

Part 1 – Praise and Thanksgiving

Now, we've come to a new 'phase' in the 'Numbers Book' of the Psalms. On page 810, in the *Companion Bible*, there is a helpful outline of the 'Numbers Book', which we are now in [which you can view via this link: <https://t.me/BestStudyBible/6>]. And it shows us that the 'theme' of this 'Numbers Book' is "***The Earth and the Nations***". It also points out that the 90th chapter was segregated, all by itself, because it's considered the 'Prologue' (*The Rest. Lost and Needed*). And then chapters 91-94 (which we just finished studying) were concerning *Rest for the Earth Desired*. And chapters 95-100 (which we're about to study) are related to ***Rest for the Earth Anticipated***. And then, chapters 101-105 will be related to *Rest for the Earth Celebrated*. And lastly, Psalm 106 is Considered the 'Epilogue' (*The Rest. How Lost and Valued*).

So then, this 95th Psalm is part of the section that is related to the '*Rest for the Earth Anticipated*' and the subject/title of it is thus "***Worship in View of the Rest***". And the 'rest' being spoken of here is *peace* for the earth, including the inhabitants (and nations) of the earth. So, this Psalm specifically addresses the worship of the Lord (Yehovah). Now, an important point to understand when studying this Psalm is (as the *Companion Bible* points out) that it has *two distinct* parts to it (see the outline structure in the *Companion Bible* on page 814). The first part (verses 1-7) is where the 'people' are 'speaking' and it refers to the 'rest to be found [anticipated] in *true* worship'. And then the latter part (verse 7-11) is God 'speaking' of how the 'Rest' (*true* worship) can be *lost* through *unbelief*. Thus, the latter part is the *complement* of the former. So, this Psalm isn't two independent Psalms, as some suggest. It's one Psalm and contains instruction on what *true* worship is and also a *warning* of how you *can lose that 'rest'* through *unbelief*. And this Psalm gives us a warning about losing the 'rest' by *referring us to history*. In other words, it points out that, what caused Israel of old to not enter the Promise Land (i.e. the 'rest') was *unbelief*, which comes from a *rebellious* heart. And this Psalm is *so* important that Paul himself quoted from it when teaching the Hebrews [https://t.me/BibleStudyBooks_Hebrews/11].

Additionally, this chapter again has neither any subtitle nor subscription, as many of the Psalms do. So, we don't know who wrote it, nor even at what point in time it was written. But, as the apostles remind us, *no prophecy of the scripture is of any private interpretation. For the prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost* (2 Peter 1:20-21). Therefore, we know that ***all*** scripture is given *by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works* (2 Tim 3:16-4:1). So, even though we don't know *when* this was written, nor *who* wrote it, it's still an incredibly useful Psalm to study...

Psalm 95

I O come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation.

Now, let's remember, this is part of the Psalm that is speaking of the 'rest' to be found in *true* worship. Thus, it's explaining to us what *true* worship is. The word '**sing**' here means *to shout*, and usually *for joy* (#7442). And the word '**Lord**' here is God's Sacred (and covenantal) name *Yehovah* (#3068) [<https://t.me/BibleStudyTruth/946>], which means (the) *self-Existent* or *Eternal*. While 'Elohim (#430) is God as the Creator of all things, Yehovah is the same God in covenant relation to those whom He has created. Yehovah is thus the Eternal or Immutable One, He Who WAS, and IS, and IS TO COME. The Divine definition is given in Gen 21:33. He is especially, therefore, the God of Israel; and the God of those who are redeemed, and are thus now 'in Christ' (Gal 3:26-29). And the words '**joyful noise**' means (in the context of this Psalm) *to split the ears* (with sound), i.e. *shout* (for alarm or *joy*) (#7321). So, the Psalmist is revealing that, a part of *truly* worshipping our Heavenly Father (Yehovah = YHVH) *is to shout for joy*. And, when we keep in mind that this Psalm is part of the section in the 'Numbers Book' of the Psalms that looks forward to 'rest for the earth *anticipated*', then we can easily see just *why* we will be shouting for joy.

