

Digging into God's Word



Psalms



written by: Shelli Locke

Copyright © 2025 Shelli Locke

All rights reserved.

Permission is granted to reproduce or copy portions of this material for personal use or individual or small group study. However, this material may **not** be shared, distributed, sold, or used for commercial purposes without express written consent from the author.

Scripture notes, unless otherwise noted, are taken from *Holman Christian Standard Version*.
(Holman Christian Standard Bible Copyright © 1999, 2000, 2002, 2003, 2009 by Holman Bible Publishers).

Published by:

Self-published by Shelli Locke

For permission or inquiries, contact:
Shelli Locke with Help & Hope, LLC

shelli@helpandhopellc.com

Digging Into the Word

I am so glad you are taking time to dig into the Word of God. What an amazing opportunity we have to grow in our understanding of God Himself and learn about the life and sacrifice of Christ. I hope you enjoy taking time to go verse by verse and chapter by chapter. I pray that you will grow in your faith and experience the love of the Savior whose biggest desire is to have a relationship with you.

Acknowledgment

I would like to thank Bradie Peebles for designing the cover of this study. Her gifts and talents are greatly appreciated!

Sources

For all 'Bible Notes', I used my study Bible which is the ***Holman Christian Standard Bible***. All websites used are noted within the text for additional study resources.

God Bless!

Book 4 of Psalms: (Chapters 90-106)

Psalm 90: Eternal God and Mortal Man – *A prayer for Moses, the man of God*

(Bible Notes- This psalm, which marks the beginning of Book IV of the Psalter, is the only one associated with Moses).

Vs. 1- “Lord, You have been our _____ in every generation”.

Refuge definition- *a condition of being safe or sheltered from pursuit, danger, or trouble.*

Vs. 2- What does this beautiful verse tell us about God?

Vs. 3-6- These verses paint a picture of human life with respect to an eternal God. Explain:

Vs. 3-

Vs. 4-

Vs. 5-6-

(Bible Notes- The psalmist contrasts the eternal nature of God with the frail nature of humanity. As God from eternity to eternity, He existed before the creation of the earth. The brevity of human life is compared with the short-lived grass that flourishes and dies within a single day. Only faith in the eternal God can make life meaningful (2 Pt 3:8).

Vs. 7- What is the psalmist expressing?

Vs. 8- What has caused God’s anger?

Vs. 9-10- The psalmist feels as if their days are ebbing away under God’s wrath. What does he say is a typical life span?

He says, “Even the best of them (years) are _____ and _____”. He also says, “they pass _____ and we fly away”.

Vs. 11- [What is the biblical understanding of the wrath of God? | GotQuestions.org](#)

Vs. 12- This prayer is as pertinent now as it was then. Write this down to remember.

Vs. 13-17- What does he request of God in these verses?

Vs. 13-

Vs. 14-

Vs. 15-

Vs. 16-

Vs. 17- Write down this prayer to remember each day as you trust God with your time, work, and life.

[What does it mean for God to establish the work of our hands \(Psalm 90:17\)? | GotQuestions.org](#)

Psalm 91: The Protection of the Most High

Vs. 1- What does this say about believers?

Vs. 2- How is God described here?

Vs. 3-8- These verses express how God will offer protection to those who trust in Him. Explain:

Vs. 3-

Vs. 4-

Vs. 5-

Vs. 6-

Vs. 7-8-

Vs. 9-10- Why are these people protected from all of this harm?

Vs. 11-13- Who does God give orders to protect His people?

How do they protect?

[What does the Bible say about angels? | GotQuestions.org](#)

[What does it mean that He will give his angels charge over you \(Psalm 91:11\)? | GotQuestions.org](#)

Vs. 14-16- The psalm switches to the words of the Lord.

Vs. 14- Why does God choose to deliver and protect His people?

[What does God want from me? | GotQuestions.org](#)

God wants relationship, a genuine, loving relationship!

Vs. 15-16- These are beautiful verses spoken by God that apply to all believers. Write these down to remember.

This does not mean that believers will never experience suffering, but it DOES mean He hears us when we call out to Him, and He will be our refuge and our help in times of trouble.

Psalm 92: God's Love and Faithfulness

Vs. 1-3- What does the psalmist say is good and why?

Vs. 4-5- Why does the psalmist rejoice in the Lord?

Have you ever stood in awe at the works of God's hands? If so, explain:

Vs. 6-7- Who doesn't understand these things?

Who seems to flourish?

