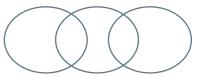


MOBBERLY BAPTIST WOMEN'S MINISTRY WRITTEN BY ALYSSA WHITEHURST + TAUGHT BY MELONY RALPH



### **INTRODUCTION**

Have you ever wondered how the Psalmist is able to get away with being so unashamedly honest with God and still come out alive? The Psalmist must be the most emotionally aware person ever to have existed, and he is an expert at kneeling before God with his feelings in a way that we so often envy. I believe, as women, we typically gravitate toward the Book of Psalms because we understand it. We know pent-up raw emotions; we desire an outlet for expressing how we feel; we need to be heard.

But what happens when we don't approach the Psalms with proper context, or we don't read the rest of the passage? We let our emotions become justified as "dictators and not indicators." That old saying, "follow your heart," runs contrary to Biblical wisdom, and we miss out on seeing when the Psalmist surrenders his emotions over to God in lament, there is still total confidence in the character and trustworthiness of God. He declares, "I have trusted in your steadfast love, my heart shall rejoice in your salvation." (Psalm 13:5)



Join us this summer as we study the Psalms from a different perspective that will help you approach the Scriptures with more confidence and give you the tools you need to know God more deeply and respond to Him in worship and thanksgiving. We cannot wait to take a seat at the table with you the next six weeks. Grab a friend or two, and let's get started.

Alyssa Whitehurst, Minister to Women

E: alyssaw@mobberly.org

Alyssalt Kitche

### HOW TO USE THIS STUDY

Each week, we will be studying a different Psalm together. Additionally, we will cover one of the five primary literary styles that the Psalmist's use in their writing: praise, lament, wisdom, imprecatory and royal psalms. Everything you will need is in this workbook and in the video teaching, except your Bible.

You will want to complete the week's workbook study time before watching the video. The video will go live at 9: 30 a.m. each week on our Facebook page: @mobberlywomenlongview OR on our website at mobberly.org/psalms. You can play these videos back at any time, so if you miss the launch, it is okay. Videos will remain up for later viewing.

The schedule and sessions are as follows:

June 23	Introduction	July 14	Wisdom – Psalm 112
June 30	Praise – Psalm 65	July 21	Imprecatory – Psalm 55
July 7	Lament – Psalm 4	July 28	Royal – Psalm 23 & wrap up



**INTRODUCTION** 

PRAISE | Psalm 65

LAMENT | Psalm 4

WISDOM | Psalm 112

IMPRECATORY | Psalm 55

ROYAL | Psalm 23

Appendix 1: Literary Chart of Psalms
Appendix 2: Structural Information of Psalms
Appendix 3: The Attributes of God
Resources

Editing by:
Mallori James
Janie Jordan
Molly Norwood
Nanette Smith



Video Notes:

## PRAISE

### / (preiz) / noun

- 1. the act of expressing commendation, admiration, etc.
- 2. the extolling of a deity or the rendering of homage and gratitude to a deity
- 3. the condition of being commended, admired, etc.



"Praise is the rehearsal of our eternal song. By grace we learn to sing, and in glory we continue to sing. What will some of you do when you get to heaven, if you go on grumbling all the way? Do not hope to get to heaven in that style. But now begin to bless the name of the Lord."

- Charles Spurgeon

### O GOD OF OUR SALVATION, TO THE CHOIRMASTER, A PSALM OF DAVID, A SONG.

(Please mark up the passage on this sheet however you need.)

- <sup>1</sup> Praise is due to you, O God, in Zion, and to you shall vows be performed.
- <sup>2</sup>O you who hear prayer, to you shall all flesh come.
- <sup>3</sup>When iniquities prevail against me, you atone for our transgressions.
- <sup>4</sup> Blessed is the one you choose and bring near, to dwell in your courts!

We shall be satisfied with the goodness of your house, the holiness of your temple!

<sup>5</sup> By awesome deeds you answer us with righteousness,

O God of our salvation, the hope of all the ends of the earth and of the farthest seas;

<sup>6</sup> the one who by his strength established the mountains,

being girded with might;

<sup>7</sup> who stills the roaring of the seas, the roaring of their waves, the tumult of the peoples, <sup>8</sup> so that those who dwell at the ends of the earth are in awe at your signs.

