

The logo for 'REAL TALK' features the words 'REAL' and 'TALK' stacked vertically in a bold, white, sans-serif font. The text is set against a yellow, 3D-style rectangular background that has a grid-like pattern. This central graphic is positioned on a blue background with a soft, out-of-focus bokeh effect of light spots.

HEART

November 7/8, 2020

Various Psalms

Pastor Daniel Hahn

MESSAGE NOTES

When the Bible speaks of the heart, whether Old Testament or New, it is not speaking of our emotional life only but of the central animating center of all we do. ... It is our motivation headquarters. The heart, in biblical terms, is not part of who we are but the center of who we are. Our heart is what defines and directs us. That is why Proverbs tells us Above all else, guard your heart, for everything you do flows from it.

— Dane Ortlund, *Gentle and Lowly: The Heart of Christ for Sinners and Sufferers*

Getting a sense of the Psalms:

Psalms reminds us and gives us permission to lay out our questions, doubts, fears, rage, unfiltered thoughts, praise, celebration and joy to God. It's as if He knows that the way toward divine union in worship is being honestly human. — Rich Villodas, *The Deeply Formed Life*

1. The Psalms each have their own historical setting.

Group 1 (Ps.1 – 41) — Man, (Genesis)

Group 2 (Ps.42 – 72) — Deliverance, (Exodus)

Group 3 (Ps.73 – 89) — Sanctuary, (Leviticus)

Group 4 (Ps.90 – 106) — Wandering and Trust, (Numbers)

Group 5 (Ps.107 – 150) — Thanksgiving and the Word of the Lord, (Deuteronomy)

2. The Psalms are full of poetry that doesn't rhyme.
3. The Psalms are loaded with figures of speech.
4. The Psalms are profoundly honest.

A human heart is like a ship on a wild sea, driven by the storm winds from the four corners of the world. Here it is stuck with fear and worry about impending disaster; there comes grief and sadness because of present evil. Here breathes a breeze of hope and of anticipated happiness; there blows security and joy in present blessings. These storm winds teach us to speak with earnestness, to open the heart and pour out what lies at the bottom of it.

— Martin Luther



5. The Psalms point to Jesus.

This is what I told you while I was still with you: Everything must be fulfilled that is written about Me in the Law of Moses, the Prophets and the Psalms. — Luke 24:44

The Psalms are for you!

Start reading them.

Start praying them.

Start enjoying them.

DISCUSSION QUESTIONS

- Can you find a Psalm or part of a Psalm that has been meaningful to you in the past and share it with your group? Talk a little about how it impacted you and why.
- What is one thing you learned about the Psalms from ENCOUNTER this weekend?
- Why do you think God would give us all of these songs or poetry to express our hearts?
- What happens to us, as relational beings, if we have no outlet for expression?
- Have you ever felt afraid to be really, really honest with God? Why do you think we struggle with that sometimes?
- How do the Psalms help us become more authentic with God?
- This week, consider reading one Psalm each day. If you're up for it, consider rewriting some of those Psalms in your own words — making them your own expressions to the Lord and watching for ways they could be applied to your life.