



LESSON RECAP – SEPTEMBER 7, 2025

Finding Hope Through the Psalms

This week's lesson was a powerful reminder that even in the midst of depression, discouragement, and emotional heaviness, **God's Word—specifically the Psalms—offers us real, personal hope.**

Key Psalms Discussed:

1. **Psalm 42 & 43** – These two psalms are deeply connected and repeat a powerful refrain:

"Why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God: for I shall yet praise him..."

This refrain appears three times:

- Psalm 42:5
- Psalm 42:11
- Psalm 43:5

These Psalms show us the **cycle of emotional struggle and spiritual breakthrough**—they are tools of **hope in seasons of depression.**

2. **Psalm 119** – The **longest chapter in the Bible**, beautifully constructed with 22 sections (one for each letter of the Hebrew alphabet), with each section containing 8 verses.
 - **Focus:** The beauty and power of the Word of God.
 - David uses words like *statutes, testimonies, precepts, commandments, law, and judgments* to describe the Word.

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JOIN US SUNDAYS
8:30 AM EASTERN

SEPTEMBER 7, 2025
HOPE FROM THE PSALMS, Part 1
Luke 24:44-45

zoom JOIN ONLINE OR CALL: 646-558-8656
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3. **Psalm 23** – The most beloved Psalm, filled with **personal, intimate expressions** of God’s care:
- 16 personal pronouns show that God is *your* Shepherd.
 - Themes: Provision, protection, comfort, peace, guidance, and unfailing love.
 - Encouragement: Replace the pronouns with your name to personalize God’s promises.

Lesson Highlights & Encouragements

- **“He is the Savior of my person.”**
In the Hebrew, the phrase "the health of my countenance" can be understood as *the Savior of my person*—this makes God’s rescue **deeply personal**.
- **The Psalms were written over nearly 1,000 years**, not by David alone but also by Moses, Asaph, Solomon, the Sons of Korah, and others.
- **Structure of Psalms:**
 - Divided into **five books**, each ending with a **doxology (a praise to God)**.
 - Corresponds with the **first five books of the Bible (Pentateuch)**.
- **Types of Psalms:** Supplication, gratitude, adoration, didactic (teaching), and prayers.
- **Psalm Singing ("Psalmody")** is rooted in both Jewish tradition and early Christian worship. Paul encourages this in **Ephesians 5:19**—urging believers to sing "psalms, hymns, and spiritual songs" *to the Lord*.

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A Word on the Shepherd and His Sheep:

- In ancient times, sheep from different flocks were kept together in a **common sheepfold**.
- Each morning, the shepherds would **call their own sheep by name**, and **only their sheep would respond**.
- Jesus said:
"My sheep hear my voice, and I know them, and they follow me." (John 10:27)
- **You are His sheep. You know His voice. And He knows yours.**

"If you had no other book but the Psalms, you would still have the hope of Christ."

The Psalms contain **God the Father, God the Son, and God the Holy Spirit**.

You'll find **comfort, creation, salvation, prayer, healing, joy, and deep wisdom**.

As SisStars, when life overwhelms, return to the Psalms. They remind us that God *sees, knows, and cares deeply* for us—**personally**.