You make the going out of the morning and the evening to shout for joy.

<sup>9</sup>You visit the earth and water it; you greatly enrich it; the river of God is full of water; you provide their grain, for so you have prepared it.
<sup>10</sup>You water its furrows abundantly, settling its ridges,
softening it with showers,

and blessing its growth.

- <sup>11</sup> You crown the year with your bounty; your wagon tracks overflow with abundance.
- <sup>12</sup> The pastures of the wilderness overflow, the hills gird themselves with joy,
- <sup>13</sup> the meadows clothe themselves with flocks, the valleys deck themselves with grain, they shout and sing together for joy.

### 1. Begin by reading through the Psalm a few times.

- a. Read the passage through simply taking it in (read aloud if possible).
- b. Mark repeated phrases or words, look up unfamiliar words, and note any confusing ideas.
- c. Outline sections where the text breaks or transitions naturally.
- 2. Fill out the chart below.

Who is the author? Asa	ph David	Sons of Korah	Unspecified
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Anxiety			
Delight		How does the auth	or describe
Fear		himself?	
Gratitude			
Grief			
Hope		What is the author	asking God
Joy		to do?	
Longing			
Love			
Optimism		What instructions a reader?	are given to the
Peace		reader:	
Remorse			
Sorrow			
Sympathy		How is God addres described?	ssed or
Other:			

3. Zion can indicate three places in Scripture: the hill where the earliest location of Jerusalem stood, the city of Jerusalem itself, or the dwelling place of God. Which do you think the psalmist is using in v. 1? 4. Verses 1 – 8 describe God's faithfulness to His covenant promises. a. Read 1 Chronicles 17:11-14 and underline in v.1-8 where you see God fulfilling His promises to David. b. Circle the actions God takes in v. 1-5; put a box around the actions he completes in v.6-8. What is the difference between the two ways He is described? 5. Verses 9-13 are offered to the Lord as Israel's thanksgiving for a fruitful harvest. In your own words, write below the ways they give Him credit for their bounty. 6. Read John 6:44-51 and write down what you learn about God's provision and heart for His people. 7. Can you think of a time where you felt God choose you and bring you near? Reflect on that moment and offer Him a prayer of thanksgiving. 8. What is one thing you learned about God in Psalm 65? What character attribute impacts you most? Why? ACTION: How can you continue to make a regular practice of delighting in God's character considering what you learned about Him this week?

### **VIDEO LESSON**

### LAMENT

/ (ləˈmɛnt) /

Verb - to feel or express sorrow, remorse, or regret (for or over)

Noun - an expression of sorrow



"Lament contains in itself the possibility of extraordinary hope, restored desire, and a changed heart. At its core, lament is a search for God. It is not a search for answers or an invitation to fix an ailment."

Chuck DeGroat, Leaving Egypt

ANSWER ME WHEN I CALL TO THE CHOIRMASTER: WITH STRINGED INSTRUMENTS. A PSALM OF DAVID.

<sup>1</sup> Answer me when I call, O God of my righteousness! You have given me relief when I was in distress. Be gracious to me and hear my prayer!

<sup>2</sup>O men, how long shall my honor be turned into shame?

How long will you love vain words and seek after lies? Selah

<sup>3</sup> But know that the Lord has set apart the godly for himself;

the Lord hears when I call to him.

<sup>4</sup>Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. *Selah* <sup>5</sup>Offer right sacrifices, and put your trust in the Lord.

<sup>6</sup> There are many who say, "Who will show us some good?

Lift up the light of your face upon us, O Lord!"

<sup>7</sup> You have put more joy in my heart

than they have when their grain and wine abound.

<sup>8</sup> In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.

- 1. Begin by reading through the Psalm a few times.
  - a. Read the passage through simply taking it in (read aloud if possible).
  - b. Mark repeated phrases or words, look up unfamiliar words, and note any confusing ideas.
  - c. Outline sections where the text breaks or transitions naturally.
- 2. Fill out the chart below.

