

## Tahylm (Tehillim/Psalm)

As Believers, we are commanded to utilize the Psalms: Speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to hwhy (Yahuah),  
**Ephesians 5:19**

**Psalm 92:1 A Mizmor (Song) for the Shabbat.** It is a good thing to give thanks unto hwhy (Yahuah), and to sing Praises unto your name, O Al Alyon: 2 To show forth your lovingkindness in the morning, and your faithfulness every night, 3 Upon an instrument of ten strings, and upon the psaltery; upon the harp with a solemn sound. 4 For you, hwhy (Yahuah), have made me glad through your work: I will triumph in the works of your hands. 5 O hwhy (Yahuah), how great are your works! and your thoughts are very deep. 6 A brutish man knows not; neither does a fool † understand this. 7 When the wicked spring as the grass, and when all the workers of iniquity do flourish; it is that they shall be destroyed forever: 8 But you, hwhy (Yahuah), are most high forevermore. 9 For, lo, your enemies, O hwhy (Yahuah), for, lo, your enemies shall perish; all the workers of iniquity shall be scattered. 10 But my horn shall you exalt like the horn of a unicorn: I shall be anointed with fresh oil. 11 My eye also shall see my desire on my enemies, and my ears shall hear my desire of the wicked that rise up against me. 12 The Righteous shall flourish like the palm tree: he shall grow like a cedar in Lebanon. 13 Those that be planted in the -9(e)4(ye)4( a)

☞, (Hey) Window Look, Reveal, Breath, Sigh

∪, (Lamed) Staff, Goad, Control, Teach, Yoke, Toward, Bind

✍, (Yad/Yod) Work, Throw, Worship, Work, Deed

⚡, (Mem) Chaos, Mighty, Blood

**Tahlym**, a Monument (Mark), Reveal, Teach, Worship, Mighty

Psalm in Hebrew: Tahlym (Tehillim) means "Praises". Theme of Psalm - Give Praises to hwhy (Yahuah). In Psalms Yahuah is the One (1) worthy of all Praise.

The title of the Book of Psalms in the Hebrew is Sefer Tehillim, means "Book of Praises". Every chapter is devoted to Praise and Thanksgiving from its author unto hwhy (Yahuah). This book clearly provides hope and confidence in hwhy (Yahuah) as the maker of all things, the ultimate ruler of everything including the universe. He sees everything, knows everything, he has no limits, his presence is everywhere even in darkness there is no hiding and he is to be Praised.

The Psalms are full of Spiritual poetry and this was not uncommon in the ancient Near Eastern nations and peoples, and it was not surprising for the Abry (Hebrews) to have produced such a powerful work. King Daud (David) is the recognized writer of most of the Psalms and many times referred to as the Psalms of Daud (David), although some of the chapters are not attributed to him in the notes.

The Psalms of Daud (David) included **Psalm 2-41** (except **Psalm 33**), **Psalm 51-72**, **Psalm 108-110**, and **Psalm 138-145**. Daud (David) was no doubt a very skillful musician, Scripture mentions that he played the lyre for King Saul (**1 Samuel 16:23**), and the prophet Amos mentions that Daud (David) invented instruments of music for worship of hwhy (Yahuah) (**Amos 6:5**). There is also mention in the book of Samuel about Daud (David) lamenting over Saul and Jonathan in a poetic fashion revealing his natural ability.

Daud (David) went to many experiences in his life that he wrote about, especially when he was hunted down by King Saul from place to place in the wilderness. Daud (David) was a young shepherd, he knew what it was like to tend his flock and to guard them from predators, representing a beautiful imagery of [ cwhy (Yahusha) the great Shepherd. Daud (David) was also a musician, a man of war, a king, a father, a husband, a friend, and many more. He repented over his Sin in **Psalm 51**, acknowledging himself to be a Sinner before hwhy (Yahuah) and hwhy (Yahuah) alone. hwhy (Yahuah) called Daud (David) "a man after my own heart" and these experiences allowed him to share with the reader, a man who knew the heart of hwhy (Yahuah). Daud (David) was a master at finding different ways to praise hwhy (Yahuah) in life experiences and the book of Psalms is a wonder book for those who want to know how to please hwhy (Yahuah). He was filled with the Ruch Ah Qudesh **1 Samuel 16:13**.

Among the Psalms are two (2) collections of Levitical Psalms, one (1) is ascribed to the "sons of Korah" (**Psalm 42-49**), the other is ascribed to Asaph (Asaph is identified with twelve (12) Psalms and is said to be the son of Berechiah who is said to be an ancestor of the Asaphites a descendant of the Levite Asaph, a group of prophets who prophesied through music). The Asaphites were one of the guilds of musicians in the First Temple) (**Psalm 73-83** and **Psalm 50**). These exalt the tribes of Yoseph.

