

**The Five Books of Psalms**

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| 1. Psalms 1-41 | The Genesis Book |
| 2. Psalms 42-72 | The Exodus Book |
| 3. Psalms 73-89 | The Leviticus Book |
| 4. Psalms 90-106 | The Numbers Book |
| 5. Psalms 107-150 | The Deuteronomy Book |

*To the choirmaster
A Psalm of David.*

1-3 **Contented** is the one who is thoughtful for the poor!

- (a) In the day of trouble Adonai **delivers** him.
- (b) ² Adonai protects him and keeps him alive;
- (c) He is called **contented** in the land.
- (d) You do not give him up to the **soul** of his enemies.
- (e) ³ Adonai sustains him on his sickbed; in his illness You restore him to full health.

מלט
(*malat*)
“escape”

נפש
(*nephesh*)
“soul”

4-9 As for me, I said, “O Adonai, be gracious to me; heal my **soul** for I have sinned against You!” ⁵ My enemies say of me in malice, “When will he die, and his name perish?” ⁶ And when one comes to see me, he utters empty words, while his heart gathers iniquity. When he goes out, he tells it abroad. ⁷ All who hate me **whisper** together about me; they imagine the worst for me. ⁸ They say, “**Something of Belial** has been cast upon him; he will not rise again from where he lies.” ⁹ Even my close friend in whom I trusted, who ate my bread, has lifted his heel against me.

לחש
(*lchash*)
“whisper”

10-12 But you, O Adonai, be gracious to me, and raise me up, that I may **repay** them! ¹¹ By this I know that You delight in me: my enemy will not shout in triumph over me. ¹² But you have upheld me because of my integrity, and set me in Your presence forever.

שלם
(*shaleim*)
“complete”

[Closing to Book 1 of Psalms:]

13 **Blessed** be Adonai, the God of Israel, from age to age! **Amen** and **Amen**.

ברוך
(*baruch*)
“blessed”

אמן
(*amein*)
“confirm, support”

אמונה
(*amunah*)
“faith/faithfulness”

REFERENCES:

Verse 1

Psalm 124:7 We have escaped (מלט, *malat*) like a bird from the snare of the fowlers; the snare is broken, and we have escaped (מלט, *malat*)!

Joel 2:32 And it shall come to pass that everyone who calls on the name of Adonai shall escape (מלט, *malat*) ... [Quoted in Romans 10:13]

Malachi 3:15 “And now we call the arrogant blessed. Evildoers not only prosper but they put God to the test and they escape (מלט, *malat*).”

Verse 7

Psalm 58:5 ...so that it does not hear the voice of charmers or of the cunning enchanter (לחש, *lachash*).

Ecclesiastes 10:11 If the serpent bites before it is charmed, there is no advantage to the charmer (לחש, *lachash*).

Isaiah 3:3 ...the captain of fifty and the man of rank, the counselor and the skillful magician and the expert in charms (לחש, *lachash*).

Isaiah 3:20 ...the headdresses, the armlets, the sashes, the perfume boxes, and the amulets (לחש, *lachash*).

Jeremiah 8:17 “For behold, I am sending among you serpents, adders that cannot be charmed (לחש, *lachash*), and they shall bite you,” declares Adonai.

Verse 9

Genesis 3:15 I will put enmity between you and the woman, and between your offspring and her offspring. He shall bruise your head, and you shall bruise his heel.”

John 13:18 “I am not speaking of all of you; I know whom I have chosen. But the Scripture will be fulfilled, ‘He who ate My bread has lifted his heel against Me.’”

Verse 10

Genesis 14:18 And Melchizedek king of Salem (שלם, *shaleim*) brought out bread and wine. (He was priest of God Most High.) - 1st occurrence

Genesis 15:16 “And they shall come back here in the fourth generation, for the iniquity of the Amorites is not yet complete (שלם, *shaleim*).” – 2nd occurrence

Genesis 33:18 And Jacob came safely (שלם, *shaleim*) to the city of Shechem ... - 3rd occurrence

Verse 13

Psalms 72:19 Blessed be His glorious name forever; may the whole earth be filled with His glory! Amen and Amen! [*End of Book 2*]

Psalms 89:52 Blessed be Adonai forever! Amen and Amen. [*End of Book 3*]

Psalms 106:48 Blessed be Adonai, the God of Israel, from everlasting to everlasting! And let all the people say, “Amen!” Praise Adonai! [*End of Book 4*]