For, as Psalms 91-93 taught us, the rest we *look forward to* is the 'Sabbath rest' when Jesus Christ finally returns to earth and ushers in the Millennial teaching period. For, it is then that the wicked ones will be deposed and Jesus installs His righteous government (the Body of Christ) to rule the earth. So, not only will the earth find rest (after God cleans it from Satan's abominations via the 'day of vengeance') but so will the people. For at Jesus' return, all rebels (including Satan himself, Rev 20:1-3) will be arrested, and put in prison, so they cannot do evil for the thousand years Jesus rules. And after that there will be the Great White Throne Judgment (Rev 20:10-15), which is when all evil doers will finally be 'done away with' for good (spiritually cease to exist, Rev 20:10-15; Ps 37:20). And, also at Jesus' return, those who remain faithful to Him will be given eternal life (i.e. the first resurrection, Rev 20:4-6). And, of course, they are also the ones who will be given authority (under the guidance of Jesus Christ Himself) to rule the earth. And so, when Jesus Christ finally returns, we will indeed be 'shouting' greatly for joy! And there are *so many* Scriptures that speak of the joy we'll have at that time; and they usually also explain *why* we'll be so joyous (Isa 12, 29:18-24, 35, 49:8-13, 51:1-11, 52:6-10, 55:12-13, Isa 56:1-8, 60:15-22, 61, 66:5-14; Jer 31:10-14; Zeph 3:16-20, etc.). As Isa 61:7 says: *For your shame ye shall have double; and for confusion they shall rejoice in their portion: therefore in their land they shall possess the double: everlasting joy shall be unto them.*

But, let's also remember that, even before that time, we can *still* have great joy *through* our faith in Jesus Christ. For, when we accept Jesus Christ – and study God's Word sincerely – the Holy Spirit *will* come to dwell in our soul, so that we can have great joy, and peace, even *now*. As Jesus said (when describing the impact the Holy Spirit would have upon our heart and mind) in John 14:28: *Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.* And Paul also pointed out that *joy* is

one of the ‘fruits’ of the Holy Spirit being *within us* (Gal 5:22-23). However, the joy we have, from the indwelling of the Holy Spirit in our soul, is simply a ‘down payment’ for what is *yet to come*, when Jesus Christ returns (1 Cor 1:22; 2 Cor 5:5; Eph 1:14). As the apostles also point out to us, when Jesus Christ returns, we’ll be *exceedingly* joyful when we are found faultless before Jesus Christ when He returns (Jude 24, 1 John 1:3-4, 1 Peter 4:12-13, 1 Peter 1:7-9). And that’s because, those who remain *faithful* to Him (i.e. they don’t bow a knee to Satan nor take his ‘mark’) will receive *eternal* life when He returns *and* be allowed to govern with Him as well (Rev 20:4-6; 2 Thess 1:10; Phil 3:21; Col 3:4; Rom 8:14-18; Rom 6:4-6; 2 Cor 3:18; 2 Cor 4:17; Eph 1:18; 1 Thess 2:12; 2 Thess 2:15; 1 Peter 5:4).

Now, the Psalmist (here in Ps 95:1) also calls us to sing and make a joyful noise (shout for joy) to the ‘*rock of our salvation*’. The word ‘**rock**’ here means *a cliff* (or *sharp rock*, as compressed) or, generally, a **rock** or **boulder**; and, figuratively, it can also mean *a refuge* or an *edge* (as precipitous) (#6697). Here (in Ps 95:1) it’s doubtlessly being used, *figuratively* for *our refuge*. And the word ‘**salvation**’ here is the Hebrew word *yasha*’ or *yesha*’ (#3468), which means **liberty, deliverance, prosperity**; and it comes from one of the prime roots (#3467) that Jesus’ Greek name (#2424) comes from (#3091 in the Hebrew). So, the ‘rock of our salvation’ is a nickname for our Heavenly Father and His Son, Jesus Christ. Remember, we learned of this in the last chapter (Ps 94:22), where the Psalmist wrote (in response to what the wicked men were doing) that *the LORD is my defence; and my God is the rock of my refuge*. So, the ‘rock of our refuge’ IS *the same thing* as the ‘rock of our salvation’ because our Heavenly Father is our only *true* Rock (despite the fact that Satan tries to be a ‘rock’ too, Deut 32:31, 27). As we also learned in the last chapter (Ps 94:22), *the* ‘Rock’ has long been used to describe our Heavenly Father (Deut 32:4) - as well as Jesus Christ (1 Cor 10:4) - *because* Jesus Christ is simply God in the flesh (incarnated) [<https://t.me/BibleStudyGodsWord/460>]. That’s why **Jesus**’ Greek name (#2424) comes from the Hebrew Word *Yehowshuwa*’ or *Yehowshu*’ a (#3091), which means **Jehovah-saved** (which comes from God’s Sacred name, Yehovah #3068 and #3467, the prime root for the word ‘salvation’ here in this Ps 95:1). As the Lord (YHVH) said in several places, He *alone* is our God *and* Savior (Isa 43:10-11; Isa 45:21-22) because He’s not only created us (Ezek 18:4, Rev 4:11, Gen 1:1) but He’s also the *only one* who can save us out of *any* trouble; and that’s *because* He is our *Creator*. All other ‘gods’ or ‘saviors’ are merely idols (false gods) that can only give empty promises of salvation (Ps 96:5). So, there is NO OTHER salvation for any other people (race or religion) other than through Jesus Christ *because* (and, to reiterate) **Jesus Christ is God, manifested in the flesh** (John 1:1-4, 14, John 10:30, 14:8-11, Heb 1:1-6, Col 1:12-20, Col 2:8-11, 2 Cor 5:19, 2 Cor 4:4-6; 1 Tim 3:16). That’s why Jesus said that “I and my Father are one” (John 10:30) and “he that hath seen me hath seen the Father” (John 14:9). You can learn more about this in the following studies...