There are Psalms mentioning Mushah (Moses), Haman, Ethan, and Solomon, some are anonymous (**Psalm 33, 84-89**). Some of the Psalms reveal a strong worship emphasis which might've been used in worship services, or on Set Apart days and do not mention the author (**Psalm 91-100**).

It is impossible to determine exactly how the Psalms were compiled and collected, and dating them is also difficult for most of the Psalms. Some of the Psalms are commemorating victories, while others are historical, remembering hwhy (Yahuah) and his people in past events. There are Psalms of affliction, lamentation and remorse over Sin, as well as songs of Thanksgiving and trusting hwhy (Yahuah). Other Psalms are prophetic and look to the future and the coming of Ha Mashiach, as well as the Heavenly kingdom.

Some of the songs were chosen to be good for reciting on certain Hebrew Qadosh days, like the Sabbath, or Pesach (Passover), Sukkot (the feast of Tabernacles), etc... There are titles on about 100 of the Psalms, the titles are so old that they cannot be understood even in the second (2<sup>nd</sup>) century BC. Some of the titles point to the source of the Psalm, while others point to a certain purpose, or a certain melody, or something related to music.

Psalm is divided into five (5) books: **Psalm 1-41**, which witness to David's Life and his Amunah (Faith); **Psalm 42-72**, historical writings; **Psalm 73-99**, Ritual psalms; **Psalm 90-106**, reflecting pre-captivity, judgment and history; **Psalm 107-150**, dealing with the captivity and return to Yarusalym (Jerusalem). These five (5) books are often regarded as the devotional counterpart to the five (5) books of Mushah (Moses) (**Genesis, Exodus, Leviticus, Numbers, Deuteronomy**).

## IMPORTANCE OF PSALM

The psalm comprised the ancient hymnal of hwhy (Yahuah) to music but not always. The psalm expresses the emotion of the individual poet to hwhy (Yahuah) or about hwhy (Yahuah). Different types of psalms were written to communicate

The book of Psalm expresses worship. Throughout its many pages, Psalm encourages its readers to Praise hwhy (Yahuah) for who He is and what He has done. As the Psalms present a clear picture of hwhy (Yahuah) lovingly guiding His people, the responses of Praise and Worship to hwhy (Yahuah) The Psalm illuminate the greatness of our Alhym, affirm His faithfulness to us in times of trouble, and remind us of the absolute authority of His Word. The portrayal of worship in the Psalms offers us glimpse after glimpse of he encounters with Him.

to Yasharal (Israel)  
Songs of Zion.

Yasharal (Israel)      ashiach), Victory psalm, Turah psalm, and

ead **Psalm 1:1** Baruk (Baruk (Blessed)) is the man that walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of the scornful. 2 But his delight is in the Turah of hwhy (Yahuah); and in his Turah he meditates day and night. 3 And he shall be like a tree

- **Daud** (David) - Commonly thought to be the author of the book of Psalms, but he actually wrote only about seventy-three (73), less than half.
- **Asaph** - The music director during the reigns of Daud (David) and Solomon (**1 Chronicles 16:1-7**). He wrote twelve (12) psalms.
- **The Sons of Korah**- These were Levites who served in the Temple (**1 Chronicles 26:1-19**). They wrote twelve (12) psalms.
- **Solomon** - At least two (2) psalms are attributed to him (**Psalms 72, 127**).
- **Mushah (Moses)** -

mighty, with coals of juniper. 5 Woe is me, that I sojourn in Meshek, that I dwell in the tents of Cedar! 6 My soul has long dwelt with him that hates Shalum (Peace). 7 I am for Shalum (Peace): but when I speak, they are for war.

### **MY HELP COMES FROM hwhy (YAHUAH)**

**Psalm 121:1 A Song of Ascent.** - I will lift up my eyes unto the hills, from whence comes my help. 2 My help comes from hwhy (Yahuah), which made heaven and earth. 3 He will not suffer your foot to be moved: he that guards you will not slumber. 4 Behold, he that guards Yasharal shall neither slumber nor sleep. 5 hwhy (Yahuah) is your guard: hwhy (Yahuah) is your shade upon your right hand. 6 The sun shall not smite you by day, nor the moon by 7 hwhy (Yahuah) shall guard you from all evil: he shall guard † your soul. 8 hwhy (Yahuah) shall guard going out and coming in from this time forth, and even forevermore.

