

# Getting to Know God Through The Psalms

## Some of the Names of God and their Meanings

1. God ~ Means mighty or strong creator. You are especially created by Elohim for His purpose.
2. The God Most High ~ Means sovereign ruler over all the universe. Because He is El Elyon all will work for good for you.
3. The God who Sees ~ The God who Sees and therefore watches over you is El Roi
4. God Almighty ~ Means the All Sufficient One ~ Run into His arms for He is El Shaddai
5. Lord, Master ~ Means owner, God's total possession of me and my total submission to Him. Bow your knees and be saved for He is Adonai
6. LORD or Jehovah ~ Means The Self-Existent One ~ "I AM" ever with you and your ever present helper. Yahweh (YHWH) is everything You'll Ever Need.
7. The LORD will provide~ Jehovah-jireh has provided All at Calvary
8. The LORD that heals ~You have a balm in Gilead: You have a Great Physician~ Jehovah-raphhe
9. The LORD is my banner ~ Defeated? There's Victory under Jehovah-Nissi
10. The LORD Who Sanctifies You ~ Want to be Holy? Turn to Jehovah Mekoddishkem
11. The LORD is Peace ~Troubled? Afraid? Distressed? Worried? Run to Jehovah Shalom
12. The LORD is my Shepherd~ Because He is Jehovah-Raah, You shall not want – No Matter What
13. The LORD Our Righteousness~He is Jehovah-tsidkenu
14. The LORD is There~ Jehovah-Shammah
15. LORD of Hosts – Are you in the midst of a struggle and find your own resources inadequate? Run to your Jehovah Sabaoth and bend the knee to His divine sovereign rulership of the heavenly armies because He not only delivers but also judges.

## Knowing God: The Answer to Every Situation of Life

John 17:3 Jesus' prayer is *"that they know you, the only true God, and Jesus Christ, whom you have sent."*

But Hosea 4:6 says *that his people are destroyed for a lack of knowledge of God.*

We are told in Psalm 20:7, *"Some trust in chariots and some in horses, but we trust in the name of the LORD our God."*

In Jeremiah 9:23-24 *This is what the LORD says: "Let not the wise boast of their wisdom or the strong boast of their strength or the rich boast of their riches, but let the one who boasts boast about this: that they have the understanding to know me, that I am the LORD, who exercises kindness, justice and righteousness on earth, for in these I delight," declares the LORD.*

And when we do get to know God, we will have the ability to *"take delight in the LORD."*

Psalm 37:4

In this Bible Study series, let's get to know the only true God not only with our head but also with our heart, so we can truly boast in (to have confidence in and trust in) the name of the LORD our God and delight in His name.

What do you want to know about God? What do you think God wants you to know about Him and experience? Is it important what we think about God?

Yes, what we think about God

- shapes our moral and ethical standards,
- determines our lifestyle and controls our behaviour
- directly affects our response to hardship and pain
- enables us to know what to accept and what to reject in our daily living

Before we start, write down the words that come to your mind when you think of God?

You can write them here or at the back of the book there is an A-Z page of what God is like.

At the back of the book you will also find a page with 3 columns. Feel free to fill that out each week so you can get a summarized view of what you have learned about God and how you want to respond to Him.

Each day, before you read the psalm, I would suggest you pray a prayer something similar to David's prayer, "Open my eyes to see the wonderful truths in your law."

Then as you read a Psalm, I would recommend taking 3 coloured markers or highlighters and with one colour mark all the words and phrases that tells us the names of God and/or what He is like. With a second colour, mark all the conditions that are necessary for God to act in a certain way. With the third colour, mark down the response that would be appropriate that we give to the kind of God we have.

Through this study, I pray you will, in a greater way, come to know, experience, trust, delight in and discover who God really is and respond to Him in the way that would cause Him to say to you "You are a woman after God's own heart"!

<sup>1</sup> LORD my God, I take refuge in you; save and deliver me from all who pursue me,

2 or they will tear me apart like a lion and rip me to pieces with no one to rescue me.

3 O LORD my God, if I have done this and there is guilt on my hands—

4 if I have repaid my ally with evil or without cause have robbed my foe—

5 then let my enemy pursue and overtake me; let him trample my life to the ground and drag my honor in the dust.

<sup>6</sup> Arise, LORD, in your anger; rise up against the rage of my enemies.

Awake, my God; decree justice.

<sup>7</sup> Let the assembled peoples gather around you, while you sit enthroned over them on high.

8 Let the LORD judge the peoples.

Vindicate me, LORD, according to my righteousness, according to my integrity, O Most High.

9 Bring to an end the violence of the wicked and make the righteous secure—you, the righteous God who probes minds and hearts.

10 My shield is God Most High, who saves the upright in heart.

11 God is a righteous judge, a God who displays his wrath every day.

12 If he does not relent, he will sharpen his sword; he will bend and string his bow.

13 He has prepared his deadly weapons; he makes ready his flaming arrows.

14 Whoever is pregnant with evil conceives trouble and gives birth to disillusionment.

15 Whoever digs a hole and scoops it out falls into the pit they have made.

16 The trouble they cause recoils on them; their violence comes down on their own heads.

17 I will give thanks to the LORD because of his righteousness; I will sing the praises of the name of the LORD Most High.

Vs 1 I come to you for protection, putting His trust in God. I depend on you Save me from all who pursue and persecute me

Vs2 tear my life [from my body] like a lion, dragging *me*

*Others cannot or will not help - there is no way out except up - I think God wants us in that position so we learn to rely on him., that only God is dependable*

Vs3 if I am guilty of injustice

Vs4 betrayed a friend

5 if I have done wrong let them kill me and drag my honor into the dust. If we have done wrong we need to accept the punishment and humble ourselves before God, not ask for deliverance.

He was charged with a traitorous plan against Saul's crown and life, that he planned to depose and murder him. This he utterly denies. Even when David had opportunities to kill Saul, (cut piece of Saul's robe, took spear away) he always said he couldn't hurt the Lord's anointed. Saul himself claimed that both these to be undeniable proofs of David's integrity and good affection to him. How much better to return good for evil than evil for evil.

Vs 6 Give me a hearing, fury of my attackers, bring justice. He had no court on earth to appeal to but he had the court of heaven with his God as judge and ruler.

Vs7 assembled people are the Jewish people or the nations rule over them from on high - that is, visibly and in the sight of all, that it may be universally acknowledged that heaven itself owns and pleads David's cause.

Vs8 Vindicate me -declare me righteous (upright and in harmony with You )for I am innocent

*Integrity* - innocence, honest and having strong moral principles; will not compromise

Vs9 *Secure* - protected, defended - establish the just. God has the last word and if we are unjustly wronged, He will make it right at some time.

*Shield* - my defense, *God Most High* -sovereign ruler - God alone is his defense - he has no other

Vs10 My defense *and* shield depend on God,

*upright* - hearts are true and right.

Two things David builds this confidence upon:—1. *God saves the upright in heart*. God shows favour on all who do what is right 2. God is a righteous judge so respects those who are just and impartial and will protect them and will avenge and punish all unrighteousness.

Vs 11 angry to the wicked

Vs 12 If the wicked person does not repent - he will prepare that person's punishment

Vs 14 pregnant with harm - disillusionment - lies

Vs15 digs a pit to trap others but falls into it himself before the trap is completed - like cartoons.

Vs16 - like Hammon and Mordecai - it backfires on them

Vs 17 - He is just

LORD or Jehovah ~ Means The Self-Existent One, eternal ~ "I AM" ever with you and your ever present helper. Yahweh (YHWH) is everything You'll Ever Need

God ~ Means mighty or strong creator. You are especially created by Elohim for His purpose.

*Most High* - Sovereign ruler

God Most High ~ Means sovereign ruler over all the universe. Because He is El Elyon all will work for good for you. You can't go any higher.

*LORD Most High* - Sovereign ruler that is always with us and our present helper.

1. *David sang to the LORD concerning Cush, a Benjamite.*

It is likely that Cush was one of Saul's close friends and was poisoning the king's mind with falsehoods about David.

Have you ever experienced a bitter experience similar to David's? Have you ever felt like you have been treated unjustly? Do you have people that you feel are wanting to hurt you, or are slandering you? How do we deal with this? What did David do?

1. Took refuge in God for protection – not others v1
  2. Asked God to save him and deliver him v1 He asks God for favour.
  3. Search our heart to see if the statements that are being said about us are in fact true or partly true. Maybe they have discerned a weakness in our character. We need to go before God and see if they have shown up a blind spot in our life. If so, then work on it together with God. Vs 3
  4. If there is no basis for the statements, then rejoice- first of all that what they said was not true and you do have a good conscience and also in Matthew 5 it says to rejoice when people persecute you and say all kinds of evil against you falsely.
  5. Later David asked God bring justice, judge them and to declare him righteous for he felt he was innocent. He asked God to bring an end to the violence and defend him.v6,8,9 **He appeals to God concerning his innocency as to those things whereof he was accused**
  6. We need to wait patiently for God to vindicate our name vs8 and not us try to do it. Even Jesus When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly. 1 Peter 2:23.
  7. Later on David says that he realized that if someone is planning a way to trap a person, it will backfire in the end. You reap what you sow – later and greater. Vs 15,16 **He expresses his confidence in God that he would do so, and would return the mischief upon the head of those that designed it against him**
  8. Leave vengeance and vindication with God. If our enemy is thirsty give him something to drink, if he is hungry feed him. Prov 25:21
  9. David placed full confidence in God, who is the sovereign ruler – would be his shield, would save him, and if the wicked person does not repent God will deal with him. Vs11-15
- Instead of focusing on the person He is focusing on a righteous, just God and sings praises of the name of the LORD Most High. **He promises to give God the glory of his deliverance**  
*This is what Christ did too. He didn't take matters in his own hands.*

What should the wrongs people do to us cause us to do? should drive us to God, for to him we may commit our cause. David sings to the Lord (can you sing when you are hurting, been falsely accused or even had your faults pointed out to you?); his spirit was not ruffled by it, he wasn't cast down. So when people hurt us, instead of agitating and angering us, let it draw us into a closer devotion to God.

Why don't we take a few minutes of silent prayer, committing any of the hurts we have to God, the LORD, the LORD Most High

2. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.
3. What pictures of God do you have in your mind now of what God is like?  
My protector, avenger, Judge, shield, sovereign ruler, righteous, snatches us away from our persecutors.
4. Do you have a song that we could sing about God as He is described in this chapter?  
Our God is an awesome God

## Psalm 8

1 O LORD, our Lord, how majestic is your name in all the earth!  
You have set your glory in the heavens.

2 Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger.

3 When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place,

4 what is mankind that you are mindful of them, human beings that you care for them?

5 You have made them a little lower than the angels and crowned them with glory and honor.

6 You made them rulers over the works of your hands; you put everything under their feet:

7 all flocks and herds, and the animals of the wild,

8 the birds in the sky, and the fish in the sea, all that swim the paths of the seas.

9 O LORD, our Lord, how majestic is your name in all the earth!

LORD our Lord - "O eternal covenant God who is always with us and helps us, our personal Sovereign master, owner over me!  
Majestic – glorious, royalty

vs2 foe is an enemy, avenger – attacks you, takes revenge, inflicts harm or a punishment

Uses the praise of children and infants to silence all who oppose Him v2 The birth & first cry of a newborn displays God's strength & the Lord overcomes His enemies by the marvel of little children and the praise that they sing in their simple faith

Vs4 –mankind is man in his frail human existence

Compared to the vastness of the universe we are really very puny.

Vs5 But we are made a little lower than God (at time of creation and before the fall) to reflect the wonder that we are created in His image. Elohim (God not angels)

Although we marred God's image through sin, God has restored it in Jesus Christ. In Him, we are again crowned with glory and majesty.

**Vs8 Matthew Maury** was a Bible believer who set about to find the paths of the seas based on the following verse. Psalms 8:8. He studied ocean's currents and winds, recorded them and published them for sailors so they could use the currents to their advantage and drastically reduced the length of ocean voyages. He was nicknamed "Pathfinder of the Seas" and "Father of Modern Oceanography and Naval Meteorology" and later, "Scientist of the Seas. 1825

1. Why is the LORD's name so majestic?

-It stands for who He is, what His character is like. His name refers to the perfection of His attributes and the mightiness of His deeds. In other words, God's name refers to who He is and what He has done,

-His glory is higher or greater than the heavens, v1 Can see His glory when we look into the heavens

-Uses the praise of children and infants to silence all who oppose Him v2 The cry of a newborn displays God's strength & the Lord overcomes His enemies by the marvel of little children and the praise that they sing in their simple faith

-His creative work in the heavens v3

-He is mindful (thinks about us, remembers us) and cares for us as human beings v4

-He made us a little lower than Elohim (not angels) v5

-Crowned us with glory and honor v5

-Made us rulers over everything He made v6

2. How does God see you? How does that make you feel?

As someone He is mindful of (thinks about us, remembers us – not forgotten or on our own), cares for us  
We are just a little lower than Him and crowned with glory & honour

I feel humbled, excited, in awe of such a caring God, thankful, amazed, content & delighted to receive the glory and honor from God rather than looking for it from others

3. What responsibility has God given you? Are you taking this seriously? Give examples

We have been made in charge of everything He has made – everything is under our authority

Am I doing my part – what is my part?

How can we apply this psalm?

1. We should bow in awe before our majestic Creator!

2. We should treat each person with value and respect as beings created in God's image.

3. We should stand firmly against the horrors of abortion, which treats God's majestic creation as trash.
4. We should stand firmly against the absurdity of evolution, which denies that we are created in God's image. Evolution is simply a way for sinful people to attempt to avoid their Creator
5. We should rear our children to love, fear, and serve God as the only way to make life count. When we are rightly related to God through Jesus Christ, our lives take on eternal significance.
6. We should be good stewards of God's creation.
7. We should take pleasure in whatever work God gives us to do, doing it heartily as unto Him.
8. We should enjoy God through His creation.

4. What picture do you now have of God?

Creator, caring for us, crowning us with glory and honor, giving us a very responsible position, trusting us with rulership

5, Can you truly say that God's name is majestic? How will you let Him know that?

6. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

7. Do you have a song that we could sing about God as He is described in this chapter?

O LORD, O LORD how majestic is your name in all the earth?

<https://www.youtube.com/watch?v=Nig-WNo0YE8> choir

### **Psalm 9 – Sung to the tune “Death of a son”.**

David may have wrote this psalm after the death of a son or this may have been a familiar tune that David put this psalm to.

1 I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds.

2 I will be glad and rejoice in you; I will sing the praises of your name, O Most High.

7 The LORD reigns forever; he has established his throne for judgment.

8 He rules the world in righteousness and judges the peoples with equity.

9 The LORD is a refuge for the oppressed, a stronghold in times of trouble.

10 Those who know your name trust in you, for you, LORD, have never forsaken those who seek you.

11 Sing the praises of the LORD, enthroned in Zion; proclaim among the nations what he has done.

12 For he who avenges blood remembers; he does not ignore the cries of the afflicted.

13 LORD, see how enemies persecute me! Have mercy and lift me up from the gates of death,

14 that I may declare your praises in the gates of Daughter Zion, and there rejoice in your salvation.

15 The nations have fallen into the pit they have dug; their feet are caught in the net they have hidden.

16 The LORD is known by his acts of justice; the wicked are ensnared by the work of their hands.

17 The wicked go down to the realm of the dead, all the nations that forget God.

18 But God will never forget the needy; the hope of the afflicted will never perish.

19 Arise, LORD, do not let mortals triumph; let the nations be judged in your presence.

20 Strike them with terror, LORD; let the nations know they are only mortal.

vs 1 tell of all the miracles, and marvellous things – any strange and unexpected deliverances on behalf of Israel – getting them out of Egypt  
with whole heart – with sincerity

vs 2 O Most High – sovereign ruler with unlimited authority  
I will be filled with joy because of you and be in high spirits

Vs7 He will execute judgment from his throne – with finality at the end time

Vs8 equity – impartiality, justice, fairness

Vs9 refuge and high tower (shelter) for those who are oppressed (experiencing burdensome, harsh or cruel & unjust authoritarian treatment)  
Trouble - destitution, and desperation

Vs 10 know Your name [who have experience what God is like] will lean on and confidently put their trust & faith in You (and with that comes obedience), for You, Lord, have not forsaken, abandoned or deserted, does not give us a cold shoulder - those who seek (how do we seek the Lord? -investigate, look into,

Vs11 reigns in Jerusalem (the Temple was considered the LORD's earthly dwelling place). Tell about his unforgettable deeds. What would you tell the nations that God has done?

Vs12 avenges (punishes, repays, takes revenge on those who unjustly murder His people shed unjustly - murdered) remembers them; He does not forget the cry of the afflicted (suffering - causing grievous physical or mental suffering).

vs13 – looks like a prayer - enemies torment – look at what I suffer because of those who hate me  
snatch me back from the jaws of death

vs14 praise you publicly at the gates of Jerusalem- to the people of Jerusalem - rejoice in your saving help (that you have rescued me)

vs15 God's judgment is not just an event in the future but is happening continuously even at present. fallen into the pit they have set for others, caught in the trap they have set and hidden to catch others. Philistines, and the other neighbouring nations that opposed his being on the throne,

vs16 known by the way he executes judgement – that it is just. Trapped by their own deeds

Vs17 wicked go headlong into premature & untimely death] into hell, the place of the departed spirits of the wicked, even all the nations that ignore or are forgetful of God.

Vs18 the needy & destitute shall not always be forgotten or ignored or overlooked, and the expectation and hope of the poor shall not perish or be crushed forever.

Vs19 Do not let mere mortals (men) defy you and gain any power! Judge the nations!

Vs20 make them tremble with fear, let realize their frail nature – reveal to them their true identity -They are merely human

1. What is David's focus on in this chapter?

Giving thanks to God and letting everyone know what God has done

2. Why is David so thankful & happy?

Because of God's wonderful deeds. V1

Just because of who God is, because of His name v 2

Lord reigns forever and executes judgment with justice & righteousness v7-8

Lord is a refuge for the oppressed, Lord is a shelter, stronghold in times of trouble v9

His name is trustworthy, The Lord never forsakes those who seek Him v10



The Lord punishes & repays those who murder & remembers and cares for the helpless v12

Does not ignore the cry of those who suffer – He is attentive to their cry v12

Is a just God v16

God doesn't forget the needy v18

There is hope for those that have physical or emotional troubles or problems, worries, burdens

3. What wonderful deeds might David be talking about?

such as the creation of all things out of nothing,

forming man out of the dust, in the image, and after the likeness of God;

God's providential care of and preservation of Noah & his family and the animals;

Taking them out of Egypt

Giving him Goliath with a stone and sling: God's protection over him from Saul and all his soldiers.

God's forgiveness or deliverance from enemies like the Philistines, etc.

4. If you wrote a psalm of thanks to God, what would you include? David was thankful for God's qualities, I tend to be thankful for things. I need to change my thinking.

Thank you God that you are bigger than anything that has ever crossed my way,

You are bigger than all my problems, confusion, fears, questions, pain, discouragement, frustrations

You are bigger than anything that seems like a mountain to me.

I am thankful that I can have full confidence in you and I can fully trust in you.

Thank you for the peace and calm you give when we focus on your greatness instead of whatever is bothering us and we can't control.

5. How did David show his thanks?

Giving thanks to the Lord with all of his heart, Tell others of God's wonderful deeds v1

Was glad, filled with joy, rejoiced in God, Sing the praises of God's name – Most High v2

6. Does David have any problems? If so, what? His enemies are persecuting him v13

7. What does David ask from the LORD? Why?

Have mercy on me, Snatch me back from the jaws of death v13

So he can praise God publically in the gates of Jerusalem and rejoice in God rescuing and saving him.

V14 For God's glory. Don't let people defy you – judge them, strike them with terror So they will know that they are merely human – humble them so they will know that God is greater.

8. What has David observed about the ways of the wicked?

Fall into the pit they have dug for themselves, feet caught in the net they have hidden. V15

They are trapped by their own deeds v 16

The wicked and all the nations that forget God will go headlong into premature & untimely death into hell, the place of the departed spirits of the wicked, even all the nations that ignore ~~are~~ are forgetful of God. Vs17

9. Do you have problems? What are they? Can you still give God thanks? Why would you want to give God thanks in the midst of problems? He is bigger than all our problems!

10. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

11. What pictures of God do you have in your mind now of what God is like? A God who loves to do extra ordinary, wonderful, things for His people, He reigns, executing judgment from His throne, has a listening ear and a watchful eye over those who are suffering – who are crying for help, puts the proud & arrogant in their place

12. Do you have a song that we could sing about God as He is described in this chapter?

How Great is Our God

God is bigger than any mountains that I can or cannot see.

He sees all you do, He hears all you say.



**Psalms 11** It is supposed that David wrote this when he began to feel the resentments of Saul's envy, and had had the javelin thrown at him again. He was then advised to run his country. How does he answer?

1 In the LORD I take refuge. How then can you say to me: "Flee like a bird to your mountain?"

2 For look, the wicked bend their bows; they set their arrows against the strings to shoot from the shadows at the upright in heart.

3 When the foundations are being destroyed, what can the righteous do?"

4 The LORD is in his holy temple; the LORD is on his heavenly throne. He observes everyone on earth; his eyes examine them.

5 The LORD examines the righteous, but the wicked, those who love violence, he hates with a passion.

6 On the wicked he will rain fiery coals and burning sulfur; a scorching wind will be their lot.

7 For the LORD is righteous, he loves justice; the upright will see his face.

Vs1 I put my trust in the LORD for protection so why are you telling me to fly like a bird to the mountain for safety – run away. We will not be made ashamed for doing so. He saw that as unbelief & distrust in the LORD he so often said He trusted and took refuge in. Why would they ask him to flee? Vs2 Because he wasn't safe where he was or vs3 he was no longer useful where he was – foundations are being destroyed as they were by Saul's mal-administration so you are fighting for a lost cause. Or it could be a taunting or sarcasm by his enemies – You say, God is your mountain; flee to him now, and see what the better you will be." They try to discourage those who put their hope in God. "If you destroy the foundations, if you take good people off from their hope in God, if you can persuade them that their religion is a cheat and a jest and can banter them out of that, you ruin them, and break their hearts indeed, and make them of all men the most miserable.' Good people would be undone if they had not a God to go to, a God to trust to, and a future bliss to hope for.

Vs2 They shoot from someplace where they are hidden – don't want to be seen doing it – at those whose motives are right. Anonymous threats, talk behind your back, plan evil things behind the scenes

Vs3 Foundations of law, moral and ethical values

Vs 4 Concentration upon evil has led his friends to despair and the attempt of David's enemies to discourage his confidence in God has led David to reminisce about the LORD. What was his conclusion? I don't have to flee, I don't have to give up hope because God's presence is with him and his people as symbolized by being in the Temple and his sovereignty by his throne in heaven. Wicked & righteous – observes & examines them closely

Vs5

Vs6 a dreadful scorching wind will be what they receive (that is their destiny) – a picture of what happened at Sodom and Gomorrah - in other words, the condemnation, punishment will be horrible.

Vs7 loves justice – loves righteous deeds, He loves the righteous way of life.

The upright enjoy His presence.

1. David is in trouble. What does he consider to be the safest thing to do? Who & what are others telling him to do? Why? What would you consider to be the safest thing to do?

take refuge is trusting the Lord for protection

Others are telling him to flee to the mountain for safety – run away

2. What kind of foundations are being destroyed?

Foundations of law, moral and ethical values

3. What can we do in this situation? Should we give up, run away?

Run to the Lord for refuge, not give up hope.

4. What does the LORD do in this situation?

He doesn't change or get frazzled or surprized.

