Psalm 139:19-24

- ¹⁹ Surely thou wilt slay the wicked, O God:
depart from me therefore, ye bloody men.
- ²⁰ For they speak against thee wickedly,
and thine enemies take *thy name* in vain.
- ²¹ **Do not I hate them, O LORD, that hate thee?**
and am not I grieved with those that rise up against thee?
- ²² I hate them with perfect hatred:
I count them mine enemies.
- ²³ Search me, O God, and know my heart:
try me, and know my thoughts:
- ²⁴ And see if *there be any* wicked way in me,
and lead me in the way everlasting.



Book 5: The Deuteronomy Book

The Word of Life Ps 119-145

Part 2 finishes with six psalms of David.

[A] The Word of Life, 119

[B] Psalms of Deliverance, 120-134

[C] Psalms of Praise, 135-136

[B] Psalms of Deliverance, 137-139

[C] Psalms of Praise, 140-145

Ps 140: Prayer for Deliverance from the Evil Man

We should never underestimate the hatred of the wicked for Jesus and his followers. Look at this prayer: *deliver me, preserve me, keep me.*

Psalm 140:1, 4-5

- ¹ **Deliver me**, O LORD, from the evil man: **preserve me** from the violent man;
- ⁴ **Keep me**, O LORD, from the hands of the wicked; **preserve me** from the violent man; who have purposed to overthrow my goings.
- ⁵ The proud have hid a snare for me, and cords; they have spread a net by the wayside; they have set gins for me. Selah.



Ps 141: Prayer for One's Own Steadfastness

King David attained a level of spirituality that few people have even dreamed of. One reason he was so successful is that he did not underestimate his *greatest* enemy – his own sinfulness. He feared disappointing God much more than he feared the sting of chastisement.

Psalm 141:3-5

- 3 Set a watch, O LORD, before my mouth; keep the door of my lips.
- 4 Incline not my heart to *any* evil thing, to practise wicked works with men that work iniquity: and let me not eat of their dainties.
- 5 **Let the righteous smite me; it shall be a kindness: and let him reprove me; it shall be an excellent oil, which shall not break my head:** for yet my prayer also *shall be* in their calamities.



Ps 142: Prayer for Deliverance from Persecution

Shallow prayers make a shallow relationship. When you are hurt or angry, pour out your complaint before the LORD.

Psalm 142:2

² I poured out my complaint
before him;
I shewed before him my trouble.



Ps 143: Prayer for Guidance

This psalm holds the key to your escape from a meaningless and pain-filled life, and your entrance into the land of promise.

Psalm 143:8 and 10

- ⁸ Cause me to hear thy lovingkindness
in the morning;
for in thee do I trust:
**cause me to know the way
wherein I should walk;**
or I lift up my soul unto thee.
- ¹⁰ **Teach me to do thy will;**
for thou *art* my God:
thy spirit *is* good;
lead me into the land of uprightness.



Ps 144: Prayer and Thanksgiving

Psalm 144 is very similar to Psalm 18:

Psalm 18:

- ³⁴ He teacheth my hands to war,
so that a bow of steel is broken by
mine arms.
- ² The LORD *is* my rock, and my
fortress, and my deliverer; my God,
my strength, in whom I will trust;
my buckler, and the horn of my
salvation, *and* my high tower.

Psalm 144:1-2

- ¹ Blessed *be* the LORD my strength,
which teacheth my hands to war,
and my fingers to fight:
- ² My goodness, and my fortress;
my high tower, and my deliverer;
my shield, and *he* in whom I trust;
who subdueth my people under me.



Ps 145: David's Psalm of Praise



Book Five closes with “David’s Psalm of Praise” – the only psalm that has this title.

The first three verse show a pattern that is repeated throughout the psalm: first, a vow for praise, and then, the fulfillment of that vow.

Ps 145: David's Psalm of Praise

Praise Promised, 1-2

Psalm 145:1-3

- ¹ I will extol thee, my God, O king;
and I will bless thy name for ever and ever.
- ² Every day will I bless thee;
and I will praise thy name for ever and ever.
- ³ Great *is* the LORD, and greatly to be praised;
and his greatness *is* unsearchable.

Praise Given, 3

Ps 145: David's Psalm of Praise

Psalm 145:21

²¹ My mouth shall speak the praise of the LORD:
and let all flesh bless his holy name for ever and ever.

The conclusion to verse 21 is also the doxology that closes Book Five, the Deuteronomy Book of the Psalms.

Book 1 Ps 1 to 41

Book 2 Ps 42 to 72

Book 3 Ps 73 to 89

Book 4 Ps 90 to 106

Book 5 Ps 107 to 145

Five Hallelujah Psalms
Ps 146-150

UP NEXT:
The HALLELUJAH Psalms

Questions to test your understanding of this lesson:

1. Psalm 119 has ___ sections. Each section has ___ verses.
2. Write down any **two** verses from Psalm 119 and underline one of the ten key words from slide 7.
3. What are the three parts to every “song of degrees”?
4. What Psalm teaches us how to find deliverance from self-hatred?
5. According to this lesson, what are the four parts to Psalm 139?

Each question is worth 20 points. Do NOT share your answers with other students.



WTWH.org