



OLD TESTAMENT • WISDOM

Psalms

Prayer for every season of life

AUTHORSHIP · Many writers, including David, Asaph, and the sons of Korah

DATE & CONTEXT · Collected over centuries; final arrangement uncertain

The big picture

The Psalms give God's people words for praise, grief, confession, thanksgiving, and hope. Their poetry holds together honest emotion and enduring trust. Individual prayers sit within a larger movement toward worship, while royal and messianic hopes point beyond immediate circumstances. Read each psalm as poetry in context, noticing its images, repeated words, and movement rather than treating every line as a detached promise.

Words to carry

“Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.”

Psalm 37:5 · KJV

Live it

01 Pray a psalm slowly, using its words to name what you feel.

02 Write one sentence of gratitude and one honest request.

03 Pause before reacting and entrust your next step to God.

Pause & reflect

Which psalm gives words to the season I am in?

Original SELAH37 introduction. Read the text in context; historical dates and attributions are approximate.

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