He is in his holy temple, ruling from his heavenly throne.

He is observing and examining everyone carefully – righteous & wicked. Maybe they think they can get away with what they are doing but we reap what we sow – later and greater.

God loves justice so hates the wicked, those who love violence and will punish them.

Acting justly because He is righteous – cannot tolerate sin.

5. What can we look forward to if we are righteous & upright?

Seeing his face. Enjoying His presence.

6. Where is the safest place for you to go when you are in trouble? Why? What will the Lord do for you in your situation?

Being with God (taking refuge in the LORD) is always the safest place. Being in God's will and trusting God is always the safest thing to do. He will protect us and bring justice.

10. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

11. What pictures of God do you have in your mind now of what God is like?

The LORD is worth taking refuge in – trusting and having faith in for protection and safety, whether well-meaning friends tell me to flee, or give up, or if enemies tell me it is ridiculous to put your hope in God. He is in His holy Temple and also on His heavenly throne watching everyone at the same time and – investigating thoroughly and inspecting in detail to determine the nature of the people.

12. Do you have a song that we could sing about God as He is described in this chapter?

Joyful, joyful adore Thee

## Psalm 16 - David is taking us on a pathway to pleasures forever more

1 Keep me **safe**, my **God**, for in you I take **refuge**.

2 I say to the **LORD**, "You are my **Lord**; apart from you I have no **good** thing."

3 I say of the holy people who are in the land, "They are the noble ones in whom is all my delight."

4 Those who run after other gods will suffer more and more. I will not pour out libations of blood to such gods or take up their names on my lips.

5 **LORD**, you alone are my **portion** and my **cup**; you make my **lot** **secure**.

6 The boundary lines have fallen for me in pleasant places; surely I have a **delightful inheritance**.

7 I will **praise** the **LORD**, who **counsels** me; even at night my heart **instructs** me.

8 I **keep** my eyes always on the **LORD**. With him at my right hand, I will **not** be shaken.

9 Therefore my **heart is glad** and my **tongue rejoices**; my body also will **rest secure**.

10 because you will **not** abandon me to the realm of the dead, nor will you let your faithful one see decay.

11 You **make known** to me the **path of life**; you will **fill** me with **joy** in your presence, with **eternal pleasures** at your right hand.

vs1 God – infinite strength

Keep *and* protect me, in You do I put my trust *and* hide myself. We all constantly need protection and safety now. you must flee now to Jesus for refuge to be safe on judgment day and then to experience eternal pleasure at God's right hand.

Vs2 If the LORD who is the eternal self-existent one who is always with you and your ever present help is your Master! Then you can say... Without you, I have nothing really valuable or good." I have no good beside or beyond You. You are the most valuable treasure in the world. If you have God and nothing else, you have as much as a person who has God and everything else.

Vs3 godly people in the land are my true heroes (whose character is excellent)! I enjoy being in their company. They fill me with joy. growing together in holiness and love as together we find joy in God

Vs4 those who choose another god multiply their sorrows and troubles I will not take part in their sacrificial offerings of blood,

speak the names of their gods. So God is the only one we worship

Vs5 The idea behind Psalm 16:5-6 is God's dividing the land amongst the 12 tribes of Israel. They determined by lot the various boundaries. But God did not give an inheritance of land to the tribe of Levi, the priests. Rather, the Lord said to Aaron (Num. 18:20), "You shall have no inheritance in their land nor own any portion among them; I am your portion and your inheritance among the sons of Israel." As David reflects on this and applies it to himself, his thought is that having the Lord as his portion is better than the best piece of land that anyone could inherit. He is sufficient for our happiness.

Portion - means enough. When you take your portion of food you take enough to fill and satisfy you. The LORD is all we need, He is enough to fill and satisfy us on every level. God is all he wanted – even though he was a king and had everything -A cup nourishes and refreshes – That is what God did to David Make my lot secure Whatever God has determined to give us – is secure. He guards what is ours and we cherish

Vs7 David's primary joy is not in God's gifts, but in the Lord, but when the Lord is your most valuable treasure, then you will enjoy God's counsel and instruction. Night is plural so night

after night the Lord has counseled and instructed me as I have meditated upon Him."

Vs 8 David sees God as always with him so he is secure & safe no matter what dangers come his way. He won't fall apart.

Vs9 David means that his total being, inward and outward, is glad and joyful because God has caused him to live securely and rest in safety.

Vs10 although David will die, the Lord will not permit him to suffer eternal alienation or (decay) total isolation and abandonment from God's presence. Rather than that, David had a hope beyond the grave to enjoy fullness of joy and eternal pleasure in God's presence. That is your hope if you know the Lord as your supreme treasure. This is also a picture of Jesus who died but rose instead of staying in the tomb & that is why the promise of eternal joy and pleasure in His presence is secure for us who trust in the risen Lord.

Vs11 What gives God the most glory? Isn't God most glorified in us when we are most satisfied in Him. When we enjoy Him and delight in Him. Isn't this what David is writing about.

David's satisfaction & joy as expressed in verse 11 stands in stark contrast to the sad experience of his son, Solomon. Solomon sought satisfaction in his work, but found it empty. He sought fulfillment through wisdom, but found it vain. He built a beautiful mansion and landscaped it with a breathtaking garden, but found no pleasure in it. He tried laughter and wine, but found these to be madness. He had sexual pleasures that few men have experienced, with 700 beautiful wives and 300 concubines, but they could not satisfy him. He had fabulous wealth, but it couldn't buy him happiness. He writes all of this in Ecclesiastes, where he finally concludes (Eccl. 12:13), "fear God and keep His commandments, for this sums up what the original purpose God had for his creation, the foundation of all happiness and is the

whole duty of everyone.” Too bad he didn’t learn sooner from his father to make the Lord his most valuable treasure!

1. What does vs 2 mean “that apart from the LORD he has no good thing”? You are the most valuable treasure in the world. If you have God and nothing else, you have as much as a person who has God and everything else. Without you, I have nothing really valuable or good – at least not compared to You.” I have no good beside or beyond You.

2. Could you say that for yourself?

3. Who are David’s heroes? The godly people in the land. Godly people who walk closely with God, do what is right and stand up for what is right and can explain with clarity God’s word

4. Who are your heroes? Who are your children’s heroes? How can we encourage our children to have godly heroes. Read books, Movies of heroes, NOT to put them on a pedestal because they may disappoint us. Spend time with others who want to grow in the Lord.

5. Who was definitely not David’s heroes? Why? Those who ran after other gods for troubles multiply on those people. In fact he wouldn’t even speak the names of other gods. After all, the LORD was enough – all he really wanted. He wanted God at the centre of His life and affection and worship.

What kind of gods might we be tempted to or do run after? Is it worth it? Anything that takes our primary affection. Sports, fame, things – no troubles will be multiplied if we do. They do not give long lasting joy or satisfaction – they will rust, disappoint, fade, etc. Like Solomon discovered

6. What does David mean in vs 5? Dividing land but for the Levites the LORD would be their portion and inheritance. So it is better to have the Lord than a piece of land you could inherit. He is sufficient for our happiness.

Portion - means enough. The LORD is all we need, He is enough to fill and satisfy us on every level. God is all he wanted and with Him he would be secure and the important things like joy, contentment & happiness are secure.

-A cup nourishes and refreshes – That is what God does to David

7. How does David view God in this chapter? Which of these views that David has of God is also your view of God? Which need to be added?

Full of praise and thankfulness for what God is and will do

Vs1 -Being able to keep him safe now and eternally– He is a place of refuge, protection, safety

Vs2 -Being his Lord = Master & He is the most valuable treasure I have

Vs5 -The LORD is his Portion - means enough. The LORD is all we need or will ever need, He is enough to fill and satisfy us on every level. That is why people in prison still praise the Lord.

-A cup nourishes and refreshes – That is what God does to David

-The LORD guards all the important things he has given us - joy and happiness and contentment.

Vs6 -The LORD gave him a pleasant land & a delightful inheritance

Vs7 -Counsels and instructs David

Vs8-9 Is always with David – even though he has had some tough and difficult things happening in his life he is secure & safe and doesn’t have to fall apart.

Vs10-11 Reveals the path of life in this present world

Even after David dies, he will not be eternally alienated from God or (decay) total isolation and abandoned from God’s presence. No, instead David had a hope beyond the grave he would experience life to the fullest, with joy in God’s presence and eternal pleasures at God’s right hand (place of honor).

10. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

11. What pictures of God do you have in your mind now of what God is like?

12. Do you have a song that we could sing about God as He is described in this chapter?

### Psalm 18

<p>1 I love you, LORD, my strength. 2 The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge.</p>
--

**my shield** and the **horn of my salvation, my stronghold.**

3 I **called** to the **LORD**, who is worthy of praise, and I have been **saved** from **my enemies.**

4 The cords of death entangled me; the torrents of destruction overwhelmed me.

5 The cords of the grave coiled around me; the snares of death confronted me.

6 In my distress I **called** to the **LORD**; I **cried** to **my God** for help.

From his temple he **heard** my voice; my cry came before him, into his ears.

7 The earth trembled and quaked, and the foundations of the mountains shook; they trembled because he was **angry.**

8 Smoke rose from his nostrils; consuming fire came from his mouth, burning coals blazed out of it.

9 He parted the heavens and came down; dark clouds were under his feet.

10 He mounted the cherubim and flew; he soared on the wings of the wind.

11 He made darkness his covering, his canopy around him—the dark rain clouds of the sky.

12 Out of the brightness of his presence clouds advanced, with hailstones and bolts of lightning.

13 The **LORD** **thundered** from heaven; the voice of the **Most High** resounded.

14 He shot his arrows and scattered the enemy, with great bolts of lightning he routed them.

15 The valleys of the sea were exposed and the foundations of the earth laid bare at your **rebuke**, **LORD**, at the blast of breath from your nostrils.

16 He reached down from on high and **took hold of me; he drew me out of deep waters.**

17 He **rescued** me from my powerful enemy, from my foes, who were too

When the Lord delivered David from the hand of all his enemies and from the hand of Saul.

Vs1 I love you fervently and devotedly

Deliverer – carries you away so you are safe

Vs2 Horn of my salvation – power & strength that saves me

Vs4 entangled – surrounded Torrents - flood

Destruction and wickedness and evil people terrified me

Vs5 Death laid a trap in my path

Vs6 calls to the LORD (I AM ever with you & your ever present helper), but cries to God (mighty strong creator – one who has infinite strength) When does a mother run to a baby?

Temple – his heavenly dwelling place

Vs10 cherubim (a storm) – attendants of God Gen 3:24 After he drove the man out, he placed on the east side of the Garden of Eden **cherubim** and a flaming sword flashing back and forth to guard the way to the tree of life. Ex 25:20 The **cherubim** are to have their wings spread upward, overshadowing the cover with them. The **cherubim** are to face each other, looking toward the cover.2

Sam 6:2 bring up from there the ark of God, which is called by the Name, the name of the LORD Almighty, who is enthroned between the **cherubim** on the ark. That's where God talked to them from and gave His commandments. 2 Kings 19:15 And Hezekiah prayed to the LORD: "LORD, the God of Israel, enthroned between the **cherubim**, you alone are God over all the kingdoms of the earth. Ez 10:8 (Under the wings of the **cherubim** could be seen what looked like human hands.) Cherubim took some fire and gave it to a man in white linen. Had 4 faces, moved with wheels Flew swiftly, quickly, rapidly

Vs11 veiling his approach with dark rain clouds

Vs12 thick clouds shielded the brightness around him

Vs13 LORD thundered, Most High (sovereign ruler with unlimited power) made His voice fill the place so it could be heard amid the hailstones and bolts of lightning.

Vs14 Threw them into confusion

Vs16 rescued me

Vs 17Foes – those who hated and abhorred him

1. Why does David love the LORD?

-is his strength v1

-is his rock, fortress, deliverer, v2

-can go to Him for refuge (shelter, safety), v2

-his shield, strength of his salvation, his stronghold (place of fortification), v2

-saves him from his enemies, v3

2. What did David when he faced death from his enemies?

-cried to God for help v6

3. What did God do?

He heard & listened and then all heaven broke loose because He was angry v7-15

Drew him out of deep waters (felt like he was drowning) v16

Rescued him from his enemies that were too strong for himv17

Supported David v 18

Rewarded him v20



strong for me.

18 They confronted me in the day of my disaster, but the LORD was my support.

19 He brought me out into a spacious place; he rescued me because he delighted in me.

20 The LORD has dealt with me according to my righteousness; according to the cleanness of my hands he has rewarded me.

21 For I have kept the ways of the LORD; I am not guilty of turning from my God.

22 All his laws are before me; I have not turned away from his decrees.

23 I have been blameless before him and have kept myself from sin.

24 The LORD has rewarded me according to my righteousness, according to the cleanness of my hands in his sight.

25 To the faithful you show yourself faithful, to the blameless you show yourself blameless,

26 to the pure you show yourself pure, but to the devious you show yourself shrewd.

27 You save the humble but bring low those whose eyes are haughty.

28 You, LORD, keep my lamp burning; my God turns my darkness into light

29 With your help I can advance against a troop; with my God I can scale a wall.

30 As for God, his way is perfect: The LORD's word is flawless; he shields all who take refuge in him.

31 For who is God besides the LORD? And who is the Rock except our God?

32 It is God who arms me with strength and keeps my way secure.

46 The LORD lives! Praise be to my Rock! Exalted be God my Savior!

47 He is the God who avenges me, who subdues nations under me,

48 who saves me from my enemies. You exalted me above my foes;

from a violent man you rescued me.

49 Therefore I will praise you, Lord, among the nations; I will sing the praises of your name.

Vs18 They attacked me, Lord came to my defense

Vs19 place of safety away from his enemies that were surrounding him

Vs20 & 24

Vs26 devious – dishonest, unethical, underhanded

Shrewd – resourceful, out smart them

Vs27 conceited look

Vs28 God lights a lamp for David so that it shines. God does not want to leave us in the darkness of sorrow and troubles and discouragement & despair – He wants to restore within us light, peace, encouragement, hope and joy and honor. He will guide us and light our way so we can avoid the snares laid for us and can instead work in the light to serve our Lord and others. He won't let the light of our life be snuffed out.

Vs29 attack, run through, crush an army of soldier

Scale – leap over, climb over

Vs30 all the LORDs promises are proved true

Who look to Him for protection

vS32 secure – without blemish, upright, pure, on the right path

vs46 exalted - honoured

4. Why did God do that for David?

God delighted in him v 19

David was righteous, had clean hands, v20

Kept the ways of God, v21

Did not turn away from God or his decrees v21, 22

Blameless before God, kept himself from sin v23 Got to be careful – we are not guaranteed to not fall

5. How does God show Himself to different kinds of people?

To the faithful He is faithful v25

To the blameless He is blameless To the pure He is pure v26

To the devious He is shrewd To the humbles He saves them v27

To the haughty He brings them low

6. How has God shown Himself to you?

Kind, compassionate, merciful, forgiving, understanding

7. What kind of God did David claim he had?

Vs28 God does not want to leave us in the darkness of sorrow and troubles and discouragement & despair – He wants to restore within us light, peace, encouragement, hope and joy and honor. He will guide us and light our way so we can avoid the snares laid for us and can instead work in the light to serve our Lord and others. He won't let the light of our life be snuffed out.

V29 With God's help he could do things that he couldn't do in his own strength

Vs30 His way is perfect, His word is flawless, shielded him when he took refuge in him

V31 no one is God besides the Lord, Rock

V32 armed him with strength and kept his way on the right path

V 46 He lives, He is his Savior

V47 pays back those who harm him, saves him & rescues him from his enemies, exalts him, puts under his authority those who hate him.

8. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

9. What pictures of God do you have in your mind now of what God is like? Very much involved in our lives, listens to our cries for help and does something about it, Delights in those who are righteous, Rock, rescues us, lights our path, is a shield, alive, exalts us,

10. Do you have a song that we could sing about God? How Great is our God, Great are you Lord, Whom shall I fear, He is exalted

### **Psalms 20.**

<sup>1</sup> May the **LORD** **answer** you when you are in **distress**; may the name of the **God of Jacob** **protect** you.

<sup>2</sup> May he send you **help** from the sanctuary and grant you **support** from Zion.

<sup>3</sup> May he **remember** all your **sacrifices** and **accept** your **burnt offerings**.

<sup>4</sup> May he **give** you the **desire** of your **heart** and **make** all your **plans** **succeed**.

<sup>5</sup> May we **shout for joy** over your **victory** and **lift up** our **banners** in the name of our **God**. May the **LORD** **grant** all your **requests**.

<sup>6</sup> Now this I know: The **LORD** **gives** **victory** to his **anointed**. He **answers** him from his heavenly sanctuary with the **victorious power** of his right hand.

<sup>7</sup> Some trust in chariots and some in horses, but **we trust** in the name of **the LORD** our **God**.

<sup>8</sup> They are brought to their knees and fall, but we rise up and stand firm.

<sup>9</sup> **LORD**, **give** **victory** to the king!  
**Answer** us when we **call**!

vs1 distress – day of trouble

vs2 refresh, *and* strengthen you

vs5 and raise a victory banner in the name of our God.

Ex 7:8-16 Amalekites came out to fight against Israel. As long as Moses held up his hand which held the rod of God (the Israelites banner), Israel was winning, and when his hand was lowered Amalek was winning. But Moses' hands were supported and Israel was finally victorious and the defeat of Amalek complete.

What was a banner in those days? A banner was an emblem or flag carried at the head of a military band or body to indicate the line of march or the rallying point. A banner in ancient times was not necessarily a flag such as we use nowadays. Often it was a bare pole with a bright shining ornament which glittered in the sun. In this case it was the rod of God, as the banner of God, which was a signal to God's people to rally to Him and which brought the victory. What was the meaning then of Amalek's success when it was lowered and Israel's success when it was raised? It was to emphatically emphasize and deeply impress upon Israel's soldiers and her enemy that victory depended on and belong to God alone; that under His raised banner victory was always assured. The rod of God was the symbol and pledge of His presence and power and working. He is our rallying point.

Vs7 trust=boast, rely on

Vs8 Fall - humbled, collapse

Vs9 - save the king

1. Go through the psalm and list or underline every word/phrase that has something to do with trouble, need or help.

2. Is your heart troubled in any way? Is there fear of any kind lurking in the shadows of your consciousness? Do you feel insecure about anything at all? If so, list your fears, your insecurities, your troubles, your need for help. How do you handle these troubles and difficult situations?

How to care for people in a way that is meaningful to them and helpful. Having a good relationship with people that I care about. I fear rejection, disapproval,

3. What does God promise us when we have trouble?

V1 Answer us, protect us,

V2 send help, support us

Vs6 Give us victory

4. Are there any conditions that need to be met in order for the promises to be fulfilled?

V7 Trust in the name of the LORD

V 9 need to call and ask



5. Take time to take each trouble or need or difficult situation to the LORD in prayer and specifically ask God to show you in the weeks to come one of His names or qualities or character that will meet your particular need. Then, when He shows you, tell Him that you will trust in that name.

6. According to this Psalm, what protects us or gives us security within the circumstances of a situation? God's name

7. Why do we lift up a banner?

Shows who we are following and that our leader is victorious.

8. What do some boast about or trust in? What does that mean and how does that apply to us today?

Some boast in chariots & horses – we trust in other things other than God – people, money, job, family

9. What do you boast about or trust in?

it is easy to trust in my husband, or our resources but I know I should only trust in the name of the LORD

10. Can you remember a time when you trusted in “horses and chariots”? What was the result in your life?

Disappointment, fear, disillusionment

11. God talks about men who trust in chariots and horses and men who trust in the name of the LORD.

Did you see the contrast between these two types of man? What was the contrast?

They are brought to their knees and fall, but we rise up and stand firm

12. What names are used for God in this Psalm? What do those names tell us about God? (Can also check out the definitions of the names of God in the back of the book) He is a generational God (God of Jacob), LORD, God

13. If you wanted to draw picture of what God is like as described in Psalm 20, what would you draw?

He is my banner – rallying point, He is victorious

Is there a song that we could sing to describe the God of Psalm 20? Great are you Lord – Michael Smith

## Psalm 23

1 The LORD is **my shepherd**, I lack nothing.

2 He **makes me lie down** in green pastures, he **leads me** beside quiet waters,

3 he **refreshes my soul**.

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

4 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**.

5 You **prepare a table before me** in the presence of my enemies. You **anoint my head with oil**; **my cup overflows**.

6 Surely your **goodness and love** will follow me all the days of my life, and I will dwell in the house of the LORD forever.

vs1 Shepherd – provide feed & water, guide, stay with the sheep to protect them, take care of them so they are healthy I have everything I need - The key to not wanting is to have the Lord as your Shepherd.

The way for the LORD to become our shepherd and to become one of His sheep is to hear what He claimed, as verified in the things He did, and to believe it in the sense of following Him. At the core of what Jesus taught and did was the cross, where He took the penalty we deserve for our sins. It is significant that Psalm 23 follows Psalm 22. In Psalm 22 it begins with, 'My God, my God, why hast thou forsaken me?' and ends with 'It is finished. We see the Messiah forsaken of God as he bears our sin on the cross. It is only after that that we can say, "The Lord is my Shepherd." who meets my every need.

Vs2 Green pastures – lush, comfortable, restful place  
Sheep will never go near fast running water

Vs3 refreshes, renews, restores my whole being, my whole self – when do I need to be restored – when I am weary or tired, strayed, tension in relationships

We all need guidance to know how to live in this confusing world. God's name is bound up with how we as believers live.

For His name's sake He guides us along paths of righteousness-

to bring honour to His name.

Vs4 darkest valley - Good Shepherd does not provide contentment by keeping His flock from trials, but rather by providing His presence in the midst of trials. Eg. Valley of Fear - a fearful place of extreme danger and darkness. Will not be afraid of or dread evil or harm. Why? When they walk through valleys of fear: The Shepherd's presence; and, the Shepherd's rod and staff – how would that comfort a sheep? Rod- used to protect by keep away predators and to discipline wayward sheep.

Staff- used to draw the sheep to the shepherd and to guide them on the right path.

Vs5 Another trial we may have to face is enemies. prepare a feast, a banquet – while my enemies watch Shepherds anointed sheep with oil to heal their wounds and to keep the flies and bugs off. Sheep cannot lie contentedly if insects are swarming around their nostrils or ears or open wounds. So the shepherd would pour oil on them. It's often the little irritations that rob us of our contentment. To cope with frustrating circumstances and people, we need qualities like love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Where do these come from? The Holy Spirit (Gal. 5:22-23)! In the Bible, oil is often a picture of the Holy Spirit. Our Good Shepherd has given us the oil of the Spirit to keep irritations from bugging us. If you want your cup to overflow walk with the Good Shepherd in the hard times of fear, of conflict, and of irritation

Vs6 Surely – certainly, without a shadow of a doubt) only God's goodness & love will follow – pursue, stay close to me. The rest of the world pursues goodness and love, but here we have God's goodness and love pursuing us! Our future is secure – dwell in the house of the LORD forever!

1. If God is a Shepherd, who are the sheep? We are

2. What are sheep like? See if you can see any correlation between the following description and us as human beings.

"Sheep are the dumbest of all animals. They are helpless, timid, feeble animals that require constant attention and meticulous care. Sheep have little means of self-defence. If they do not have the constant care of a shepherd, they will go the wrong way, unaware of the dangers at hand. They have been known to nibble themselves right off a mountain side. If they are not led to the proper pastures, they will obviously eat or drink things that are disastrous to them. Not only that, they will literally live their lives in a rut if the shepherd does not lead them to new pastures. Sheep easily fall prey to other animals; when they do, they are virtually defenseless without their shepherd to protect them. Sheep can also become cast down and, in that state, panic and die. And so because sheep are sheep, they need shepherds to care for them." ( p.137 Kay Arthur Lord I Want to Know You )

How does this description of sheep affect you seeing that we are called sheep? Do you agree, disagree?

