

*Psalms for Various Seasons of Life*

**Psalms of Orientation** (Blessed, serenity, life, ordered, safe world)

*Creation:* 8, 33, 104, 145

*Torah:* 1, 15, (24), 119

*Wisdom:* 14, 37

*Retribution:* 112

*Well-Being:* 131, 133

**Psalms of Disorientation** (Complaint, disarray, sorrow, God is distant)

*Personal Lament:* 13, 35, 42, 43, 86, 139

*Communal Lament:* 74, 79, 137

*Two Problem Psalms:* 88, 109

*“Second Opinion”:* 50, 81

*“The 7 Psalms of Repentance”:* 6, 32, 38, 51, 102, 130, 143

*Destiny of the Righteous:* 49, 73, 90

**Psalms of Reorientation** (New surprise, life, hope, resurrection, renewal)

*Thanksgiving Songs:* 30, 34, 40, 138

*Thanksgiving Songs of the Community:* 65, 66, 124

*The Once and Future King:* 29, 47, 93, 96, 97, 98, 99, 114

*Thanksgiving Generalized in Confidence:* 23, 27, 91

*Hymns of Praise:* 100, 103, 113, 117, 135, 146, 147, 148, 149, 150

**Note:** *The above list is not a complete list of Psalms and their categories and applications.*

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**Psalm 30: Thanksgiving for Rescue from Death.**

**Praise:**

30 I will exalt You, LORD, for You have lifted me up,

And have not let my enemies rejoice over me.

<sup>2</sup> LORD my God,

I cried to You for help, and You healed me.

<sup>3</sup> LORD, You have brought up my soul from Sheol;

You have kept me alive, that I would not go down to the pit.

<sup>4</sup> Sing praise to the LORD, you His godly ones,

And praise the mention of His holiness.

<sup>5</sup> For His anger is but for a moment,

His favor is for a lifetime;

Weeping may last for the night,

But a shout of joy *comes* in the morning.

**Orientation:**

<sup>6</sup> Now as for me, I said in my prosperity,

“I will never be moved.”

<sup>7</sup> LORD, by Your favor You have made my mountain to stand strong;

**Change and Disorientation:**

You hid Your face, I was dismayed.

<sup>8</sup> To You, LORD, I called,

And to the Lord I pleaded for compassion:

<sup>9</sup> “What gain is there in my blood, if I go down to the pit?

Will the dust praise You? Will it declare Your faithfulness?

<sup>10</sup> “Hear, LORD, and be gracious to me;

**Reorientation:**

LORD, be my helper.”

<sup>11</sup> You have turned my mourning into dancing for me;

You have untied my sackcloth and encircled me with joy,

<sup>12</sup> That *my* soul may sing praise to You and not be silent.

LORD my God, I will give thanks to You forever. (NASB)

### **Disorientations, Endings, Transitions.**

Orientation – A time peace with God and one another.

Change - External changes, transitions, or endings:

Disorientation - Complaint, disarray, sorrow, God is distant.

*During transitions we ask God Why? How? For how Long?*

- Career change or retirement is often a gradual process.
- Changes in one's relationship with God.
- Marriage or having a child.
- Changing churches or tradition.
- Moving to a new home or city
- Health issues of a family member
- The COVID pandemic or sickness.
- The death or loss of a loved one.

Reorientation – a time of **restoration** and a **renewed life** with God and one another while relying on the Lord's grace!

#### **Things to note during times of transition and change.**

- Life transitions between stages may or may not overlap, blend, or transition in the same way.
- Some transitions are developmental where there is a natural inner unfolding over time.
- These transitions can occur at any time of our life.
- Transitions impact our soul, thus we need to be attentive to the work of Jesus and the Holy Spirit in our life.
- Transitions impact our emotions, our life with God, our calling, mission, and those around us.

### **How to reach out to God during times of change?**

1. **The Psalms** can be used as a **catalyst** to guide you through your prayers when you don't know how to proceed.

*"The Lord is my shepherd, I shall not want" Ps. 23:1*

*A prayer thought: "You, Lord, are always close to me."*

2. Try **writing your own** psalm of praise.

*"Lord, you have been good to me all my days.  
You have protected and provided for all my needs.  
When I have been down, you have lifted me up!  
You are my best friend, always there to hear my cry..."*

3. You can try **personalizing** a Psalm 139:13-14 for a friend.

*For You created **Mike's** innermost parts;  
You wove **him** together in **his** mother's womb.  
I will give thanks to You, because **Mike is** awesomely and  
wonderfully made; Wonderful are Your works,  
And **Mike's** soul knows it very well. (NASB)*

4. Use favorite **phrases** from The Psalms that to help you center or calm yourself as you enter a time of prayer.

*My heart is not proud...  
I do not concern myself with great matters or things too  
wonderful for me! (Psalm 131:1, NIV)*