

# Using the Psalms for overcoming

New Zealand Family  
Winter Bible School

Napier 2013





# 1. Hidden Treasures in the Psalm titles



Judg. 14:5 Then went Samson down, and his father and his mother, to Timnath, and came to the vineyards of Timnath: and, behold, a young lion roared against him.



1Pet. 5:8 Be sober, be vigilant; because **your adversary the devil, as a roaring lion,** walketh about, seeking whom he may devour ...

6. And the **Spirit of the LORD** came mightily upon him, and he rent him as he would have rent a kid, and he had nothing in his hand: but he told not his father or his mother what he had done.



**22** Een psalm van David, voor den opperzangmeester, op Aijeleth hasscháchar.

2 Mijn God, mijn God! waarom hebt Gij mij verlaten, verre zijnde van mijn verlossing, *van* de woorden mijns brullens?

3 Mijn God! Ik roep des daags, maar Gij antwoordt niet; en des nachts, en ik heb geen stilte.

Dutch

## PSAUME 22.

§ 1. Ps. 69. Es. 53. (Mt. 27. Lu. 23. Jn. 19.)

1 Au chef des chantres. Sur «Biche de l'aurore». Psaume de David.

2 Mon Dieu! mon Dieu! pourquoi m'as-tu abandonné,  
Et t'éloignes-tu sans me secourir, sans écouter mes plaintes?

3 Mon Dieu! je crie le jour, et tu ne réponds pas;

French

**22** Ein Lied Davids, nach der Melodie »Eine Hirschkuh am Morgen«.

<sup>2</sup> Mein Gott, mein Gott,  
warum hast du mich verlassen?  
Warum hilfst du nicht, wenn ich schreie,  
warum bist du so fern?

<sup>3</sup> Mein Gott, Tag und Nacht rufe ich um Hilfe,  
doch du antwortest nicht  
und schenkst mir keine Ruhe.

German

לְמַנְצַחַת עַל-אַיִלָּת הַנְּשַׁחַר מִזְמוֹר לְדָוִד : Psa. 22:1

אֱלֹהֵי אֱלֹהֵי לְמַנָּה עֲזַבְתָּנִי רְחֹק מִיִּשׁוּעָתִי Psa. 22:2

דְּבַרִי שִׁאֲגָתִי :

אֱלֹהֵי אֶקְרָא יוֹמָם וְלַיְלָה תִעַנֶּה וְלֵילָה Psa. 22:3

וְלֹא-דוֹמְיָה לִי :

Hebrew



לו יזכור וכו' ויראה ויהי לו כבוד אבד כעס כעס יאן  
דורש לנפשו ועקרו יאלנה אבד אבד אבד אתה זכור  
חלקו בירך החיים הקשוכה יאלנה כו' וילת כו' איה  
העולני כדורפו כי יבין כעס חרעא כעסגד נכסו לחיות  
את שוכה כו' ונת הו' עיזקוס כו' תעל עלו

טעור ליהוה אבד אבד אבד שבעה תבלוט

הירות יאל תחטני באשענתה ענני כיעד קתנה ויהל  
תביא כלשכט יאת עברנה כו' לויא יעניק לכענה כול חרני  
ידיור ארוב נפשו דכ א ארין חותו חישוכו כעח שניס  
כמות עלק ותתעבור עלו דוחו כחניו וישתעם לכבו  
זכרתו זכיס סקדס  
אשוחה פרישות  
כחדי ענני אבד אבד  
לחן ע

לעשות נזכח כו' ויהי תוכחת כו'  
בקרס ועבדי חסיה כעבלי כו' ויל  
חודי חרעא לכול חסודיו לנעו ושרא  
חללו יאל כקדו

ברצותו חללו כו' נרוב וזילו חל  
כעל ונער חללו כו' שבע  
חללו כו' כעל עלו שבע  
תהליה חללו

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## SALMO 22

Al Músico principal, sobre Ajeleth-sahar :  
Salmo de David.

**D**IOS mío, Dios mío, ¿por qué  
me has dejado ?

*¿Por qué estás lejos de mi salud, y  
de las palabras de mi clamor?*

2 Dios mío, clamo de día, y no oyes ;  
Y de noche, y no hay para mí  
silencio.

3 Tú empero eres santo,  
Tú que habitas *entre* las alabanzas  
de Israel.

Spanish

Psa. 22:0 To the chief Musician upon Aijeleth  
Shahar, A Psalm of David.