3. Phillip Keller, in his book "A Shepherd Looks at Psalm 23" writes, "The strange thing about sheep is that because of their very make-up it is almost impossible for them to be made to lie down unless four requirements are met. Owing to their timidity they refuse to lie down unless they are free of all fear. Because of the social behavior within

a flock sheep will not lie down unless they are free from friction with others of their kind. If tormented by flies or parasites, sheep will not lie down. Only when free of these pests can they relax. Lastly, sheep will not lie down as long as they feel in need of finding food. They must be free from hunger.”

So what 4 things does our Shepherd provide for us so we can lie down and be at peace?

V2, 5 He provides food (luscious green pastures) and still water to drink from– God takes care of us and gives us what we need – supplies our basic needs so we can be content.

V2 Restores our soul – this happens when we have right relationships with others. If there is tension we will feel a need to defend instead of relax. If we are weary or strayed from God’s ways.

God uses two primary means to restore us: His Word, and His people.

v.4 He guides us along right paths and promises to be with us so we will have nothing to fear. When there is fear we will tend to want to run. Guides us so His name will be honoured

v.5 – anoints our head with oil – brings healing to sores and wounds and things that bother us – gives us the HS to give us the fruits of the spirit to help us in dealing with irritations.

4. If we make God our shepherd what will be the result?

Vs1 We will not lack anything – we will be content knowing He will provide for us all we need

v6 Surely goodness and love will follow me (pursue me) all the days of my life, and I will dwell in the house of the LORD for ever.

5. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

6. What pictures of God do you have in your mind now of what God is like?

Shepherd, gives us our needs – food and drink, business of restoring our soul, guides us, protects us, walks beside us in dark fearful valleys, anoints our head with oil,

7. Do you have a song that we could sing about God as He is described in this chapter?

Surely Goodness and mercy – instrumental but has ps 23 in song

Play The lords my shepherd while they are coming in – slow music

I will sing of the mercies of the Lord forever

Lord you have my heart I will search for yours

## Psalm 27

<sup>1</sup> The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid?  
<sup>2</sup> When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall.  
<sup>3</sup> Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident.

<sup>4</sup> One thing I ask from the LORD, this only do I seek: that I may dwell in the house of the LORD all the days of my life, to gaze on the beauty of the LORD and to seek him in his temple.  
<sup>5</sup> For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his sacred tent and set me high upon a rock.  
<sup>6</sup> Then my head will be exalted above the enemies who surround me; at his sacred tent I will sacrifice with shouts of joy; I will sing and make music to the LORD.

<sup>7</sup> Hear my voice when I call, LORD; be merciful to me and answer me.  
<sup>8</sup> My heart says of you, "Seek his face!" Your face, LORD, I will seek.  
<sup>9</sup> Do not hide your face from me, do not turn your servant away in anger; you have been my helper. Do not reject me or forsake me, God my Savior.  
<sup>10</sup> Though my father and mother forsake me, the LORD will receive me.

<sup>11</sup> Teach me your way, LORD; lead me in a straight path because of my oppressors.  
<sup>12</sup> Do not turn me over to the desire of my foes, for false witnesses rise up against me, spouting malicious accusations.  
<sup>13</sup> I remain confident of this: I will see the goodness of the LORD in the land of the living.  
<sup>14</sup> Wait for the LORD; be strong and take heart and wait for the LORD.

vs1 light(illuminates) - Refuge & stronghold – protects. David isn't boasting in his own strength or in the strength of his army. But instead, he affirms that his confidence is the Lord alone. If we fear anything or anyone who/what should we fear? God because we want and need him on our side to defend and protect us.

vs2 closed in on me to tear me to pieces. It backfires on them

vs3 sets up camp against me – surrounds

I will have confidence in the LORD

Vs4 Seek - desire

that I may dwell in the LORD's presence – draw near to the presence of God being caught up with God's beauty – the beauty of His person.

He wanted to be captivated by the Lord. Have you ever been captivated by the beauty of the Lord?

Seek Him - David is talking about a way of life that is totally focused on God and which clings to God with absolute faith in desperately overwhelming situations where there is no other source of help

Wants an ongoing experience of God Himself, both in this time of trouble and forever. Wants his fear to drive him to a deeper experience of the Lord Himself.

Jonathan Edwards became captivated by God after he read the words in [1 Tim. 1:17], "Now unto the King eternal, immortal, invisible, the only wise God, be honour and glory for ever and ever, Amen." He mentions how that before his captivation with God, he was terrified of thunderstorms. But afterwards, he enjoyed them and was entertained by them, because he could see the majestic voice of God in them. Beholding the beauty of God alleviated Edwards' fears! Like David &

Jonathan Edwards, we will overcome our fears to the extent that we focus on the Lord Himself and are captivated with His glorious beauty.

Vs5 keep me safe – hides me - with Him, not alone

place me out of reach on a high rock.

Vs6 head will be raised, lifted up

He has such confidence & joy in God that he has to express himself to God – can't keep quiet

Vs7 anyone who has struggled with fear knows that it doesn't go away and stay away the first time you tell it to get lost! So when fear returns, what do we need to do? redirect our focus on the Lord in heartfelt prayer(27:7-12) call – cry aloud

Vs8 focus on me - require My presence as your vital need

Vs9 Do not turn your back on me. Do not reject your servant in anger. Do not abandon me

Vs10 receive me - the LORD will hold me close, care for me, adopt me as His child

Vs11 Teach me how to live

Oppressors-for my enemies are waiting for me, spying on me, lying in wait for me

Vs12 Do not let me fall into their hands. For they accuse me of things I've never done; malicious - breathing out cruel, spiteful, vengeful, nasty, hurtful accusations

Vs13 reaffirms his faith in the Lord and His goodness by repeatedly reminding himself to wait for the Lord. Wait patiently, hopefully & expectantly - Be courageous, have endurance

1. In the first 3 verses what do you learn about God? LORD is my light (illuminates) and my salvation (saves me), the stronghold of my life (my fortress protecting me from danger)

2. How does this affect David? Has chosen not to fear or be afraid of the wicked or his enemies or an army in war – but rather trust in and be confident in the LORD.

3. David personalized who the LORD was to him – how about you? Is he a personal God to you?

4. Is there something you are afraid of? Or could be afraid of? War, if I was persecuted, or arrested for being a Christian, if I saw my husband or children killed, if I see a car crossing over into my lane, one of my children or grandchildren will not be with me in heaven. I might be misunderstood and accused with that causing a break in relationship, might cause an accident or kill someone,

4. What are you going to do with that fear? Cling to God's hand because he says He will always be with me. Trust Him to do the work in my family member's lives. Ask God to help me to be alert. Seek the Lord – focus on the Lord & trust in Him to take care of us.

5. What are the things David says he will do? What is his chief desire in times of trouble?

**Ask** the LORD that he can dwell in the house of the LORD all the days of his life (draw near to the presence of God), **gaze** on the beauty of the LORD (be caught up with and captivated with God's beauty- the beauty of who God is), **seek** Him in His temple. David isn't just praying for an escape from his troubles, but for an ongoing experience of God Himself. He wants his fear to drive him to a deeper experience of the Lord Himself. He wanted to be captivated by the Lord. Have you ever been captivated by the beauty of the Lord?

After being exalted he will sacrifice with shouts of joy & sing and make music to the LORD

6. What have you asked for from the LORD? What do you seek? Mostly selfish – strength, health – Get me out of my mess. But I also want to get to know God better, truly gaze on the His beauty, seeking Him in all my decisions. I want to be captivated by the Lord and all His beauty.

7. In what ways is the LORD beautiful? Holy, just, righteous, counselor, faithful, unchanging, all knowing, always with me, powerful, knows what is best for me, place of safety, satisfying, gentle, loving, brings calmness and peace, gracious giver, forgiving, caring, understanding, listens, instructs me, corrects me, everything in His character is desirable- and beautiful. 2 kinds of beauty – skin deep & character.

8. What will the LORD do? Keep David safe in His dwelling, will hide David in His sacred tent and set him high upon a rock above danger, lift up his head above the enemies

9. What difference do you notice in the tone of these verses compared to the confidence in the first few verses? What are his petitions?

He now seems to have fears. David is begging God to hear him, be merciful and answer him. He seems to feel that God has hidden His face from him or is angry with him and rejected and forsaken him.

10. Have you ever had any of these fears or feelings of insecurity that David is expressing?

What can you do when you do have these fears? redirect my focus on the Lord in heartfelt prayer, reaffirming my faith and trust in His goodness and protection

11. What helps David to keep on praying? God had been his helper in the past. Knowledge that the LORD will receive him, accept him, hold him close

12. What requests does he make of God? Teach me your way- how to live, lead me in a straight path, Do not turn me over to those who are my enemies – don't let me fall into their hands.

13. Why do we often experience fear and anxiety? When we feel we are alone, God is hiding his face, We don't know which way to go, when it seems that something bad is going to or might happen to us, if we don't know if we can handle what appears to be our lot in life.

14. What advice does David give himself and others when they face fears and how are all these necessary to combat fear? What part does each play?

Vs13 Remain confident in the goodness of the LORD - You need hope and trust to combat fear

Vs14 Wait for the LORD, be strong, take heart & wait - When you wait for the LORD you can start to calm yourself because it is not you in control but God.

15. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

16. What pictures of God do you have in your mind now of what God is like?  
Someone I can put my confidence in and have confidence in. light, salvation, stronghold, beautiful, helper, hears me, answers me, good.

17. Do you have a song that we could sing about God as He is described in this chapter?  
You are beautiful beyond description (I Stand in Awe of You)  
Better is one day in your courts, Whom Shall I fear

### Psalm 36:5-10

5 Your **love**, **LORD**, reaches to the heavens, your **faithfulness** to the skies.

6 Your **righteousness** is like the highest mountains, your **justice** like the great deep. You, **LORD**, **preserve both people and animals**.

7 How **priceless** is your **unfailing love**, O God! People **take refuge in the shadow of your wings**.

8 They **feast on the abundance of your house**; you give them **drink from your river of delights**.

9 For with you is the **fountain of life**; in your **light** we see light.

10 Continue your **love to those who know you**, your **righteousness to the upright in heart**.

vs5 – love & faithfulness are immense & inexhaustible  
vs6 mighty mountains - righteousness & justice are impressive  
great deep – oceans  
preserve - defend, save, rescue, protect from harm  
vs7 priceless – precious & inviting  
refuge – shelter  
vs8 feast and are refreshed  
delights – pleasure – His provision is abundant & delightful  
vs9 For you are the fountain of life, the light by which we see.  
Vs10 Pour out your unfailing love on those who love you; give justice to those with honest hearts.

1. David is full of praise to the LORD – what are some of the things he is praising the LORD for in this chapter?

V5, 10 love, faithfulness

V6 righteousness, justice, preserve people and animals

V7 – unfailing love, there is refuge in the shadow of his wings

V8 there is abundance in His house to feast on– can drink from His river of delights

V9 is the fountain of life, light

2. Are you full of praise to the LORD today? If so, what are you praising the LORD for?  
His love, his faithfulness, He is righteous, just, watches over us and protects us, when we gaze on the Lord He truly is beautiful. He provides for me lavishly

3. At the end of the book, fill in the chart, writing down the names of God that are used, what He is like, conditions that need to be met, and what your response will be to God.

4. What pictures of God do you have in your mind now of what God is like?  
No limit to & no way to measure the vastness (immensity) & preciousness (value) of God's love which is higher than the heavens, His faithfulness reaches the skies, His righteousness like a the highest & mightiest mountain and his justice like the depths of the ocean. These qualities are inexhaustible, impressive & awesome. Has a huge house with limitless food to feast on and an unending river of delights for us to enjoy. God is a life giver and is light.

5. Do you have a song that we could sing about God as He is described in this chapter?  
You are my strength by Hillsong, Your Love Oh Lord,



## Psalm 29

<sup>1</sup> *Ascribe to the LORD, you heavenly beings (sons of God or nations), ascribe to the LORD glory and strength.*

<sup>2</sup> *Ascribe to the LORD the glory due his name; worship the LORD in the splendor of his holiness.*

<sup>3</sup> *The voice of the LORD is over the waters; the God of glory thunders, the LORD thunders over the mighty waters.*

<sup>4</sup> *The voice of the LORD is powerful; the voice of the LORD is majestic.*

<sup>5</sup> *The voice of the LORD breaks the cedars; the LORD breaks in pieces the cedars of Lebanon.*

<sup>6</sup> *He makes Lebanon leap like a calf, Sirion (Mount Hermon) like a young wild ox.*

<sup>7</sup> *The voice of the LORD strikes with flashes of lightning.*

<sup>8</sup> *The voice of the LORD shakes the desert; the LORD shakes the Desert of Kadesh.*

<sup>9</sup> *The voice of the LORD twists the oaks and strips the forests bare. And in his temple all cry, "Glory!"*

<sup>10</sup> *The LORD sits enthroned over the flood; the LORD is enthroned as King forever.*

<sup>11</sup> *The LORD gives strength to his people; the LORD blesses his people with peace.*

Vs1 ascribe – command to give or bring, to credit Him with, acknowledge & recognize  
sons of the mighty, mighty & powerful ones on earth  
give him the glory His name deserves

glory – honor, magnificence, wonderful  
strength - power– upcoming verses He shows His power & glory in nature

2. due His name – go over names p 39 and how they deserve glory

splendor – beautiful, glorious majesty, grandeur - beauty, excellency, honour, majesty (dignity, royal power).

when we get a glimpse of how holy God is – we will want to worship Him – many fell down or said go away from me because our sinfulness cannot stand in his holy presence  
Worship – adore, revere – only worship someone we see as beautiful and adore, love and delight in.

How do we worship Him – by giving first of all of ourselves to Him & His service. (Rom 12:1,2)

3. God's voice is identified with thunder.

Vs4 David would have witnessed this kind of storm, starting over the Mediterranean sea and move eastward until the storm breaks in crashing fury over the mountain ranges of Lebanon and snow capped Hermon. The mighty cedars are broken, the mountains skip like a calf, the lightning flashes and thunder shakes the wilderness of Kadesh. voice echoes over the water

Thunders – shouts over raging waters

5. shatters or splinters the cedars

Lebanon – mountain range

Sirion is the peak of Lebanon mountain range

6. Leap and skip like a young animal

Vs8 earthquakes

Vs9 It may be oaks that are twisted but more than likely the voice of the Lord (thunderstorm) makes the female deer to go into labor sooner than usual. Because there are no vowel points it could be either.

Aren't you thankful God has got another voice besides just this thundering voice – still small voice. A storm is a revelation of the glory, power, strength & majesty of God

10. rules over the floodwaters

The storm is glorious because it means the end of drought and brings the gift of water of life for another season. Because the

LORD is King of heaven and earth he is able to send the life-giving rain at the right time. Sits upon the flood, restraining the waters of Noah, that they turn not again to cover the earth, according to his promise never to *destroy the earth any more by a flood*

11. The Lord will give [unyielding and impenetrable] strength to His people so we can resist evil and do the work He has for us to do – covers our weakness with His strength.

Peace – every possible blessing which contributes to the well-being of his people. Peace comes from loving God's laws and living by them (righteous) No conflict with God – our hearts are in harmony, joy, quiet before God.

1. What does the word "ascribe" mean?

To give, to bring, to accredit with, to acknowledge, to recognize

2. What are we commanded to do?

Bring the LORD (the One who is always with us) the praise that His name is worthy of, acknowledging His glory & strength, His infinite majesty and indescribable power. We are to give Him worship and



adoration and delight in Him above all because of the splendor & beauty of His holiness. How do we worship Him – by giving first of all of ourselves to Him & His service. (Rom 12:1,2)

3. What pictures do we see of God in this chapter?

Towards nature: Voice of the God of glory thunders over the mighty waters. His voice is powerful, majestic. It breaks trees, makes mountains leap, it strikes with flashes of lightning, shakes the desert, twists oaks or makes the deer go into labour ahead of time, strips forests, sitting on a throne as King. Towards people: He gives us strength to stand against the evil around us and to do the work He has for us to do and blesses us with peace.

4. How do you feel about God when you read a chapter like this? He is amazing, awesome, incredible, majestic, all powerful, someone to fear in a good way – don't mess around with Him.

What is your response to this majesty and power of God as described here? Want to acknowledge and praise Him for His glory and strength and worship Him. If I saw this I also would feel the need to fall on my face and cry out to God, "Glory".

5. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book. God is showing that He is all powerful and therefore deserves praise and honor and worship from us, but He is also loving and kind and gentle and the giver of the things we need.

6. Can you think of a song that would go along with this chapter?

**How Great is our God, I will worship you, Indescribable**

7. What pictures do you have of God from this chapter?

Splendor, voice thundering, majestic, powerful, king sitting on a throne, blessing us with peace and strengthening us

## Psalm 96

1 Sing to the LORD a new song;  
sing to the LORD, all the earth.

2 Sing to the LORD, praise his  
name; proclaim his salvation day  
after day.

3 Declare his glory among the  
nations, his marvelous deeds among  
all peoples.

4 For great is the LORD and most  
worthy of praise; he is to be  
feared above all gods.

5 For all the gods of the nations are  
idols, but the LORD made the  
heavens.

6 Splendor and majesty are before  
him; strength and glory are in his  
sanctuary.

7 Ascribe to the LORD, all you  
families of nations, ascribe to  
the LORD glory and strength.

8 Ascribe to the LORD the glory due  
his name; bring an offering and  
come into his courts.

9 Worship the LORD in the splendor  
of his holiness; tremble before him,  
all the earth.

10 Say among the nations, "The  
LORD reigns." The world is firmly  
established, it cannot be moved; he  
will judge the peoples with equity.

11 Let the heavens rejoice, let the  
earth be glad; let the sea resound,  
and all that is in it.

12 Let the fields be jubilant, and  
everything in them; let all the trees  
of the forest sing for joy.

13 Let all creation rejoice before  
the LORD, for he comes, he comes to  
judge the earth. He will judge the  
world in righteousness and the  
peoples in his faithfulness.

vs1 this psalm is the new song (an excellent song, new way of expressing how we feel, our love for God) inviting the whole earth to join in, New – the great news of God's saving power, telling people of all nations of His glory, His marvellous deeds in creation, miracles and providing a way to pay for the sins of all people.

vs4 feared more than all other so called gods – that's important for countries that fear their god's wrath

vs5 lifeless idols – he's boasting about the LORD

vs6 Splendor - grandeur - beauty, excellency, glory, honour, majesty (dignity, royal power).

Are in His presence like constant attendants  
strength and beauty fill his sanctuary.

Vs7 Nations of the world, recognize the LORD; recognize that the LORD is glorious and strong. Invites the nations of the world to worship Israel's God Offering – don't go before this kind of a great God & King without a gift

Vs8 Give to the LORD the glory he deserves!

Vs9 beauty of his holiness

tremble before *and* reverently fear Him, all the earth. (because He is holy)

vs10 let the nations know that the LORD reigns (He rules as King), the world has been firmly set up and it won't slip or move or shake- God has got it under control, and He will judge the people with justice and righteousness

vs11 Let the sea and everything in it roar like thunder (shout it's praise)

vs12 Let the fields and their crops burst out with joy!

Vs13 He comes to judge *and* govern the earth! He shall judge the world with righteousness *and* justice and the peoples with His faithfulness *and* truth. The LORD's kingdom will come in its fullness as he comes to perform his final judgement in righteousness and truth.

Psalm 96 describes a growing crescendo/intensity of worship. First, God's people are called to sing His praises, not just among themselves, but also to tell of His glory among the nations (96:3). Then the nations are called on to ascribe to the Lord the glory of His name (96:7-8). Finally (96:11-12), creation is brought into the worship. The reason for the praise of all creation is the prophecy that the Lord is coming to judge the world in righteousness (96:13). So why should we worship the LORD and tell others about Him and wait for His coming to judge the world? Because the Lord is the only great and glorious God. Vs4

1. What are we commanded to do?

Vs1 sing to the LORD all the earth, sing a new song

Vs2 sing, praise his name, proclaim his salvation every day

Vs3 declare the LORD's glory among the nations, his marvelous deeds among the people

Vs4 we are to fear the LORD more than any other so called gods

Vs 7 ascribe to the LORD glory and strength (recognize – bring to Him, give to Him, to accredit with)

Vs 8 ascribe to the LORD the glory due His name (that He deserves), Bring an offering and come into his courts

Vs 9 worship the LORD in all his holy splendor, Tremble before him and reverently fear Him

Vs10 let the nations know that the LORD reigns (He rules as King), the world has been firmly set up and it won't slip or move or shake, and He will judge the people with justice and righteousness

2. Why are we to do these things?

Vs4 the LORD is great (is the only great and glorious God), worthy of praise,

Vs5 LORD made the heavens, idols are not living – can't do anything – what a contrast between the LORD and gods

Vs6 splendor and majesty are before Him (in His presence - surround Him), strength and glory are in his sanctuary (strength and beauty fill his sanctuary)

3. What else is the psalmist inviting to praise the LORD?

Vs11 the heaven rejoice, earth is glad, sea and everything in it shout its praise, or roar – is that what the waves are doing when they thunder and roar

Vs12 field and their crops burst out with joy trees sing for joy before the LORD

4. Why would they rejoice?

-the LORD is coming to judge and govern the earth (physical ground) with righteousness and justice (Rom 8 Creation groans waiting for its renewal) and the people with his truth and faithfulness (true, accurate original standard).

5. How are you going to praise the LORD? What are you going to praise Him for?

Sing, let others know of his glory and the awesome things He has done for me.

He is a great God, He is majestic, beautiful, holy, He saved me from myself & my sin and I am free, His strength and power, just and righteous, He is in control & I can trust Him. How amazingly He made and takes care of His creation. My God is alive!

6. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

7. Do you have a song we could sing that goes along with this chapter?

Oh Lord our Lord how majestic is your name in all the earth, I exalt Thee

8. What pictures do you have of God from this chapter?

Made heavens – he's great, glory, splendor, strength, majesty, reigning as king, just & faithful judge over earth and people, his praising company is people but also fields, seas, trees, heavens.

**Psalm 46** – Many feel that this psalm was written about the time when King Hezekiah of Judah was surrounded by the army of Sennacherib, King of Assyria. Forty-six towns and villages in Judah had been destroyed. Over 200,000 residents had been taken captive, along with much spoil. At least 185,000 troops surrounded Jerusalem, and it looked like only a matter of time before the city fell. But proud Sennacherib did not figure into the equation that Hezekiah’s God is the living God who will not be mocked. Hezekiah prayed, God spoke, and in one night the angel of the Lord defeated Sennacherib by killing 185,000 of his soldiers (2 Kings 18-19; 2 Chronicles 32; Isaiah 36-37).

1 *God is our refuge and strength,  
an ever-present help in trouble.*

2 *Therefore we will not fear, though  
the earth give way and the  
mountains fall into the heart of the  
sea,*

3 *though its waters roar and foam  
and the mountains quake with their  
surging.*

4 *There is a river whose streams  
make glad the city of God, the holy  
place where the Most High dwells.*

5 *God is within her, she will not fall;  
God will help her at break of day.*

6 *Nations are in uproar, kingdoms  
fall; he lifts his voice, the earth melts*

7 *The LORD Almighty is with us;  
the God of Jacob is our fortress.*

8 *Come and see what the LORD has  
done, the desolations he has brought  
on the earth.*

9 *He makes wars cease to the ends  
of the earth. He breaks the bow and  
shatters the spear; he burns the  
shields with fire.*

10 *He says, “Be still, and know that  
I am God; I will be exalted among  
the nations, I will be exalted in the  
earth.”*

11 *The LORD Almighty is with us;  
the God of Jacob is our fortress.*

vs1 God is our refuge in the midst of chaos -

strength - mighty *and* impenetrable to temptation –Always ready to help in times of trouble- not exempt us from trouble

This relates to anyone who is in a time of trouble, or to anyone who will face trouble, no matter how extreme, in the future. It tells us is that the godly will have trouble and When trouble strikes, God is sufficient to get you through and God has the final word.

