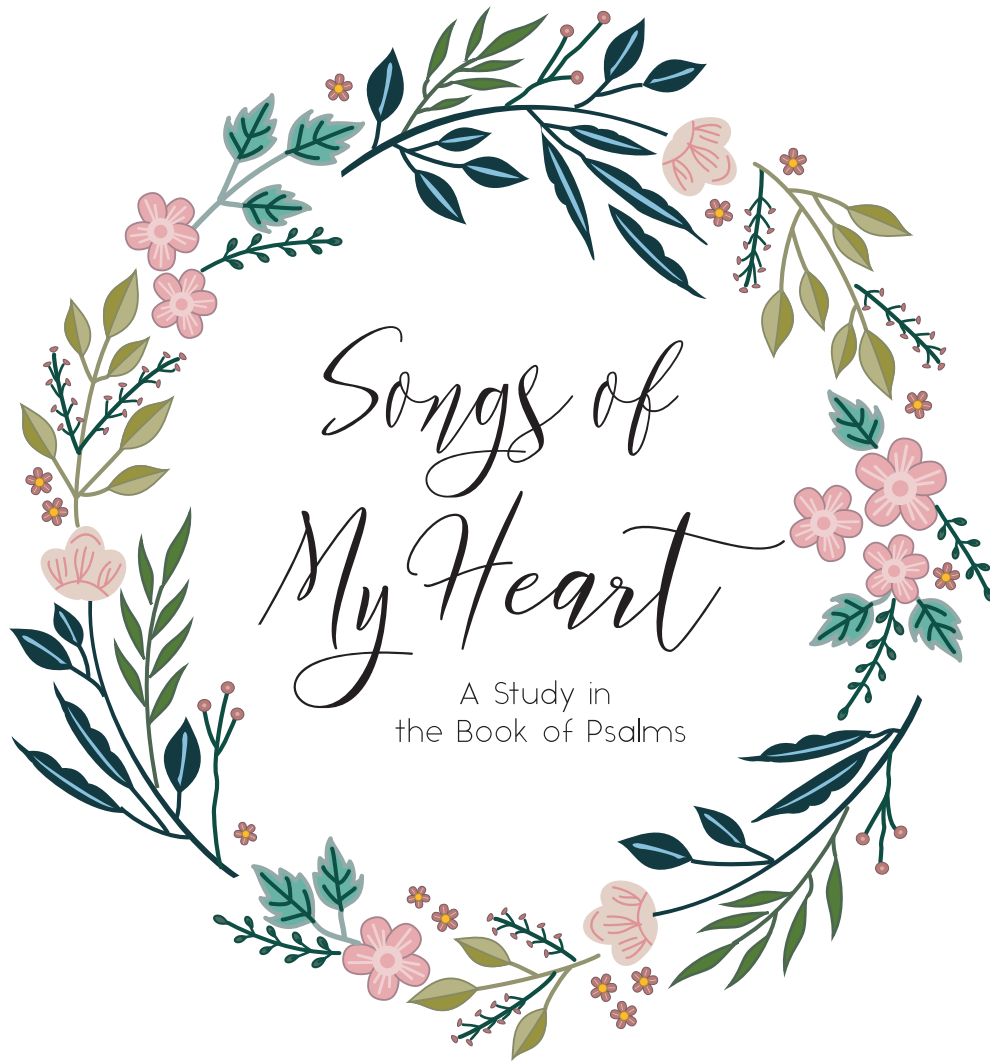


# Songs of My Heart

A Study in  
the Book of Psalms

Julie Contreras



*“Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.”*

*Colossians 3:16 NKJV*

# Songs of my heart:

## A study in the book of Psalms

Psalms is a beautiful, poetic book of songs in the Bible. The Old Testament followers of God poured out their hearts to God through poetry put to music. We no longer have the tunes and melodies, but we have the words. These words are relatable, revealing and relieving. We relate to the psalmists' emotions, honesty, and heartfelt pleas.

They reveal our hearts' cry to God when we are facing anxiety, in need of deliverance, in worship, in search of the Messiah, in intimacy with God, in need of forgiveness, and in many other life situations. We are relieved as we discover that in any of life's moments, God is still present, active, and worthy of our praise.