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Peace			reader?	
Remorse				
Sorrow				
Sympathy			How is God addre described?	ssed or
Other:			described:	

\*Chart taken and adapted from She Reads Truth, Psalms for Prayer

3. Sanctify is another word for "set apart" (v.3). How does God set apart His people? Read Ephesians 5:25-27 and 1 Thessalonians 5:16-24 for help.	
4. The psalmist implies that being angry is not the same thing as sin (v.4)? What distinguishes the two? What scriptural evidence do you have for your answer?	
5. Where does the psalmist's joy come from and how might you find it? (See Romans 14: 15:13; Psalm 43:4, 51:12)	:17
6. Can you think of a time in your life where you had to wait through a difficult season? Ho could you have found joy in the waiting?	ЭW
7. What is one thing you learned about God in Psalm 4? What character attribute impacts you most? Why?	3
ACTION: How can you continue to make a regular practice of delighting in God's character considering what you learned about Him this week?	

### **VIDEO LESSON**

### **WISDOM**

/('wizdəm)/noun

- 1. the ability or result of an ability to think and act utilizing knowledge, experience, understanding, common sense, and insight
- 2. accumulated knowledge, erudition, or enlightenment
- 3. soundness of mind



"There is nothing more foolish than an act of wickedness; there is no wisdom equal to that of obeying God."

Albert Barnes

### THE RIGHTEOUS WILL NEVER BE MOVED

<sup>1</sup> Praise the Lord!

Blessed is the man who fears the Lord,
who greatly delights in his commandments!

<sup>2</sup> His offspring will be mighty in the land;
the generation of the upright will be blessed.

<sup>3</sup> Wealth and riches are in his house,
and his righteousness endures forever.

Light dawns in the darkness for the upright;
he is gracious, merciful, and righteous.
It is well with the man who deals generously and lends;
who conducts his affairs with justice.
For the righteous will never be moved;
he will be remembered forever.

<sup>7</sup> He is not afraid of bad news;
 his heart is firm, trusting in the Lord.
 <sup>8</sup> His heart is steady; he will not be afraid,
 until he looks in triumph on his adversaries.
 <sup>9</sup> He has distributed freely; he has given to the poor;
 his righteousness endures forever;
 his horn is exalted in honor.

<sup>10</sup> The wicked man sees it and is angry; he gnashes his teeth and melts away; the desire of the wicked will perish.

- 1. Begin by reading through the Psalm a few times.
  - a. Read the passage through simply taking it in (read aloud if possible).
  - b. Mark repeated phrases or words, look up unfamiliar words, and note any confusing ideas.
  - c. Outline sections where the text breaks or transitions naturally.
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<sup>\*</sup>Chart taken and adapted from She Reads Truth, Psalms for Prayer

3.	Why is the man blessed who fears the Lord?
4.	What are the wealth and riches found inside the man's house? (Look at Psalm 111:3 and Ephesians 1:7 for help)
5.	Fill in the blanks and look up the Scriptures below:  a. He is not of bad news; his heart is (v.7).  Look up Isaiah 26:3-4 and write it out in space below.
	b. His heart is; he will not be (v. 8).  Look up James 1:12. What does steadfast mean?  What does God promise to those whom He loves?
	c. He has freelyhis righteousness forever (v.9).
	Look up Galatians 5:13-14. What are those who are called to freedom to do? How is the whole law summarized?
6.	What is it that really makes the wicked so angry? Why do you think the psalmist leaves us with such a sobering warning as his closing words?
7.	What is one thing you learned about God in Psalm 112? What character attribute impacts you the most?
	N: How can you continue to make a regular practice of delighting in God's character considering ou learned about Him this week?

### **VIDEO LESSON**

### IMPRECATORY

/ ('Impri\_keit) / verb

- 1. to swear, curse, or blaspheme
- 2. to invoke or bring down (evil, a curse, etc.) to imprecate disaster on the ship
- 3. to put a curse on



The LORD's curse is on the house of the wicked, but he blesses the dwelling of the righteous. *Proverbs 3:33* 

### IMPRECATORY | Psalm 55

CAST YOUR BURDEN ON THE LORD. To the choirmaster: with stringed instruments. A maskil of David.

1 Give ear to my prayer, O God, and hide not yourself from my plea for mercy!
2 Attend to me, and answer me;
I am restless in my complaint and I moan,
3 because of the noise of the enemy,
because of the oppression of the wicked.
For they drop trouble upon me,
and in anger they bear a grudge against me.