Vs2 As a result we choose not to fear

*Earth give way=earthquake so severe that the mountains falls into the sea.* Even in the worst disaster we can imagine, God is sufficient as our refuge and strength so that we need not be terrified.

Whatever personal catastrophe you face--a major health problem, the death of a loved one, the loss of your job, emotional problems, relational conflicts, or whatever-- God is bigger than your problems. He is readily available to help if you will take refuge in Him and trust in His strength.

Vs3 surge - a sudden powerful forward or upward movement – such power in waters that have huge waves & hit the mountains full force

Vs4 Jerusalem is one of the few ancient cities not built on a river. Ancient cities needed water close at hand, especially during a siege. When Sennacherib attacked Jerusalem, he was sure that their lack of water would ultimately drive them to surrender. But unknown to Sennacherib, Jerusalem had a source of water. Wise King Hezekiah had built an underground tunnel which secretly brought water 1,777 feet through solid rock from the spring of Gihon to the pool of Siloam. That little stream supplied all of their needs during the siege. That river is a picture of the LORD being the living water who alone can quench our spiritual thirst.

*City of God – community of God lovers*

Vs5 Fall- it cannot be destroyed.

From the break of dawn God will protect it

Vs6 The nations are in chaos, in turmoil

Kingdoms crumble, topple

The earth melts at the sound of God's voice. (thunder)

Vs7 LORD of Hosts (sovereign divine ruler of the heavenly armies)- Jehovah Sabaoth – for those find their own resources inadequate. Run to the LORD of Hosts who not only delivers but also judges. speaks of God's available power in our time of trouble. (This is what we need for our schooling curriculum situation)

Fortress (refuge, high tower)

No matter what is happening around us, the Lord of heaven and earth is with us

Vs8 Desolations – destruction, wonders (looking to the future)

Vs9 He puts an end to wars all over the earth. He snaps the spear in two

Shields – chariots

He destroys the enemies and brings in universal peace

Vs10 Let go of your concerns *and* be still, and know (recognize and understand) that I am God.

Vs11 repeat of vs 7

1. Have you ever had a time when everything in your life seemed to be falling apart? What did you need at that time?

A refuge, strength, help, peace. When you are insufficient (which is always), depend on the Lord of Hosts and the God of Jacob as your refuge.

2. In vs 2 what does the word “therefore” mean? What is the one result of vs 1?

As result of. We don't need to fear – we choose not to fear

3. What kind of things bring you fear? What does fear do to a person?

Cosmic catastrophe, political upheaval, terrorism in our country. It paralyzes them, focus is on problem instead of the one who is still in control. Lose hope, run, panic, try to fix things, mind runs wild with neg fearful thoughts

Notice the contrast between vs2-3 and vs4-5 when it talks about water. Can you picture a painting of both scenes? It's safe with God

4. What keeps a person from not fearing when everything around them is in an upheaval or chaos?

Vs1 Running to God who is our refuge, strength, help.

Vs6 Remember the sovereign ruler of the universe is still alive.

Vs7 LORD Almighty is LORD of Hosts – He is with us

God of Jacob is our fortress – this inspired Martin Luther to compose “A Mighty Fortress is Our God”.

Sing this song

*V6-earth melts means earthquake*

5. What 2 commands are in vs 8 – 11?

Come and see what the LORD has done – brought devastation & destruction on the earth, makes wars end  
Be still and know that I am God (Let go of your concerns – then you will know that I am God)

6. Why must we experience inner stillness to be able to know God's presence? What does our lack of stillness indicate?

To hear His still small voice – let go of our desire to be in charge, in control, calm ourselves from our fears, let go of our concerns. Eg Elijah hearing God in a still small voice

If we are not still, maybe we are troubled, worried, concerned, in a turmoil inside so can't focus

7. What is the difference between a refuge and a fortress? A refuge is a protected place from something threatening, harmful or unpleasant – provides shelter. A fortress is a heavily protected and impenetrable building, usually in a castle. When we are safe in God's fortress, nothing can get through to harm us.

8. *LORD Almighty is LORD of Hosts – the sovereign divine ruler of the heavenly armies*

*God of Jacob – reminder of God's covenant of love*

What do the sovereignty and the love of God mean to you personally? How can these affect your life in times of trouble? Why do you think David repeats the same words in vs 7 and vs 1?

He's not only powerful but He is also personable and love. He is approachable, He is with us

Do you think that this God, who rules over His creation, who speaks the word and an entire army drops dead, is sufficient for your problems? When trouble strikes, we need to focus on our God who is sufficient: the Lord of hosts who is with us and the God of Jacob whose help in a time of trouble is not dependant on our great strength, but on His great grace.

9. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

10. What pictures do you have of God from this chapter?

Place of refuge, a fortress, always available to help, makes war to cease, He is sufficient for any and every problem we have, His voice melts the earth, He will be exalted, always with us, sovereign ruler of the heavenly armies. Reveals Himself in the stillness

## Psalm 62

1 My soul finds **rest** in God alone;

my **salvation** comes from him.

2 He alone is my **rock** and my

salvation; he is my fortress, I will never be shaken.

3 How long will you assault me? Would all of you throw me down—this leaning wall, this tottering fence?

4 Surely they intend to topple me from my lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse.

5 Find rest, O my soul, in God alone; my hope comes from him.

6 He alone is my rock and my salvation; he is my fortress, I will not be shaken.

7 My salvation and my honor depend on God; he is my mighty rock, my refuge.

8 Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

9 Surely the lowborn are but a breath, the highborn are but a lie. If weighed on a balance, they are nothing; together they are only a breath.

10 Do not trust in extortion or put vain hope in stolen goods; though your riches increase, do not set your heart on them.

11 One thing God has spoken, two things I have heard: "Power belongs to you, God,

12 and with you, Lord, is unfailing love"; and, "You reward everyone according to what they have done."

vs1. Truly my soul waits quietly and calmly before God, submission to God when under attack or criticized

Salvation – victory, deliverance, help, health

Vs2 Rock – Rock of unyielding strength and impenetrable hardness

Salvation – my Saviour

Never be severely shaken

Vs3 Assault – attack with the intent of killing

Tottering – unstable and about to collapse. Just push and he'll go down.

Vs4 to cast him down or force him down from his high position to dishonour him

praise him to his face but curse him in their hearts.

Vs5 rest – wait, quiet yourself, be still, silently submit to God

Hope and expectation

Vs6 fortress – safe place built out of rock and stone.

Repeat of vs 2

Vs7 My victory and honor come from God alone.

my Rock of unyielding strength and impenetrable hardness, where no enemy can reach me

vs8 lean on, rely on, and have confidence in Him at all times. In life's most threatening times, you will be at peace if God alone is your salvation and refuge. The main theme of the psalm is the right and wrong objects of faith. If we trust in God, we're secure. If we trust in men or in things, we're depending on that which is lighter than breath

Pouring out our hearts is to unburden ourselves in prayer, where we empty all of our anxieties and confusion and pain onto the Lord, while still remaining in submission to His sovereign love. As 1 Peter 5:7 puts it, "casting all your anxiety on Him, because He cares for you."

vs9 common person

the powerful and important people are not what they appear to be.

If you weigh them on the scales, together they are lighter than a breath of air.

They're putting their hope in thin air

Vs10 Don't make your living by extortion (obtaining something, especially money, through force or threats) and oppression. Don't depend on extortion to make you rich

Do not hope to gain anything through stealing, robbery.

And if your wealth increases, don't depend on it or make it the center of your life. Rather trust in the God of power, love & justice

Vs11 God has spoken plainly, and I have heard it many times:

Satan always attacks either or both of these truths when we face trials. He tempts you with the thought that if God is all powerful, He could have prevented these trials. So, He must not love you. This is where by faith we have to join Joseph, who told his brothers who had sold him into slavery (Gen. 50:20), "As for you, you meant evil against me, but God meant it for good..." By faith, affirm both God's power and His love.

The main reason that we should "fight" for God's peace in threatening times is not so that we will be at peace, but so that God will be glorified and others will be drawn to Him through us. God's peace comes to us in life's threatening times when He alone is our salvation and refuge.

1. What gives us peace in a life threatening situation or when we are under attack?

-humbling yourself "under the mighty hand of God" (1 Pet. 5:6) is a key element in experiencing God's peace when you're under attack.

-our full trust and confidence is in God alone – then we are able to wait calmly and quietly before God in submission to do His work and protect us – He is our rock, fortress

-our hope is in God alone because He alone is my rock, salvation and fortress

-depending on God for our honor and salvation – mighty rock, refuge

-trusting in God at all time, able to pour out our heart to him,

-David repeats himself several time and even talks to himself – it is good to repeat the truths of God when we are wavering or struggling.

- talk to or about your personal God -Notice all the my's – show God is a personal God. Is God your personal God?

2. What does David tell us to do when we are faced with a crisis?

Trust in God at all times

Pour out our hearts to Him - unburdening ourselves in prayer, where we empty all of our anxieties and confusion and pain onto the Lord, while still remaining in submission to His sovereign love.

3. What should we not trust in? What should we trust in? vs 9-12

Men – common people or powerful & important people,

Extortion – criminal practice of obtaining something, especially money, through force or threats, stolen goods or riches (make them the centre of your life or depend on them or set your heart on them)

Trust in the God of power and love knowing He will bring justice to all. Eg Joseph – if God is all powerful he could prevent trials so He must not love. Joseph said, you meant it for evil but God meant it for good. That is trusting in God's power and love.

4. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

5. What pictures do you have of God from this chapter?

Mighty Rock, refuge, fortress, salvation, powerful, love, giving out rewards

6. Do you have a song that we could sing that would go along with this chapter?

Be still – Be still and know



## Psalm 81

1 Sing for joy to God our strength; shout aloud to the God of Jacob!  
2 Begin the music, strike the timbrel, play the melodious harp and lyre.  
3 Sound the ram's horn at the New Moon, and when the moon is full, on the day of our festival;  
4 this is a decree for Israel, an ordinance of the God of Jacob.  
5 When God went out against Egypt, he established it as a statute for Joseph. I heard an unknown voice say:  
6 "I removed the burden from their shoulders; their hands were set free from the basket.  
7 In your distress you called and I rescued you, I answered you out of a thundercloud; I tested you at the waters of Meribah.  
8 Hear me, my people, and I will warn you—if you would only listen to me, Israel!  
9 You shall have no foreign god among you; you shall not worship any god other than me.  
10 I am the LORD your God, who brought you up out of Egypt. Open wide your mouth and I will fill it.  
11 "But my people would not listen to me; Israel would not submit to me.  
12 So I gave them over to their stubborn hearts to follow their own devices.  
13 "If my people would only listen to me, if Israel would only follow my ways,  
14 how quickly I would subdue their enemies and turn my hand against their foes!  
15 Those who hate the LORD would cringe before him, and their punishment would last forever.  
16 But you would be fed with the finest of wheat; with honey from the rock I would satisfy you."

vs1 shout aloud=Shout for joy  
vs2 sing a song accompanied by instruments  
Timbrel – tambourine , lyre is a lap harp  
Ram's horn - Cornet, trumpet  
New Moon means none of the Moon's surface facing Earth is illuminated (marked the beginning of their month. A Full Moon means the entire surface of the Moon facing Earth is illuminated (middle of the month). Had festivals on those days.

Decree – commandment Ordinance – law, legal decision  
Statute – formal written law or decree,  
Vs5 He made it a law for Israel when he attacked Egypt to set them free.  
Vs6 I took the load from your shoulders; I set free your hands from their heavy tasks.  
Vs7 tested your faith & loyalty when there was no water at Meribah.  
Vs9 Never keep any strange god among you. Never worship a foreign god. That would be anything except the true God  
Vs10 fill it with good things  
Vs11 Israel did not want me around. Wanted nothing to do with me  
Vs12 So I let them follow their own stubborn desires, living according to their own ideas.  
Vs13  
Vs14 defeat their enemies. I would turn my power against their foes.  
Vs15 [Had Israel listened to Me in Egypt, then] those who hated the Lord would have come cringing before Him, and their defeat would have lasted forever.

1. What did God decree Israel to do when they left Egypt?

Vs1 sing for joy and shout to God  
Vs2 sing & make music with instruments  
Vs3 sound the trumpet to let people know when the festivals are to begin at New Moon and Full Moon

2. Who is the unknown voice & what did God say He had done for them?

Vs6 removed the burden from their shoulders, hands set free  
Vs 7 Rescued you when you were in distress, answered you out of a thundercloud – on Mt. Sinai, tested you waters of Meribah-when there was no water and Moses was told to strike the rock  
Vs8 warned them to listen to Him  
Vs9 gave them a command to not have any foreign god among them or worship any god other than Him. Made known what He wanted from them  
Vs10 told them who He was – LORD God who brought them out of Egypt.  
Made them a promise - Told them to open their mouth & He would fill it with good things

3. What did the people do?

Vs11 did not listen or submit to Him or even want anything to

do with Him or have Him around

4. What was God's reaction?

Vs12 gave them over to their stubborn heart to follow their own devices (advice, ideas)

5. What was God's desire? Can you hear the pleading voice?

Vs13 If only they would have listened, if only they would have followed my ways

6. How did He want to bless them?

Vs14-15 God would have subdued their enemies & punished those who hate the LORD.

Vs 16 be fed with the finest of wheat, been satisfied with honey from the rock

7. How does this apply to us? What has God done for us? How are we treating God? Will He be able to reward, or will we receive His negative consequence?

He has blessed us - brought our forefathers out of Russia & the revolution. I am very grateful but I am hungry for more spiritual blessings. Where or what is my first love? What is reflected in my speech?

8. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

9. What pictures do you have of God from this chapter?

One who likes celebrations, wanting to bless us, punishes us if we disobey & not listen to him, like a father giving his children instructions and disappointed when they don't listen. Patient

10. Do you have a song that we could sing that would go along with this chapter?

Why does David so often use "God of Jacob?" God had made promises about Jacob even before he was born and Jacob being the resourceful, crafty, scheming, energetic man he was, was trying to make God's promises come true in his own strength. Younger would rule over the older. Became an enemy of Esau so he fled. At Laban's place he met his match for being deceptive. Eventually God told him to go back home but that would mean having to face Esau. Sent ahead many gifts in preparation of meeting Esau. But then, on the way to meeting Esau, something happened to Jacob that changed his life. He spent the night wrestling with a man who was in fact God. It was the wrestling of an ambitious, energetic, sometimes deceitful young man against a God who was all powerful. And in that midmorning contest, God decided to end the fight by touching Jacob's hip. This was not the touch that healed - as we usually expect the touch of God to be - this was a touch of God which destroyed his self-sufficiency and crippled him physically.



From that point on - things he used to be able to control through his strength and ingenuity, became things over which he had no control. Something in Jacob had started to break.

Jacob had to let go and for the first time, in a small way, he let his God be the God of Jacob. When he met Esau, Esau accepted him in love, something which all his ingenuity and plotting could not accomplish. Only God could work that change in Esau's. Jacob lied to Esau and disobeyed God going the opposite way he told Esau he would go and God told him to go. God still met him there and blessed him, changed his name to Israel and retold him all the promises he had for him. Later, out of his control, he lost Rachel his favourite wife, then he lost Joseph his favourite son, and when the famine hit he was losing a grip on his possessions and he had to let his other favorite son go to Egypt to get grain and he thought he lost him too. If there was ever a life that came apart at the seams, it was Jacob's. That's when he let go and let God fulfill his promises in His own way. When Jacob looked back at his life he saw pain - yes - lots of pain. But he also saw something beautiful, because in all his agony, he saw the Lord was fulfilling a promise his own way, and all Jacob had to do was be still, be quiet, be at rest, trusting; for the Lord would bring all of his promises to fulfillment. When he hears that Joseph is alive and he can go see him, he stops along the way to worship God - God has become first in his life and then God speaks to him again (doesn't need angels - he recognizes God's voice). When he comes before Pharaoh he is not cringing like he did before Esau but comes as a mighty patriarch who takes his place as a child of a king.

God of Abraham - extraordinary faith

Isaac - ordinary

Jacob - God of schemers (not who we would think God would choose, but he took Jacob as the one through whom he could best show his grace and power). The God of Jacob was the God with amazing amount of patience, who repeatedly revealed Himself to Jacob, reminding him that He was always with him, what His purpose and promise was to him and what He was to do, protecting him and when he went astray God met him again, blessed him and reminded him to go home and gave him a new name, Israel. Eventually he learned to let go & let God fulfill his purposes in His way. He prospered him, He left his home with nothing, and entered Egypt as a family of 70 people.

## Psalm 84

1 How lovely is your dwelling place  
LORD Almighty!

2 My soul yearns, even faints, for  
the courts of the LORD; my heart  
and my flesh cry out for the living  
God.

3 Even the sparrow has found a  
home, and the swallow a nest for  
herself, where she may have her  
young—a place near your altar,  
LORD Almighty, my King and my  
God.

4 Blessed are those who dwell in  
your house; they are ever praising  
you.

5 Blessed are those whose strength  
is in you, whose hearts are set on  
pilgrimage.

6 As they pass through the Valley of  
Baka, they make it a place of  
springs; the autumn rains also cover  
it with pools.

7 They go from strength to strength,  
till each appears before God in  
Zion.

8 Hear my prayer, LORD God  
Almighty; listen to me, God of  
Jacob.

9 Look on our shield, O God; look  
with favor on your anointed one.

10 Better is one day in your courts  
than a thousand elsewhere;

I would rather be a doorkeeper in  
the house of my God than dwell in  
the tents of the wicked.

11 For the LORD God is a sun and  
shield; the LORD bestows favor and  
honor; no good thing does he  
withhold from those whose walk is  
blameless.

12 LORD Almighty, blessed is the  
one who trusts in you.

Vs1 LORD Almighty = LORD of Hosts (heaven's armies) He will always fulfill His purposes even when His earthly people fail. Do you picture God's dwelling place as being lovely and something desirable?

Vs2 Yearns, faints – is homesick to enter. Heb 11 Abraham was longing for a better country—a heavenly one.

my whole being, body and soul, shout aloud and sing for joy to the living God

vs3 jealous or envious of the sparrow who has its home so close to God's altar.

Vs4 in God's presence – singing His praises

There are no longer any sacred buildings. God doesn't dwell in cathedrals, but rather in His people, who are now His temple, (1 Cor. 3:16- 17). But the psalmist's point here is that he longed to gather corporately with God's people so that he could praise God with them and experience God's presence together. Do you share his longing? Do you look forward to gathering with the saints in worship, with the desire to be in God's presence? Do you come really looking for God to show up? We should come eagerly with the prayer that we might encounter the living God in the midst of His people, His temple

Vs5 Those that find their strength, might & power come from the LORD. Their hearts are on the road that lead to God and His presence.

Vs6 When they walk through the Valley of Weeping (symbolic of a place of affliction & suffering – difficult terrain) to the temple, But their anticipated joy at being at the temple turns this desert valley into a place of refreshing springs. God sends rain to provide for them as they travel.

Vs7 As a result, they go from strength to strength (God's strength, not their own), arriving safely to appear before God in Jerusalem. Meeting with God in the company of His people is the joyous goal. We have it so easy to go to church and yet so many still skip church because of inconvenience, or don't feel like it.

Vs8  
Vs9 shield – king as your agent  
The psalmist and his fellow pilgrims needed the king's protection in order to make their journey to the temple in Jerusalem

Vs10

how many could honestly say that one day of gathering with God's people to worship Him is better than a thousand days of other pursuits? His pleasure in enjoying God in the company of God's people was greater than anything that the world has to offer. If we can't join him in these feelings, maybe we need to re-examine our values! I would rather be a doorkeeper and stand at the entrance the house of my God than to dwell [at ease] in the tents (home) of the wicked.

Vs11 God is a sun to us - The sun gives light and nourishes life. It is a never-ending source of energy. It cheers our sagging spirits when it breaks through the clouds after a storm. Even so the Lord God is a sun to us. LORD is a shield- gives protection On their journey to the temple they need the sun to see the way and protection too.

Favor & honor – gives [present] grace and favor (not something we have earned) and [future] glory (honor, splendor, and heavenly bliss

The requirement for enjoying God and His abundant blessings is to walk uprightly and to trust in Him.

1. What does the author desire more than anything else? Why?

Vs1-3 To enter the LORD of Hosts courts & dwelling place, and to shout aloud for joy to the living God.

To be in His presence would satisfy his whole being and bring him so much pleasure.

Just to be with the LORD of Hosts, his King and his God

He envies the sparrow who has a nest near God's altar

Vs10-11 To spend one day in His courts rather than 1000 days elsewhere. I wonder how many could honestly say that one day of gathering with God's people to worship Him is better than a thousand days of other pursuits? His pleasure in enjoying God in the company of God's people was greater than anything that the world has to offer. If we can't join him in these feelings, maybe we need to re-examine our values!

Be a doorkeeper in the house of His God rather than dwell at ease in the tent of the wicked. Because God is a sun (bringing light and warmth so they can travel and get one day closer to God's house) and shield (protecting the travellers from enemies). The LORD bestow (award) grace (kindness & favour) only to those who don't deserve it so we can walk with him and it motivates us to serve Him. And high honor, and never cease to enrich them with his blessings

He doesn't withhold anything good to those who live uprightly.

Sounds like Ps 42 as a deer pants for streams of water so my soul pants for you, God.

2. Who are the blessed ones? Why

Vs4 Those who dwell in God's house and presence – they are singing His praises all day long

Vs5-7 Those that find their strength, might & power come from the LORD. Their hearts are on the road that lead to You, your temple.

When they walk through the Valley of Weeping (symbolic of a place of affliction & suffering), it will become a place of refreshing springs. The autumn rains fill the pools with blessings. GOD GIVES US HIS STRENGTH IN OUR WEAKNESS SO THAT WE CAN OVERCOME HINDRANCES TO WORSHIP HIM IN HIS HOUSE

Go from strength to strength – increasing in victorious power until they appear before God in Jerusalem.

Vs12 The ones who trust in the LORD of Hosts - leaning and believing on You, committing all and confidently looking to You, and that without fear or misgiving

3. What does he ask from the LORD of Hosts?

Vs8 Hear his prayer, listen to him

Look at the king with favour, at our shield-protector, ruler

The psalmist and his fellow pilgrims needed the king's protection in order to make their journey to the temple in Jerusalem.

4. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

5. What pictures do you have of God from this chapter?

Sun, shield, gives favour, glory and good things whose walk is blameless (walking openly before God)

6. Do you have a song that we could sing that would go along with this chapter?

Better is one day in your courts, This world is not my home I'm just a passing through

## Psalm 89 – By Ethan the Ezrahite

*I will sing of the LORD's great love forever; with my mouth I will make your faithfulness known through all generations.*

*? I will declare that your love stands*

Vs1 great – unfailing

Faithfulness - true to one's word, promises, vows, reliable, trusted, or believed.