### **LET US GO TO THE HOUSE OF hwhy (YAHUAH)**

**Psalm 122:1 A Song of Ascent of Daud (David).** - I was glad when they said unto me, let us go into the house of hwhy (Yahuah). 2 Our feet shall stand within your gates, O Yarusalym. Yarusalym is built as a city that is compact together: 4 Whither the tribes go up, the tribes of hy (Yah), unto the testimony of Yasharal, to give thanks unto the name of hwhy (Yahuah). 5 For there are set thrones of judgment, the thrones of the house of Daud (David). 6 Pray for the Shalum (Peace) of Yarusalym: they shall prosper that loJET you7 Shalum (Peace) be within your walls, and prosperity within your palaces. 8 For my brethren and companions' sakes, I will now say, Shalum (Peace) be within you. 9 Because of the house of hwhy (Yahuah) Aluhaynu, I will seek your good.

### **OUR EYES LOOK UNTO hwhy (YAHUAH) OUR ALAHYM**

**Psalm 123:1 A Song of Ascent.** - Unto you I lift up † my eyes, O you that dwell in the Shamym (Heavens). 2 Behold, as the eyes of servants look unto the hand of their masters, and as the eyes of a maiden unto the hand of her mistress; so, our eyes wait upon AL- hwhy (Yahuah) Aluhaynu until he has mercy upon us. 3 Have Mercy upon us, O hwhy (Yahuah), have Mercy upon us: for we are exceedingly filled with contempt. 4 Our soul is exceedingly filled with the scorning of those that are at ease, and with the contempt of the proud.

### **OUR HELP IS IN THE NAME OF hwhy (Y**

forth † with the workers of iniquity: but Shalum (Peace) shall be upon Yasharal.

**RESTORE OUR FORTUNES, O hwhy (YAHUAH)**

**Psalm 126:1 A Song of Ascent.** - When hwhy (Yahuah) turned again † the captivity of Tsiyon, we were like them that dream. 2 Then was our mouth filled with laughter, and our tongue with singing: then said they among the heathen, hwhy (Yahuah) has done great things for them. 3 hwhy (Yahuah) has done great things for us; whereof we are glad. 4 Turn again † our captivity, O hwhy (Yahuah), as the streams in the Negev. 5 They that sow in tears shall reap in joy. 6 He that goes forth and weeps, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him.

**UNLESS hwhy (YAHUAH)BUILDS THE HOUSE**

**Psalm 127:1 A Song of Ascent for Solomon.** - Except hwhy (Yahuah) build the house, they labor in vain that build it: except hwhy (Yahuah) guarTJEuaw4(it)-3(hy theyw)-4(a)4(htch-7(m anw)4(e)4(he)4

## **I HAVE CALMED AND QUIETED MY SOUL**

**Psalm 131:1 A Song of Ascent of Daud (David).** - hwhy (Yahuah), my heart is not haughty, nor my eyes lofty: neither do I exercise myself in great matters, or in things too high for me. 2 Surely, I have behaved and quieted myself, as a child that is weaned of his mother: my soul is even as a weaned child. 3 Let Yasharal hope in AL- hwhy (Yahuah) from henceforth and forever.

## **hwhy (YAHUAH) HAS CHOSEN ZION**

**Psalm 132:1 A Song of Ascent.** - hwhy (Yahuah) remember Daud (David), and †‡ all his afflictions: 2 How he swore unto hwhy (Yahuah), and vowed unto the mighty Alahym of Yaaqub; 3 Surely, I will not come into the tabernacle of my house, nor go up into my bed; 4 I will not give sleep to my eyes, or slumber to my eyelids, 5 Until I find out a place for hwhy (Yahuah), a habitation for the mighty Alahym of Yaaqub. 6 Lo, we heard of it at Ephrathah: we found it in the fields of the wood. 7 We will go into his Tabernacles: we will worship at his footstool. 8 Arise, O hwhy (Yahuah), into your rest; you, and the Ark of your strength. 9 Let your priests be clothed with righteousness; and let your kind shout for joy. 10 For your servant Daud (David) 11 hwhy (Yahuah) has sworn in truth unto Daud (David); he will not turn from it; Of the fruit of your body will I set upon your throne. 12 If your children will guard my covenant and my testimony that I shall teach them, their children shall also sit upon your throne forevermore. 13 For hwhy (Yahuah) has chosen Tsiyon; he has desired it for his habitation. 14 This is my rest forever: here will I dwell; for I have desired it. 15 I will abundantly Barak (Bless) her provision: I will satisfy her poor with bread. 16 I will also clothe her priests with yeshuah (salvation): and her kind shall shout aloud for joy. 17 There will I make the horn of Daud (David) to bud: I have ordained a lamp for my anointed. 18 His enemies will I clothe with shame: but upon himself shall his crown flourish.