Psa. 22:1 My God, my God, why hast thou  
forsaken me? why art thou so far from helping  
me, and from the words of my roaring?

Psa. 22:2 O my God, I cry in the daytime, but  
thou hearest not; and in the night season, and am  
not silent.

English (computer shows verse 0)



# PSALM 22.

1 David complaineth in great discouragement.  
9 He prayeth in great distress. 23 He praiseth God.

To the chief Musician upon 7 Aijeleth Shahar,  
A Psalm of David.

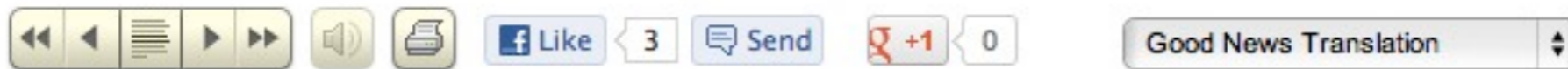
<sup>d</sup> **M**Y God, my God, why  
hast thou forsaken me?  
*why art thou so far* <sup>8</sup> *from help-*  
*ing me, and from the words of*  
<sup>e</sup> *my roaring?*

2 O my God, I cry in the day-  
time, but thou hearest not; and  
in the night season, and <sup>9</sup> am  
not silent.

KJV

## Psalm 22 (Good News Translation)

[View In My Bible](#)



One verse per line  Footnotes (a-z)

**1** My God, my God, why have you abandoned me? I have cried desperately for help, but still it does not come.

**2** During the day I call to you, my God, but you do not answer; I call at night, but get no rest.

**3** But you are enthroned as the Holy One, the one whom Israel praises.



To the Chief Musician	למנצח	le-menatseach
Chief Musician (noun)	מנצח	menatseach
To overcome (verb)	נצח	natsach

Translated as:

1Sam. 15:29 The **Strength** of Israel will not lie nor repent

1Chr. 15:21 And Mattithiah, and Elipheleh, and Mikneiah, and Obed-edom, and Jeiel, and Azaziah, with harps on the Sheminith **to excel**.

1Chr. 29:11 Thine, O LORD, is the greatness, and the power, and the glory, and the **victory**, and the majesty

Is. 25:8 He will swallow up death in **victory**

2 Chron. 2.1,17; 34.13 **overseers**

# Ephesus



To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God.



# Smyrna



Be thou faithful unto death, and I will give thee a crown of life ... He that overcometh shall not be hurt of the second death.



# Pergamos



To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it.



# Thyatira



He that overcometh, and keepeth my works unto the end, to him will I give power over the nations: And he shall rule them with a rod of iron; as the vessels of a potter shall they be broken to shivers: even as I received of my Father. And I will give him the morning star.



# Sardis



He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life, but I will confess his name before my Father, and before his angels.



# Philadelphia



Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out: and I will write upon him the name of my God, and the name of the city of my God, which is new Jerusalem, which cometh down out of heaven from my God: and my new name.



# Laodicea



To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne.



Rev. 3.12 To him that overcometh (**le-menatsaech**) will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne.

Rev. 5:5 ... The Lion of the tribe of Juda, the Root of David, hath prevailed (**menatseach**) to open the book, and to loose the seven seals thereof.

Rev. 6:1,2 And I saw when the Lamb opened one of the seals, and I heard, as it were the noise of thunder, one of the four beasts saying, Come and see. I saw, and behold a white horse: and he that sat on him had a bow; and a crown was given unto him: and he went forth conquering (**menatseach**), and to conquer (**menatseach**).

Neginoth    נגנות    Stringed instruments

Play on the harp    נגן    nagan

1Sam. 16:23 And it came to pass, when the evil spirit from God was upon Saul, that David took an harp, and played (נגן) with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him.





KJV:

Hab. 3:19 The LORD God is my strength,  
and he will make my feet like hinds' feet, and he  
will make me to walk upon mine high places.  
To the chief singer on my stringed instruments.

Translation from Hebrew: למנצח בנגינותי

Hab. 3:19 Yahweh my Lord (Adon) is my strength  
and he will make my feet like hinds' feet and he  
will make me to walk upon mine high places to  
victory on my stringed instruments (Neginoth)

Psa. 18:33 He maketh my feet like hinds' feet,  
and setteth me upon my high places.



Psa. 22 To the chief Musician upon Aijeleth Shahar, A Psalm of David.

Translation:

Psa. 22 To him that overcomes over the power of darkness

Luke 22:53 When I was daily with you in the temple, ye stretched forth no hands against me: but this is your hour, and the power of darkness.