To every generation – young and old Sing “I will Sing of the Mercies of the Lord forever”

## Psalm 89 continued

17 For you are their **glory and strength**, and by your favor you exalt our horn.

18 Indeed, our shield belongs to the LORD, our king to the Holy One of Israel.

26 He (David) will call out to me, 'You are **my Father, my God, the Rock my Savior**.'

Vs17 By your favor you make us strong & give us victory – you exalt our strong ones and we walk with faces uplifted – no need to be or feel defeated

Vs18 – king as our protector or our protection comes from the Lord through the king Vs26 rock of my salvation

1. How was the author going to make known what he felt about the LORD?

Sing of his love

Make His faithfulness known through all generations – to all

generations

Declare that His love will last. His faithfulness is never ending and unchanging

2. What did God promise David?

Vs4 one of his descendants would sit on his throne forever

Later on in the chapter God says that if his sons do not follow God's ways, He will punish them but He will not take away His love from him, nor will He ever betray His faithfulness. He will not violate His covenant or alter what His lips have uttered. He swore by his holiness—and He would not lie to David—

3. Who/What else praises God? What do they praise Him for?

Vs5 The heavens praise God's miracles and faithfulness to the holy angels

They praise Him because there is no one else like God vs6

He is greatly feared by the holy angels because He is more awesome than all who surround Him. Vs7

He is mighty and His faithfulness surrounds Him vs8

Righteousness and justice are the founding of God's throne, love and faithful go before Him vs14

4. What displays God's might?

Vs9 rules over the surging sea and quiets the waves

Vs10 He crushed Rahab like one who is dead, scattered his enemies with his strong arm

Vs11 the heavens and earth are His – He created it and all that is in it

Vs12 He created the north and the south

Vs13 He arm is powerful and mighty, His right hand is exalted

5. What kind of person is blessed?

Those who know how to enthusiastically and publicly praise God, who walk in the light and favour of God's presence vs 15

Who rejoice in God's name all day long, celebrate His righteousness vs16

6. In what way are they blessed?

Vs16 They find joy in the LORD's name all day long, they celebrate God's righteousness.

S17 God is their glory and strength – get our strength from God

Horn=power or strength – you are pleased to make us strong, to give us the victory

Vs18 our protection comes from the Lord through the King, the Holy One of Israel, has given us our king

7. What does David call God?

My Father, my God, the Rock, my Saviour (my Deliverance)

8. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

9. What pictures do you have of God from this chapter?

Covenant writer and keeper, He is head and shoulders above everyone and every heavenly being, surrounded on a throne by angels revering him and standing in awe of Him with his thrones foundation being righteousness and justice & love & faithfulness being His attendants, rules the waters, strong hand that scatters enemies, right hand is lifted high, heavens & earth belong to Him, Father, Rock, Deliverer

10. Do you have a song that we could sing that would go along with this chapter?

I will sing of the mercies of the Lord forever, Great is thy faithfulness, Faithful one



## Psalm 90

*A prayer of Moses the man of God.*

*1 LORD, you have been our dwelling place throughout all generations.*

*2 Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God.*

*3 You turn people back to dust, saying, "Return to dust, you mortals."*

*4 A thousand years in your sight are like a day that has just gone by, or like a watch in the night.*

*5. You sweep people away in the sleep of death—they are like the new grass of the morning:*

*6 In the morning it springs up new, but by evening it is dry and withered.*

1. What do we learn about God from this short passage?

-he is our dwelling place, home, refuge (even if we have no earthly home) Israelites had tents that had to be constantly moved – had no roots but with God we can put down roots  
-he is everlasting God – even before He created the world

2. What are some differences you see between God and people?

-he is everlasting – we are returned to dust, we are like grass that springs up in the morning and by evening it is dead. Our life is so fleeting.

- a thousand years to us is like a single day or a few night hours to God

3. How would you summarize what God is like in this chapter? Fill out the chart at the back of the book.

4. What pictures do you have of God from this chapter?

He is **my home**, refuge, everlasting, turns us to dust, different watch than we have, sweep people away like a flood does

Vs 1 dwelling place, place of retreat & refuge

What does it mean "You are our dwelling place?" Place where one lives, resides – place of rest, comfort, belonging, safety, security, love, care, call home, let down our hair, be ourselves, learn, share, listen, spiritually and emotionally reside, place of trust – not a hotel or a resort, motel

Vs3 Life's shortness and uncertainty make it futile apart from God (90:3-6). When he talks of God bringing man back to the dust, Moses goes back to the fall and the curse which God imposed (Gen 2:17; 3:17-19).

Vs4 When he refers to "a thousand years," he may be recalling the life span of those before the flood, who lived almost that long. Methuselah 969 yrs. Noah 950 yrs. He is saying, "Even if a person lives to be a thousand years old, it is nothing to God. It's like a day to Him, or like a few hours at night. When you think of that and Think of all of the history that has occurred in the past 1,000 years! Little over 1000 years ago, Leif Erickson discovered North America. 635 years ago John Wycliffe translated the Bible into English, about 500 years ago the Reformation began with Zwingli & Martin Luther and a little under 500 years Canada was discovered by Europeans & settled. To God, that's only a little blip on the horizon of time.

Vs5 We average 70 or 80 years, some a few more, some less, and we think we're so great! But none of us has the certainty of waking up tomorrow.

Moses describes our helplessness in the face of death as being swept away by a flash flood that suddenly bursts upon us and takes everything in its path (90:5a). We're like the grass of the field (90:5b-6), which sprouts in the morning and looks promising. But after a day in the blistering desert sun, it lies withered. How soon the promise of youth is gone and life fades away! It may be uncomfortable to think about, but it's true. Think of how short and uncertain our feeble life is. None of us knows how long we have to live. Moses intends us to feel anxiety by his words. Life is short and uncertain. So we will have a motivation and a desire to be rightly related to God, - apart from God it is futile

Sing You are my Hiding Place

## Psalm 91

1 Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.

2 I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."

3 Surely he will save you from the fowler's snare and from the deadly pestilence.

4 He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

5 You will not fear the terror of night, nor the arrow that flies by day,

6 nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

8 You will only observe with your eyes and see the punishment of the wicked.

9 If you say, "The LORD is my refuge," and you make the Most High your dwelling,

10 no harm will overtake you, no disaster will come near your tent.

11 For he will command his angels concerning you to guard you in all your ways;

12 they will lift you up in their hands, so that you will not strike your foot against a stone.

13 You will tread on the lion and the cobra; you will trample the great lion and the serpent.

14 "Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name.

15 He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.

16 With long life I will satisfy him and show him my salvation."

1. The rich promises of this whole chapter are dependent upon one's meeting the conditions of these first two verses. What are the conditions that need to be met?

Vs1 Dwells remains, settles in or under the shelter (secret place, a place of protection) of the Most High shall stay permanently, remain stable and fixed under the shade or protection of the All sufficient one whose power no enemy can withstand. El Shaddai  
Vs2 The Lord is his refuge (place of protection) and fortress (impenetrable place) Vs1 dwelling place vs refuge, fortress (permanence vs temporary)  
He is my God in whom I confidently trust.

2. What do these conditions mean and how do we do these conditions in practical life?

We love Him vs14, acknowledge His name, call on Him  
Those who rightly know God, will set their love upon him. They by prayer constantly call upon him. His promise is, that he will in due time deliver the believer out of trouble, and in the mean time be with him in trouble. The LORD will manage all his worldly concerns, and preserve his life on earth, so long as it shall be good for him and till he has done the work he was sent into this world for, and is ready for heaven.

The man who dwells in God shall be secure. The LORD rewards faith. He who makes God his refuge shall find him a refuge; he who dwells in God shall find his dwelling protected. We make the LORD our habitation by choosing him for our trust and rest. Then we shall receive immunity from harm because our refuge is the Eternal God, and our faith has learned to hide beneath his sheltering wing.

3. Once we have met the conditions of the first 2 verses, what are promises we can anticipate experiencing?

Vs3-save me from every trap and protect me from deadly diseases and plagues.

Vs4-cover me with his feathers, flee for protection under his wings

Vs4 -his faithfulness and trustworthiness will be my shield and a buckler (shield surrounding a person). Rampart defensive wall or bank around a castle

Vs5- You shall not be afraid of the terror of the night, nor of the arrow (the evil plots and slanders of the wicked) that flies by day, could be physical arrows or something to knock us down emotionally or spiritually

Vs6-don't need to be afraid of fatal epidemic diseases that affect an entire community that wanders around at night, nor the plague that kills people at midday. Even though thousands will die around you it will not come near you. You will only see the punishment of the wicked because I am inaccessible in the secret place of the Most High.

4. What conditions is He repeating as if to make sure it wasn't missed? Are you meeting these conditions?

Vs9 -the LORD is my refuge, and the Most High is my dwelling place (place where I remain, settle in)

5. What are the other promises that are given if we meet these conditions?

Vs10-no harm will overtake me

-no disaster will come near my living quarters



Vs11-13 The LORD will command His angels to guard us in all we do

Vs12 – ever stepped on a lion or cobra – mentioned in Mark 16 pick up snakes, drink deadly poison but it won't hurt you. The LORD will take care of us, and preserve our life on earth, until he has done the work he was sent into this world for, and is ready for heaven.

Vs14-The LORD will rescue us because we love Him – cling to, delight in, have a desire for

-He will protect me (make me inaccessible) for I acknowledge His name –Do you acknowledge God's name? What does it mean to acknowledge God's name? To not be ashamed of God and speaking up for God. Admit he knows *and* understands & respects My name [has a personal knowledge of My mercy, love, and kindness—trusts and relies on Me, knowing I will never forsake him, no, never]. to show or express recognition or realization of who God is because of His names. Saying Yes that is God's name and that is who God is.

Vs15-God will answer when I call on him

-God will be with me, deliver me and honor me when I am in trouble, God will in due time deliver the believer out of trouble, and in the meantime be with him in trouble. The LORD will manage all his worldly concerns, and preserve his life on earth, so long as it shall be good for him and till he has done the work he was sent into this world for, and is ready for heaven.

Going back to the condition: The man who dwells in God shall be secure. The LORD rewards faith. He who makes God his refuge shall find him a refuge; he who dwells in God shall find his dwelling protected.

Vs16-He will satisfy me with long life

-Will show me his salvation (experience His saving power)

6. Which of these promises is the most meaningful to you? (14)

save me from every trap

protect me from deadly diseases and plagues.

cover me with his feathers, flee for protection under his wings

his faithfulness and trustworthiness will be my shield and a buckler (shield surrounding a person).

Rampart defensive wall or bank around a castle

**shall not be afraid** because I am inaccessible in the secret place of the Most High of the terror of the night,

nor of the arrow (the evil plots and slanders of the wicked) that flies by day,

nor of fatal epidemic diseases that affect an entire community that wanders around at night,

nor the plague that kills people at midday

no harm or evil will overtake me or conquer me

no disaster will come near my living quarters

LORD will command His angels to guard us in all we do

LORD will rescue us because we love Him – cling to, delight in, have a desire for

He will protect me (make me inaccessible) for I acknowledge His name

God will answer when I call on him

**God will be with me**, deliver me and honor me when I am in trouble,

will satisfy me with long life

Will show me his salvation (experience His saving power)

7. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

8. Do you have a song we could sing that goes along with this chapter?

You are my Hiding place

9. What pictures do you have of God from this chapter?

Provides shelter, has feathers & wings, refuge, fortress, shield, rampart or shield that goes around a person's body –buckler, like a body guard protecting, rescues us, answers

*Only with thy eyes shalt thou behold and see the just reward of the wicked*, which perhaps refers to the destruction of the first-born of Egypt by the pestilence, which was both the punishment of the oppressors and the enlargement of the oppressed; this Israel saw when they saw themselves unhurt, untouched.

*With length of days will I satisfy him*; that is, [1.] They shall live long enough: they will continue in this world till they have done the work they were sent into this world for and are ready for heaven, and that is long enough. Who would wish to live a day longer than God has some work

to do, either by him or upon him? [2.] They shall think it long enough; for God will wean them from the world and make them willing to leave it. A man may die young, and yet die full of days—*satisfied with living*. A wicked worldly man is not satisfied, even with long life; he still cries, *Give, give*. But he that has his treasure and heart in another world has soon enough of this. (6.) That they shall have an eternal life in the other world. This crowns the blessedness: *I will show him my salvation, show him the Messiah*

## Psalm 94

1 The LORD is a God who **avenges**.  
O God who **avenges**, shine forth.

2 Rise up, Judge of the earth; pay  
back to the proud what they deserve

3 How long, LORD, will the wicked,  
how long will the wicked be  
jubilant?

4 They pour out arrogant words;  
all the evildoers are full of boasting.

5 They crush your people, LORD;  
they oppress your inheritance.

6 They slay the widow and the  
foreigner; they murder the  
fatherless.

7 They say, “The LORD does not  
see; the God of Jacob takes no  
notice.”

8 Take notice, you senseless ones  
among the people; you fools, when  
will you become wise?

9 Does he who **fashioned the ear** not  
**hear**? Does he **who formed the eye**  
not **see**?

10 Does he who **disciplines nations**  
not **punish**? Does he who  
**teaches mankind** lack **knowledge**?

11 The LORD knows all human  
**plans**; he **knows that they are futile**.

12 Blessed is the one you discipline,  
LORD, the one you **teach from your**  
**law**;

13 you **grant them relief from days**  
**of trouble**, till a pit is dug for the  
wicked.

14 For the LORD **will not reject his**  
**people**; he will **never forsake his**  
**inheritance**.

15 Judgment will again be founded  
on righteousness, and all the  
upright in heart will follow it.

16 Who will rise up for me against  
the wicked? Who will take a stand  
for me against evildoers?

17 Unless the LORD had **given me**  
**help**, I would soon have dwelt in the  
silence of death.

18 When I said, “My foot is  
slipping,” your **unfailing love**,  
LORD, **supported me**.

19 When anxiety was great within  
me, your **consolation** brought me  
joy.

vs1 to whom vengeance belongs

let your glorious justice shine forth!

Vs2 give them what they deserve

Vs3 be allowed to triumph with joy, gloat, victorious, getting away with murder

Vs4 arrogant – disrespectful, shameless, bold, sassy, rude, disregard for others  
bragging about themselves

vs5 hurt those who belong to you

vs6 kill , the unprotected orphans

vs7 not looking, takes no notice – doesn't care, or pay attention

vs8 Think again, you fools! When will you finally catch on?

Vs9 Do you think He's deaf & blind?

Vs10 He disciplines & instructs nations. Do you think he can't punish you?

He teaches people. Do you think he lacks knowledge about what you are doing?

Vs11 The LORD knows people's thoughts; he knows they are worthless!

Vs12 discipline (training (someone) to obey rules or a code of  
behavior, using punishment to correct disobedience), correct,  
punish (inflict a penalty) & instruct – pruning?

Vs13 That You may give him power to keep himself calm in the days of trouble,  
until the [inevitable] pit is dug to trap the wicked.

Vs14 abandon

Vs15 The decisions of judges will again become fair or just, and everyone who  
does what is right will pursue justice.

Vs16 Who will protect me from the wicked? Who will stand by my side against  
troublemakers?

Vs17 I would have been in the grave.

Vs18 held me up

Vs19 when I worried about many things and doubts filled my mind, your comfort  
gave me renewed hope, soothed, cheered & delighted my soul,

Vs20 Can unjust leaders be partners with God—leaders whose laws permit  
injustice which brings about misery?

Vs21 The wicked join forces to take the lives of righteous people.

Vs22 God will turn back upon them their own sin and will wipe them out by  
means of their own wickedness;

1. What really bothers David about the wicked?

Vs2 proud are not getting what they deserve

Vs3 wicked are triumphing and gloating and victorious way too  
long. God is taking too long to deal with the wicked

Vs4 they are arrogant, boasting, crushing and oppressing  
people, slaying the widow and foreigner and murdering the  
fatherless and they said that God doesn't see and the God of  
Jacob isn't paying attention and doesn't care.

Vs20 Can a corrupt throne be allied with you— a throne that  
brings on misery by its decrees? Unjust leaders are allowing  
decrees that permit injustice – they can't be partners with God

Vs21 The wicked band (gang up) together against the  
righteous and condemn the innocent to death.

Do you ever feel this way about the “wicked” people on the  
earth?

2. What does David expect God to do?

-to avenge the wicked – to take vengeance

- since He is the Judge of the earth give the proud what they deserve

20 Can a corrupt throne be allied with you— a throne that brings on misery by its decrees?

21 The wicked band together against the righteous and condemn the innocent to death.

22 But the LORD has become my fortress, and my God the rock in whom I take refuge.

23 He will repay them for their sins and destroy them for their wickedness; the LORD our God will destroy them.

3. Are the wicked right about what God is like in vs 7? What is God like?

Vs8 tells them to become wise because wouldn't it make sense that the one who designed the ear can also hear?

The one who formed the eye can see.

If God disciplines nations, can't He also punish? teaches mankind so would He lack knowledge?

Vs11 The LORD knows all human plans & thoughts that they are worthless and ineffective.

Vs22 the LORD is his fortress (high tower & defense), God is the rock in whom he take refuge (where I hide).

23 He will repay them for their sins and destroy them for their wickedness (says that twice) God will turn the sins of evil people back on them. He has turned their own wickedness against them.

How does this make you feel about God?

Gives me confidence – God is the winner in the end

4. What kind of person is blessed?

Vs12 the one the LORD disciplines, teaches from His law

Vs15 upright in heart will follow (pursue) righteousness?

5. How will the LORD bless that person?

Vs13 grant him relief from days of trouble - give him power to keep himself calm in the days of trouble

Vs14 will not reject his people or forsake his inheritance, his special possession, those who belong to Him

Vs15 they will receive just & righteous judgment

Are you blessed? What is God doing in your life to bless you?

6. The psalmist is wondering who will help him, stand up for him and protect him against the wicked.

Who does? In what way?

Vs17 the LORD helped & kept him from death

Vs18 the LORD's unfailing love supported him when his feet were slipping

Vs19 the LORD's comfort gave him renewed hope and joy & delighted his soul when he was filled with anxiety and doubt

7. Usually we want to go to others for help, and it is wonderful when others, who are flesh and blood are there for us, but who is most effective in helping us where we need help? How has the LORD helped & taken care of you in a difficult situation?

8. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

9. Do you have a song we could sing that goes along with this chapter? I will worship you, It is Well with my soul

10. What pictures do you have of God from this chapter?

When the time is right, He pays back – He avenges, Judge of the earth. Rock, refuge, fortress, plucks us out of death's pit, comforts us, supports us when our foot is slipping, disciplines us, teaches us from the law, sees, hears, punishes, has knowledge

## Psalm 99

1 The **LORD** reigns, let the nations tremble; he sits enthroned between the cherubim, let the earth shake.

2 Great is the **LORD** in Zion; he is exalted over all the nations.

3 Let them praise your great and awesome name—he is holy.

4 The King is mighty, he loves justice—you have established equity; in Jacob you have done what is just and right.

5 Exalt the **LORD** our God and worship at his footstool; he is holy.

6 Moses and Aaron were among his priests, Samuel was among those who called on his name; they called on the **LORD** and he answered them.

7 He spoke to them from the pillar of cloud; they kept his statutes and the decrees he gave them.

8 **LORD** our God, you answered them; you were to Israel a forgiving God, though you punished their misdeeds.

9 Exalt the **LORD** our God and worship at his holy mountain, for the **LORD** our God is holy.

Vs1 rules as king, let the people tremble in reverential fear, stand in awe, earth quake

Vs2 sits in majesty, is mighty in Jerusalem, high above all the people.

Vs3 confess & praise - & his name is holy

Vs4 – king gets his strength from being just. equity is impartiality, fairness He is the one that set fairness & impartiality in place

Jacob is Israel – in and throughout Israel

Vs5 humble & reverential position, posture

Vs6 Punishing their sinful deeds

Vs9 holy mountain in Jerusalem

1. What is God doing? Where?

Vs1 ruling as a king, enthroned between or on top of the Cherubim Ex 25:22

2. What will this cause people and the earth to do?

Vs1 Tremble with reverential fear and shaking and quaking before the LORD

Do you have this kind of awe, respect & fear of God?

3. What else are we invited to do? For what reasons?

Vs3 praise his great and awesome name

Because He is holy,

Vs4 King is mighty, He loves justice, set in place impartiality, did what was just and right in Israel

Vs5 exalt (highly honor) the LORD,

worship at his footstool (bow low, prostrate yourself before His feet)– this what many holy men of God did when they encountered God. Eg. Isaiah, Moses Deut 9 – seeing your sinfulness compared to God’s holiness

He is holy

Vs6 He answered Moses and Aaron and Samuel when they called on His name for help

Vs7 He spoke to them from the pillar of cloud – they kept His statutes and decrees (instructions and laws) so the LORD answered them

Vs8 forgave Israel even though He punished their misdeeds – things they did wrong

Vs5 exalt the LORD, worship at his holy mountain in Jerusalem –

He is holy

4. What do you see as being the theme in Ps 99? What should this cause us to do?

Vs3, 5,9 He is holy and His name is holy – praise He great and awesome name and exalt Him, worship at His footstool

5. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

6. Do you have a song we could sing that goes along with this chapter? I will worship you, Open the eyes of my heart Lord. Blessed be the Lord Almighty

7. What pictures do you have of God from this chapter?

King ruling from between the cherubims with the earth and people recognizing His greatness – fearsome thing to come before a holy King, holy, just, mighty, impartial, answering, speaking from a pillar of cloud, forgives but punishes, receiving our worship

**Psalm 100** Thanksgiving means “confession”, to confess God’s character and His works.

*A psalm of Thanksgiving and for the Thank offering.*

1 **Shout for joy** to the **LORD**, all the earth.

2 **Worship** the **LORD** with gladness; come before him with joyful songs.

3 Know that the **LORD** is God.

It is he who **made us**, and we are his; we are his people, the sheep of his pasture.

4 **Enter his gates with thanksgiving** and his courts with praise; give thanks to him and praise his name.

5 For the **LORD** is good and his love endures forever; his **faithfulness continues** through all generations.

Vs2 Serve the LORD

Vs3 LORD alone is God, we are sheep under his care

Vs4 Enter into His gates with adoration and a song of thanksgiving and a thank offering and into His courts with a song of praise! Be thankful (revere & worship Him) and say so to Him, bless and affectionately praise His name

1. What did the Psalmist want to confess about God's character and works?

Vs3 The LORD only is God, He made us & we are His people – we belong to Him. He is our shepherd and we are His sheep being perfectly taken care of.

Vs5 He is **good**, Do you believe that God is good and that He is using these trials to work together for your good, so that you will be conformed to the image of Jesus Christ (Rom. 8:28-29)? David wrote (Ps. 119:67), "Before I was afflicted I went astray, but now I keep Your word." The very next verse is (119:68), "You are good and do good; teach me Your statutes." A few verses later he writes (119:71), "It is good for

me that I was afflicted, that I may learn Your statutes." Even in our afflictions (especially in our afflictions!), we must submit to God and affirm His goodness by faith. Satan knows that if he can get you to doubt God's goodness, you won't trust Him. So it's essential that you get your understanding of God from the Bible. And at the root of who God is, you must affirm that He is good. This means that He "deals well and in an abundant way with us"

His **love** for us will never end, His **faithfulness** continues to the end of time. He is not fickle or moody. He cannot change His character or not keep his covenant promises. The Bible contains the record of His faithfulness to His people in the past and we can rely on His faithfulness to us in the present, no matter what kind of trial we're going through. So we must affirm at all times in all situations, "Lord, You are good to me! Your lovingkindness and Your faithfulness are always with me. You will never leave me or forsake me. When people ask "How are you doing?" say "The Lord is good to me!"

