


Psalms

Knowing the God of Praise



Lesson 3

Songs of Trust

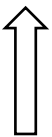
Level 1- Read through the Bible passage prayerfully. As God speaks to you through his word, respond back to him in prayer. What can you praise him and thank him for? What sin do these scriptures prompt you to confess? What do you need to ask God for? How do you need to yield to what God is saying in his word?

Level 2- Read and pray as in level one and do the numbered questions (that follow along with the Bible passage) in the study. Do the heart questions.

Level 3- Read and pray as in level one. Do the numbered questions and heart questions as in level 2, as well as the Discussion questions and the Digging Deeper for more in-depth study.

Day 1

Each of the Psalms this week is about trusting God. "Songs of trust emphasize that God is trustworthy and can be trusted, even when the circumstances are bleak and despairing."¹



Father, help me as I read your word to see how trustworthy you are and to believe it and live like it.

Read Psalm 16

1. On what basis does David ask God to preserve him in verse 1?

Scholar's Note: To take refuge in God: flee to God for shelter or protection, to put trust in God, to confide or hope in God.

For Discussion

Taking refuge in God is a theme in the Psalms. Why does it please God when we take refuge in him? How do we do this in our daily lives?

2. What are the words and phrases David uses that direct our hearts to find our joy and satisfaction in God?

Digging Deeper

In Acts 13, Paul references Psalm 16:10. Read the verses below. Who is this Psalm pointing to?

Act 13:35-39 ³⁵ Another psalm explains it more fully: 'You will not allow your Holy One to rot in the grave.'³⁶ This is not a reference to David, for after David had done the will of God in his own generation, he died and was buried with his ancestors, and his body decayed. ³⁷ No, it was a reference to someone else—someone whom God raised and whose body did not decay.³⁸ Brothers, listen! We are here to proclaim that through this man Jesus there is forgiveness for your sins. ³⁹ Everyone who believes in him is made right in God's sight—something the law of Moses could never do. (NLT)

3. What does this Psalm show us about trusting God?



We cannot honestly say that our hearts are exclusively focused on God—but we want to be! Instead we are easily distracted from God, and often try to satisfy our desires with lesser things. This Psalm points us to Jesus, the only one whose heart was exclusively centered on God without wavering. It is only in Jesus and his perfect righteousness that we can pray this Psalm along with David. Make the words of this Psalm yours; write a prayer asking God to align your heart with his so that you find joy and satisfaction in him.

Day 2- Read Psalm 23

1. We see God in the Psalms as King, Deliverer, Rock, Fortress, Shield. Now David paints a word picture of God as Shepherd. What about God is like a Shepherd?

Digging Deeper

Makes me lie down in green pastures, leads me beside still waters, restores my soul are all pictures of rest and renewal. Read the verses below. How does God make us rest? What do we ultimately rest from?

Hebrews 4:10 for whoever has entered God's rest has also rested from his works as God did from his.

Ephesians 2:8-9 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.



How do you rest in God?

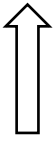
2. How does this Psalm show us why we can trust God through difficult and scary times?

Scholar's Note: The phrase *rod and staff* express "comprehensive protection from every danger."²

Picture and Ponder

"The dark valley...is as truly one of his 'right paths' as are the green pastures—a fact that takes much of the sting out of any ordeal. And his presence overcomes the worst thing that remains: the fear."³

3. Verse 5 says, *Surely goodness and mercy will follow me*. The word *Follow* "does not mean to bring up the rear but to pursue..."⁴ What impact does this make on you that if you are joined to Jesus, God pursues you with his goodness and mercy?



Jesus, because you were the lamb of God, sacrificed to pay for my sin, I will dwell in the house of the LORD forever! Thank you for calling me to be your own! Surely goodness and mercy will follow me all the days of my life because you are my Good Shepherd.



Read through this personal adaptation of Psalm 23 by John Eldridge. Let God's word and his perspective reorient your heart and mind for whatever circumstances you are facing today and will face in the future.

"The Lord is my shepherd, I lack nothing.

(Jesus remains deeply involved in my life and world—guiding, leading, providing.)

He makes me lie down in green pastures,

He leads me beside quiet waters, he refreshes my soul.

(God restores my weary heart....if I follow him. Where are my pastures and still waters, Lord?)

He guides me along the right paths for his name's sake.

(Don't get baited into the wrong battles; let God guide you in the path he has for you.)

Even though I walk through the darkest valley, I will fear no evil,

for you are with me; your rod and your staff, they comfort me.

(Yes, we are in a dark time. But God is still protecting me and comforting me. I am not alone.)