4 My heart is in anguish within me;
the terrors of death have fallen upon me.
5 Fear and trembling come upon me,
and horror overwhelms me.
6 And I say, "Oh, that I had wings like a dove!
I would fly away and be at rest;
7 yes, I would wander far away;
I would lodge in the wilderness; Selah
8 I would hurry to find a shelter
from the raging wind and tempest."

9 Destroy, O Lord, divide their tongues; for I see violence and strife in the city.
10 Day and night they go around it on its walls,
and iniquity and trouble are within it;
11 ruin is in its midst;
oppression and fraud
do not depart from its marketplace.

12 For it is not an enemy who taunts me—
then I could bear it;
it is not an adversary who deals insolently with
me—
then I could hide from him.
13 But it is you, a man, my equal,
my companion, my familiar friend.
14 We used to take sweet counsel together;

within God's house we walked in the throng.

15 Let death steal over them;
let them go down to Sheol alive;
for evil is in their dwelling place and in their heart.

16 But I call to God,
and the Lord will save me.

17 Evening and morning and at noon
I utter my complaint and moan,
and he hears my voice.

18 He redeems my soul in safety
from the battle that I wage,
for many are arrayed against me.

19 God will give ear and humble them,
he who is enthroned from of old, Selah
because they do not change
and do not fear God.

20 My companion stretched out his hand against his friends;

he violated his covenant.

21 His speech was smooth as butter, yet war was in his heart; his words were softer than oil, yet they were drawn swords.

22 Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.

23 But you, O God, will cast them down into the pit of destruction; men of blood and treachery shall not live out half their days.

But I will trust in you.

- 1. Begin by reading through the Psalm a few times.
  - d. Read the passage through simply taking it in (read aloud if possible).
  - e. Mark repeated phrases or words, look up unfamiliar words, and note any confusing ideas.
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Other:				

<sup>\*</sup>Chart taken and adapted from She Reads Truth, Psalms for Prayer

3.	What is the difference in being betrayed by a close friend instead of an enemy? What is different about what is required of the healing process?
4.	What intense feelings are the psalmist dealing with in verses 4-8 and what does he want to do in response?
5.	How does 2 Corinthians 1:8-11 add to the picture of suffering we are given here?
6.	Note the actions of person in v. 20-21. Note how the psalmist experiences interacting with God in v. 16-17,22. Contrast the two.
7.	Why do you think the psalmist is able to leave his burdens with the Lord instead of seeking his own version of justice or relief?
8.	How might your response to hurt or betrayal need to change based on Psalm 55?
9.	What is one thing you learned about God in Psalm 55? What character attribute impacts you most?
	N: How can you continue to make a regular practice of delighting in God's character considering ou learned about Him this week?

### IMPRECATORY | Psalm 55

### **VIDEO LESSON**

# ROYAL

/('rojəl)/adjective

- 1. of or relating to a king or queen or other sovereign
- 2. of kingly ancestry



"God is the one who satisfies the passion for justice, the longing for spirituality, the hunger for relationship, the yearning for beauty. And God, the true God, is the God we see in Jesus of Nazareth, Israel's Messiah, the world's true Lord." N.T. Wright

THE LORD IS MY SHEPHERD. A PSALM OF DAVID.

- <sup>1</sup> The Lord is my shepherd; I shall not want.
- <sup>2</sup> He makes me lie down in green pastures.

  He leads me beside still waters.
  - <sup>3</sup> He restores my soul.
    He leads me in paths of righteousness
    for his name's sake.

<sup>4</sup> Even though I walk through the valley of the shadow of death,

I will fear no evil,

for you are with me;

your rod and your staff,

they comfort me.

<sup>5</sup> You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.
<sup>6</sup> Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
forever.

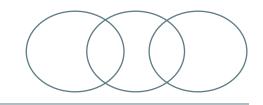
- 1. Begin by reading through the Psalm a few times.
  - g. Read the passage through simply taking it in (read aloud if possible).
  - h. Mark repeated phrases or words, look up unfamiliar words, and note any confusing ideas.
  - i. Outline sections where the text breaks or transitions naturally.
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Sorrow				
Sympathy			How is God addre described?	ssed or
Other:			described:	

