

"Soul Food" from the Psalms (106-109)

Sunday Evening, June 7, 2026 – WOCC – Rich Howell

TEN COMMON COMPONENTS OF PSALMS: *Here are some of the main elements or features of the Psalms. Not all ten are used in every Psalm, nor does this list represent every component found in the Psalms. These ten, however, are key "recipe ingredients" you will come across time and time again as you feast on the "soul food" of the Psalms. And, best of all, you can stir many of these ingredients right into your own prayer life, starting tonight!*

1. _____ of God (How God is named, designated, described)
18:1-3,46; 23:1; 27:1; 47:1-2,6-7; 80:1-4; 106:47-48; 109:1
2. Description of _____ – "What's going on"
18:4-5; 31:9-10; 51:1-3; 69:1-5; 88:1-4
3. _____/complaint – "Why?" "When?" "How long?" "Who?" "What?"
18:3,6; 10:1; 13:1; 22:1-2; 74:1
4. _____ – "Please ..." (Appeal for God to answer "me"/"us")
18:6-19; 5:1-3; 27:4; 34:4-6; 64:1-2
5. _____/_____ (Appeal for God to act for/against "others")
7:11-16; 37:22; 67:1; 115:13; 134:3
6. _____ of sin – "I'm sorry ..."
51; 32; 130
7. Profession of trust, _____ – "In God I trust"
18:27-34; 25:1-2; 27:1; 46:1-5
8. Praise ("You are _____!") & thanksgiving ("You are _____!")
95:1-5; 105:1-2; 113
9. _____ – "I will..."; "we will" (The Psalmist's promised response or devotion) **9:1-2; 63:3-4; 145:1-2; 119:16,34,60**
10. Call/_____ (Urging others to respond or act)
15; 29:1-2; 33:4-9; 95:6-11; 128

ON YOUR OWN: Find another example of each of these "ten components" in the Psalms. Draw from as many different Psalms as needed to complete the exercise.