2. If this is what God is like, what are we going to want to do?

**Vs1 Express exuberant joy**, shout for joy, make a loud joyful noise. There's no allowance there for grumpiness! Nothing about snapping at people in your family! No room there for complaining about your trials! Picture of a victorious king coming home and everyone lines the streets and applauds and cheers. So if God has worked a victory in your life, express it joyfully! If He has answered your prayer, shout for joy! 2 shortest verses in the Bible – rejoice always, Jesus wept (balance) – is that only for those with exuberant personalities? Who is commanded to shout joyfully?

Vs2 **Worship (serve)** the LORD with gladness, sing joyful songs before Him (not others)

Vs3 be submissive to God and submission is directly related to thankfulness. If you're grumbling or griping about your circumstances, you're not subject to God's sovereign hand in your life. You're implying that you could do a better job than God at running your life if He'd just give you the chance. It's not until you willingly submit to God as God that you can also say, "Thank You, Lord, that You are good and that You will work this trial together for my good." Why be submissive? He is God, He created us, He is our Redeemer (once were not His people, but He chose us and called us to follow Him, redeeming us from bondage to sin) and our shepherd.

Vs4 enter the gates of the Temple **with thanks** & thanks offering, Tell Him that we are thankful, praise His name (the LORD) Our praise should focus on what God has done and on who He is. We of course should praise Him privately, but also corporately with other believers

Does your life give God good press or bad press? If you're doubting His goodness and grumbling about your trials, you're giving Him bad press. Those around you who don't know God will think, "I'm not so sure I want to know his God." But if those around you see your joy, your glad submission to Him, and your thankful spirit, they may be drawn to the God who is so good.

3. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

4. Do you have a song we could sing that goes along with this chapter? I will enter His gates

5. What pictures do you have of God from this chapter? Shepherd, creator, good, love, faithfulness

There are numerous definitions of the word *worship*. Yet, one in particular encapsulates the priority we should give to worship as a spiritual discipline: *Worship is to honor with extravagant love and extreme submission* (Webster's Dictionary, 1828).



True worship, in other words, is defined by the priority we place on *who* God is in our lives and *where* God is on our list of priorities. True worship is a matter of the heart expressed through a lifestyle of holiness. Thus, if your lifestyle does not express the beauty of holiness through an extravagant or exaggerated love for God, and you do not live in extreme or excessive submission to God, then I invite you to make worship a non-negotiable priority in your life.

We worship God because he is God. Period. Our extravagant love and extreme submission to the Holy One flows out of the reality that God loved us *first*. It is highly appropriate to thank God for all the things he has done for us. However, true worship is shallow if it is solely an acknowledgement of God's wealth. [Psalm 96:5-6](#) says, "For all the gods of the nations are idols, but the LORD made the heavens. Splendor and majesty are before him; strength and glory are in his sanctuary." In other words, our worship must be toward the one who is worthy simply because of his identity as the Omnipotent, Omniscient, and Omnipresent One, and not just because God is wealthy and able to meet our needs and answer our prayers. We must focus our practice of worship on the worthiness of God and not his wealthiness.

**Psalm 103** - psalm of pure worship.

<sup>1</sup> Praise the LORD, my soul; all my inmost being, praise his holy name.  
<sup>2</sup> Praise the LORD, my soul, and forget not all his benefits—  
<sup>3</sup> who forgives all your sins and heals all your diseases,  
<sup>4</sup> who redeems your life from the pit and crowns you with love and compassion,  
<sup>5</sup> who satisfies your desires with good things so that your youth is renewed like the eagle's.  
  
<sup>6</sup> The LORD works righteousness and justice for all the oppressed.  
<sup>7</sup> He made known his ways to Moses, his deeds to the people of Israel:  
<sup>8</sup> The LORD is compassionate and gracious, slow to anger, abounding in love.  
<sup>9</sup> He will not always accuse, nor will he harbor his anger forever;  
<sup>10</sup> he does not treat us as our sins deserve or repay us according to our iniquities.  
  
<sup>11</sup> For as high as the heavens are above the earth, so great is his love for those who fear him  
<sup>12</sup> as far as the east is from the west, so far has he removed our transgressions from us.  
  
<sup>13</sup> As a father has compassion on his children, so the LORD has compassion on those who fear him;  
<sup>14</sup> for he knows how we are formed, he remembers that we are dust.  
<sup>15</sup> The life of mortals is like grass, they flourish like a flower of the field;  
<sup>16</sup> the wind blows over it and it is gone, and its place remembers it no more.  
<sup>17</sup> But from everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children—

repentance

Vs12 transgression - sin, wrongdoing, to choose to intentionally disobey

I believe the reason God called David a man after God's heart is that David worshiped God in spirit and truth. He knew who God is, and he also knew who he was in relation to God. And he expressed this with awe, reverence, gratitude, praise and love for God in many psalms. In this psalm there are no petitions for help or cries for deliverance. David just focuses on the Lord and His great blessings and overflows in worship.

vs1 bless

vs2 forget not even one of all the good things He has done for me.

Vs3 In the context, this points to every aspect of healing-- spiritual, emotional, and physical. He is not promising instant, miraculous deliverance from all your problems. Neither David nor anyone else in the Bible experienced that. Nor is David saying that God will heal you of every physical ailment or that it is His will to heal everyone. There is no such promise in the Bible. Indeed, the Bible shows that God often uses physical trials to bring about our spiritual and emotional healing by deepening our dependence on God. And yet, since sin often takes a physical toll on us, when God cleanses our sin, there is often an accompanying physical healing.

Notice all the "alls" – each and every one

Redeems – rescues me from death and ruin, hell

Crowns you – God's favour beautifies, dignifies

Vs5 that your youth, renewed, is like the eagle's [strong, overcoming, soaring]!

They that wait on the Lord will renew their strength – mount up on wings like eagles Is 40:31

All of these blessings are ours at no cost to us, although at great cost to God. We deserved His wrath, but He has given us His love. Do you ever take the time to let the immensity of God's goodness as seen in His many blessings overwhelm you like a flood?

So David is saying that we need to focus on who God is and how He has blessed us if we want to be people who worship Him from the heart. Focusing on His goodness will cause your heart to well up with thanksgiving and praise. But you can't focus on God without also realizing something about who you are. Desperately needy: sinful, sick, and short-lived. What happens if we don't see ourselves as needy? We won't cry out to God for mercy and grace. Who is mercy & grace for? Not for the worthy; it's for the unworthy. This is one reason why it is against Scripture to work at building our self-esteem and self-confidence. If we think we're worthy, we won't come to God for His grace. If we think we're competent, we won't rely on the Lord.

Vs6 gives righteousness and justice to all who are treated unfairly.

Vs7 He made known His ways [of righteousness and justice – His character] to Moses, and what He had done to the children of Israel

Vs8 merciful, patient, always ready to forgive

Vs9 accuse us of wrong, hold a grudge

Vs10 He does not punish us for all our sins; he does not deal harshly with us, as we deserve.

Sin – missing the mark, falling short of God's glory

Iniquity - premeditated choice, continuing without

<sup>18</sup> with those who **keep his covenant** and remember to **obey his precepts.**

<sup>19</sup> The LORD has established his throne in heaven, and his kingdom **rules over all.**

<sup>20</sup> Praise the LORD, you his angels, you mighty ones who do his bidding, who obey his word.

<sup>21</sup> Praise the LORD, all his heavenly hosts, you his servants who do his will.

<sup>22</sup> Praise the LORD, all his works everywhere in his dominion.

**Praise** the LORD, my soul.

Vs13 compassion – love, care, concern, kindness, understanding

Vs14 dust is weak, fragile

Vs15-16 we blossom like a flower but is gone when the wind blows over it and no longer any sign of it. Or short-lived like grass

Vs17-18 The LORD's love is with us and our children and grandchildren will experience his righteousness If we reverentially and worshipfully fear Him, keep his covenant (promise) and obey his commandments, laws or principle prescribing a particular course of action or conduct.

To fear God means to live with the awareness that all you think, say, and do is open to His scrutiny (Heb. 4:13) and that one day you will give an account to Him. The fear of God takes away silliness and trifling & goofing around with the things of God or when we worship the Lord. We can have fun, but it must be tempered with reverence.

Vs19 The LORD has made the heavens his throne; from there he rules over everything.

vs20 angels are mighty, carry out God's orders, obey his spoken commands

vs21 heavenly hosts – army of angels, serve God

vs22 Praise the LORD, everything he has created, everything in all his kingdom.

1. To whom is the Psalmist speaking? As he meditates, what 2 things does he tell himself to do? His soul should praise the LORD and not forget all his benefits (all the good things He has done for me), his inmost being should praise His holy name

2. What are all the good things that God has done for David that he lists in vs 3-5 that he needs to remember?

Forgives all your sins. Heals all your diseases, redeems my life from the pit, crowns me (beautifies, dignifies, )with love and compassion, satisfies my desires with good things – so I am renewed like a strong, soaring Eagle

3. Do you ever talk to yourself and tell yourself what you need to do? Give an example of what you tell yourself?

4. Considering verse 2, make a list of all God's benefits to you. Share some of them with the group. Then use your list as a reminder for specific thanks and praise to God in your personal daily prayers this week. Loves me, forgives me, heals me, renews me daily, protects me, satisfies my life with good things like relationships, enjoying his creation, providing for my daily necessities, given me His word, I can talk to Him and him to me.

5. How would you describe the conditions from which David is rescued?

From sin, disease, the pit of death and corruption (ruin), trap, destruction, grave, self-pity, depression

6. Have you ever or do you now feel like you are in a pit? What can and does God want to do for you? He wants to rescue me from the pit and crown me with love and compassion and give me the good things I desire. Wants to renew my life so I will feel young again like an eagle flying and be free, strong, overcoming, soaring

7. From verses 1 – 5 David considers all that God has done for him personally. Now he reviews God's gracious dealing with His people, the nation of Israel. How has God dealt with Israel? (See also Joshua 24:5-8, 11-13)

Worked righteousness, and justice for all the oppressed.

He let Moses know what He wanted them to do and His ways of righteousness and justice. He let Israel know what things He had done.

LORD is compassionate, gracious, slow to anger, abounding in love – patient & always ready to forgive  
Not always accuse (rebuke) or harbor anger forever – hold a grudge  
Does not treat us as we deserve for our sins (punish us for all our sins) or paid us back for all the wrongs we have done and all our faults.

8. In verses 11-13 the Psalmist uses 3 pictures to describe God’s love and mercy. What does each of these illustrations reveal?

God’s love is so great that it is as high as the heavens are from the earth.

He removes our sins, our rebellion as far from us as the east is from the west.

God has just as much compassion on us who fear Him as a father has compassion on his children.

9. In verses 14-18 what contrasts does David draw between God and man?

God formed us, we are dust

Our life is like grass, a flower that is only around for a short time (we bloom and die. The wind blows, and we are gone) and then remembered no more (no sign of it). Isn’t that humbling- better make the most of the short time we have on earth. God’s love is from everlasting to everlasting and He continues to be remembered until the end of time (to our future generations) and for all eternity.

He is in control and we need to fear him and obey Him.

10. What conditional statements are made as to who receives God’s love, mercy, righteousness, justice?

Fear Him, keep his covenant (promise-obey his commandments) and obey his precepts - follow His guiding principles.

11. “Fear” here means a reverence of God’s authority, causing a person to obey his commandments. To “keep His covenant” means to obey His commandments. See Deuteronomy 7:6-11. To what extent do you fear God and keep his covenant?

12. What new thought does David add here about God?

LORD has established his throne in heaven, his kingdom rules over all

13. Whom does he call to join in praise? What do they do before God?

Angels – do what God tells them to do and obey His word, carry out his plans, listening for each of his commands.

heavenly hosts – mass or army of angels, God’s servants who do His will, ministers who do His pleasure

all his works everywhere - everything he has created, everything in all his kingdom.

14. What does the repetition of the word “his” point out?

Everything belongs to the LORD

15. In summary, what does Psalm 103 teach about the character of God. Fill in the chart in the back of the book as well as your response.

16. What picture do you have of God now? Is there a song that describes the God of Psalm 139?

What is your response to what you have studied about God?

### **Joshua 24:5-8 New International Version (NIV)**

<sup>5</sup> “Then I sent Moses and Aaron, and I afflicted the Egyptians by what I did there, and I brought you out. <sup>6</sup> When I brought your people out of Egypt, you came to the sea, and the Egyptians pursued them with chariots and horsemen<sup>Ⓢ</sup> as far as the Red Sea.<sup>Ⓢ</sup> <sup>7</sup> But they cried to the LORD for help, and he put darkness between you and the Egyptians; he brought the sea over them and covered them. You saw with your own eyes what I did to the Egyptians. Then you lived in the wilderness for a long time.

<sup>8</sup> "I brought you to the land of the Amorites who lived east of the Jordan. They fought against you, but I gave them into your hands. I destroyed them from before you, and you took possession of their land.

### **Joshua 24:11-13***New International Version (NIV)*

<sup>11</sup> "Then you crossed the Jordan and came to Jericho. The citizens of Jericho fought against you, as did also the Amorites, Perizzites, Canaanites, Hittites, Girgashites, Hivites and Jebusites, but I gave them into your hands. <sup>12</sup> I sent the hornet ahead of you, which drove them out before you—also the two Amorite kings. You did not do it with your own sword and bow. <sup>13</sup> So I gave you a land on which you did not toil and cities you did not build; and you live in them and eat from vineyards and olive groves that you did not plant.'

### **Deuteronomy 7:6-11***New International Version (NIV)*

<sup>6</sup> For you are a people holy to the LORD your God. The LORD your God has chosen you out of all the peoples on the face of the earth to be his people, his treasured possession.

<sup>7</sup> The LORD did not set his affection on you and choose you because you were more numerous than other peoples, for you were the fewest of all peoples. <sup>8</sup> But it was because the LORD loved you and kept the oath he swore to your ancestors that he brought you out with a mighty hand and redeemed you from the land of slavery, from the power of Pharaoh king of Egypt. <sup>9</sup> Know therefore that the LORD your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments. <sup>10</sup> But

those who hate him he will repay to their face by destruction;

he will not be slow to repay to their face those who hate him.

<sup>11</sup> Therefore, take care to follow the commands, decrees and laws I give you today.

## Psalm 116

1 I love the LORD, for he heard my voice; he heard my cry for mercy.

2 Because he turned his ear to me, I will call on him as long as I live.

3 The cords of death entangled me, the anguish of the grave came over me; I was overcome by distress and sorrow.

4 Then I called on the name of the LORD: "LORD, save me!"

5 The LORD is gracious and righteous; our God is full of compassion.

6 The LORD protects the unwary; when I was brought low, he saved me.

7 Return to your rest, my soul, for the LORD has been good to you.

8 For you, LORD, have delivered me from death, my eyes from tears, my feet from stumbling,

9 that I may walk before the LORD in the land of the living.

10 I trusted in the LORD when I said, "I am greatly afflicted";

11 in my alarm I said, "Everyone is a liar."

12 What shall I return to the LORD for all his goodness to me?

13 I will lift up the cup of salvation and call on the name of the LORD.

14 I will fulfill my vows to the LORD in the presence of all his people.

15 Precious in the sight of the LORD is the death of his faithful servants.

16 Truly I am your servant, LORD; I serve you just as my mother did;

you have freed me from my chains.

17 I will sacrifice a thank offering to you and call on the name of the LORD.

18 I will fulfill my vows to the LORD in the presence of all his people,

19 in the courts of the house of the LORD—in your midst, Jerusalem.

**Praise the LORD.**

Vs1 cry – plea, prayer

Vs2 Bends down to listen

Call on Him – pray to Him

Vs3 The cords *and* sorrows of death were around me

The terrors and horrors of the grave took hold of me

Overcome by Pain, agony, grief

Vs4 save my life, rescue *and* deliver me!

Vs5 Kind and good and merciful

Vs6 defenseless, simple, not aware of possible dangers

Brought low – weak or facing death

Vs7 Let my soul be at rest and at peace again

Vs8 from stumbling and falling

Vs9 so I can walk in the lord's presence as I live here on earth

Vs10 I believed (trusted in, relied on, and clung to my God) even when I said, I am suffering terribly and am deeply troubled

Vs 10 In my fear, panic, anxiety, haste (talk before thinking)

Everyone is deceitful, undependable

Vs 12 repay, offer

Vs13 lift up the cup of salvation - I will offer the drink-offerings appointed by the law, in token of thankfulness to God, and rejoice in God's goodness to me. I will receive the cup of affliction; that cup, that bitter cup, which is sanctified to the saints, so that to them it is a cup of salvation; it is a means of spiritual health.

In the Old Testament the word "cup" is frequently used to denote plenty and abundance. In Psalm 23:5 David claims that his "cup overflows." The term "salvation" means "deliverances." The psalmist is expressing praise to God for His abundant and numerous deliverances. So, literally, he says, "In the name of the Lord I shall proclaim." It is the idea of openly declaring that God is his Deliverer.

This matter of making a public proclamation in honor of the Lord is important. It is good. It is healthy. It is biblical. God floods our lives with abundance, yet so few Christians share their experiences publicly. So few Christians "proclaim His benefits." Let's stop holding our praise to ourselves. Share your Savior; don't be ashamed or shy. If you want to render something of value to the Lord, proclaim His benefits! It may surprise you how much it helps you to live beyond the grind of sorrow and grief.

- call and praise Him for saving me

VS 14, 18 I will keep my vows & promises that I made to the Lord

Vs15 The death of one of His faithful servants is precious because He is welcoming the person home to a place where they can be together forever in perfect happiness. If an earthly father is excited about his children coming home after a long absence, and especially if there life has had many problems,-- how much more shall God rejoice to receive his children

home--because He loves his children better than they do theirs

Vs16 He feels obligated to give himself to one who has delivered him from death. Shows the influence of a godly mother.

Chains of the enemies, or of whatever almost caused his death. What kind of things can chain us up – bitterness, anger, unforgiveness, hatred, lust,

Vs17 a sacrifice (song) of thanksgiving - For deliverance from afflictions and death; for losing his bonds, in every sense; for all mercies, temporal and spiritual; Such sacrifices are according to the will of God; are well pleasing to him, and are a glorifying of him. These are more acceptable than all ceremonial



sacrifices; and therefore the psalmist determined to offer this, and not them; The one who offers thanksgiving as his sacrifice glorifies me. Ps 50:23

1. How has the LORD been so good to the psalmist?

Vs1 He heard the psalmists cry for mercy

Vs 5 The LORD was gracious and full of compassion, righteous, kind, good, merciful

Vs6 He protected David when he wasn't even aware of danger and saved him when he was weak or facing death

*Vs7-8 delivered me from death, my eyes from tears, my feet from stumbling,*

2. What is the psalmist going to do in return for God's goodness to him?

Vs1 love the Lord

Vs7 let his soul be at rest and at peace again

*Vs9 walk in the presence of the LORD as he lives here on earth*

*Vs10 trusted in the LORD (clung to Him)*

Vs13 praise God for His abundant and numerous deliverances by giving Him a thank offering as prescribed in Ex 22:25

Vs14, 18 fulfill his vows to the LORD

Vs16 be His servant, serve Him as his mother did

*vs17 sacrifice a thank offering to you and call on the name of the LORD.*

3. How has the LORD been good to you?

Given me a wonderful husband, forgiven me, loved me, merciful to me, given me hope, joy, protected me, is always with me, talks to me, answers me, listens to me

4. What are you going to do in return for God's goodness to you?

Praise Him, Love him, adore Him, give myself to him, obey Him, enjoy His presence, trust Him, rest in Him

5. What picture do you have of God now?

Saves from death, hears our cry for mercy, very good to us

6. In summary fill out the chart in the back of the back – list the names and qualities of God and your response

7. Is there a song that describes the God of Psalm 116? I love you Lord, and I lift my voice, to worship you, o my soul rejoice

**Psalm 121** - A song for going up to worship.

1 I lift up my eyes to the mountains  
— where does my help come from?

2 My help comes from the LORD,  
the Maker of heaven and earth.

3 He will not let your foot slip—he  
who watches over you will not  
slumber;

4 indeed, he who watches over  
Israel will neither slumber nor  
sleep.

5 The LORD watches over you—  
the LORD is your shade at your  
right hand;

6 the sun will not harm you by day,  
nor the moon by night.

7 The LORD will keep you from all  
harm—he will watch over your life;

8 the LORD will watch over your  
coming and going both now and  
forevermore.

Looking to the mountains around Jerusalem, to sacred Mount Zion and Mount Moriah. Where can I find help?

Vs3 slip, stumble, fall

Slumber – fall asleep, take a nap, doze off, rests

Watches over you – guardian, keeps you

Vs4 guardian of Israel

Vs5 – right side -the side not carrying a shield]. The LORD stands beside you as your protective shade.

Vs7 guards you from every evil. He guards your life.

Vs8 The LORD keeps watch over you as you come and go.

1. How would you like to sing this song on the way to church?  
Anyone want to make up a melody for this chapter or a few verses?

2. Have you ever wondered where you could find help?

3. Where does our help come from?

Vs1 the LORD, the creator of the universe. Not the mountains and not people. Our faith, trust and confidence needs to be in the LORD.

4. Why can we put our trust in Him to help us?

Vs. 3-4 He's watching over us, guarding us, keeping us safe 24/7. He never takes a rest or gets tired and takes a nap or goes to sleep.

5. What is the LORD helping us with?

Vs3 Making sure we don't slip, stumble or fall

Vs5 The LORD is standing beside us as a protective shade - He is always near his people for their protection and refreshment. The right hand is the working hand; so let them do their work and God will be there to help them out and strengthen them

Vs6 He won't let the sun or moon harm us

Vs7 He will guard our life, guard us from all evil

Vs8 he is watching over us, guarding us as we come and go

6. Which verb is used 5 times in these 8 verses? How does that make you feel?

He is watching us all the time, so I can feel secure and safe. The only time I wouldn't like this is if I am doing wrong and I don't want God to be watching.

7. What picture do you have of God now?

Creator of heaven and earth, got his hand down on earth helping people, protecting people, shading them, having a watchful eye on all that is happening down here on earth.

8. In summary fill out the chart in the back of the back – list the names and qualities of God and your response

9. Do you have a song that would describe the God of Psalm 121? I lift my eyes up unto the mountains.

## Psalm 138

1 I will praise you, LORD, with all my heart; before the “gods” I will sing your praise.

2 I will bow down toward your holy temple and will praise your name for your unfailing love and your faithfulness, for you have so exalted your solemn decree that it surpasses your fame.

3 When I called, you answered me; you greatly emboldened me.

4 May all the kings of the earth praise you, LORD, when they hear what you have decreed.

5 May they sing of the ways of the LORD, for the glory of the LORD is great.

6 Though the LORD is exalted, he looks kindly on the lowly; though lofty, he sees them from afar.

7 Though I walk in the midst of trouble, you preserve my life. You stretch out your hand against the anger of my foes; with your right hand you save me.

8 The LORD will fulfill his purpose for me; your love, LORD, endures forever— do not abandon the works of your hands.

Vs1 I will make music to praise you in front of the false gods.

Vs2 Bow down in worship

You have exalted Your word/commandment throughout Your whole name/character/authority/honor! Your promises/Word/commandments are backed by all the honor of your name. You have made your name and your promise greater than everything.

Vs3 you encouraged me or made me bold by giving me strength. (giving me strength to be inflexible to temptation)

Vs4 when they hear your words – decrees or promises of Your mouth [which were fulfilled]

Vs5 sing of the ways of the Lord and joyfully celebrate His mighty acts  
Glory & honor is great

Vs6 sees and cares and respects the humble bringing them into fellowship with Him\ keeps his distance from the proud. proud and haughty He knows and recognizes [only] at a distance. No intimate relationship

Vs7 surrounded by trouble - protect me from the anger of my enemies.