Was Christ Here On Earth Before His Birth <https://t.me/BibleStudyDownload/485>
Two Separate People <https://t.me/BibleStudyGodsWord/460>

The Trinity <https://t.me/BibleStudyTruth/1013>

And, of course, there's many Psalms which use this nickname (*the Rock*) for our Heavenly Father, especially David's Psalms (Ps 18, 27, 28, 31, 42, 62, 71, 89, etc.). And that's because, just as a physical rock (a high cliff) is a very good place to find safely from invading armies, so too is our Heavenly Father a very good 'place' to flee to (spiritually) when we are being persecuted, both physically and spiritually. And, in Mth 7:24-27, Jesus pointed out that putting your trust in Satan (which you do, when you do *not* obey the true God, Yehovah – Jer 9:6) is like a foolish man who builds his house on the *sand*. For, just as sand is *incredibly* unstable, so are Satan's promises, *because they are lies* (John 8:44; 2 Cor 11:13-15). But God's Word is likened to *firm ground*, i.e. a Rock, because God's Word is *the truth* (John 17:17). And therefore, we *should* build our spiritual 'house' (heart, mind and our morals) *upon God's Word* because that's the *only* way we will find safely (salvation, defense, refuge) in times of trouble! After all, it is part of God's *covenant* to protect (and save) those who faithfully love and serve (obey) Him (Deut 28; Lev 26; Ps 145:20; 2 Pt 2:9). And that's *why* He is the 'rock of our salvation'.

Psalm 95

2 Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms.

Now, let's remember, this is part of the Psalms that is speaking of the 'rest' to be found in *true* worship. Thus, it's explaining to us what *true* worship is. And the first verse began to explain *true* worship by saying we should sing unto the Lord (YHVH) and make a joyful noise (shout for joy) to the God of our Salvation (who **is** Yehovah = YHVH, <https://t.me/BibleStudyTruth/946>). Now, this second verse gives us more information about what *true* worship is by telling us we should also come to Him with *thanksgiving*. And, it's interesting that the word '**come**' in verse 1 simply meant to *walk* or to *carry* (#3212) while the word '**come**', here in verse 2, means to *project (oneself)*, i.e. *precede*; hence, *to anticipate, hasten, meet (usually for help)* (#6923). And the words '**before His presence**' means *the face* (as the part that turns) or, as a preposition, *before* (etc.) (#6440). The *Companion Bible* (CB) notes that this simply refers to *His face*; so, you could even say it's referring to having an 'audience' with our Heavenly Father. And then the word '**thanksgiving**' means (properly) *an extension of the hand*, i.e. (by implication) *avowal*, or (usually) *adoration*; specifically, *a choir of worshippers* (#8426). And then the words '**joyful noise**' again means (figuratively), *to split the ears* (with sound), i.e. *shout (for alarm or joy)* (#7321) while the word '**psalms**' means *a song to be accompanied with instrumental music* (#2158). As Paul wrote in Col 3:16-17, we should *let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him*. Now, back in the days before the common person had the written Word of God readily available to them (as we do

today) this was very important. Psalms, hymns and spiritual songs were a wonderful way to help people remember God's Word, especially if they could not read. So, songs *and thanksgiving* are a vital part of *truly* worshipping our Heavenly Father. And that's why Paul also wrote...