Join me as we connect with 18 of my favorite songs grouped into seven categories. Open up your heart as you connect with David and other writers who expressed their everything to God through these poems. More importantly, ask God to help you to form a bond with Him as you study and express yourself through these psalms.

The pacing of this study is to study two psalms a week. It is up to you how you spread this out over your seven day period. After you complete two songs, we will come together for a teaching, either live if doing this study in person or on video if doing this study virtually. The teachings will take us further into each of the seven categories the songs are grouped into, as well as a couple of other relatable topics. If attending live, we will sing the psalms put to modern-day music during worship time to get a fuller experience of the song.

You will need a set of highlighters to complete this study...yellow, blue, pink, and green. These colors will help us to break down the songs and apply them to our lives. Most often the colors will be used in the following manner. Yellow will represent God and who He is. Pink will highlight our cry and response to God. Blue will indicate our problem. Green will show God's action. As we dissect the songs we will connect and relate to them. We will end each psalm with writing our own version of it to "sing" to God.

I pray this study will lock your heart with God's. Let yourself encounter God in a beautiful, poetic, worshipful, raw and wonderful way, just as the songwriters did. I look forward to this experience together.

Studying and singing for God's glory,

Julie Contreras





# Songs for Psalms Study:

*Songs of Intimacy:*

Psalms 62, 63

*Songs of Anxiety:*

Psalms 3, 4, 13

*Songs of Forgiveness:*

Psalms 32, 51

*Songs of Messiah:*

Psalms 16, 22, 23

*Songs of Wisdom:*

Psalms 1, 37

*Songs of Worship:*

Psalms

19, 29, 96, 103

*Songs of Deliverance:*

Psalms 54, 56



Message 1:  
*Songs of my Heart*  
Introduction

What?

Who?

Why?

When?

What's our connection?





*Songs  
of  
Intimacy*

Psalms  
62, 63



# Psalm 62

New King James Version (NKJV)  
A Calm Resolve to Wait for the Salvation of God  
To the Chief Musician. To Jeduthun. A Psalm of David.

<sup>1</sup> Truly my soul silently waits for God;  
From Him comes my salvation.

<sup>2</sup> He only is my rock and my salvation;  
He is my defense;  
I shall not be greatly moved.

<sup>3</sup> How long will you attack a man?  
You shall be slain, all of you,  
Like a leaning wall and a tottering fence.

<sup>4</sup> They only consult to cast him down  
from his high position;  
They delight in lies;  
They bless with their mouth,  
But they curse inwardly. *Selah*

<sup>5</sup> My soul, wait silently for God alone,  
For my expectation is from Him.

<sup>6</sup> He only is my rock and my salvation;  
He is my defense;  
I shall not be moved.

<sup>7</sup> In God is my salvation and my glory;  
The rock of my strength,  
And my refuge, is in God.

<sup>8</sup> Trust in Him at all times, you people;  
Pour out your heart before Him;  
God is a refuge for us. *Selah*

<sup>9</sup> Surely men of low degree are a vapor,  
Men of high degree are a lie;  
If they are weighed on the scales,  
They are altogether lighter than vapor.

<sup>10</sup> Do not trust in oppression,  
Nor vainly hope in robbery;  
If riches increase,  
Do not set your heart on them.

<sup>11</sup> God has spoken once,  
Twice I have heard this:  
That power belongs to God.

<sup>12</sup> Also to You, O Lord, belongs mercy;  
For You render to each one according to  
his work.





Intimacy with God means closeness, tenderness, familiarity, and friendship. It is a special relationship developed through time together. It involves waiting on His presence. This song of David is full of assurance and a healthy perspective in the midst of opposition. How was David able to deal with the two-faced people who wanted to destroy him? David knew how to be intimate with God by waiting on God. This is a spiritual discipline that we all can benefit from. Let's enjoy this song as we study it and learn what it has for us.



