

The background is a dense, repeating pattern of stylized green leaves and small, round berries. The leaves are various shades of green, from light to dark, and are arranged in a way that creates a sense of depth and texture. The berries are small and dark green, scattered throughout the leaf pattern. The overall effect is a lush, naturalistic design.

PSALMS

Genre: Poetry



STUDIES IN  
METHOD

MODERN  
GENRE  
THEORY

AN INTRODUCTION  
FOR BIBLICAL STUDIES

ANDREW  
JUDD

Wilfred Owen, "Dulce et Decorum Est" (1917–18)



Drunk with fatigue; deaf even to the hoots  
Of gas-shells dropping softly behind.  
Gas! GAS! Quick, boys!—An ecstasy of fumbling,  
Fitting the clumsy helmets just in time;  
But someone still was yelling out and stumbling,  
And flound'ring like a man in fire or lime...

“I have been accustomed to call this book, I think not inappropriately, 'An Anatomy of all the Parts of the Soul;' for there is not an emotion of which any one can be conscious that is not here represented as in a mirror. Or rather, the Holy Spirit has here drawn to the life all the griefs, sorrows, fears, doubts, hopes, cares, perplexities, in short, all the distracting emotions with which the minds of men are wont to be agitated.”

John Calvin, *Commentary on the Book of Psalms*, vol. 1, trans. James Anderson (Edinburgh: Calvin Translation Society, 1845), xxxvi–xxxvii.

“The other parts of Scripture contain the commandments which God enjoined his servants to announce to us. But here the prophets themselves, seeing they are exhibited to us as speaking to God, and laying open all their inmost thoughts and affections, call, or rather draw, each of us to the examination of himself in particular, in order that none of the many infirmities to which we are subject, and of the many vices with which we abound, may remain concealed.”

John Calvin, *Commentary on the Book of Psalms*, vol. 1, trans. James Anderson (Edinburgh: Calvin Translation Society, 1845), xxxvi–xxxvii.

# THE ANATOMY OF THE SOUL

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1. PSALM 1  
*delight /  
rootedness*



2. PSALM 13  
*grief /  
lament*



3. PSALM 42-43  
*longing /  
spiritual depression*



4. PSALM 32  
*guilt →  
the joy of  
forgiveness*



5. PSALM 134  
*blessing /  
corporate worship*



6. PSALM 103  
*gratitude /  
praise*



7. PSALM 139  
*awe +  
intimacy*



8. PSALM 112  
*the fearless,  
settled,  
generous life*



9. PSALM 150  
*unrestrained  
praise*



# 1. PSALM 1



*delight /  
rootedness*

BOOK OF PSALMS · WEEK 1

# Blessed

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*Psalm 1:1-6*

Today

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# Blessed

*Psalm 1:1-6*

- I. The Delight vs. 1-2
- II. The Picture vs. 3-4
- III. A Knowing God vs. 5-6

Blessed is the man  
who walks not in the counsel of the wicked,  
nor stands in the way of sinners,  
nor sits in the seat of scoffers;  
² but his delight is in the law of the Lord,  
and on his law he meditates day and night.

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# Blessed

*Psalm 1:1-6*

- I. The Delight vs. 1-2
- II. The Picture vs. 3-4
- III. A Knowing God vs. 5-6

3 He is like a tree  
planted by streams of water  
that yields its fruit in its season,  
and its leaf does not wither.  
In all that he does, he prospers.

The wicked are not so,  
but are like chaff that the wind drives away.

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# Blessed

*Psalm 1:1-6*

- I. The Delight vs. 1-2
- II. The Picture vs. 3-4
- III. A Knowing God vs. 5-6

5 Therefore the wicked will not stand in the judgment,  
nor sinners in the congregation of the righteous;  
6 for the Lord knows the way of the righteous,  
but the way of the wicked will perish.



# 1. PSALM 1



*delight /  
rootedness*

7 I will tell of the decree:

The Lord said to me, “You are my Son;  
today I have begotten you.

8 Ask of me, and I will make the nations your heritage,  
and the ends of the earth your possession.

9 You shall break them with a rod of iron  
and dash them in pieces like a potter’s vessel.”

10 Now therefore, O kings, be wise;  
be warned, O rulers of the earth.

11 Serve the Lord with fear,  
and rejoice with trembling.

12 Kiss the Son,  
lest he be angry, and you perish in the way,  
for his wrath is quickly kindled.  
Blessed are all who take refuge in him.

**Possibilities because there is a refuge to run to?**

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Possibilities because there is a refuge to run to?

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- Expose the anatomy of your soul

## Possibilities because there is a refuge to run to?

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- Expose the anatomy of your soul
- Know where the shelter is before the storm hits



## Possibilities because there is a refuge to run to?

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- Expose the anatomy of your soul
- Know where the shelter is before the storm hits
- The shelter is big enough for more than one

## Possibilities because there is a refuge to run to?

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- Expose the anatomy of your soul
- Know where the shelter is before the storm hits
- The shelter is big enough for more than one
- By avoiding false, temporary refuges

## Gospel Application

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How can we be honest with our emotions towards  
God? By taking refuge in The Blessed One.  
By being rooted in His Word.