A dramatic scene featuring a large, dark, textured rock in the center. A simple wooden cross is mounted on top of the rock. The rock is partially submerged in a dark, turbulent sea with white-capped waves crashing against its base. The sky is filled with dark, heavy clouds, with bright light breaking through from behind the rock, creating a strong backlighting effect and lens flare. The text 'ROCK OF REFUGE' is overlaid on the image. 'ROCK' is written in large, bold, dark blue letters with a metallic sheen. 'OF' is written in smaller, white, sans-serif letters on the rock's surface. 'REFUGE' is written in large, bold, white letters with a slight shadow, appearing to be in the foreground.

ROCK
OF
REFUGE

The Power of the Psalms

- **What are the Psalms?**
 - **The Songbook of Israel**
 - **The Mirror of the Soul**
 - **The Dialogue with God**
 - **The Picture of Life Unfiltered**



The Power of the Psalms

- Give expression to nearly every emotion of faith:
 - Assurance
 - Doubt
 - Joy
 - Despair
 - Devotion
 - Anger

The Purpose of the Psalms

***Psalms swallows doubt and
despair in an avalanche
of praise***



The Purpose of the Psalms

**Function of the Psalms and the
Journey of Faith:**

- Psalms of Orientation**
- Psalms of Disorientation**
- Psalms of New Orientation**



The Psalms of Orientation

- **These psalms reflect the confident belief that the world is well ordered, reliable and life giving to the person of faith.**
- **Initial understanding of God and the world in which we live.**
- **This is a necessary step of faith, but we must not remain in this phase forever.**

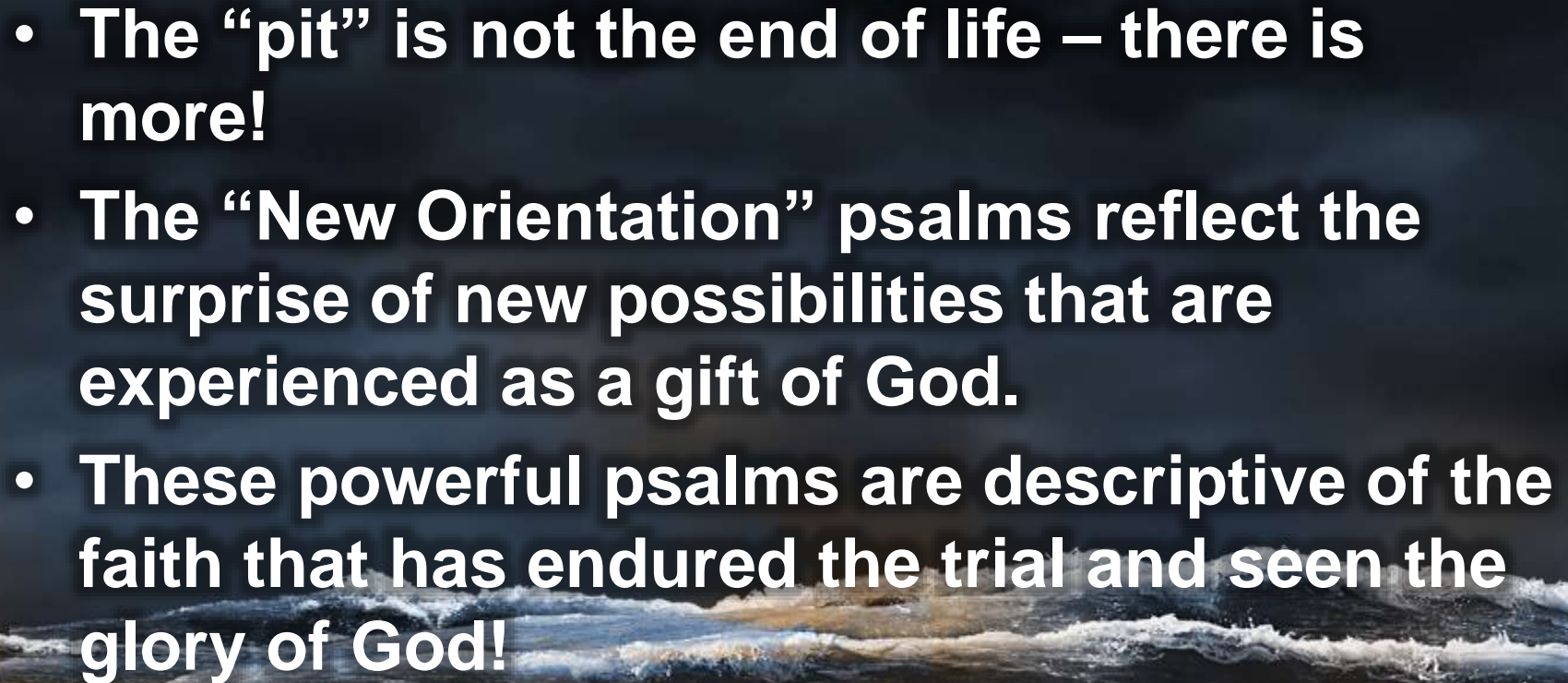


The Psalms of Disorientation

- **These psalms reflect the brokenness of life when it is no longer orderly, but savage.**
- **They are spoken out of the depths, they are still bold acts of faith.**
- **We tend to be uncomfortable hearing of this state.**
- **God has no intention of leaving us here.**



The Psalms of New Orientation

- **The “pit” is not the end of life – there is more!**
 - **The “New Orientation” psalms reflect the surprise of new possibilities that are experienced as a gift of God.**
 - **These powerful psalms are descriptive of the faith that has endured the trial and seen the glory of God!**
- 

The Meaning of the Psalm Types

- **Didactic (Instructive) Psalms**
- **Lament Psalms (Most common)**
- **Praise Psalms**
- **Thanksgiving Psalms**
- **Psalms of Confidence**



What Does the Book of Psalms Teach Us?

- **Didactic (Instructive) Frame:**
 - Worship to God should be an instructive experience.
- **Dominance of the Lament.**
- **Doxological Direction:**
 - Praise is not only for the high points, but also the low points.
 - Joy is a discipline!

A dramatic seascape with a stormy sky. In the foreground, dark, turbulent waves with white foam are crashing. In the middle ground, a large, dark, textured rock sits in the water. On top of the rock is a simple wooden cross. The sky is filled with heavy, dark, grey clouds, with a bright light source breaking through near the horizon, creating a lens flare effect. The overall mood is one of power and refuge.

ROCK
OF
REFUGE