*Listen to  
"Psalm 62"  
by Shane & Shane,  
from the album, "Pages."*

Verse 1 begins right away with the decision to wait on God. *Highlight just the first line pink* for David's response to who God is and his decision. *What does it mean to you to wait on God?*

*Notice, what was David's soul doing in verse 1 while he waited?*

Honestly, this is a hard one for me! I'm constantly on the go. It takes real effort for me to be still and silent! David is in God's presence, not saying a word. He is not complaining about what is going on in his life. He is not filling up the empty space with a lot of words. He is letting God guide his thoughts. At times we wait on God to act. At other times we wait on God to speak. At times we need His presence of peace. These are all reasons to wait on God.



*Are you currently waiting on God for anything? If so, write what it is below.*

The following are the reasons why David is able to wait. *Read Psalm 62:1b (second line of the verse) - 2 and highlight them yellow* for who God is.

*Who is God to David and to us according to the yellow part you just highlighted?*

All of these symbols demonstrate the strength of God. A rock is heavy, firm, solid. *What solid truth of God as your rock do you stand on?*

Salvation is rescuing. *What has God rescued you from?*



Other translations use the words, *“stronghold, fortress, refuge”* for defense. All of them give the image of a place that someone who was accused of murdering someone accidentally could run to and be safe, a city of refuge in the Old Testament (Numbers 35:15). God keeps us safe in His love and tender care. He is the place we run to for our defense and safety.

*Is there an area in your life that you need God to defend you in or keep you safe in? If so, explain below.*

Psalm 62:2 ends with the result of God being these things in our lives. I shall not be greatly \_\_\_\_\_.

All of these truths about God brought David hope and confidence that as he waited, God would show up. *“Whether we await a diagnosis, a resolution, a new job, or the answer to a long-standing prayer request, our hope in the Lord is the hand that pulls us forward. That hope keeps us on our knees and our eyes on the Lord. Hope reminds us there’s a bigger picture.”* (Start with Praise, by Sally Burke and Cyndie Claypool De Neve, p. 187) Waiting on God is possible because of the hope we have in who God is, no matter what we may be waiting for.

Now the reason comes out why David is waiting on God. David’s got people problems! *Read Psalm 62:3–4 and highlight it blue* for his problem. Then *write below a summary of what people were trying to do to him.*

*How obvious was it at first appearance according to verse 4?*

*What was coming out of their mouths versus what they were planning inwardly?*

Deception! It’s awful! God gave David discernment to be able to tell that these people were not speaking truth. *What’s the word at the end of verse 4 that shows it’s time to stop and think?*

David may have been thinking about the problem and shifting his thoughts to the Problem-Solver. That’s the way for us to overcome our emotional response to our problems, shift it all over to God.



*Read Psalm 62:5 and highlight it pink for David's decision on how to respond to God and his problem. What did David decide to do?*

*Read the same verse in the NLT Let all that I am wait quietly before God, for my hope is in him. Why did David decide to wait quietly before God according to the second half of this verse?*

David knew that Psalm 31:24 was true, *Be of good courage, And He shall strengthen your heart, All you who hope in the Lord.*

*Read Psalm 62:6-7 and highlight them yellow for who God is. What previous verse in this song is verse 6 a repetition of?*

David is repeating this truth of who God is in worship of God and as a reminder to himself of who God is. Repeating truth is a powerful tool for hope. We are so quickly discouraged that we need to remind ourselves of who God is repeatedly.

*What word is missing in Psalm 62:6 that was in Psalm 62:2?*

We see David's hope and confidence growing as he declares the truth of who God is! At the beginning of the song he's saying, *"I won't be moved too much!"* Now on repetition of who God is, as he's shifting his thoughts onto God instead of the problem, he's saying, *"I won't be moved at all!"* He is counting on God's strength to give him the strength he needs in his situation. David took his people problem to the Lord and as he did, God strengthened him.