[How does the Bible describe a fool? | GotQuestions.org](#)

[Why do the wicked prosper? | GotQuestions.org](#)

(Bible Notes- The *stupid person or fool* does not acknowledge the Lord's magnificent works. Fool refers to an obstinate individual who has a pattern of making wrong choices in life. Such a path leads to destruction).

Vs. 8-11- How does the psalmist compare himself to his enemies?

Vs. 12-13- To what are righteous people compared?

Where are their roots planted?

Vs. 14-15- What does this say about their ability to bear fruit and why?

(Bible Notes- God's people experience stability in Him. The righteous are pictured as healthy and fruitful trees, flourishing like the palm tree and becoming strong like a cedar tree in Lebanon. Both trees portray strength and stability. The righteous- those in right relationship with the Lord- continue to be fruitful and vigorous even in old age, resulting from God's blessing).

Psalm 93: God's Eternal Reign

(Bible Notes- This psalm is one celebrating the eternal kingship of the Lord (Pss 47; 96-99). Such poems focus on the majestic Lord as sovereign over all His creation).

Vs. 1- How is the Lord described?

Vs. 2- How does God fit into the time continuum?

[What does it mean that God is eternal? | GotQuestions.org](http://GotQuestions.org)

Vs. 3-4- To what does he compare God?

(Bible Notes- The powerful waters of the sea were feared by pagan peoples in ancient times. Yet the poet affirms that the Lord is greater than these mighty waters. The Old Testament emphasis on God the creator stands in stark contrast to the pagan teachings of chaotic and random happenings).

Vs. 5- What does he mean when he says God's testimonies are completely reliable?

(Bible Notes- Not only God's creation but also His testimonies or statutes are firmly established and are completely reliable, representative of His covenant relationship with His people. Thus, believers are eternally secure in their relationship with the Lord).

Psalm 94: The Just Judge

Vs. 1-3- How does the psalmist refer to God and why?

Vs. 4-7- What atrocities had the wicked committed?

What do the wicked say about God?

Vs. 8-11- The psalmist calls them fools and lays out some powerful questions to them. Explain:

Vs. 9-

Vs. 10-

Vs. 11- The Lord knows man's thoughts. How are they described here?

[Does God know our thoughts? | GotQuestions.org](https://www.gotquestions.org/Does-God-know-our-thoughts.html)

Vs. 12- "Lord, happy is the man You _____".

[When, how, and why does the Lord God discipline us when we sin? | GotQuestions.org](https://www.gotquestions.org/When-how-and-why-does-the-Lord-God-discipline-us-when-we-sin.html)

Vs. 13- God gives _____ in troubled times.

Vs. 14- What reassurance is given here?

Vs. 16-19- How is God described in these verses and what does He provide?

Vs. 20-21- What did these wicked people do?

Vs. 22- Write down this powerful verse to remember:

Vs. 23- What will become of evil people who turn from God?

Depend on God as your refuge and leave judgment to Him.

Psalm 95: Worship and Warning

Vs. 1-2- A joyful start to this psalm; one we should remember. What is the psalmist exclaiming and why?

Vs. 3-5- What magnificent qualities of God are described here?

Vs. 6-7- What does he tell believers to do and why?

Vs. 8-11- What does he warn against?

Who does he write as an example NOT to follow?

[What is the significance of Meribah in the Bible? | GotQuestions.org](#)

Vs. 9- Why was this so disappointing to God?

What did God do to those who hardened their hearts against Him?

[What are the causes and solutions for a hardened heart? | GotQuestions.org](#)

Pslam 96: King of the Earth

(Bible Notes- The appearance of this psalm in a slightly altered form in 1 Ch 16:23-33 is the setting for David's movement of the ark of the covenant to Jerusalem. This psalm is often classified as an enthronement psalm, celebrating God's kingship (Pss 47; 93; 97-99). These psalms are characterized by the phrase "the Lord reigns").

Vs. 1-3- This is just as relevant today as the day it was written. Jot these verses down and put them into practice.

Vs. 4-5- How does the psalmist distinguish between gods and God?

(Bible Notes- God is exalted above all gods. Other gods are merely idols, but the Lord is the Creator).

Vs. 6-8- What attributes should we ascribe to the Lord?

Vs. 9- Jot this verse down to remember:

(Bible Notes- The psalm calls on all people everywhere to worship the Lord, to give to Him the honor due His name and bring their offerings. The audience is also instructed to tremble before Him in recognition of His awesome majesty, an aspect of worship that is often neglected today. You are to recognize His holiness, His set-apartness, His perfect moral purity-all calling for response of awe and respect).

Vs. 10- What does this verse tell us about the character of God?

