

Summer in the Psalms: Psalm 75

The Realities of Life

Life can go by so fast. The easy living days of summer are winding down. For many, back to school is here and the pace of life will pick back up. More activities and more hustle will enter again into the daily routine of family life. We get caught up in the whirlwind of life and our intentions to spend time with God can easily be put on the back corner when the demands of life take over.

We desire to be still and know that He is God but trying to find time to quiet our minds and our hearts or even to find a moment of quiet is difficult. In our frustration of not being able to experience God consistently and in a meaningful way, we stop trying and decide that maybe one day we will be able to figure out this whole thing we call the “Christian life”.

You Are Created to Know and Experience God.

Regardless of our realities, our frustrations, our confusion, the good news of the gospel is that Jesus Christ died for our sins so that we would be reconciled with God. However, the best news of the gospel is that God saved us so that we could know Him, to enjoy life with Him, and to experience His love. God has invited us on a journey where he is making us more and more beautiful in Christ with each glance of His glory, with each taste of His goodness, with each response of faith, and with every moment of trust and obedience.

Believe it or not, God is pursuing you – specifically your heart. He wants to win your affections. He created you to adore Him and to be overwhelmed with His love. He delights when you seek Him for refuge and when you are afraid. In your stillness, He wants you to know He is God.

What reality is pressing down on you? Honestly describe how are you experiencing your relationship with God.

Experiencing God through His Word

God's time-tested way of deepening your relational experience with Him is through receiving, praying, and living out His word by the power of His Spirit. God's word gives us new life and is implanted in our hearts (James 1:18, 21). God invites you to hunger and thirst for His righteousness (Jesus Christ) AND promises to satisfy you (Matthew 5:6). Only God's Spirit can calm your heart, lift your eyes to Christ, and restore our soul.

Every Christian needs to learn how to draw near to God and experience His love through His living word (Hebrews 4:12). You will have an opportunity to experience God as you walk through Psalm 75 in various ways.

Receiving God's Word—Psalm 75 (ESV)

- ¹We give thanks to you, O God;
we give thanks, for your name is near.
We recount your wondrous deeds.
- ²“At the set time that I appoint
I will judge with equity.
- ³When the earth totters, and all its inhabitants,
it is I who keep steady its pillars. *Selah*
- ⁴I say to the boastful, ‘Do not boast,’
and to the wicked, ‘Do not lift up your horn;
- ⁵do not lift up your horn on high,
or speak with haughty neck.’”
- ⁶For not from the east or from the west
and not from the wilderness comes lifting up,
- ⁷but it is God who executes judgment,
putting down one and lifting up another.
- ⁸For in the hand of the LORD there is a cup
with foaming wine, well mixed,
and he pours out from it,
and all the wicked of the earth
shall drain it down to the dregs.
- ⁹But I will declare it forever;
I will sing praises to the God of Jacob.
- ¹⁰All the horns of the wicked I will cut off,
but the horns of the righteous shall be lifted up.

What did you experience in your heart and mind as you received God's word?



Praying God's Word—Psalm 75

Prayer flows out of your relationship with God. Prayer not only involves crying out to God from your heart, but more importantly involves answering God as you hear His heart through His word. Praying God's word guides what you pray, shapes how you pray and gives voice to your prayers. You can be confident when you pray God's word since His word reveals His purposes and desires.

How did God care for you as you prayed through Psalm 75?



How did praying through Psalm 75 differ from your typical prayers?

Jesus Christ and His Spirit are praying for you, as God’s people, without interruption. Read Romans 8:26- 27; 8:34 (cf. Hebrews 7:25; Isaiah 53:12; John 17). The Father knows your heart and knows your needs. Given that God’s word reveals God’s will, it makes sense that Jesus and His Spirit pray God’s word for you, to include Psalm 75.

How may the Son and Spirit be praying the Father’s will for you as expressed in Psalm 75?

(Write out the Son’s and Spirit’s prayer on your behalf to the Father. Include your name in the prayer.)

Living Out God’s Word—Psalm 75

Receiving and praying God’s word draws you into God’s presence and shapes your understanding and inclinations, enabling you to relate and respond to God rightly. In other words, receiving and praying God’s word are always connected with living God’s word. God invites you to be hearers and doers of His word in a reciprocal and parallel manner. You can’t fully understand God’s word without living it out and you can’t fully live out God’s word without receiving and praying His word.

God gave us at least three different word pictures to help us to understand the importance of living out God’s word.

Firstly, Jesus uses the parable of two foundations, where he compares the wise and foolish builder (Matthew 7:24-27). The main difference being the wise builder hears and does the word, which enable him to withstand the storms of life. Jesus adds that those who hear the word and obey it are blessed (Luke 11:28).

Secondly, Jesus uses the image of the vine and the branch. Not only can we not do anything apart from Christ but we abide in His love when we obey His commands which also results in experiencing His joy (John 15:5; 9-11).

Thirdly, we are given the picture of a mirror. Those who merely hear the word is like one who looks in the mirror then forgets what they look like in their disobedience—forgetting who they are in Christ, how God calls them to live, and who God is and what He has done. But the one who looks at God’s word and does it, which helps in not forgetting what they heard, is blessed and finds freedom as they live with God and live for God (James 1:21-25).

Given what you noted about what reality is pressing down on you, or how you are struggling in your relationship with God, consider how God is calling you to trust and obey Him so that you can live His word, which enables you to experience His blessing and find freedom found in Christ.

How Can I Live Out Psalm 75?

List 1 or 2 practical ways God is calling you to live out the truths found in Psalm 75. Here are some examples:

- This week I will be more intentional to thank God for who He is and His great deeds. (v. 1)
- When I am tempted to judge others, I will remember that God is the one who ultimately judges and He does not need my help. (v. 7)
- When I am tempted to try to control things, I will remember that God is the one who holds all things together and will pray for help releasing my life. (v. 3)

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