There are many times in my life where I have faced problems. I was anxious, unsure of what to do, and knowing that I might get pushed around a bit in this problem, but I'd still be with God no matter what. After I brought it to prayer, God removed my anxiety and gave me confidence that He is with me and I wouldn't be moved at all. Specifically with my job opportunities. God kept opening doors of greater responsibility which made me feel very inadequate. As I brought those positions before Him in prayer and spending time in His word, He would assure me that He will strengthen me where He leads me and I do not need to fear. He is my leader, comforter, strength, and peace giver. *All I am able to do is not because of my ability, but because of His ability!*



*Tell about a time that you were unsure, anxious, or even terrified, yet God brought you confidence through prayer and the truth of who God is.*

Psalm 62:7 is him reminding himself for a third time of God's strength.  
*What new word is here in the first line that we haven't seen in this song yet about who God is?*

Glory here can be translated dignity, honor. It is possible to be so talked badly about by people that we feel that we've lost our dignity. David's looking to God for His dignity to cover David. Our worth comes from God because He is worthy. If you feel dirty, God washes you clean. If you feel unloved, God gives you unconditional love. If you feel inadequate, you are adequate through Christ. If you feel weak, God is your strength.

*Write below an opposite you've experienced through God's glory and worth.*

*I used to, or sometimes I still feel \_\_\_\_\_,  
but God \_\_\_\_\_.*

We respond to God because He is our rock, strength, and salvation. Read David's response in Psalm 62:8 and *highlight it pink* for his response to God. *What should our response be according to this verse?*

We show our trust in God by pouring out our hearts to our Refuge!

*Selah...stop and think!* Stop and pour out your heart to God. Do this now. Take a moment to trust in God and pour out your heart to Him. It may be an expression of who God is to you. It may be an outpouring of what's happening. Whatever it is, it is a beautiful moment between you and God. Selah! *Write any reflections about that time here if you like.*

As David selahed before God, *what conclusion did he come to about his people problem in Psalm 62:9?*



As you read Psalm 62:9-10, *highlight them blue* for his response to his problem.

James 4:4 agrees with David. It says *For what is your life? It is even a vapor that appears for a little time and then vanishes away.* NKJV David recognizes these people who are out to destroy him are not powerful compared to God. Their lives are based on a lie. God will blow them away! With this revelation, David gets some wisdom. What is it from Psalm 62:10?

The New Living Translation puts it this way *Don't make your living by extortion or put your hope in stealing. And if your wealth increases, don't make it the center of your life.*

Those are some good words to live by! If money is the center of your life and your main reason for living, you will come out spiritually and emotionally poor in the end. If you follow your passion God's put on your heart or even just live in day to day obedience of what God is showing you to do, whether it's accompanied by money or not, you will live a very rich life. If God blesses you with more resources, you are not to look to how to selfishly consume it, but how to use it for His purposes to bless others.

*What would you say is your core motivation for your life right now, gaining more money or living for God?*

Jesus says you can't do both. In Matthew 6:24 He says, *No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money.* NLT

*Do you have any priorities that need to be adjusted as you consider what this principle means?*

David ends this song in Psalm 62:11-12 with why this is true according to God's character. *Read it and highlight it yellow* for who God is.

*What does God have in Psalm 62:11?*

God has the ultimate power! The world tells us people have power, money has power. This is the world's standard. We are not of the world. We look to the One with the most power of all...God!



*What does God balance this power with so that we are still able to come to Him in Psalm 62:12?*

His mercy offers forgiveness to us when we try to take the power out of God's hands.

*What is the chilling last reason David gives in the last line of this psalm as to why we should live our lives for God and not people or money?*

The simpler NLT version says *Surely you repay all people according to what they have done.*

That sends chills down my spine when I consider all the sins I have committed and mistakes I have made. Then peace comes when I realize that ultimately we are repaid according to the decision we have made on what to do with Jesus. If we have received the gift of forgiveness for our sin that Jesus offered on the cross, we are repaid according to what Jesus has done, not what we have done. That is something to celebrate!

*Look up John 5:24 and write what Jesus says here that gives us assurance of this truth.*

We will be given salvation by our choice of receiving Jesus and we will be given rewards based on how we served Him.

*What does 1 Corinthians 3:9-15 say about this?*

*What's your impression after reading this passage?*

I think it's amazing that even though I've done things that deserve to be punished, Jesus already took that punishment! I am saved. If I do God's work here there will be more rewards than even that in eternity. I'm so undeserving. God truly is merciful!