<sup>\*</sup>Chart taken and adapted from She Reads Truth, Psalms for Prayer

3.	Read following passages and note what you learn about our Great Shepherd:
	John 10:1-15
	Hebrews 13:20-21
	1 Peter 2:24-25
	Revelation 7:13-17
4.	Look up a shepherd's staff and jot down its uses below. Why might the shepherd's staff provide comfort to his sheep (or us, as followers)?
5.	Why do you think the psalmist wrote about a feasting table immediately following the journey through the dangerous valley? (Read Exodus 16:14-18 and Psalm 78:19 for help in answering.)
6.	The first and last verses of Psalm 23 use the word "shall" to begin and end the writer's thoughts. Complete the sentence below to summarize his point.
	"Because His and shall follow me forever (v. 6a),
	and I shall dwell in the of the forever (v. 6b),
	I SHALL NOT (v.1b).
	Spend some time in prayer meditating on this promise from our Good Shepherd, thanking Him for His love and tender care.
7.	What is one thing you learned about God in Psalm 23? What character attribute impacts you most?
	N: How can you continue to make a regular practice of delighting in God's character considering ou learned about Him this week?

### **VIDEO LESSON**



### APPENDIX 1: LITERARY CHART OF THE PSALMS

Chapter Number	Literary Style	Chapter Number	Literary Style
Psalm 1	Intro - Wisdom	Psalm 37	Wisdom
Psalm 2	Royal	Psalm 38	Lament
Psalm 3	Lament	Psalm 39	Lament
Psalm 4	Lament	Psalm 40	Royal
Psalm 5	Imprecatory	Psalm 41	Lament
Psalm 6	Lament	Psalm 42	Lament
Psalm 7	Lament	Psalm 43	Lament
Psalm 8	Praise	Psalm 44	Lament
Psalm 9	Praise	Psalm 45	Royal
Psalm 10	Lament	Psalm 46	Praise
Psalm 11	Lament	Psalm 47	Royal
Psalm 12	Lament	Psalm 48	Praise
Psalm 13	Lament	Psalm 49	Wisdom
Psalm 14	Lament	Psalm 50	Praise
Psalm 15	Wisdom	Psalm 51	Lament
Psalm 16	Wisdom	Psalm 52	Wisdom
Psalm 17	Lament	Psalm 53	Lament
Psalm 18	Royal	Psalm 54	Lament
Psalm 19	Praise	Psalm 55	Imprecatory
Psalm 20	Royal	Psalm 56	Lament
Psalm 21	Royal	Psalm 57	Lament
Psalm 22	Lament	Psalm 58	Lament
Psalm 23	Royal	Psalm 59	Lament
Psalm 24	Royal	Psalm 60	Lament
Psalm 25	Lament	Psalm 61	Lament
Psalm 26	Lament	Psalm 62	Lament
Psalm 27	Lament	Psalm 63	Lament
Psalm 28	Lament	Psalm 64	Lament
Psalm 29	Praise	Psalm 65	Praise
Psalm 30	Praise	Psalm 66	Praise
Psalm 31	Lament	Psalm 67	Praise
Psalm 32	Praise	Psalm 68	Praise
Psalm 33	Praise	Psalm 69	Lament
Psalm 34	Praise	Psalm 70	Lament
Psalm 35	Imprecatory	Psalm 71	Lament
Psalm 36	Lament	Psalm 72	Royal