You prepare a table before me in the presence of my enemies.

You anoint my head with oil; my cup overflows.

(Not only that, God has a feast of goodness for me even in war; he fills my life with blessing!)

Surely goodness and love will follow me all the days of my life,

and I will dwell in the house of the Lord forever."

(My reality is not determined by the pandemic, or violence, or the presidential election. God will always be faithful to me. My future is absolutely wonderful.)⁵

Day 3- Read Psalm 46

1. What three things do we see in verse 1 about God that should cause us not to fear?

Digging Deeper

If you are able, go to BibleGateway.com and look up Psalm 46:1 and click on **Psalm 46:1 in all English translations**. What other phrases do you find for *a very present help in trouble*?

2. How would you describe the kind of trouble in verses 2-3 and 6, we are not to fear because God is our refuge?



How has God been a very present help in time of trouble for you?

3. What response to God's sovereign rule is called for in verses 8-11

Picture and Ponder

"Be still... is not an invitation to quiet meditation, but rather to the silence of awestruck surrender."⁶



Financial insecurity, political strife, bewildering pandemics, rampant crime, not to mention our personal sorrows and struggles all assault our peace and well-being. This Psalm reminds us that God is our only security and stability in a world of chaos and change. The mountains might be moved, but verse 5 reminds us that with God at the center, we will not be moved.

- ◆ What are you prone to place your trust in besides God?
- ◆ What changes need to be made in your life to have God at the center?
- ◆ Spend time in prayer talking to God about this.

Day 4- Read Psalm 62

1. Read verses 1-2 and 5-6. What does it mean for a soul to wait in silence, (since David is not silent, but speaking)?

2. What word pictures are used for God in this Psalm? Why are these things a picture of God?
3. What are we warned not to put trust in, in verses 9-10?

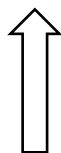


Verses 11-12 show us that God is strong, loving and fair. Strong and loving we like, but fair scares us if we know how sinful we really are. We see God's love and justice both displayed on the cross where Jesus took the punishment we deserved and gave us the mercy we didn't deserve. It is only through Jesus that we can sing with the Psalmist, *He alone is my rock and my salvation, my fortress; I shall not be greatly shaken.*

- ◆ Write out verse 8 as a reminder of where to place your trust so you will not be shaken.

Day 5- Read Psalm 139

1. In verses 1-5 David is not just talking about the omniscience of God—the fact that God knows everything—David is talking about God's personal knowledge of him as God's child. What kind of intimate knowledge do verses 1-5 tell about?
 - a. In verse 6, David exclaims that this truth is *too wonderful*, he cannot even comprehend it. Why is this truth wonderful for you?



God, how wonderful that I am known by you! You are my Maker and my Father—you see me, your eye is always on me. I am never

forgotten, invisible or unknown. The deepest parts of me that I can't even express, you know and understand.

2. Not only does God know his children intimately, but he is personally with his children. What thoughts in verses 7-12 comfort your heart?

3. How do the truths in verses 14-16 impact you?

Digging Deeper

God has intricately woven each human being into existence and planned the number of days we will live on this earth. Read Ephesians 2:10 and then answer the question

¹⁰ For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. (ESV)

¹⁰ For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. (NLT)

- When we are born into God's family through trusting in Jesus, what has God intricately woven and planned for his children to do?

- What difference does knowing this make in your life?



God is omniscient—he knows everything. He is omnipresent—he is fully present everywhere at once. He is omnipotent—he is all powerful. When we are brought into God's family through Jesus, the Son, these earth-shaking attributes of God begin to work personally in our lives for our benefit. When we are joined to Jesus, his righteousness becomes ours, and we enjoy all the blessings of being God's beloved child.

- ◆ God's knowledge, presence and power are not a threat to us but a comfort because of Jesus. What else has Jesus secured for us according to these verses in Romans?
Romans 8:38-39 *For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.*

4. Why should seeing the sin of others (vs.19-22) lead us to a prayer like David prayed in verses 23-24? Make this your own prayer now.



What phrase from this Psalm will you ponder in your heart today?

¹ Russel, Walt v Playing With Fire, NavPres 2000

² Moyter, Alec. Psalms by the Day p. 60 Christian Focus 2016

³ Kidner, Derek. Kidner Classic Commentaries, Psalms. P, 84 Inter-Varsity Press 1973

⁴ Kidner, Derek. Kidner Classic Commentaries, Psalms. P, 84 Inter-Varsity Press 1973

⁵ Eldridge, John, Ministry Letter July 2020

⁶ Ash, Christopher. Teaching Psalms Vol.2 p.107 Christian Focus 2018