David waited on God and found strength and wisdom. He wrote about it in this song. Now *write your own song of intimacy* based on Psalm 62 by filling in the blanks below.

**MY OWN SONG:**

I choose to silently wait on God.

You alone are my \_\_\_\_\_.

I will not be moved. I am secure in You.

My current challenge in life involves \_\_\_\_\_  
\_\_\_\_\_.

Selah!

I expect you to meet with me God as I wait on you.

You alone are my \_\_\_\_\_.

You are my safe place I run to Lord.

I trust you at all times God.

I pour out my heart to you.

Selah

This is what you are showing me as I wait on you God.

\_\_\_\_\_  
\_\_\_\_\_

You are powerful and you are merciful.

Thank you, Jesus, that you already took on my sin and I will be rewarded according to your goodness, rather than judged by my faults.

Hallelujah!





# Psalm 63

New King James Version (NKJV)

Joy in the Fellowship of God

A Psalm of David when he was in the wilderness of Judah.

<sup>1</sup> O God, You are my God;  
Early will I seek You;  
My soul thirsts for You;  
My flesh longs for You  
In a dry and thirsty land  
Where there is no water.

<sup>2</sup> So I have looked for You  
in the sanctuary,  
To see Your power and Your glory.

<sup>3</sup> Because Your lovingkindness is better  
than life,  
My lips shall praise You.

<sup>4</sup> Thus I will bless You while I live;  
I will lift up my hands in Your name.

<sup>5</sup> My soul shall be satisfied as with  
marrow and fatness,  
And my mouth shall praise You with  
joyful lips.

<sup>6</sup> When I remember You on my bed,  
I meditate on You in the night watches.

<sup>7</sup> Because You have been my help,  
Therefore in the shadow of Your wings,  
I will rejoice.

<sup>8</sup> My soul follows close behind You;  
Your right hand upholds me.

<sup>9</sup> But those who seek my life, to destroy it,  
Shall go into the lower parts of the earth.

<sup>10</sup> They shall fall by the sword;  
They shall be a portion for jackals.

<sup>11</sup> But the king shall rejoice in God;  
Everyone who swears by Him shall glory;  
But the mouth of those who speak lies  
shall be stopped.





David spent a lot of time in the wilderness! As a young man ordained to be future king, he spent time running from the current king who was jealous and wanted to kill him. As an old man, we find him here back in the wilderness again fleeing from his own son who wanted to take over his throne! We will read more about the details of this family drama in 2 Samuel 15-18 when we study Psalm 3. If you'd like a preview, you may read those four chapters in 2 Samuel now.

David wrote some of the songs of my heart during these desperate times. It's in desperate times that we find out where our true affections lie. It's in desperate times that we rekindle our intimacy with God. Read over this psalm, keeping in mind David's extremely sad situation he was in. He has had his throne overthrown by one of his own sons. He has fled his home with his faithful followers. He is in the middle of a dry, barren desert, unsure of what the future holds. *Where do his true affections lie?*

*Read and highlight verses 1-2 pink for David's cry to God.  
What is he comparing his need for God to?*

He is literally in a dry and thirsty land and his soul feels the same way!  
*Has your soul ever felt that way?*

There are seasons of life when even as followers of Jesus, our souls feel dry.  
*When this happens, how can we quench our soul's thirst according to verse 1?*

*What does it look like for you when you are seeking God with all that is in you?*

Seeking God with our whole hearts brings the true refreshment we are seeking. It may not happen in the first time we set aside for God and His presence, but stick with it my friend, and soon you will find your soul is no longer thirsty but overflowing with the living water Jesus refers to in John 7:38.



*Read Psalm 63:2.* Where is another place David's soul found refreshment?

The sanctuary refers to the place where God's people gathered and God's presence met with them. Remember David is now an outcast from Jerusalem, the place where God's sanctuary was. He is missing his time with other believers seeking God. *What does David see of God as he meets in the sanctuary?*

Glory refers to honor, dignity, splendor, abundant riches. Power refers to might and strength.