## **DWELLING TOGETHER IN UNITY**

**Psalm 133:1 A Song of Ascent of Daud (David).** - Behold, how good and how pleasant it is for brethren to dwell together in Unity; 2 It is like the precious ointment upon the head, that ran down upon the beard, even Aharon's beard: that went down to the skirts of his garments; 3 As the dew of Chermon, and as the dew that descended upon the mountains of Tsiyon: for there hwhy (Yahuah) com manded †‡ the Barakah (Blessing), even life forevermore.

## **COME BARAK (BLESS) hwhy (YAHUAH)**

**Psalm 134:1 A Song of Ascent.** - Behold, Barak (Bless) you †‡ hwhy (Yahuah), all you servants of hwhy (Yahuah), which by night stand in the house of hwhy (Yahuah). 2 Lift up your hands in the sanctuary, and Barak (Bless) †‡ hwhy (Yahuah). 3 hwhy (Yahuah) that made Shamym (Heavens) and earth Barak (Bless) you out of Tsiyon.

## **PSALM FACTS:**

The book of Psalm is the longest book in Scripture (the Bible). The 119th Psalm is a longest chapter in the Scriptures (whole Bible). The 117th Psalm is the shortest chapter in Scripture (the Bible) and located in the middle. When the Tanakh (OT) is quoted in the Brit Ha

2. **Deuteronomy 32-33** - a song of exhortation to keep the Torah after entering Canaan.
3. **Psalm 90** - a song of Meditation, Reflection, and Prayer After Mishah (Moses), the writing of Psalm had lyric attained its fullness.

Psalm includes unique Hebrew terms, such as the word Selah, found seventy-one (71) times, and is most likely a musical notation added by worship leaders after the Yasharalites (Israelites) incorporated the psalm into public worship. Scholars do not know the meaning of maskil, found in thirteen (13) psalms. There are some psalms that have instructions for the song leader. For

-five (55)

**Psalm 45, 60, 69, 80**

**Psalm 22**

**(Psalm 57**

**59, 75).** These and others can refer to melodies used with the given psalm or perhaps to suggestions for liturgical use.

- These psalms

have lines which in Hebrew start with words whose first (1<sup>st</sup>) letters follow a certain pattern. For example, in **Psalm 119** the first (1<sup>st</sup>) eight (8) lines start with words beginning with the Hebrew letter א Aleph, the second (2<sup>nd</sup>) eight (8) lines with words beginning with ב BET, and so on throughout the complete 22 Hebrew letters of the Aleph-Bet.

## **YOUR WORD IS A LAMP UNTO MY FEET**

- **Psalm 119:1 ( ALEPH)** Baruk (Blessed) are the undefiled in the Way, who Walk in the Torah of hwhy (Yahuah). 2 Baruk (Blessed) are they that Guard his Testimonies, and that seek him with the Whole Heart. 3 They also do no iniquity: they walk in his Ways. 4 You have Commanded us to Guard your Pprecepts diligently. 5 O that my Ways were directed to Guard your Statutes! 6 Then shall I not be ashamed, when I have respect unto all your Commandments. 7 I will Praise you with Uprightness of heart, when I shall have learned your Righteous Judgments. 8 I will Guard א your Statutes: O forsake me not utterly. 9 ( BEYT) Wherewithal shall a young man cleanse א his Way? by taking heed thereto according to your Word. 10 With my Whole Heart have I sought you: O let me not wander from your Commandments. 11 Your word have I hid in my heart, that I might not Sin against you. 12 Baruk (Blessed) are you, O hwhy (Yahuah): Teach me your Statutes. 13 With my lips have I declared all the Judgments of your Mouth. 14 I have rejoiced in the Way of your Testimonies, as much as in all riches. 15 I will Meditate in your Precepts, and have respect unto your Ways. 16 I will delight myself in your Statutes: I will not forget your Word. 17 ( GIMMEL) Deal bountifully with your Servant, that I may live, and Guard your Word. 18 Open my eyes, that I may behold Wondrous things out of your Torah. 19 I am a stranger in the earth: hide not your Commandments from me. 20 My Soul breaks for the longing that it has unto your Judgments at all times. 21 You have rebuked the proud that are cursed, which do err from your Commandments. 22 Remove from me Reproach and Contempt; for I have kept your Testimonies. 23 Princes also did sit and speak against me: but your Servant did Meditate in your Statutes. 24 Your Testimonies also are my Delight and my Counselors. 25 ( DALET) My Soul cleaves unto the dust: quicken me according to your Word. 26 I have declared my Ways, and you heard me: teach me your Statutes. 27 Make me to understand