You reach out your hand, and the power of your right hand saves me.

Vs8 LORD will work out his plans for my life— for your faithful love, O LORD, endures forever. Don't abandon me, for you made me. Don't let go of me. Don't give up on me.

1. Where is David praising the LORD and worshipping Him?  
Why or what is the significance of David doing that?

Vs1,2 before false gods. He doesn't let the opinions of others affect how or where he is going to worship his God. Why should idols, the false gods of the neighboring nations or the surviving Canaanites rob the LORD of his praises? He was not pleased that such gods were set up; so he expressed his contempt of them, and his own absorption in the worship of the

living LORD by continuing most earnestly to sing wherever he might be. It would be paying these dead idols too much respect to stop singing because they were around.

Vs2 I will worship in or towards where God was dwelling. (your words, promises or commandments are backed by all the honor of your name. You have made your name and your promise greater than everything. You have exalted above all else Your name and Your word and You have magnified Your word above all Your name!

Vs3 You strengthened me and gave me boldness (might and inflexibility to temptation).

Vs4 kings of the land shall give You credit and praise You, O Lord, for they have heard of the promises of Your mouth [which were fulfilled].

Vs5 sing and joyfully celebrate His mighty acts, for great is the glory & honour of the Lord.

Vs6 though the Lord is high, yet has He respect to the humble [bringing them into fellowship with Him]; but the proud and haughty He knows and recognizes [only] at a distance. (He keeps His distance from them)

Vs7 protect me, revive me, restore me and guard me from the anger of my enemies.

Vs8 The LORD will work out His plans for me. Don't abandon me, for you made me - don't give up on us

2. How is David praising the LORD and for what?

Vs1 With his whole heart

Vs2 for your unfailing love and faithfulness

Vs2 He made His name and His Word (his promises) greater than anything else (have exalted & magnified them). God's Word surpasses the fame of His Name.

Vs3 when he called God answered

Vs3 for making him bold – strengthened his inner self, the soul, with might and inflexibility to temptation. Bold to say no to wrong

Vs7 even in trouble God protects him, revives him, restores him and guards him, saves him from the anger of his enemies

Vs8 God is going to work out his plan and purpose for each one of us, His love endures forever

3. What does David want Kings and maybe other leaders and rulers to do?

Vs4-5 praise you, (give Him credit and praise) LORD, when they hear what you have decreed, said, promised from your mouth and fulfilled.  
May they sing of the ways of the LORD (celebrating His mighty acts), for the glory & honour of the LORD is great.

4. What is the difference between how God treats the humble and proud?

Vs6 though the Lord is high, yet He shows respect to the humble [bringing them into fellowship with Him]; but the proud *and* haughty He knows *and* recognizes [only] at a distance. (He keeps His distance from them) no personal relationship

5. What does David ask God not to do?

Vs 8 Give up on us – those He has made and what He has made - Do you think God might ever feel like giving up on His creation? How do you know He won't? Made the rainbow in the sky.  
God said to Moses He would like to start over again because they were so obstinate & disobedient & ungrateful. Moses pleaded & appealed to God

6. Have you praised or worshipped the LORD in an "unusual" place?

On the property of a Buddhist shrine – sing, prayed

7. What are some ways that you worship the LORD?

Prayer – talking to God, singing praises about God, bowing down or kneeling in reverence, Worship the LORD with gladness; come before him with joyful songs. let us be thankful, and so **worship** God acceptably with reverence and awe, offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper **worship**. Must **worship** in the Spirit and in truth." With fasting & prayer, with an open heart to God, fall down and worship God. With my life by doing what is right and sharing with others and serving God and others.

8. What are some things you want to worship the LORD for today?

Love, faithfulness, great glory, holiness, righteous, just  
the way He works in my life and fulfills His purpose for me, hasn't given up on me

9. Are you sensing that God is working out His plans for you? In what way?

Relationship – gives me a hunger for that  
Serve him and others  
love Him and others and encourage them

10. What picture do you have of God now?

Love, faithfulness, His name is great and His character backs up His words, exalted but stoops down to care for and lift up the humble & shows them respect. Stretches out his right hand to stop the enemies from hurting him, God has got a purpose for me and a plan to get there.

11. In summary fill out the chart in the back of the back – list the names and qualities of God and your response

12. Do you have a song that we could sing to go along with this chapter?

<sup>1</sup> You have searched me, LORD, and you know me.

<sup>2</sup> You know when I sit and when I rise; you perceive my thoughts from afar.

<sup>3</sup> You discern my going out and my lying down; you are familiar with all my ways.

<sup>4</sup> Before a word is on my tongue you, LORD, know it completely.

<sup>5</sup> You hem me in behind and before, and you lay your hand upon me.

<sup>6</sup> Such knowledge is too wonderful for me, too lofty for me to attain.

Searched me thoroughly, examined me, know everything about me. How does that make you feel? Comforting, uneasy

1. What specific things does God know about “me”? What areas of life are covered by God’s knowledge?

When I sit, when I get up, my thoughts (can read my thoughts), when I go out, when I lie down (watch me when I travel or when I’m resting at home), knows all my ways, what I am going to say even before I say it.

2. What else does God do besides know me? What does this tell you about God?

Hems me in behind and before (you are all around me), lays his hand of blessing on me. in front of me and in back of me. Go in front of me, follow me. He is everywhere (omnipresent)

3. How does David react to the realization of these things? What attributes of God have been implied in this section?

That knowledge is too wonderful too great for me to understand! He is all-knowing – omniscient, He is everywhere omnipresent.

4. What does it mean to you to realize that the LORD God knows all about you, and that He acts in your life? I think God made us to experience and enjoy such intimacy with Him (Adam & Eve did), but because of the fall we have all felt threatened at some point in our life so we think Where can I escape? However, we all have a longing to know and be known, but only within safe limits. We fear being totally exposed. But the amazing thing is, this God who knows us so thoroughly, who knows every awful thought we ever have, desires to have a relationship with us. Because of our sin and God’s holiness, something had to be done to remove that barrier to our relationship with Him. God slaughtered an animal and clothed them with its skin, showing them that they could not be restored to fellowship with a holy God without the shedding of blood.

At this point, this knowledge makes me feel safe and secure and loved and cared for.

<sup>7</sup> Where can I go from your Spirit? Where can I flee from your presence?

<sup>8</sup> If I go up to the heavens, you are there; if I make my bed in the depths, you are there.

<sup>9</sup> If I rise on the wings of the dawn, if I settle on the far side of the sea,

<sup>10</sup> even there your hand will guide me, your right hand will hold me fast.

<sup>11</sup> If I say, “Surely the darkness will hide me and the light become night around me,”

<sup>12</sup> even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.

5. What reaction does David have to the awareness of God’s intimate knowledge of him? What possibilities of escape does he contemplate?

He wants to escape – scary that he can never get away from God, that he is totally known and surrounded, awe, fear of God and His ability to know all things about him, be everywhere. Where can I run to get away from you?

Go to the heavens, the depths (place of the dead), across the ocean, darkness

Why would he want to get away from God? Holiness Sometimes we just want to be alone – get away from everyone. Sometimes we need a hug or comfort.

6. Why would each way of escape from God fail? What truth about God can we learn from this? He is everywhere and darkness is as light to God – His ability to see is not hindered by darkness.

7. Have you ever wanted to or tried to run away from God? How successful was the attempt?

There may have been times when I thought God may have left me.

What triggers a desire to hide from God? Forgiveness is such a beautiful gift to restore a relationship with Him.

*<sup>13</sup> For you created my inmost being; you knit me together in my mother's womb.*

*<sup>14</sup> I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*

*<sup>15</sup> My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.*

*<sup>16</sup> Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.*

*<sup>17</sup> How precious to me are your thoughts, God! How vast is the sum of them!*

*<sup>18</sup> Were I to count them, they would outnumber the grains of sand— when I awake, I am still with you.*

8. David had wanted to flee when He realizes God's full knowledge of Him. How is this desire relieved by what He comes to understand in vs. 13-18?

Vs 13-14 He is fearfully, wonderfully, amazingly, complexly & miraculously made (knit together) by God. God's workmanship is marvelous - so now instead of wanting to run away, He praises God.

Vs15 God saw him (his bones, skeleton)(ultrasound?) when he was creating him as if embroidered with various colours in the region of darkness and mystery

Vs16 He saw him when he was only a fetus

Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.

Vs17 God is thinking about him all the time - He acknowledges, with wonder and thankfulness, the care God had taken of him every day of his life, [Ps. 139:17, 18](#). God, who knew him, thought of him, and his thoughts towards him were thoughts of love, *thought of good, words of wise counsel and not to do evil*, [Jer. 29:11](#). David now sees God's thoughts and counsels, mercies & compassion which concerns us and our welfare, which are too numerous to count, as Precious & so this leads to admiration of God.

In return we want Our thoughts concerning God to be delightful to us, in fact more delightful than any other thoughts. We cannot even begin to imagine how many kind counsels God has given us, how many good turns he has done for us, and all of the mercies we have received from him. *If we would count them*, it would be more numerous *than the sand*, and yet every one great and very important, [Ps. 40:5](#). 3. Not only that, but David sensed that God had his eye on him at all times. Wouldn't it be wonderful if when we awake in the morning, our first thoughts were of him.

9. What change of attitude is evident in verses 17, 18? Why?

Now instead of wanting to run, he sees God's thoughts about Him as being numerous & precious and he feels close to God – like he is in God's presence at all times which is a comfort to him.

David began to see the omniscience (all knowing), omnipresence (present everywhere), and creative power of God as something wonderful.

Once we stop trying to escape from God, fortunately we discover that His intention is not to harm but to bless us. He formed us in our mother's womb for His purpose (even if our minds or bodies are not perfectly formed) and ordained all of our days before we ever saw the light of day. That gives significance and value to each life.

10. What is the essence of the sin of the wicked men he describes? Bloodthirsty (murderers)

wants them to leave him alone

Say wicked things about God

Misuse God's name

They hate God

Rebel against God

11. With whom does David now identify himself?



<sup>19</sup> *If only you, God, would slay the wicked! Away from me, you who are bloodthirsty!*

<sup>20</sup> *They speak of you with evil intent; your adversaries misuse your name.*

<sup>21</sup> *Do I not hate those who hate you, LORD, and abhor those who are in rebellion against you?*

<sup>22</sup> *I have nothing but hatred for them; I count them my enemies.*

<sup>23</sup> *Search me, God, and know my heart; test me and know my anxious thoughts.*

<sup>24</sup> *See if there is any offensive way in me, and lead me in the way everlasting.*

With God. Wants God to destroy the wicked. He hates those who hate God, he despises those who oppose God, be disgusted with those who attack God, he counts them as his enemies. He is grieved *and* loathes those who rise up against God.

12. What difference of mood do you note in verses 23, 24 compared to the earlier part of the psalm? How do you account for the change? Instead of wanting to run away from God, he is asking God to search him thoroughly and know his heart, test him and know his anxious thoughts and see if there is any offensive way or wicked or hurtful way in him and lead him Along the path of everlasting life.

In conclusion: the fact that we can't escape from the living God means we need to make a commitment to holiness. First David cries out to God to destroy the wicked, affirming his own abhorrence of them (vv. 19-22); and then quickly adds a prayer that the God who had searched him (v. 1) would continue the process, so that if any sin still lurked in the dark corners of his own life, David could root it out and walk in God's everlasting way. David is showing two aspects of holiness which we must develop: A. Holiness means living apart from the wicked and staying undefiled from their sin, but reaching out to them with the message of salvation. loving sinners but hating their sin

Holiness means living openly before God (vv. 23-24). David mentions the wicked and his hatred for their irreverence than he quickly realizes his own need for God's cleansing. This is not so much a prayer that God may know him (which He already does), but rather that David might know himself through God's purifying, refining fire. David is inviting God to shine His pure light into the inner parts of his thought life, where all sin originates. If you want to be holy, not just outwardly, where you can fake it, but inwardly, you must constantly confront your thought life with God's Word.

Second, I need to ask the Lord to lead me. When God's Word exposes where I'm wrong, I must submit to the Lord and walk in His way being a doer and not just a hearer of His Word.

13. On the basis of all that David has realized about God and himself, what petitions does He now make? Search, know, test, check to see if he is doing anything to offend God, lead him along the path to everlasting life.

14. What have you come to realize about God? How does that affect you? What practical differences ought this to make in your life? God knows everything about me before birth and after – my thoughts, what I'm doing, what I am going to and do say, my days are all written out for me. He is thinking about me all the time and is always with me.

Causes me to fear the Lord – I want to do right.

Causes me to rejoice that I am known and loved and cared for and He has good plans for me and protects me.

I want to think about him more

Be in awe of such a great God that I have

I want to be a person of holiness

I need to Look upon God: He knows me thoroughly; He is with me everywhere I go; He has wondrously created me and sovereignly ordained the days of my life. Then, I need to scrutinize myself by inviting the searchlight of God's Word into my innermost thoughts and feelings and yield myself to be obedient to God's ways. Since I can't escape from God, I must commit myself to holiness.

15. What pictures do you have of what God is like from Psalm 139? Is there a song that we could sing to describe the God of Psalm 139? He knows my name

## Psalm 145

1 I will **exalt** you, *my God the King*;  
I will **praise your name** for ever and ever.

2 Every day I will **praise** you and **extol your name** for ever and ever.

3 **Great is the LORD** and most worthy of praise; his **greatness no one can fathom**.

4 One generation **commends your works to another**; they **tell of your mighty acts**.

5 They **speak of the glorious splendor of your majesty**— and I will **meditate on your wonderful works**.

6 They **tell of the power of your awesome works**— and I will **proclaim your great deeds**.

7 They **celebrate your abundant goodness** and **joyfully sing of your righteousness**.

8 The **LORD is gracious and compassionate, slow to anger and rich in love**.

9 The **LORD is good to all**; he has **compassion on all he has made**.

10 All your works praise you, **LORD**;

your faithful people **extol** you.

11 They **tell of the glory of your kingdom** and **speak of your might**,

12 so that all people may know of your **mighty acts** and the **glorious splendor of your kingdom**.

13 Your **kingdom is an everlasting kingdom**, and your **dominion endures through all generations**.

The **LORD is trustworthy in all he promises** and **faithful in all he does**.

14 The **LORD upholds all who fall** and **lifts up all who are bowed down**.

15 The eyes of all **look to you**, and you **give them their food** at the proper time.

16 You **open your hand and satisfy the desires** of every living thing.

17 The **LORD is righteous in all his ways** and **faithful in all he does**.

18 The **LORD is near to all who call on him**, to all **who call on him in truth**.

19 He **fulfills the desires** of those **who fear him**; he **hears their cry and saves them**.

1. What is the difference between exalt, extol and praise?  
exalt is to honor; glorify, hold (someone or something) in very high regard; think or speak very highly of.

extol is to praise; to make high, lift up, praise lavishly and highly

**praise** - express approval of, gratefully and affectionately  
praise

2. Why is David moved to praise God? For what specifically does He praise God?

Vs3-He is so great – we can't fathom it

Vs4-because of His works and mighty acts and great deeds

Vs5-glorious splendor of His majesty– miraculous things He has done

Vs6-power of His awesome works, your greatness that you showed through your great deeds

Vs7-his abundant goodness to all  
-righteousness

Vs8-He is gracious (merciful), compassionate, slow to anger, rich in love (ready to forgive) This is how God revealed Himself to Moses in Ex. 34

Vs9 like Ps 103

Vs11-glorious splendor of His kingdom, His might (power)

Vs13-His kingdom is an everlasting kingdom, His dominion (rule & power) endures throughout every generation (no other ruler can claim that)

-The LORD keeps all his promises, is faithful in all He does – trustworthy, dependable, reliable, gracious, merciful

Vs14-LORD upholds all (of His own) who fall (Props up-helps)

-lifts up those who are bent beneath their load

Vs15 – God feeds us as we need it (we look to Him in hope and expectation)

Vs16 – Satisfies the desires (hunger and thirst) of every living being

Vs17-righteous in all His ways – in everything He does

Vs18 – LORD is near and **available** to all who call on Him in truth and sincerity

Vs19 – fulfills the desires (needs, delights, favours) of those who reverentially and worshipfully fear Him. Means reverence of God's authority, causing us to obey God's commandments.

Knowing He is the highest and supremist and coming before Him in that way. When we fear God, God may pose an ominous threat to my ego, but not to me. He rescues me from my delusions, so he may reveal the truth that sets me free. He casts me down, only to lift me up again. He sits in judgment of my sin, but forgives me nevertheless. Fear of the LORD is the beginning of wisdom, but love from the LORD is its

completion.  
- He hears our cry and saves us  
Vs20-watches over (protects, preserves) all who love him – like Ps 121. treats wicked ones differently

2. What verbs does David use to describe how God's greatness should be made known? By whom?

20 The LORD watches over all who love him, but all the wicked he will destroy.

21 My mouth will speak in praise of the LORD. Let every creature praise his holy name for ever and ever.

Vs4-each generation should commend (to address in a loud tone-preaching?) God's works to their children & next generation.

-tell (talk about) of his mighty acts

Vs5-speak of God's glorious splendor

Vs6 – tell of God's power

-declare/proclaim – keep score & celebrate His great deeds

Vs7-sing aloud for joy because of His righteousness

Vs10 – all will praise Him

Holy or godly person will extol Him

Vs11-All the people tell or speak of the glory of his kingdom – teach

Vs21-we personally should speak in praise and as well as every creature

Are you finding yourselves describing God's greatness to others? What stories would you tell?

3. What blessings from the LORD are conditional? What are the conditions on which these blessings depend?

Vs18 – LORD is near to all who call on Him in truth

Vs19 – He fulfills the desires of those who fear him, hears their cry, saves them

Vs20 – LORD watches (protects, preserves) over all who love him

4. Considering the universal blessings of vs 14-17, what kind of preservation and what kind of destruction must be referred to in verse 20?

-preservation: upholding us when we fall, lifting us up when we are bent down with burdens, we are fed from God's hand, satisfies our desires, loves us

Destruction – will not be held up or lifted up, not fed, desires not satisfied, not loved – God will not have His hand on them (life without God=hell)

Notice all the "all"s in this chapter – underline them.

5. Do you sometimes find praising another, and even God, difficult? If so, why?

We are so self-focused. We are numbed to all the good things others and God do for us and don't even think about it – we expect it and only notice it if the good thing we are used to is missing.

6. What would you like to praise, exalt and extol God for today?

He is a God that I can not only know about but also know Him experientially. Like Moses I have been asking God to show me His glory, His power and I realized this week that like He showed Moses his goodness (which is His character) He has been revealing His character to me as well.

I told God I was available however He wanted to use me, and He gave me a burden to call a lady that is a real complainer and has in the past turned away from me everytime I talk about my LORD. On Monday God gave me the opportunity to share God's great love for her and His desire to have a relationship with her. God gave me a love and a compassion and desire to help her. I encouraged her to call on the LORD for help – she needed His help. First time that she didn't deny it.

7. What pictures do you have of what God is like from this Psalm? Is there a song that we could sing to describe the God of Psalm 145?

8. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

### Exodus 33

<sup>17</sup> And the LORD said to Moses, "I will do the very thing you have asked, because I am pleased with you and I know you by name." (His presence would go with them)

<sup>18</sup> Then Moses said, “Now show me your glory.”

<sup>19</sup> And the LORD said, “I will cause all my goodness to pass in front of you, and I will proclaim my name, the LORD, in your presence. I will have mercy on whom I will have mercy, and I will have compassion on whom I will have compassion.<sup>20</sup> But,” he said, “you cannot see my face, for no one may see me and live.”

<sup>21</sup> Then the LORD said, “There is a place near me where you may stand on a rock.<sup>22</sup> When my glory passes by, I will put you in a cleft in the rock and cover you with my hand until I have passed by. <sup>23</sup> Then I will remove my hand and you will see my back; but my face must not be seen.”

#### The New Stone Tablets

**34** The LORD said to Moses, “Chisel out two stone tablets like the first ones, and I will write on them the words that were on the first tablets, which you broke.<sup>2</sup> Be ready in the morning, and then come up on Mount Sinai. Present yourself to me there on top of the mountain. <sup>3</sup> No one is to come with you or be seen anywhere on the mountain; not even the flocks and herds may graze in front of the mountain.”

<sup>4</sup> So Moses chiseled out two stone tablets like the first ones and went up Mount Sinai early in the morning, as the LORD had commanded him; and he carried the two stone tablets in his hands. <sup>5</sup> Then the LORD came down in the cloud and stood there with him and proclaimed his name, the LORD. <sup>6</sup> And he passed in front of Moses, proclaiming, “The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, <sup>7</sup> maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the third and fourth generation.”

<sup>8</sup> Moses bowed to the ground at once and worshiped. <sup>9</sup> “Lord,” he said, “if I have found favor in your eyes, then let the Lord go with us. Although this is a stiff-necked people, forgive our wickedness and our sin, and take us as your inheritance.”

<sup>10</sup> Then the LORD said: “I am making a covenant with you. Before all your people I will do wonders never before done in any nation in all the world. The people you live among will see how awesome is the work that I, the LORD, will do for you. <sup>11</sup> Obey what I command you today. I will drive out before you the Amorites, Canaanites, Hittites, Perizzites, Hivites and Jebusites.

1 Praise the LORD.  
Praise the LORD, my soul.  
2 I will praise the LORD all my life;  
I will sing praise to my God as long as I live.  
3 Do not put your trust in princes,  
in human beings, who cannot save.  
4 When their spirit departs, they  
return to the ground; on that very  
day their plans come to nothing.  
5 Blessed are those whose help is  
the God of Jacob, whose hope is in  
the LORD their God.  
6 He is the Maker of heaven and  
earth, the sea, and everything in  
them—he remains faithful forever.  
7 He upholds the cause of the  
oppressed and gives food to the  
hungry. The LORD sets prisoners  
free.  
8 the LORD gives sight to the blind,  
the LORD lifts up those who are  
bowed down, the LORD loves the  
righteous. 9 The LORD watches over  
the foreigner and sustains the  
fatherless and the widow, but he  
frustrates the ways of the wicked.  
10 The LORD reigns forever, your  
God, O Zion, for all generations.  
Praise the LORD.

Praise the Lord = Hallelujah

My soul= Let all that I am praise the LORD.

1. How long is David going to praise the LORD?

All his life, as long as he lives, while I live, throughout my life

2. Who should we not put our trust, confidence and hope in?

Why? Have you ever put your trust in someone else to save you from something? Been disappointed?

Vs3-4 -in influential and powerful people – they can't help you or save you because when they die all their previous thoughts, plans, and purposes die with them.

3. Who should we put our trust, confidence and hope in?

Vs5 The God of Jacob, LORD their God

How do we do that? We go to God for help, pour out our hearts to Him – He may use someone to help out.

4. Why? What does He all do to show He can help us? Have you seen or experienced any of these things?

Vs6 He is the creator of the universe and forever faithfully keeps every promise.

Vs7 He gives justice to the oppressed and food to the hungry.

The Lord frees the prisoners.

Vs 8 the LORD causes the blind to see,

The LORD lifts up those who are weighed down.

He loves the righteous, godly, who are in right standing with Him.

Vs9 The LORD watches over and protects the foreigners in the land

He cares for the orphans and widows and gives them relief – assists, supports

Keeps the wicked from reaching their goal

Vs10 The LORD reigns forever

5. Recently, have you had an occasion when you needed help or hope? Who did you end up trusting to help you? After these past weeks of “Getting to know God through the Psalms”, can you honestly say that your trust in God has become stronger? Is He someone you can trust your life with ALL the time and in every situation?

6. David sandwiches this psalm between two Praise the Lord's or Hallelujah? What might be some things you would like to sandwich between two Praise the Lord's.