*Where do you see God's power and glory in your church?*

*Where do you see God's power and glory in your life?*



David was in a position where he needed God's power and glory to come through for him in his situation. He went back to his place of intimacy with God, that place that was for him and God alone, and then encouraged by public gathering of worship. *Are you consistently participating in time with God alone and in public gathering of worship at church?*

*If not, what changes do you need to make to do so?*

David continues to cry out to God and respond to all God is.

*Read and highlight verses 3-5 pink for this.*

What was the reason David gave for praising God in the first line of verse 3?

NKJV says lovingkindness. "*Chesed*" is the Hebrew word used here which, as one of my Old Testament professors in Bible college would dramatically shout with arms raised to drill into each of us students, is a term that means covenant. It is an agreement that God makes with us, that even if we break our end of the deal, He is unable to break His end. He continues to love us even when we mess up and sin. How remarkable! Other translations translate the Hebrew term as love, unending love, steadfast love, mercy, and kindness. Truthfully, there are not enough English words to grasp the full meaning of this "*chesed*" that God has entered into with us.

*How does it make you feel knowing that God will not stop loving you and will never stop His end of His covenant agreement with you even when you mess up?*

This “*chesed*” is better than our current life and will indeed last for our eternal life!

That is a reason to praise Him! *What were some of the expressions of worship that David used in praising God for this in verses 3-5?*

I see three ways David worships God...with his lips, life, and limbs!

*What are ways you can worship God with your lips?*

*What are ways you can worship God with your life?*

*What are ways you can worship God with your limbs?*  
(Notice what David did with his hands.)

Our words express our love, devotion, and surrender to God. Our lives are to be lived in a way that each thing we do honors God. Our arms raised signify a life fully surrendered. As I lift my hands in worship, which was not a thing that we did in the church I grew up in my faith in as a teenager, I picture myself as a child lifting her arms asking her father to pick her up to hold her. It is a picture of a complete sacrifice of self and clinging on to God.

*What does David compare the satisfaction he finds in God to in verse 5?*

Since we don't typically refer to food as “marrow and fatness” any longer, look at how the NLT translates it *You satisfy me more than the richest feast.* We foodies know how to enjoy a good meal. *Is God's presence more satisfying to you than the richest feast you've ever eaten?*



If not, keep digging into His Word and prayer and worship and corporate gatherings. Surrender yourself fully to Him. He does satisfy more than any delicious conglomeration of foods we can eat!

He satisfies so much that David could not stop thinking about Him.

*Read Psalm 63:6-8 with your pink* (for David's response to God) *and your green* (for God's action) highlighters in hand. *Highlight the lines pink* that refer to David's response to God. *Highlight the lines green* that refer to God's action in what He did for David.

Let's think about verse 6 first. *What was David doing at night?*

Remember David was hiding out in the desert with his faithful friends. They took turns watching out for enemies in the night watch. It sounds like David couldn't sleep even when it wasn't his turn. Extreme stress will do that to a person! Instead of using his time idly, David chose to ponder God and all God was doing for him in the midst of this crisis. *"Training our hearts to spend our sleepless nights in praise and fellowship with God will redeem our frustration, turning it into a cherished intimacy with our Savior."* (Keller, p. 135, The Songs of Jesus) Whether he was taking his turn at watch or lying there sleepless, David dug deeper into his closeness with God. This is a challenge to me on my sleepless nights and my mind-numbing tasks that life sometimes consists of such as dishes, laundry, or repetitive work I can do without thought. Use these times to think on God and meditate on His Word and listen to Him.

*Do you have any tips or things you do to dig deeper into intimacy with God when unable to sleep or doing mindless tasks? If so, share below.*

What exactly was David thinking about God? He tells us in verses 7 and 8. *Which lines did you highlight green about what God did for David? Write them below.*

David thought about how God was helping him and holding him in this time of sorrow and heartbreak from his son.

*What was David's response according to these verses?*



David responded with joy, hiding under God's protective care while sticking close to God. His "soul followed close" to God. That is powerful! When going through times of extreme stress and sorrow, we can choose to either draw near under God's covering and put our souls close to Him, or we can choose to go our own way and be mad at God. David chose the first and the joy and comfort it brought him was staggering! As he followed close to God, God was picking David up in a firm grip and holding on to him.