4 Rejoice in the Lord alway: and again I say, Rejoice.

5 Let your moderation be known unto all men. The Lord is at hand.

*6 **Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.***

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

*8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, **think on these things.***

*9 Those things, which ye have both learned, and received, and heard, and seen in me, **do:** and the God of peace shall be with you.*

Phil 4:4-9

So, Paul reminds us not only to rejoice in the Lord (YHWH) – meaning to rejoice in every kind of circumstance – but also to and to be moderate (self-controlled) in all that we do. In 2 Thess 5:16 he also tells us to 'rejoice evermore'. But he then goes on to say that we should also not be anxious about anything (the word '**careful**' is #3309 and actually means *to be **anxious about***). So, instead of being scared, worried or anxious about anything, we should take our concerns, fears, worries and anxieties to God in prayer. But, an important part of that is to also make sure to give our Heavenly Father praise (via songs also) and *thanks*, for all He has done for us. Psalms 18 was another great example of this [https://t.me/BibleStudyBooks_Psalms/147]. But, why is this? Because giving thanks to the Lord (YHWH) is a vital part of the *spiritual* warfare (Eph 6). You see, Satan *wants* us to get *distracted* from God's Word (reality), and he does this in several ways. First off, he likes to plague us with 'bad thoughts' to get us stressed to the point that we desire some 'relief' from them. And he does *not* want us turning our mind and heart to our Heavenly Father for help (as David and the other Psalmists did) but rather, to our own selfish desires for a temporary 'relief'. That's why people love music, tv, food and all sorts of other entertainment that *lead our heart and mind away from* Christ Jesus. But Paul tells us we must *learn to counter all of the bad news (and negative emotions) with information, knowledge and understanding of things that are true, noble, just, pure, lovely, virtuous and praiseworthy.*

In other words, we must *purposely* work to counterbalance all of the bad news (and negative emotions that generate from that) *with the truth*. We can't let all of the discouraging news from the world go into our minds and hearts unchallenged and unbalanced. It must be *deliberately* counterbalanced. Of course, it takes discipline to do this and that takes time. You aren't able to run ten miles the first day you start running. It takes small steps to condition your body to be able

to do more. Such as it is with our heart and mind: our mind and heart must be helped to compare, *what we've been given* and *what we're changed with doing* for Jesus Christ, with what is going on in the world. That's also why the Word tells us to 'remember the days of old' (Deut 32:7, Ps 77:5, 145:5, 119:52; Isa 46:9) so we can remember all that God has done for His children. And we're also supposed to remember His promises (Heb 6:12, Rom 8:25). As Rom 15:4 says, *for whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope* (Rom 8:24-26). So, studying *and remembering* God's Word **is** what comforts and strengthens us, which makes us *patience*. And we *should* have patience, as Heb 10:36, 12:1, James 5:7-11 and Rev 14:12 tell us. In short, learning to put God at the forefront of our mind (and not 'self') gives us a rejoicing and thankful attitude, which is *what* enables us to persevere through all the hard times.

And Paul's advice came directly from the Holy Spirit, so we know that his wisdom is from God Almighty. Further, Paul was not a hypocrite; he knew how to advise us of this vital part in the spiritual war because *this is what he had to do daily*. Paul experience *so much* suffering when he spread the Gospel of Jesus Christ – much more than any of us have ever had to. Yet, he found a way, a right balance, in whatever circumstance he was in. As he said in Phil 4:12-13: *I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ which strengtheneth me. In other words, it was his relationship with Jesus Christ that enabled him to endure all things because Jesus Christ always gave him the strength to overcome bad thoughts about his circumstance – and this is a key point to the spiritual war that we are all in*. Further, this didn't happen 'magically' to Paul – he had to work at training his mind to think upon true thoughts (truth, i.e. God's promises) as well as disciplining his heart not to have sinful desires, emotions and intentions.