Col. 1:13 Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son.





# 2. The Spirit maketh intercession for us





Psalm                      מִזְמוֹר                      mizmor

to prune, sing                      זָמַר                      zamar

Best fruits                      זְמֵרָה                      zimrah

Lev. 25.3,4 ... **prune** they vineyard

Gen. 43:11 And their father Israel  
said ... take of the **best fruits** (זְמֵרָה)

Gen. 43:14 And God Almighty give  
you mercy before the man

Ex. 15:2 The LORD is my strength and **song (Psalm - zimrah)**, and he is become my salvation ...

Judg. 5:3 Hear, O ye kings; give ear, O ye princes; I, even I, will sing unto the LORD; I will sing praise (**Psalm - azamer**) to the LORD God of Israel.

Ezek. 8.17 they put the **branch** to their nose. (They send away the **Psalms (zmorah)** in their anger)

Jer. 33:6 Behold, I will bring it health and cure, and I will cure them, and will reveal unto them **the abundance (how to entreat - ateret)** of peace and truth.

Gen. 25.21 Isaac intreated (**atar**) Yahweh



Hos. 14:2 Take with you words, and turn to the LORD: say unto him, Take away all iniquity, and receive us graciously: so will we render the **calves (fruits - פְּרִים)** of our lips.

2Kings 19:29 And this shall be a sign unto thee, Ye shall eat this year such things as grow of themselves, and in the second year that which springeth of the same; and in the third year sow ye, and reap, and plant vineyards, and eat the **fruits (פְּרִים)** thereof.

Selah - valued

Nehiloth - inheritances

Shiggaion – wanderings

Higgaion - meditation

Sheminith – anointing

Michtam – marked

Maschil – instruction

Shoshannim – rejoicings

Alamoth – over death

Mahalath – illness

Al-taschith – destroy thou not

Shushan-eduth – rejoicing over the testimony



Neginah – stringed instrument

Shoshannim – rejoicing ones

Mahalath-leannot – illness of afflictions

Song of degrees – Song of ascent

## Meaning of private Hebrew names:

David – beloved

Saul (Sheol) – the grave

Korah – mourning

Asaph – gathering (ecclesia)

Jeduthun – confession



# Selah

Job 28:12 But where shall wisdom be found?  
and where is the place of understanding?

Job 28:16 It cannot be valued (**selah**) with the  
gold of Ophir

Job 28:19 The topaz of Ethiopia shall not equal  
it, neither shall it be valued (**selah**) with pure  
gold





# 3. More than conquerors



## Psa. 5:4-6

- Thou art not a God that hath pleasure in wickedness
- Neither shall evil dwell with thee
- The foolish shall not stand in thy sight
- Thou hatest all workers of iniquity
- Thou shalt destroy them that speak lies
- Yahweh will abhor the man of blood and deceit



Ps. 63.2 **Early** will I seek thee

Dan. 6.10 Daniel prayed **three times a day**

Ps. 55:17 Evening, and **morning**, and at noon, will I pray

Ps. 59.16 I will sing aloud of thy mercy in the **morning**

Ps. 88:13 in the **morning** shall my prayer come before thee

Ps. 119:147 I prevented the **dawning of the morning**,  
and cried

Psa. 24:1 The earth is the LORD'S, and the fulness thereof; the world, and they that dwell therein.

Psa. 145:15 The eyes of all wait upon thee; and thou givest them their meat in due season.

Psa. 66:8,9 Bless our God, ye people, and make the voice of his praise to be heard: Which holdeth our soul in life, and suffereth not our feet to be moved.

Psa. 136:25 Who giveth food to all flesh: for his mercy endureth for ever.



Psa. 15 Psalm of David.

Psa. 15:1 Yahweh, who shall abide in thy tabernacle?  
who shall dwell in thy holy hill?

Psa. 15:2 He that walketh uprightly, and worketh  
righteousness, and speaketh the truth in his heart.

Psa. 15:3 He that backbiteth not with his tongue, nor doeth  
evil to his neighbour, nor taketh up a reproach  
against his neighbour.

Psa. 15:4 In whose eyes a vile person is contemned; but he  
honoureth them that fear the LORD. He that  
swaureth to his own hurt, and changeth not.

Psa. 15:5 He that putteth not out his money to usury, nor  
taketh reward against the innocent. He that doeth  
these things shall never be moved.

Meditate = הַגָּה (haga)

Psa. 63:6 When I remember thee upon my bed, and meditate on thee in the night watches.

