



SERIES: MAY- JULY: THE MAIN THING

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Scripture: Psalms

TITLE – Psalms – Let It Out

Do you have a poker face? I'm not asking if you play poker. I'm asking if you wear your emotions on your sleeve. I don't have much of a poker face. I'm generally an upbeat guy. People see it and know it. But when I'm down, perplexed, angry, or anything in between, people can tell.

Now, maybe you're like me, and you display your feelings. Maybe you express them with your words to others. But do you do that with God? God can see right through any show or pretending.

That's why I love studying the book of Psalms. Psalms is a collection of promises, prayers, praises, and petitions. There isn't any sugar-coating the words or feelings of the writers. It gives us a peek into the authentic and reliable relationship available to us with God.

The book of Psalms is a collection of 150 chapters written by David, Asaph, Solomon, Moses, and others. It is likely that the Psalms were written over a 1000-year period from 400 B.C. to 1,400 B.C.

As previously stated, the book of Psalms is a collection of various prayers, praise, and petitions. It conveys all types of situations and feelings. If there is one common theme found in the book, it would be worship. God is worthy alone of worship. God is God, and we are not. God is the creator, sustainer, promise keeper, and Father to His spiritual children. The Book of Psalms is an intimate response to the person and work of God. These Psalms were used in temple worship and are used for worship today.

Christ is seen or prophesied throughout the Psalms. We see the Messiah or the anointed one as the King, the Servant, the Son of Man, and the Son of God. Psalms contain five different kinds of messianic messages. You can't read through the Psalms and not see Jesus as captured in the Gospels.

What's the main thing of Psalms? It is right heart and right worship. Psalm 19:14 (CSB) says,

“May the words of my mouth and the meditation of my heart be acceptable to you, LORD, my rock and my Redeemer.”

Many of us focus on the wrong things. We fill our hearts and meditate on Youtube, TikTok, Netflix, political news, and social media, and put off spending time meditating on God's Word, God's presence, and God's faithfulness. This prepares our hearts.

What should the response of a right heart be? Worship. Psalm 145:21:

“My mouth will declare the LORD’s praise; let every living thing bless his holy name forever and ever.”

Friend, God alone is worthy of a relationship. This starts with a right heart meditating on all God is. And as we walk through this life, we can come to God with all of our excitement, fear, anger, sadness, joy, questions, and doubts. No pretending or poker faces are needed or desired in the presence of God.

When we come to God as we truly are preparing to worship Him, that is when we will win the day.