And we must do likewise. In his second letter to his protégé, Timothy, Paul said: *for God hath not given us the spirit of fear; but of power, and of love, and of a sound mind* (2 Tim 1:7). The word 'sound' here is *sophronismos* (#4995) and it means: **discipline**, i.e. **self-control**. Yes, you read that right; a sound (healthy) mind **is** a disciplined and self-controlled mind. It even comes from a word that means *to make of sound mind* or *to discipline or correct* (#4995). And, because God has given us free will to do with our mind and heart as we want, it's therefore *up to us* to put out the effort to discipline our mind and *learn to control it*. But thankfully, as Paul said in Phil 4:13, Eph 3:16 and Rom 8:26, the Holy Spirit will help us to learn to control (discipline) our mind and heart *when* He sees we're *sincerely* trying. And it's also wise to ask God (in Jesus' name) for the will power (internal strength) to be able to discipline and control our mind and heart so we can obey Him from the heart – i.e. so we can counterbalance all the bad news and also so we can stop the negative, lustful, prideful, greedy, selfish, jealous and envious (etc.) thoughts (and desires) that pop up into our heart and mind on a daily basis (for all of us). As Rom 8:26 says, of those who are truly 'walking in the Spirit' (i.e. studying God's Word sincerely and

consistently and striving to obey it from the heart), the Holy Spirit helps us with our ‘infirmities’, which means our weaknesses. But *we’ve got to do our part*, and that’s why we must learn to pray to God also with ‘thanksgiving’ *and* praise - because it counterbalances all the bad news we are subjected to (internally and externally). *Paul meditated on the truth to prepare his mind and heart* for the bad things he had to go through. Again, *we must do likewise*. One could even call it ‘counting your blessings’, as we say today. And doing so brings us back to ‘reality’ that we really do have much to be thankful for and the Lord has not left us. And this is a *vital* part of *true* worship (spiritually resting by trusting and obeying the Lord, YHWH), which is the subject of this Psalm.

Moreover, Psalms 50 explained that all outward worship (like lifting up the hands to God in worship and singing songs to Him) is truly worthless to Him (even offensive) if it’s *not* accompanied with *inward* worship, which means a *sincere* heart. But, there’s even more to it than that. Because if you don’t have truth (God’s Word, John 17:17) in your mind, then you also *cannot* worship our Heavenly Father. As Jesus said to the woman at the well, ***God is a Spirit: and they that worship him must worship him in spirit and in truth*** (John 4:24). So, *true* worship of our Heavenly Father is not *just* about having *emotions* for Him. *True* worship is having His Words (the truth) in both your heart (desires, emotions/feelings, intentions and motivations) *and* mind (thoughts). That’s actually what the ‘New Testament’ Jesus made with Israel (and all other races who want to worship the true God, Yehovah) *is all about*. And our Heavenly Father actually pointed this out, in Jer 31:31-34, when God said He would (through His Holy Spirit, given to those who believe and obey Jesus Christ) put His Laws in our inward parts and write it in our hearts. Paul explained this too, in his letter to the Hebrews, in Heb 8:8-13 and Heb 10:12-25 [https://t.me/BibleStudyBooks_Hebrews/25].

So again, this Psalmist is urging us to come to the Lord (YHWH) with songs, thanksgiving and joy. And, as Paul points out in Col 3:16, this can even be done in your heart and mind when you pray to Him throughout the day. Far too often people only pray to God when they have problems. Which is, in itself, not a bad thing. But, if that’s the *only* time you pray to our Heavenly Father then *you are not understanding what true worship really is*. It’s learning to praise and thank Him no matter what your circumstances are, and no matter what’s going on in the world [to learn more check out: **How do we get out of this National Mess** <https://t.me/BibleStudyDownload/493>]. After all, He’s given us *grand* promises (2 Pt 1:4) in His Word (eternal life, for example) and our faith in His Word (and promises) is what should cause us to always be careful to give Him the thanks, praise, love and *true* worship that He *really* deserves. And, that (praising and thanking Him no matter what your circumstances are in life) is truly ‘the key’ to *true* worship! So, let’s always remember...

6 As ye have therefore received Christ Jesus the Lord, so walk ye in him:

*7 Rooted and built up in him, and stablished in the faith, as ye have been taught, **abounding therein with thanksgiving.***

Col 2:6-7

We'll pick this up in part 2...

AMEN.