Vs. 11-12- Even His creation exalts Him! How is this described within these verses?

Vs. 11-

Vs. 12-

Vs. 13- What is going to happen?

How will He judge?

[What does the Bible say about when God will judge us? | GotQuestions.org](http://www.GotQuestions.org)

Pslam 97: The Majestic King

Vs. 1-6- These verses give powerful descriptions of God's glory and the earth rejoicing in Him.
Explain:

Vs. 1-

Vs. 2-

Vs. 3-

Vs. 4-

Vs. 5-

Vs. 6-

Vs. 7- What will happen to those who worship idols and why?

[Why is idol worship such a powerful temptation? | GotQuestions.org](#)

Vs. 9- This verse is just as important today as when this psalm was written. Jot this down to remember.

Vs. 10-11- God is near those who love Him. How do these verses convey this truth?

God is powerful and majestic! He is Lord of all, and He seeks a relationship with each person He created. What a gift!

[How can I have a closer relationship with God? | GotQuestions.org](#)

Psalm 98: Praise for the King

Vs. 1-3- Why is the psalmist praising God?

Vs. 4-6- In what ways does he say to show praise to God?

[What does it mean to praise the Lord? | GotQuestions.org](http://GotQuestions.org)

Vs. 7-8- Even nature will praise Him. How is this described?

Vs. 9- What is the Lord coming to do and how?

Psalm 99: The Holy King

Vs. 1-3- The Lord reigns! What reaction do the people and the earth have toward Him?

Vs. 4-5- Why does the psalmist say God deserves such praise?

Vs. 6-7- Who are mentioned here?

Why is he referring to them?

(Bible Notes- The reminders of what God has done in and through His people (v. 4) leads to a recitation of the Lord's acts and revelation through such Old Testament heroes as Moses, Aaron, and Samuel (vs. 6-7). The eternal reign of God, the primary focus of this psalm, is not only an objective fact to be mentally acknowledged but also demands a lifestyle of personal submission to His rule (cp. Php 2:9-11).

Psalm 100: Thankfulness

Vs. 1-4- This psalm tells of God's worthiness. What does each verse tell believers to do to show thankfulness and praise to Him?

Vs. 1-

Vs. 2-

Vs. 3-

Vs. 4-

Vs. 5- Jot this verse down to remember:

[What is the meaning of Yahweh? What is the meaning of Jehovah? | GotQuestions.org](http://GotQuestions.org)

[What is the difference between praise and worship? | GotQuestions.org](http://GotQuestions.org)

Psalm 101: A Vow of Integrity

Vs. 1-4- This Davidic psalm begins with several "I will" statements. What does he say in these verses?

Vs. 1-

Vs. 2-

Vs. 3-

Vs. 4-

Vs. 5-8- These verses explain what kind of people he favors and those he does not. Summarize what he expects as their leader.

(Bible Notes- The king also acknowledges his responsibility to his subjects, the faithful of the land. Those who practice deceit will not be a part of his administration. The Davidic king promises to live by high standards. He commits himself to reject evil and to love God's faithful people. He vows to uphold justice in the land. Modern politicians make promises to voters; the Davidic king made promises to the Lord).

Psalm 102: Affliction in Light of Eternity *A prayer of an afflicted person who is weak and pours out his lament before the Lord.*

Vs. 1-2- What does the psalmist ask of God?

Vs. 3- How does he describe his days?

Vs. 3-5- What physical ailments are mentioned?

Vs. 6-7- How does he describe himself?

Vs. 8-9- What else does he endure?

Vs. 10- Why does he think he's experiencing these things?

[Why does God allow sickness? | GotQuestions.org](#)

Vs. 11- How does he describe his days?

Vs. 12- He turns his focus from himself to God. What does he say?

Vs. 13-14- The psalmist says, "have compassion on _____".

[What is Zion? What is Mount Zion? What is the biblical meaning of Zion? | GotQuestions.org](#)

Vs. 15-16- What does he say the nations will fear and why?

[What is the significance of the city of Jerusalem? | GotQuestions.org](#)

(Bible Notes- God's eternity stands in stark contrast to humanity's brief life span. God's power is totally opposite to human frailty. The poet's confidence lies in the Lord's eternal sovereignty. Even in his own agony, the poet could look beyond himself to see God's plan, which transcended his own lifetime. God would show favor on His people).

Vs. 18-22- Thinking beyond himself and his current circumstances, what does he say?

Vs. 23-24- How does he compare his circumstances with that of God's?

Vs. 25-27- How does he contrast God's creation with the Creator Himself?