Psa. 77:12 I will meditate also of all thy work, and talk of thy doings.

Psa. 119:15 I will meditate in thy precepts, and have respect unto thy ways.

Psa. 35:28 And my tongue shall speak (meditate) of thy righteousness and of thy praise all the day long.

Psa. 37:30 The mouth of the righteous speaketh (meditates) wisdom, and his tongue talketh of judgment.

# Higgaion – הגיון - meditation

Psa. 9:16 Yahweh is known by the judgment which he executeth: the wicked is snared in the work of his own hands. Higgaion. Selah.

Psa. 19:14 Let the words of my mouth, and the meditation (higgaion) of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

Psa. 92:3 Upon an instrument of ten strings, and upon the psaltery; (nevel – a kind of harp) upon the harp with a solemn sound (higgaion = meditation).



Higgaion - הגיון - meditation

Hegai - הגי

Esth. 2:15 Now when the turn of Esther, the daughter of Abihail the uncle of Mordecai, who had taken her for his daughter, was come to go in unto the king, she required nothing but what Hegai the king's chamberlain, the keeper of the women, appointed. And Esther obtained favour in the sight of all them that looked upon her.



# 4. The Lord's Prayer and the Psalms







KNOW BEFORE WHOM THOU STANDE

אתה אלהינו ואלהינו



Our Father, our God, and the Rock of our salvation  
My help cometh from the LORD, which made heaven and  
earth.

Teach me thy way, O LORD; I will walk in thy truth: unite  
my heart to fear thy Name.

Thy kingdom is an everlasting kingdom, and thy dominion  
endureth throughout all generations.

Make me to go in the path of thy commandments; for  
therein do I delight.

Thou openest thine hand, and satisfiest the desire of  
every living thing.

Bring thou me out of my distresses. Look upon mine  
affliction and my pain; and forgive all my sins.

We pray that Thou mayest soon make Jerusalem a praise  
in the earth in that Kingdom that is Thine and the Power  
and the Glory, Amen.

Our Father, who art a father of the fatherless, and a judge of the widows.

Yahweh's throne is in heaven: his eyes behold, his eyelids try, the children of men, for thou art King for ever and ever.

Teach me thy way, O LORD; I will walk in thy truth: unite my heart to fear thy Name.

The eyes of all wait upon Thee and Thou givest them their food in due season.

Thou Yahweh art good, and ready to forgive; and plenteous in mercy unto all them that call upon thee and have mercy upon us, O God, according to thy lovingkindness.

For Thine is the Kingdom and the Power and the Glory for ever, Amen.





3. A Psalm of David -  
Best fruits for the Beloved

4. To the Chief Musician upon the Neginoth -  
To him that overcomes upon the stringed instruments

9. To the Chief Musician upon Muth-labben -  
to him that overcomes over death, for the son

22. To the Chief Musician upon Aijeleth Shachar -  
to him that overcomes over the power of darkness

# Some suggestions as to how we can use the Psalms

Praise God (thankfulness)	103, 135, 136, 145-150
Pray for the Kingdom	72, 92, 94, 132
Give thanks for food	24 (vs.1), 66. (vss.8,9), 104 (vs. 27), 136.(vs.25), 145 (vs. 15)
Forgiveness of sin	32, 38 (vs.4), 51 (vss.1-4)
Guidance in temptation, envy	1, 37 (vss.1-7), 73 (vss.1-3, 15-17), 139
Deliverance from evil	59 (vss. 1-3), 140
Healing in sickness	6 (vs. 2)
Pray for brethren, sisters	28 (vs. 9)
<b>Before going on a journey</b>	<b>Ps 121</b>



Beginning of the day	3 (vs. 5), 5 (vs. 3)
Hour of prayer (9th hour)	141 (vs. 2)
End of the day	4 (vs. 8)
Remember Lord's death	18, 22, 31, 69, 70
Thanks for bread and wine	16, 20, 21, 116
Striving for perfection	26, 101
Making difficult decisions	15 (vs.4), 86 (vss. 11, 17)
Loneliness	23
Patience	25 (vss. 3,5,21), 37 (vss.1,7,9), 65 (vs.5), 130 (vs.5)
Overcoming anxiety	19 (vss.7-9)
Time of the end	91
Pray for wisdom	90 (vs. 12), 119 (vss.33-40)
Pray for unity in ecclesia	144 (vss.12-15)

# 5. How did Jesus overcome?