Psalm 73	Wisdom	Psalm 112	Wisdom
Psalm 74	Lament	Psalm 113	Praise
Psalm 75	Praise	Psalm 114	Praise
Psalm 76	Praise	Psalm 115	Praise
Psalm 77	Lament	Psalm 116	Praise
Psalm 78	Wisdom, Historical	Psalm 117	Praise
Psalm 79	Lament	Psalm 118	Praise
Psalm 80	Lament	Psalm 119	Wisdom (Acrostic)
Psalm 81	Praise	Psalm 120	Lament
Psalm 82	Lament	Psalm 121	Praise
Psalm 83	Lament	Psalm 122	Praise
Psalm 84	Praise	Psalm 123	Lament
Psalm 85	Lament	Psalm 124	Praise
Psalm 86	Lament	Psalm 125	Praise
Psalm 87	Praise	Psalm 126	Lament
Psalm 88	Lament	Psalm 127	Wisdom
Psalm 89	Lament	Psalm 128	Wisdom
Psalm 90	Lament	Psalm 129	Imprecatory
Psalm 91	Wisdom	Psalm 130	Lament
Psalm 92	Praise	Psalm 131	Praise
Psalm 93	Praise	Psalm 132	Royal
Psalm 94	Lament	Psalm 133	Wisdom
Psalm 95	Praise	Psalm 134	Praise
Psalm 96	Praise	Psalm 135	Praise
Psalm 97	Royal	Psalm 136	Praise
Psalm 98	Praise	Psalm 137	Lament
Psalm 99	Praise	Psalm 138	Praise
Psalm100	Praise	Psalm 139	Praise
Psalm 101	Royal	Psalm 140	Lament
Psalm 101	Lament	Psalm 141	Lament
Psalm 103	Praise	Psalm 142	Lament
Psalm 104	Praise	Psalm 143	Lament
Psalm 105	Praise, Historical	Psalm 144	Royal
Psalm 106	Lament, Historical	Psalm 145	Praise (Acrostic)
Psalm 107	Praise, Historical	Psalm 146	Praise
Psalm 108	Lament	Psalm 147	Praise
Psalm 109	Lament	Psalm 148	Praise
Psalm 110	Royal	Psalm 149	Praise
Psalm 111	Praise	Psalm 150	Doxology - Praise

### APPENDIX 2: GENERAL STRUCTURAL INFORMATION

### FIVE BOOKS OF PSALMS

Book: Psalms: 1 -41 2 42-72 3 73-89 4 90-106 5 107-150



### AUTHOR PSALM(S)

Moses 90

David 2; 3-9; 11-41; 51-56; 68-70; 86; 95; 101; 103; 108-110; 122; 124; 131;

133; 138-145

Solomon 72; 127

Asaph 50; 73-83

Sons of Korah 42; 44-49; 84-85; 87

Heman 88

Ethan 89

Ezra 119

Hezekiah's men 120; 121; 123; 125-130; 132; 134

Jeremiah 137

Haggai 146

Zechariah 147

### APPENDIX 3: THE ATTRIBUTES OF GOD

- Attentive: God hears and responds to the needs of His children.
- Compassionate: God cares for His children and acts on their behalf.
- Creator: God made everything. He is uncreated.
- Deliverer: God rescues and saves His children.
- *Eternal:* God is not limited by time and exists outside of time.
- Faithful: God always keeps His promises.
- Generous: God gives what is best and beyond what is deserved.
- Glorious: God displays His greatness and worth.
- Good: God is what is best and gives what is best. He is incapable of doing harm.
- Holy: God is perfect, pure, and without sin.
- *Incomprehensible:* God is beyond our understanding. We can comprehend Him in part but not in whole.
- *Infinite:* God has no limits in His person or His power.
- *Immutable/ Unchanging:* God never changes. He is the same yesterday, today, and tomorrow.
- Jealous: God will not share His glory with another. All glory rightfully belongs to Him.
- Just: God is fair in all His actions and judgments. He cannot over-punish or under-punish.
- Loving: God feels and displays infinite, unconditional affection toward His children. His love for them does not depend on their worth, response, or merit.
- Merciful: God does not give His children the punishment they deserve.
- *Omnipotent/ Almighty:* God holds all power. Nothing is too hard for God. What He wills He can accomplish.
- *Omnipresent:* God is fully present everywhere.
- *Omniscient:* God knows everything, past, present, and future-all potential and real outcomes, all things micro and macro.

- Patient/Long suffering: God is untiring and bears with His children.
- Provider: God meets the needs of His children.
- Refuge: God is a place of safety and protection for His children.
- Righteous: God is always good and right.
- Self-existent: God depends on nothing and no one to give Him life or existence.
- Self-sufficient: God is not vulnerable. He has no needs.
- Sovereign: God does everything according to His plan and pleasure. He controls all things.
- Transcendent: God is not like humans. He is infinitely higher in being and action.
- Truthful: Whatever God speaks or does is truth and reality.
- Wrathful: God hates all unrighteousness.
- Wise: God knows what is best and acts accordingly. He cannot choose wrongly.
- Worthy: God deserves all glory and honor and praise.

### RESOURCES FOR FURTHER STUDY

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Wiersbe, Warren W. The Wiersbe Bible Commentary OT. Colorado Springs, CO: David C. Cook, 2007.