(Bible Notes- The psalmist views his agony in terms of God's eternity. God, who laid the foundations of the earth, would endure even after those foundations were destroyed. The earth

changes, but God remains eternally the same (cp. Heb 1:10-12). Recognizing God's eternal presence gives a new perspective on life. It brings life into proper focus).

[How can I learn to trust that God is in control? | GotQuestions.org](http://GotQuestions.org)

Psalm 103: The Forgiving God

Vs. 1-10- Within these verses the psalmist expresses why God is to be praised, and all the benefits He gives those who love Him. What does he reveal in each verse?

Vs. 3-

Vs. 4-

Vs. 5-

Vs. 6-

Vs. 7-

Vs. 8-

Vs. 9-

Vs. 10-

Vs. 11-12- How does he describe God's love and forgiveness?

Vs. 13-14- What comparison is used to describe God's compassion for believers and why?

Vs. 15-16- He further explains human existence. What analogy does he use?

Vs. 17-19- The psalmist then turns to an eternal perspective. Our time on earth may be short, but what does he say about eternity with God?

(Bible Notes- God is a compassionate and tender Father toward His children. He knows that He created you from the dust of the earth (Gn 2:7). The Lord has compassion upon human frailty. In contrast to your weakness and the brevity of your life, God's love is everlasting and unchanging. All those who take His covenant seriously and live by faith in obedience to His instructions experience the wonderful reality of His unchanging love. The fear of the Lord described in this passage does not refer to a cringing mistrust of His goodness but rather to the reverent obedience that grows out of a recognition of His awesome nature and faithful love).

To whom does He extend His righteousness?

Vs. 19-22- The Lord established His throne in heaven, and His kingdom rules over all. Who does the psalmist mention praising the Lord?

God is worthy to be praised!!

Psalm 104: God the Creator

Vs. 1-4- This psalm begins the same as 103, praising Yahweh! These verses describe the splendor of God. What descriptions are given in each verse?

Vs. 1-

Vs. 2-

Vs. 3-

Vs. 4-

Within these first four verses, what does it show God's dominion over?

Vs. 5- "He established the _____ on its _____".

Vs. 6-9- What is described within these verses?

Vs. 10-13- Why does He cause the springs to gush into valleys and flow between mountains?

Vs. 14-15- What provisions are described here?

Notice it says these provisions make man's heart glad and sustains man's heart. It does not say man's stomach. God's provision sustains us in far more lasting and meaningful ways because all of this is a picture of abundant love from Creator to His creation.

(Bible Notes- Creation is under God's control. He harnesses the waters for the benefit of His creation. God provides for the needs of His creatures. He provides grass and vegetation for food).

Vs. 16- 18- Besides providing food and water, what is described here?

Vs. 19-23- Within these verses we see God created the sun and moon. What intricate details are given that show God's intentional care in creating nights/days and the sun and moon?

(Bible Notes- The Lord provides homes for all His creatures. God has established an orderly pattern for His world. He created time and seasons marked by the sun and the moon. Furthermore, the poet notes that the sun and the moon are created objects, not objects to be worshiped (see Gn 1:14-18). God give people a reason for existence. He provides meaning and purpose for their lives. He also provides time for them to rest).

Vs. 24- “How countless are Your _____, Lord! In _____ You have made them all; the _____ is full of Your _____”.

Vs. 25-26- How does the psalmist describe the magnitude of the creation of the sea and all of its creatures?

[What was the leviathan? | GotQuestions.org](http://GotQuestions.org)

Vs. 27-28- By God’s hand all things are created and sustained. What beautiful imagery is depicted in these verses?

Vs. 29-30- What power of God is depicted here?

(Bible Notes- God is the source of life. He made the seas and all forms of sea life. Leviathan refers to a great sea monster. (See link above) All creatures depend on God for their food. They are dependent on Him for their breath. God renews the entire earth, both plant and animal life. Life is the gift of the Lord).

Vs. 31- “May the _____ of the Lord endure _____; may the Lord _____ in His works”.

Vs. 32- 34- God’s creation is awe-inspiring and He controls all aspects of it. What should our response be to God as we marvel at creation’s beauty and the intimate provision for all needs?

Take a moment to think of all God has created. What are a few things that come to mind that have left you completely in awe of their beauty, complexity, or both?

Psalm 105: God's Faithfulness to His People

Vs. 1-5- These verses give specific directives to God's people. These are just as relevant today.
Explain:

Vs. 1-

Vs. 2-

Vs. 3-

Vs. 4-

Vs. 5-

Vs. 6- Who is addressed specifically?