*Is there an area in your life right now where you need to draw close under God's protective care, where you need to commit your soul to follow close to God so that you can feel Him holding you up?*

*Will you write a prayer now dedicating yourself to follow close to God during this season you are in?*

*Now, will you choose to rejoice?* Not in your sorrow, pain, or struggle, but in God's faithful support, help, and unending love.

Having understood God's faithful support, help and love, David knows that God will take care of his enemies who are after him. ***Highlight verses 9 and 10 green*** for God's action that David was counting on.

David seems to get a bit excited and graphic about the destruction of his enemies! It's interesting to me because as you read in 2 Samuel 18, when his son did come to ruin, David wept and mourned so much that it upset those who had stuck by him during this time. They felt he didn't appreciate their loyalty to him because his grief was so great at the death of his enemy, his son. The takeaway we can gain from this is that God is ultimately in charge of making wrong right. We don't need to try to justify or defend ourselves when others come against us. Instead, ***read the following two verses and write what we should do when facing opposition with those who are opposing us.***

Matthew 5:44:

Romans 12:19-21:



*Is that easy or hard for you?*

*Have you ever experienced seeing God defend you in a matter?*

*What was that like?*

David has reclaimed his intimacy with God in a difficult time throughout his song. He ends this song with a reinstatement of the position God has given him and the prophesied final outcome of his situation. *Read and highlight the first two lines of Psalm 63:11 pink for David's response to God and the last line green for what David knew God was going to do.*

*What position did David claim again?*

David was the God-ordained rightful king. His son had come in an attempt to strip him of that. David was taking that back again! God has given us a position in Christ as well. *Read the following verses and write what that position is.*

1 Peter 2:9:

Romans 8:37:

1 John 3:1:

Revelation 1:5-6:

*You are a conquering, daughter of God with an intimate relationship as a king and priest, meaning you have a close connection to God and can share that with others! Since you are a daughter of the great King of the universe, you are also royalty!*



*How can you embrace and apply these truths of your identity to your life?*

When we grasp who we are in Christ, we start to get rid of the lies others have told us or lies we have told ourselves about our worthlessness or negativity. Instead, we find our worth in God and who He says we are! This is the great exchange! We exchange our sin and unworthiness for His purity and worth. We are now important, valuable, and highly favored!

As a result of these truths, we are a people who swear by Him, we stand by Him, we identify with Him. *What truth does this bring according to the second line of verse 11?*

Look back at the beginning of this lesson, *what does glory mean again?*

God's honor, dignity, and abundant riches become ours as we identify with Him as His royal daughters. That is glory!

David ends with counting again on God to take care of those who were speaking lies about him. From 2 Samuel 15, we saw how Absalom swayed the people to join him by speaking half-truths and causing them to favor him rather than his father. David knew God would reveal the truth. David trusted in God to defend Him. If people are speaking lies about you, let God defend you. Commit them to God and see what God does.

This song of intimacy is a beautiful one. It establishes our soul's need to follow close to God, to trust Him with our enemies, and to hold onto our identity. *Write your own song to God on the next page, doing the same.*





**MY OWN SONG:**

Lord, my soul is thirsty for you. I long for you.

I see my need for you in \_\_\_\_\_

So I am looking for you everywhere I go. At church I see your glory and power.

Other places I see your glory and power are \_\_\_\_\_

I find my satisfaction in you. I praise you. I surrender fully to you. I lift my hands to you.

I meditate on you when I can't sleep. You are my help. You hold me up.

Hold me up in this current situation \_\_\_\_\_

I pray for those coming against me, specifically for \_\_\_\_\_

I trust you to deal with it. Instead of worrying about it, I choose to have my soul follow close to you. I choose to cuddle up under your protective covering.

I embrace my identity that I am \_\_\_\_\_

Help me to believe the great exchange and embrace my incredible worth as your royal daughter, priest, conqueror, and child.



Message 2:  
*Songs of Intimacy*

Desire:

Dependence:

Delight:

