

The Psalms

Lesson 14: Psalm 45

-Open in Prayer

-Theme Verse for the whole series (have a different student read it each week):

“Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.” Colossians 3:16-17

-Sing the Psalm

- Psalms are Songs - Meant to be Sung
- Psalms are Theology - Meant to Teach Us
- Not about sounding great, it's about glorifying God and meeting the Psalms where they are, how they were meant to be experienced.

My Heart Does Overflow

Trinity Psalter Hymnal 45B (Psalm 45:1–10; Hebrews 1:8-9)

My heart does overflow,
a goodly theme is mine;
my eager tongue with joyful song
does praise the King divine.
Supremely fair you are,
your lips with grace o'erflow;
his richest blessings evermore
does God on you bestow.

Now gird you with your sword,
O strong and mighty one,
in splendid majesty arrayed,
more glorious than the sun.
Triumphantly ride forth
for meekness, truth, and right;
your arm shall gain the victory
in wondrous deeds of might.

Your strength shall overcome
all those that hate the King,
and under your dominion strong
the nations you shall bring.
Your royal throne, O God,
forevermore shall stand;
eternal truth and justice wield
the scepter in your hand.

Since you were sinless found,
the Lord, by you confessed,
anointed you with perfect joy,
you are supremely blessed.
Your garments breathe of myrrh
and spices sweet and rare;
glad strains of heav'nly music ring
thro'out your palace fair.

Amid your glorious train
the royal daughters stand,
and fairest gems bedeck your bride,
the queen at your right hand.
O royal bride, give heed,
my holy words attend;
for Christ, the King, forsake the world
and ev'ry former friend.

-Read the Psalm

Psalm 45

To the choirmaster: according to Lilies. A Maskil of the Sons of Korah; a love song.

1 My heart overflows with a pleasing theme;

I address my verses to the king;
my tongue is like the pen of a ready scribe.

2 You are the most handsome of the sons of men;
grace is poured upon your lips;
therefore God has blessed you forever.

3 Gird your sword on your thigh, O mighty one,
in your splendor and majesty!

4 In your majesty ride out victoriously for the cause
of truth and meekness and righteousness;
let your right hand teach you awesome
deeds!

5 Your arrows are sharp in the heart of the king's
enemies; the peoples fall under you.

6 Your throne, O God, is forever and ever. The
scepter of your kingdom is a scepter of
uprightness;

7 you have loved righteousness and hated
wickedness. Therefore God, your God, has
anointed you with the oil of gladness beyond
your companions;

8 your robes are all fragrant with myrrh and aloes
and cassia. From ivory palaces stringed
instruments make you glad;

9 daughters of kings are among your ladies of honor;
at your right hand stands the queen in gold of
Ophir.

10 Hear, O daughter, and consider, and incline your
ear: forget your people and your father's
house,

11 and the king will desire your beauty.
Since he is your lord, bow to him.

12 The people of Tyre will seek your favor with gifts,
the richest of the people.

13 All glorious is the princess in her chamber, with
robes interwoven with gold.

14 In many-colored robes she is led to the king,
with her virgin companions following behind
her.

15 With joy and gladness they are led along
as they enter the palace of the king.

16 In place of your fathers shall be your sons;
you will make them princes in all the earth.

17 I will cause your name to be remembered in all
generations; therefore nations will praise you
forever and ever.

The King (1-8) - The Bride (9-15) - The Marriage (16-17)

The King (1-8)

- **Right off the bat, who is this Psalm about? (A Davidic King or someone else?)**
 - Jesus primarily. It was written for the wedding of a King in David's line, possibly Solomon, but it clearly looks so far beyond that.. Charles Spurgeon writes "Some here see Solomon and Pharaoh's daughter only:they are short sighted; others see both Solomon and Christ:they are cross eyed; well focused spiritual eyes see here Jesus only, or if Solomon be present at all, it must be like those hazy shadows of by passers which cross the face of the camera, and therefore are dimly traceable upon a photographic landscape."
 - Hebrews 1 quotes this directly as speaking about the Son. "But of the Son he says, "Your throne, O God, is forever and ever, the scepter of uprightness is the scepter of your kingdom. You have loved righteousness and hated wickedness; therefore God, your God, has anointed you with the oil of gladness beyond your companions." This is about Jesus.
- **The Psalm opens with the psalmist's heart overflowing: "My heart overflows with a pleasing theme; I address my verses to the King; my tongue is like the pen of a ready scribe." Why does the writer's heart overflow?**
 - Because he's writing about the King. Not just any king, but *the* King. The Hebrew word translated "overflows" literally means "boils over" or "bubbles up." Spurgeon said the psalmist's heart is like a pot boiling on the fire, so full that it spills over. This isn't cold, academic poetry. This is passionate worship.
 - For us, this is a model of how we should think and speak about Jesus Christ. Our meditation on Him should set our hearts on fire. When you truly see Christ's beauty and glory, you can't help but overflow with praise and testimony.
- **Verse 2 describes the King: "You are the most handsome of the sons of men..." Doesn't it say of Jesus In Isaiah 53 " he had no form or majesty that we should look at him, and no beauty that we should desire him." What's up?**
 - In Hebrew, the word for "handsome" is actually doubled for emphasis: "beautiful, beautiful are You." Christ is supremely beautiful, not primarily physically but morally and spiritually.
 - What does Christ's beauty consist of? His perfect holiness. His boundless love. His infinite wisdom. His matchless grace. His righteous character. His divine majesty clothed in human flesh.
- **Verses 3-5 suddenly shift to military imagery. This is a wedding psalm, a love song: why all the war talk?**
 - Because the King is not only a bridegroom but a warrior. Christ is both. He is the Lamb who was slain and the Lion of the tribe of Judah. He conquers His enemies and wins His bride.
 - But notice *how* He wages war: "for the cause of truth and meekness and righteousness." This is unlike any earthly conqueror. Worldly kings go to war for good and bad reasons: wealth, power, pride. Christ goes to war for truth, meekness (humility), and righteousness. These are His weapons and His cause.

- **Verse 5 says, "Your arrows are sharp in the heart of the king's enemies; the peoples fall under you."**

What does this mean?

- Christ's arrows are the convicting power of His Word and Spirit. On the day of Pentecost, when Peter preached, the people were "cut to the heart" (Acts 2:37). Three thousand fell, not in death but in repentance. They were pierced by the truth and surrendered to Christ.
- We were all once enemies of God, in rebellion against His rule. But Christ's arrow pierced our hearts. The Spirit convicted us of sin. The truth of the gospel conquered our stubborn wills. And we fell: we fell at His feet in surrender, in faith, in worship.
- **What's the application for us? How should we respond to Christ the Warrior-King?**
 - Surrender willingly now. Don't harden your heart. When the Holy Spirit convicts you of sin, don't resist. When Scripture exposes something in your life that's wrong, repent. Let Christ's arrow pierce your heart in conviction and repentance, not in final judgment.
 - Also, this teaches us that Christ fights for truth, meekness, and righteousness. If we belong to Him, we should stand for these things too. Don't compromise truth for popularity. Practice meekness (humility) even when the world celebrates pride. Pursue righteousness in all your ways. These are the banners of our King's army.
- Verses 6-7 contain the most stunning statement of the entire psalm: "Your throne, O God, is forever and ever. The scepter of your kingdom is a scepter of uprightness; you have loved righteousness and hated wickedness. Therefore God, your God, has anointed you with the oil of gladness beyond your companions." The King is directly addressed as *God*.
 - This is one of the clearest Old Testament declarations of the deity of the Messiah. No mere man can rightly be called God without qualification. This is speaking of someone who is Himself divine. As we have seen Hebrews 1:8-9 quotes this very passage and applies it to Jesus.
 - The Father Himself addresses the Son as "God." This is proof that Jesus Christ is fully God. Not a created being. Not an angel. Not merely a good man or a prophet. He is God the Son, the second person of the Trinity, equal with the Father in power and glory.
- **Verse 7 says Christ "loved righteousness and hated wickedness." Why is this significant?**
 - Because it reveals His moral character. Christ is not neutral toward good and evil. He actively, passionately loves what is right and hates what is wrong.
 - This love of righteousness was demonstrated throughout His earthly life. He never sinned. He always did what pleased the Father. He healed the sick, defended the weak, spoke truth, and lived in perfect holiness. His hatred of wickedness was also clear. He cleansed the temple, driving out those who corrupted worship. He pronounced woes on hypocritical religious leaders. He warned repeatedly about sin and judgment. He rebuked demonic powers. And ultimately, He went to the cross to destroy sin's power and pay its penalty.
 - For us, this means we should love what Christ loves and hate what He hates. Romans 12:9 commands, "Abhor what is evil; hold fast to what is good." Don't be tolerant of sin in your life. Don't make peace with what Christ died to destroy. Hate the sin that nailed Jesus to the cross. Love the righteousness He died to give you.

- **Verse 8 describes the King's garments: "Your robes are all fragrant with myrrh and aloes and cassia. From ivory palaces stringed instruments make you glad." What's the significance of these details?**
 - These are images of wealth, luxury, and celebration. Myrrh, aloes, and cassia were precious spices used in perfume and anointing oil. The King's robes smell of these fragrances: He is the bridegroom dressed in His finest for the wedding.

The Bride (9-15)

- **Verse 9 introduces the bride: "Daughters of kings are among your ladies of honor; at your right hand stands the queen in gold of Ophir." Who is the queen?**
 - The queen is the Church: all who trust in Christ, collectively. Ephesians 5:25-27 makes this explicit: "Christ loved the church and gave himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word, so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish."
 - She stands "at your right hand": the place of highest honor, closest to the King. This is our position in Christ. Ephesians 2:6 says God "raised us up with him and seated us with him in the heavenly places in Christ Jesus." We are not distant subjects; we are the beloved bride, sharing the King's throne.
 - She is arrayed "in gold of Ophir." Ophir was famous for the purest, finest gold. This represents the righteousness of Christ that covers us, plus the sanctifying work of the Spirit in us. Revelation 19:8 says the bride is clothed in "fine linen, bright and pure," which is "the righteous deeds of the saints."
 - Think about this: you who believe in Jesus are the Queen at the King's right hand. You are dressed in the finest gold, honored, loved, cherished. This is your identity in Christ. The world may despise you, but the King of the universe desires you.
- **Now the focus shifts to the bride. Verse 10 gives her a command: "Hear, O daughter, and consider, and incline your ear: forget your people and your father's house." Why must the bride forget her past?**
 - Because she's entering a new life. In ancient royal weddings, a foreign princess would leave her homeland to marry the king. She'd leave behind her family, her culture, her former loyalties. Her new identity would be as the king's wife, part of his household.
 - Spiritually, this is a picture of conversion. When we come to Christ, we must forsake our old life. Romans 6:6 says, "Our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin." Colossians 3:9-10 says, you "have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator."

- **What does it mean to "forget your people and your father's house" in practice?**
 - It means leaving behind the values, priorities, and loyalties of your old life. The sinful patterns you grew up with. The worldly mindset that once defined you. The idols you once served (whether literal false gods or modern idols like popularity, money, success, or pleasure).
 - Is this command telling us to abandon our families? No. It's not about neglecting family responsibilities or severing relationships. It's about primary loyalty. Jesus said, "Whoever loves father or mother more than me is not worthy of me" (Matthew 10:37).
 - Maybe your family doesn't understand your faith. Maybe your friends mock you for going to church. Maybe your culture has values that contradict Scripture. The call of verse 10 is to suffer all of that and fully commit to Christ. He's worth it.
- **Verse 11 gives the motivation: "And the king will desire your beauty. Since he is your lord, bow to him." What does it mean that the King will desire our beauty?**
 - This is astonishing. The King, Christ Himself, desires His bride's beauty. He looks at the Church (and at you, if you're in Christ) and finds you beautiful.
 - He makes us beautiful. He cleanses us from sin by His blood (1 John 1:7). He clothes us in His righteousness (2 Corinthians 5:21). He sanctifies us by His Spirit, working in us to produce the beauty of holiness, love, faith, and good works.
 - This should transform how you see yourself. If you're in Christ, you are not your failures, you are the loveliness of Christ. He has made the ugly and worthless beautiful and worthy by His blood. You're not just tolerated by God. You are loved, desired, cherished. The King of the universe has set His affection on you.
 - We see the nature of this beauty unfold in verses 12-15, with the bride's clothing, position, and companions all being worthy of great praise.
- **Verse 15 says, "With joy and gladness they are led along as they enter the palace of the king." Why is this scene characterized by joy?**
 - Because the wedding day has come! All the waiting, all the preparation, all the longing is over. The bride is united to her beloved, entering the King's palace, her eternal home.
 - This is a picture of heaven, the ultimate consummation of salvation. Revelation 19:7 says, "Let us rejoice and exult and give him the glory, for the marriage of the Lamb has come, and his Bride has made herself ready."
 - In God's presence there is fullness of joy. No more tears, no more pain, no more sin, no more death. Just joy and gladness forever with Christ.
 - **How should this future hope affect us now?**
 - It should give us perseverance. When life is hard, when following Christ is costly, remember: joy is coming. The wedding feast is ahead. Hebrews 12:2 says Jesus endured the cross "for the joy that was set before him." We can endure trials for the joy set before us.
 - It should shape our priorities. If eternal joy with Christ is our future, why would we chase temporary pleasures that fade? Why would we cling to things that won't last? Live with eternity in view.
 - It should fill our worship with joy. Even now, we're rehearsing for the wedding feast. When we gather as the church, we're getting a foretaste of that eternal celebration. So sing with gladness! Worship with joy! We're the bride preparing to meet the Bridegroom.

The Marriage (16-17)

- **Verse 16 shifts back to addressing the King: "In place of your fathers shall be your sons; you will make them princes in all the earth." What does this mean?**
 - Earthly kings hope for sons to continue their dynasty. But Christ's "sons" are spiritual: all who are born again into God's family through faith in Him. Hebrews 2:10 says God is "bringing many sons to glory" through Christ.
 - "You will make them princes in all the earth":believers share in Christ's royal status. Revelation 1:6 says Christ "made us a kingdom, priests to his God and Father." This means you, as a believer, are royalty. Not by birth or achievement, but by grace through union with Christ. You're a son or daughter of the King, a prince or princess in His kingdom. Live like it. Walk worthy of that calling.
- **The psalm ends with verse 17: "I will cause your name to be remembered in all generations; therefore nations will praise you forever and ever." How is Christ's name remembered in all generations?**
 - Through the preaching of the gospel. Jesus commanded in Matthew 28:19, "Go therefore and make disciples of all nations." The Church's mission is to proclaim Christ's name to every generation and every nation.
 - We're doing that right now. You're part of fulfilling this verse. When you share the gospel, when you live for Christ's glory, when you teach your children (one day) about Jesus, you're causing His name to be remembered.
 - And the result? "Nations will praise you forever and ever." This is the goal of history: the glory of Christ praised by redeemed people from every tribe, tongue, and nation, forever and ever.
 - **How should this verse shape our lives?**
 - It should make us evangelistic. We have a mission: to help the Church make Christ's name known. Don't be ashamed of the gospel. Tell others about Jesus. Invite friends to church to hear the Gospel preached. Share what Christ has done for you.
 - It should make us global in our thinking. Pray for other churches in Bartlesville, in the PCA, in the United States and in the world.. Remember that Christ's kingdom is worldwide, and you're part of something much bigger than your local community.
 - It should make us future-oriented. We're not living for the moment. We're living for eternity. Everything we do in Christ will echo forever. " Your faithful service now will result in praise to Christ forever.
- **Psalm 45 shows us Christ as the Divine King and loving Bridegroom, and the Church as His cherished Bride. How should this affect your life as a teenager?**
 - Behold Christ's beauty. Don't let your view of Jesus become small or boring. He is the most handsome of the sons of men, anointed with the oil of gladness, enthroned as God forever. Meditate on His perfections. Read the Gospels and see His grace, His power, His love. Fall in love with Him. Your relationship with Christ shouldn't be dutiful drudgery; it should be the delight of your soul.
 - Forsake all for Christ. Verse 10's call to forget your people and father's house is a call to radical discipleship. What are you clinging to that competes with Christ? What sins are you unwilling to

give up? What relationships or ambitions or pleasures are you holding onto more tightly than Jesus? Repent. Let go. Christ is worth infinitely more than anything you'd leave behind.

- Understand your identity as Christ's Bride. If you're a believer, you're not just a forgiven sinner. You're the Bride of the King. You're loved, desired, honored, and adorned in gold. Stop believing the world's lies about who you are. You are precious to Christ. He delights in you. He's preparing you for the wedding feast of eternity.

-Close in Prayer