the Way of your Precepts: so, shall I talk of your Wondrous Works. 28 My Soul melts for heaviness: Strengthen me according to your Word. 29 Remove from me the Way of Lying: and grant me your Truth graciously. 30 I have chosen the Way of Truth: your Judgments have I laid before me. 31 I have stuck unto your Testimonies: O how

hoped in your Word. 75 I know, O hwhy (Yahuah), that your Judgments are Right, and that you in Faithfulness have afflicted me. 76 Let, I pray you, your Merciful Kindness be for my Comfort, according to your Word unto your Servant. 77 Let your tender mercies come unto me, that I may live: for your Turah is my Delight. 78 Let the proud be ashamed; for they dealt perversely with me without a cause: but I will Meditate in your Precepts. 79 Let those that fear you turn unto me, and those that have known you 80 Let my heart be sound in your Statutes; that I be not ashamed. 81 ( **KAPH**) My soul faints for your Yeshuah (Salvation): but I hope in your Word. 82 My eyes fail for your Word, saying, when will you comfort me? 83 For I am become like a bottle in the smoke; yet do I not forget your statutes. 84 How many are the days of your Servant? when will you execute Judgment on them that persecute me? 85 The proud have dug pits for me, which are not after your Turah. 86 All your Commandments are Faithful: they persecute me wrongfully; help me. 87 They had almost consumed me upon earth; but I forsook not your precepts. 88 Quicken me after your lovingkindness; so, shall I Guard the Testimony of your Mouth. 89 ( **LAMED**) Forever, O hwhy (Yahuah), your Word is settled in Shamym (Heavens). 90 Your Faithfulness is unto all generations: you have established the earth, and it abides. 91 They continue this day according to your Ordinances: for all are your Servants. 92 Unless your Turah had been my Delights, I should then have perished in my Affliction. 3 I will never forget your Precepts: for with them you have quickened me. 94 I am yours, save me; for I have sought your Precepts. 95 The wicked have waited for me to destroy me: but I will consider your Testimonies. 96 I have seen an end of all perfection: but your Commandment is exceeding broad. 97 ( **MEM**) O how love I your Turah! it is my Meditation all the day. 98 You through your Commandments have made me wiser than my enemies: for they are ever with me. 99 I have more Understanding than all my teachers: for your Testimonies are my Meditation. 100 I understand more than the Ancients, because I Guard your Precepts. 101 I have refrained my feet from every evil way, that I might Guard your Word. 102 I have not Departed from your Judgments: for you have taught me. 103 How sweet are your Words unto my taste! yea, sweeter than honey to my mouth! 104 Through your Precepts I get Understanding: therefore, I hate every false way. 105 ( **NUN**) Your Word is a lamp unto my feet, and a light unto my Path. 106 I have sworn, and I will perform it, that I will guard your righteous judgments. 107 I am afflicted very much: quicken me, O hwhy (Yahuah), according to your Word. 108 Accept, I beseech you, the freewill offerings of e s7 Tm 0 0.00Tm 0 g Dequickenened meh7 I no according to your Word. 108 Accept, I beseech

to my oppressors. 122 Be surety for your servant for good: let not the proud oppress me.  
123 My eyes fail for your Yeshuah (Salvation), and for the Word of your Righteousness.  
124 Deal with your Servant according unto your Mercy, and Teach me your Statutes. 125  
I am your Servant; give me Understanding, that I may know your Testimonies. 126 It is  
time for you, hwhy (Yahuah), to Work: for they have made void your Turah. 127  
Therefore I love your Commandments above gold; yea, above fine gold. 128 Therefore I  
esteem all your Precepts concerning all things to be Right; and I hate every false way.  
129 ( **PEY**) Your Ttestimonies are Wonderful: therefore, does my Soul Guard them. 130  
The entrance of your Words gives Light; it gives Understanding unto the simple. 131 I  
opened my mouth, and panted: for I longed for your Commandments. 132 Look upon me,

my Supplication come before you: Deliver me according to your Word. 171 My lips shall  
utter Praise, when you have Taught me your Statutes. 172 My tongue shall speak of y 7o(utt)-3( y81.2Q