Are you taking time to thank, praise, honor, seek His face, and remember all He has done for you? This love and reverence for God should continue in all believers.

Vs. 7-11- The Lord governs the whole earth, but what is referred to in these verses?

What was a promise within this covenant?

[What is the Abrahamic Covenant? | GotQuestions.org](https://www.gotquestions.org/What-is-the-Abrahamic-Covenant/)

Vs. 12-15- Remembering the earliest days of God's people's history, how are they described?

What did God call them?

Vs. 16-28- These verses recount the story of Joseph. Read Genesis chapters 37-50 for the complete historical account. [Who was Joseph in the Old Testament? | GotQuestions.org](#)

Vs. 23- Through this harrowing story of Joseph, where did the Israelites end up?

[What is the significance of Egypt in the Bible? | GotQuestions.org](#)

Vs. 24-25- What transpired during their time in Egypt?

Vs. 26- Who does He send to rescue His people?

Vs. 27- 38- These verses describe the plagues against Egypt when Pharaoh refused to free God's people. Read Exodus chapters 5-12 for this historical account.

[What was the meaning and purpose of the ten plagues of Egypt? | GotQuestions.org](#)

Vs. 39-44- Each verse reflects on God's provision and care for His people. Explain:

Vs. 39-

Vs. 40-

Vs. 41-

Vs. 42-

Vs. 43-

Vs. 44-

Vs. 45- What is the point of all of God's faithfulness and deliverance?

[Why did God choose Israel to be His chosen people? | GotQuestions.org](#)

Psalm 106: Israel's Unfaithfulness to God

Vs. 1-2- How does the psalmist begin and why?

Vs. 3- What does he say brings happiness to the people?

Vs. 4-5- What is he asking of God?

Vs. 6- After praying for God's favor, what does he confess?

Vs. 7- He begins this historical recounting by referring to their time in _____.

He says, "Our fathers in Egypt did not _____ the significance of Your wonderful works or _____ Your many acts of faithful _____."

Let's pause here. It can be easy to reflect on these historical narratives with a critical eye and wonder how they could miss the obvious blessings and work of the Lord. However, if we reflect on our own lives, are we guilty of overlooking God's amazing grace and work in our own lives? His amazing grace continues to this day, and we can learn from their mistakes as we study this history.

Vs. 7-11- In what ways did God show His strength, power, and provision for His people? Explain what is detailed in each verse. (Read Exodus chapters 13-15 for this account).

Vs. 8-

Vs. 9-

Vs. 10-11-

Vs. 12- After witnessing this miraculous event, what was their response?

Vs. 13- What happened soon after?

Vs. 14-15- Read Exodus chapters 16-17 and Numbers 11 for this account. What happened?

Vs. 16-18- Read Numbers 16. Summarize this downfall. [Who was Dathan in the Bible? | GotQuestions.org](#)

Vs. 19-23- Read Exodus 32. What did the people do?

Vs. 21-22- Not only was the worship of a hand-made calf a huge insult, but what was so devastating to God?

Vs. 24-27- Read Numbers chapters 13-14. They finally reach the land God had promised them and what happened?

What happened to that generation of Israelites?

Vs. 28-31- Read Judges 2 and other accounts of this pattern of disregard for God in later accounts in 1 Kings 16-17, 2 Kings 17:16-17, and 2 Chronicles 28:1-2. What had they done?

[Who was Baal? | GotQuestions.org](#)

Vs. 32-33- Read Numbers 20:1-13. Summarize what happened. [What is the significance of Meribah in the Bible? | GotQuestions.org](#)

Vs. 34-39- Things did not improve once they entered the land God promised them. Explain details from each verse.

Vs. 35-

Vs. 36-

Vs. 37-

Vs. 38-

Vs. 39-

Vs. 40-41- How did God respond?

Vs. 42-43- What pattern continued through many generations?

Vs. 44-46- Despite their deliberate rebellion and disregard for Him, what do these verses show us about God's character?

(Bible Notes- During the time of the judges the people repeatedly and deliberately revolted against the Lord (Jdg 2:17). Yet the Lord remained faithful to His people. Although He repeatedly disciplined them, He also forgave them and delivered them time and again on the basis of *His faithful love*. He faithfully kept the covenant despite the unfaithfulness of His people. No wonder the poet issued a call to praise. The psalmist cries out for God's undeserved deliverance at the present time. He asks the Lord to deliver His people in order that they might give thanks to His name).

What is your historical account of God's forgiveness and mercy in your life?

[What is the grace of God? | GotQuestions.org](#)

[What is the difference between mercy and grace? | GotQuestions.org](#)