Praise the LORD. for He is a God that I can go to with anything and I know He is listening, and has power to help me.

He is always with me and watching over me so I never have to feel like I am all alone. He keeps all His promises so I know I can totally trust Him with my whole life. He loves me, is thinking about me all the time and has a special plan for me so that gives me hope, encouragement and the ability to go on with God at my right hand, no matter what happens in my life. Praise the Lord!

7. What pictures do you have of what God is like from this Psalm?

Reigning as king, caring for orphans and widows, God standing between a wicked person and their goal, lifting up someone with a burden, creator, setting a prisoner free from prison, loving a person who is in right relationship with Him, just judge, making someone see

8. Is there a song that we could sing to describe the God of Psalm 145?

9. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.





1 Praise the LORD. How good it is to sing praises to our God, how pleasant and fitting to praise him!

2 The LORD builds up Jerusalem; he gathers the exiles of Israel.

3 He heals the broken hearted and binds up their wounds. Dr.

4 He determines the number of the stars and calls them each by name.

5 Great is our Lord and mighty in power; his understanding has no limit.

6 The LORD sustains the humble but casts the wicked to the ground.

7 Sing to the LORD with grateful praise; make music to our God on the harp.

8 He covers the sky with clouds; he supplies the earth with rain and makes grass grow on the hills.

9 He provides food for the cattle & for the young ravens when they call.

10 His pleasure is not in the strength of the horse, nor his delight in the legs of the warrior;

11 the LORD delights in those who fear him, who put their hope in his unfailing love.

12 Extol the LORD, Jerusalem; praise your God, Zion.

13 He strengthens the bars of your gates and blesses your people within you.

14 He grants peace to your borders and satisfies you with the finest of wheat.

15 He sends his command to the earth; his word runs swiftly.

16 He spreads the snow like wool and scatters the frost like ashes.

17 He hurls down his hail like pebbles. Who can withstand his icy blast?

18 He sends his word and melts them; he stirs up his breezes, and the waters flow.

19 He has revealed his word to Jacob, his laws and decrees to Israel.

20 He has done this for no other nation; they do not know his laws. Praise the LORD.

Psalm 147 strongly encourages us or urges us to Praise the Lord for His grace toward His chosen people and His greatness over His creation on our behalf.

1. There are 3 sections in this chapter – each having a call to praise the LORD, reasons to praise the LORD, His goodness towards his chosen people, His greatness over creation on their behalf and a contrast.

Section 1 (vs1-6)

1. What is David's call to praise? Why

Vs1 Praise the LORD. It is good to sing praises to our God. It is pleasant and fitting to praise Him

2. How does God show His goodness toward His chosen people?

Vs2 The Lord was rebuilding Jerusalem and gathering together all the exiles of Israel to bring them back. The restoration of the Jews to the land, healing the broken hearted and the completion of the protective walls and gates around Jerusalem took over 90 years.

We're in such a hurry that if God doesn't do things on our timetable, we get frustrated and discouraged. It only takes a few minutes to read through this psalm that describes how God builds Jerusalem, gathers the outcasts, heals the brokenhearted, judges the wicked, and blesses the nation with peace. But in reading it over so quickly, we often forget that the psalm describes the culmination of years and even generations of prayers and labors. So as we pray and labor for revival and spiritual reformation in our country, for the completion of the Great Commission, or even for the salvation of our loved ones, we need to keep this perspective. God is not always in the hurry that we are in! His timing is not always in line with our timing.

Vs3 He heals the broken hearted binds up their wounds [curing their pains and their sorrows - He is healer - a Dr. Do you have any pain or sorrow that needs healing - run to our healer, all caring, loving Dr.

3. What greatness did He show over creation on their behalf

Vs4 He determines *and* counts the number of the stars; He calls them all by their names.

Vs5 He is a great Lord (Master), has mighty power (have you experienced His mighty power?), his understanding is beyond comprehension – and there is no limit as to how much he understands for He understands absolutely everything (so when we need understanding and wisdom – who should we be going to?)

4. What contrast is given?

Vs6 The LORD supports, gives relief and lifts up the humble and downtrodden (oppressed), but casts the wicked to the ground (brings the wicked down into the dust)

## Section 2

1. What is David's call to praise?

Vs7 singing with grateful praise, make music to God on the harp

2. How does God show His goodness toward His chosen people?  
Vs11 He delights in those who fear him and put their hope in his love

3. What greatness did He show over creation on their behalf?  
Vs8 He covers the sky with clouds and then supplies the earth with rain that makes the grass grow (makes the earth lush)  
Vs9 provides food for the animals and birds when they cry out for it

4. What contrast is given?  
Vs10 does not delight in how strong a horse is or how brave or strong a soldier is  
Vs11 does delight in those who reverentially and worshipfully fear Him,  
Those who put their hope in his kindness, favour, mercy, unfailing, unconditional love

### Section 3

1. What is David's call to praise?  
Vs12 The people in Jerusalem and Zion where to glorify/praise the LORD

2. How does God show His goodness toward His chosen people?  
Vs13 He strengthens the bars of their gates - protection  
He blesses the children within the city gates  
Vs14 He brings peace to their borders  
Satisfies their hunger with the finest of wheat – no crop failure

3. What greatness does He show over creation on their behalf?  
Vs15-18 He sends His commands and orders to the world – His Word travels swiftly – He is in control of nature.  
Vs16 He sends the snow that looks like wool, and scattered the frost upon the ground like ashes  
Vs17 He hurls down hail like small pebbles – making a freezing & chilly blast  
Vs18 Then, at his command, it all melts. He sends his winds, and the ice thaws and the waters flow.

4. What contrast is given?  
He spoke his word to Jacob, his laws and judicial decisions to Israel. He hasn't done this for any other nation – He has not made His laws known to them.

2. What pictures do you have of what God is like from this Psalm?  
Caring for His own people, Dr. - healing the broken hearted & binding up their wounds, bringing the scattered together, mighty over creation, throws the wicked to the ground, gives animals and birds food, pleased with those who fear him and put their hope in Him (this is what God likes and wants from us), feeds us, provides peace, law giver

8. Is there a song that we could sing to describe the God of Psalm 145? Indescribable, How majestic is your name, Our God is greater from 1.40, You are beautiful beyond description

9. How would you summarize what God is like in this chapter? Fill in the chart at the back of the book.

Try creating a personalized stanza with a:

1. call to praise,
  2. State how God has shown His goodness to us as believers,
  3. what greatness He has shown over creation on our behalf
  4. State a contrast about something you have seen or noticed.
- Feel free to use some of the same words you have seen in a psalm.

OR

Make up your own psalm to God with as many verses as you like.

### **Create your own Psalm to God**

Almighty God, you are above all gods, majestic and awesome in power. How I love and adore you. You are beautiful beyond description, too marvellous for words. I stand in awe of you as I think of what an amazing creator you are that takes care of and provides for everything you have made, including me. You have a special personalized plan for me and everyone else you created and recorded them in your book before we were even born.

It is unfathomable that you would think of me all the time, delight in me and crown me with glory and honor. I don't always feel worthy of such treatment, but thank you for being a forgiving God, filling my life with comfort, joy and abundant goodness.

I rejoice in your unconditional love, compassion, mercy, and grace which I experience every day. I will exalt you, for You are the one and only true God and there is no one like you.

I have found You to satisfy the desires of my heart and fill my heart and mind to overflowing with songs of praise and adoration of you. You are more than enough for me.

You guide me, guard me, protect me, hold my right hand and watch over me.

It makes me feel special, safe and secure as you instruct me along the path you want me to take and promise to always be with me.

What a great, good and gracious God you are, filling me with hope and peace.

You know and understand everything about me, and still You love me and am patient with me.

How thankful I am that You are available 24/7 and always ready to listen to me and answer when I call.

I praise you that You are unchanging, just, righteous, trustworthy and a Rock and Refuge I can run to.

You are my most valuable treasure and are worthy of all praise. I will worship You alone and serve You with gladness all the days of my life. You are my God, the joy of my life!

.

## **A - Z of what God is like**

A – Almighty God, answers, all wise, among us, awesome, abounding in love, anger lasts a moment - His favour a lifetime, anoints my head with oil, available 24/7, at my right hand, abundance in His house, above all gods

B – blesses, beautiful, bodyguard

C – creator, compassionate, counsels, comforts, cares, crowns us with glory and honour and love & compassion, covers me with His feathers,

D – divine, Deliverer, dependable, delights in me, delights me, defends, does not slumber or sleep or give up on me

E – exalted, eternal, examines us, enough for me, exalts me, everlasting God

F – father, faithful, forgiving, findable if we seek for Him with all our heart and soul, fulfills His purpose for me, fortress, feeds us, frees me, fills me with joy in His presence, fills our lives with good things

G – good, gentle, gracious, great, goes with me, God of Israel, God Most High, guides me, grants peace, guards us, gives me rest, gives the desire of my heart, gives victory, glorious, God is our glory, God of grace, God of hope

H – holy, hears, healer, holy, horn of my salvation, helps us in our trouble and grief, helper of the fatherless, hears my cry, hides me, holds my right hand

I – I AM (timeless), invisible, infinite God, instructs me, incomparable, impartial

J – just and loves justice, jealous God, Judge, Jehovah

K – knows me personally – knows everything about me, King, keeps covenant of love to those who love Him and keep His commands, Keeps me safe, kind.

L – love, Lord, LORD, Lord of Hosts, life giver, leads me, listens to my prayer, living God, light, Lord God Almighty, lifts up those bowed down

M – merciful, makes me to lie down in green pastures, majestic, master, mighty, mindful of us, makes known to me the path of life, Most High, marvellous deeds

N – never abandon us or leaves or forsakes us, near to us when we pray to Him, nourishes, name is exalted

O – only one true God, omniscient, omnipresent, omnipotent (all powerful), observes us

P – powerful, has a special plan, perfect, patient, provider (basic needs, pleasant places, delightful inheritance), perfect, promise keeper, protector, preserves my life

Q – quickly comes to my aid when I cry out to Him, quietness is when He speaks

R – righteous, rewards those who diligently seek Him, revealer of Himself, Rock, Refuge, righteous judge, rescues me, restores my soul, reads my thoughts, reveals His Word, redeems, reliable, ruler, reigns, refreshes, removes burdens, renews us, records all the days planned for me

S – spirit, sovereign (unlimited authority), sees, shield, stronghold, Saviour, success giver when we seek Him, slow to anger, saves upright in heart, supports me, Shepherd, satisfies our desires, sets prisoners free, Salvation, splendor and majesty are before Him, sun, shades me, searches me, strength – strong arm.

T – takes care of us, talks to us, teaches us His way, trustworthy, truth, thinks about us all the time,

U- Unchanging, unconditional, unfailing love, upright, understanding has no limit, upholds all who fall down.

V – victorious, valuable treasure

W – wise, with us all the time, works are perfect, ways are just, word is flawless. Worthy of praise, workmanship is marvellous

X, Y, Z – excellent, Yahweh, zealous

## Some of the Names of God and their Meanings

1. God ~ Means mighty or strong creator. You are especially created by Elohim for His purpose.
2. The God Most High ~ Means sovereign ruler over all the universe. Because He is El Elyon All Will Work for Good for You
3. The God who Sees ~ The God who Sees and therefore Watches over you is El Roi
4. God Almighty ~ Means The All Sufficient One ~ Run into His arms for He is El Shaddai
5. Lord, Master ~ Means owner, God's total possession of me and my total submission to Him. Bow your knees and be saved for His is Adonai
6. LORD or Jehovah ~ Means The Self-Existent One ~ "I AM" ever with you and your ever present helper. Yahweh (YHWH) is everything You'll Ever Need.
7. The LORD will provide~ Jehovah-jireh has provided All at Calvary
8. The LORD that heals ~You have a balm in Gilead: You have a Great Physician~ Jehovah-rapha
9. The LORD is my banner ~ Defeated? There's Victory under Jehovah-Nissi
10. The Lord Who Sanctifies You ~ Want to be Holy? Turn to Jehovah Mekoddishkem
11. The Lord is Peace ~Troubled? Afraid? Distressed? Worried? Run to Jehovah Shalom
12. The Lord is my Shepherd~ Because He is Jehovah-Raah, You shall not want – No Matter What
13. The Lord Our Righteousness~ Is there is a Crown of Righteousness Waiting for You? Jehovah-tsidkenu
14. The Lord is There~ Jehovah-Shammah
15. LORD of Hosts - is a name for those who, in the midst of a struggle, find their own resources inadequate. Run to your Jehovah Sabaoth and bend the knee to His sovereign rulership because He not only delivers but also judges.



Psalms chapter	Names of God, What God is Like (Conditions)	Our Response
7	<p>David sees God as Someone he can take refuge in, He is dependable, a protector  Saves &amp; delivers,  Gets angry at the wicked and will bring about justice  He is enthroned on high as a king, a ruler  Righteous Judge – gives us a hearing, He vindicates us (according to our righteousness &amp; integrity)  Makes (the righteous) secure, protected, defended  Righteous - just  Probes minds and hearts – can see and understand our thoughts and motives  Shield – my defender  Saves (Upright in heart)  Displays His wrath to the wicked – ready to punish if they don't repent (allows them to fall into their own pit they made for others, lets the trouble they're causing to backfire on them)  God Most High- sovereign ruler over all the universe  LORD Most High – sovereign ruler that is always with us and helps us  LORD  God</p>	<p>Have confidence &amp; trust in God</p> <p>Give thanks – promises to give God glory in advance for what he knows God will do.</p> <p>Sing praises</p>
8	<p>Name is majestic  Glory is displayed in the heavens  (Uses little children birth &amp; cry and their praises sung in simple faith) to silence &amp; overcome His opposers – shows his strength  Creator  Is mindful of us (thinks about us, remembers us, we're not forgotten or alone)  Cares about us  Made us a little lower than Himself  Crowned us with glory and honor  Made us ruler over all He made</p>	<p>Praise His Majestic Name – bow before Him in awe</p> <p>Consider, think about, marvel at &amp; enjoy God's creation and how He is mindful and cares for us.  Treat each person with respect as being created in God's image</p> <p>We rule over all He made – be good stewards of all God has made</p>
9	<p>LORD Reigns forever  Established his throne for judgment – enthroned in Zion  Rules the world in righteousness  Judges the people fairly  Refuge (for the oppressed)  Stronghold (in times of trouble)  Doesn't forsake (those who seek the LORD)  Avenges blood  Does not ignore cries (from the afflicted)  O Most High  LORD</p>	<p>Give thanks with all my heart  Tell of all your wonderful deeds  Be glad and rejoice in the LORD  Sing praise to your name, O Most High  Sing praises of the LORD  Proclaim among the nations what He has done</p>

11	<p>Refuge  In his holy temple  On his heavenly throne  Observes everyone, examines them  Examines the righteous  He hates with a passion (the wicked &amp; who love violence)  Righteous  Loves justice  LORD</p>	<p>Take refuge in him  Trust God for protection instead of running away in fear</p> <p>Look forward to seeing his face (upright)</p>
16	<p>Keeps me safe, Refuge  My most valuable treasure  My portion (enough, all I need), my cup (nourishes &amp; refreshes), makes my lot secure (LORD &amp; the joy, etc.)  Provides pleasant places, delightful inheritance  Counsels me, instructs me  At my right hand  Gives me rest  Will not abandon me (faithful), eternal alienation  Make known to me the path of life  Fills me with joy- in his presence  Has eternal pleasures at his right hand  God, LORD, Lord</p>	<p>Take refuge in God  Say to the LORD, He is my Lord, apart from you I have no good thing</p> <p>Praise the LORD  Keep my eyes always on the LORD - Not fall apart  My heart is glad  My tongue rejoices</p>
Psalms Chapter	Names of God, What God is Like (Condition)	Our Response

18	<p>Strength, rock, fortress, deliverer, refuge  Shield, salvation, stronghold  Saves  Hears my voice (distress, cry to my God for help)  Angry, thunders  Rebukes, draws me out of the waters, rescues (from enemies too strong for me)  Supports, delights in me  Rewards (according to my righteousness, cleanness of my hands, keep ways of the LORD, didn't turn away from Him or His decrees, blameless before Him, kept myself from sin)  Faithful (to the faithful)  Blameless (to the blameless)  Pure (to the pure)  Shrewd – Resourceful (to the devious)  Save (humble)  Bring low (whose eyes are haughty)  Keep my lamp burning, turns darkness into light  Helps  His Way is perfect  LORD's word is flawless  Shield (to those who take refuge in Him)  Arms me with strength  Keeps my way secure – on the right path  Right Hand sustains me  Provide a broad path for my feet  Lives  Avenges me  Exalts me  Shows unfailing love  God, Saviour, LORD, Most High, Rock</p>	<p>Love the LORD</p> <p>Call or cry out to Him as necessary</p> <p>Recognize &amp; verbalize that God is the LORD, the Rock is our God</p> <p>Exalt God  Praise the Lord among the nations  Sing the praises of God's name</p>
20	<p>Answer (when in distress, when we call)  Protect, send help, give support  Remember our sacrifices, accept offerings  Give (desires) of heart, make our (plans) succeed  Is victorious, gives victory (to anointed)  Grants our requests  LORD, God of Jacob, our God</p>	<p>Shout for joy  Lift up our banner showing that God is our leader and victor  Trust in the name of the LORD our God</p>
Psalms Chapter	Names of God What is God Like (Conditions)	Our Response
23	<p>Shepherd  Makes me lie down,  leads me,</p>	<p>Fear no evil  Follow my shepherd</p>

	<p>refreshes my soul,  guides me  Is with me,  comforts me,  prepares a table before me  Anoints my head with oil  LORD</p>	<p>Allow Him to take care of me</p>
27	<p>Light,  salvation,  stronghold of my life  Beautiful  Keep my safe,  hide me,  set me on a high rock,  exalt me (in the day of trouble)  Hear my voice,  be merciful,  answer (call)  My helper  Will receive,  not reject or forsake me  Teach me your way – how to live, lead me  Good</p>	<p>Not fear, be confident  Desire to dwell in the house of the  LORD,  gaze on His beauty,  seek Him in the temple,  seek His face  joy  Sing and make music to the  LORD  Wait for the LORD- for His  timing, be strong &amp; take heart</p>
36	<p>Love (to those who know you),  faithful,  Righteous (to the upright in heart),  just  Preserve man &amp; animals  Abundance in his house,  river of delights  fountain of life,  light  LORD, God</p>	<p>Take refuge under the shadow of  His wings  Feast on the abundance in his  house,  Drink from his river of delights  Praise the LORD</p>
Psalms Chapter	<p>Names of God  What is God Like (Conditions)</p>	<p>Our Response</p>
29	<p>Glory, strength  Splendor of His holiness  God of glory  Voice is like thunder  Voice of the LORD is powerful, majestic</p>	<p>Credit the LORD with glory and  strength  Worship the LORD</p>

	<p>Voice of the LORD breaks cedars, makes mountains of Lebanon leap, strikes with flashes of lightning, causes an earthquake in the desert, twists the oaks or makes a deer go into labor Sits enthroned over the flood, as a King forever Gives strength (to his people) Blesses (his people) with peace</p>	
96	<p>Saving power Marvellous deeds Glory Great Worthy of praise Above all gods Made the heavens Splendor &amp; majesty are before Him Strength and glory fill His temple Splendor of his holiness LORD reigns Firmly set up and under control Judge with justice and righteousness The LORD comes – to judge in righteousness &amp; faithfulness</p>	<p>Sing a new song Praise His name Tell others about His salvation Declare His glory to others Fear Him above other so called gods Accredit Him with glory and strength Bring Him an offering Come into his courts for worship Tremble before Him (He's holy) Tell the nations that the Lord reigns</p>
46	<p>Refuge and strength Always ready to help in times of trouble God is with us and will help us from the break of dawn His voice melts the earth Lord of Hosts (sovereign divine ruler of the heavenly armies) is with us God of Jacob – (is our fortress) reminder of God's covenant of love whose help in a time of trouble is not dependant on our great strength, but on His great grace.</p>	<p>We will not fear Let go of my concerns and be still and know that God is who His names says He is. Exalt God</p>
Psalms Chapter	<p>Names of God What is God Like (Conditions)</p>	Our Response
62	<p>My salvation, my mighty rock, my fortress, my refuge God of hope trustworthy Power, unfailing love Reward everyone (according to what they have done) God, Lord</p>	<p>Rest in God only Won't be severely shaken I will hope Trust in Him at all times Pour out my heart to Him</p>

81	<p>God, God of Jacob  Our strength  Removes burdens  Set hands free from heavy tasks  Rescued, answered, tested them, warned them  Fills our lives with good things  Gives us over to our stubborn hearts  Subdue enemies  Feeds us with the finest of wheat  Satisfy us with honey</p>	<p>Sing for joy  Shout for joy  Make music on instruments  Celebrate  Open my mouth wide to receive  what God wants to give me  Listen to God  Follow God's ways</p>
84	<p>LORD of Hosts dwelling place is lovely  Living God  Blesses (those who are in God's presence)  Our strength comes from God  Hears, listens  LORD God Almighty, God of Jacob, God  Sun, shield  Gives favour (grace, kindness) &amp; honor  He doesn't withhold anything good from us (walk is  blameless – walk openly before God)</p>	<p>Yearn to be in God's house, in  His presence  Praising God together with others  Dwell in God's presence  Have a heart that is pursuing God  Enjoy Being with the Lord and  others in His sanctuary  Trust in Him</p>
Psalms Chapter	<p>Names of God  What is God like (conditions)</p>	Our Response
89	<p>Great love – will last forever  Faithfulness – never ending, unchanging – surrounds  Him  Makes covenant &amp; keeps his promise  No one or anything can compare with the LORD  More awesome that all who surround Him  Rule over surging sea – still them  Crushed mythical or demonic creature or Egypt  Strong arm scatters enemies  Created the world and the heavens &amp; earth belong to  Him</p>	<p>Sing of the Lord's great love  Make God's faithfulness know  Declare his love &amp; faithfulness  With heavens praise God's  wonders &amp; faithfulness  With the angels greatly fear Him  With mountains sing for joy at  His name  Publicly praise  Rejoice in His name  Celebrate His righteousness</p>



	<p>Created North &amp; South  He is powerful, mighty, strong, exalted  Foundation of his throne is righteousness &amp; justice  Love &amp; faithfulness are like attendants before Him  God is our glory &amp; strength, gives favor  My Father, My God, the Rock, my Saviour</p>	
90	<p>LORD  Our dwelling place  Everlasting God  Turn people back to dust  Thousand year is like a day or several hours at night with the Lord.  Sweep people away with death – like grass that lasts only a day</p>	<p>Will dwell in the Lord – emotionally &amp; spiritually reside in the LORD  Apart from God our life is very brief and uncertain and futile so I want to be motivated to always be rightly related to God</p>
91	<p>My refuge  My fortress  My dwelling place  Saves me from every trap and protects me from deadly diseases and plagues  Covers me with His feathers, gives me refuge under His wings,  His faithfulness is my shield (protection) and rampart (defensive wall)  Not allow harm to overtake me or disaster to come near me  Command his angels to guard us in all our ways  Rescues me (if I love Him)  Protects me (If I acknowledge His name)  Will answer me  Be with us in trouble  Delivers and honors people  Satisfies us with long life  Allow him to experience His saving power</p>	<p>Dwell and rest in the LORD  Say that the LORD is my fortress, my God  Trust in Him  Find refuge in Him  No fear any terrors that happen at night  Say that the Lord is my refuge  Make the Most High my dwelling  Love God  Acknowledge His name – admit proudly that we know God and His names  Call on God</p>
Psalms Chapter	<p>Names of God  What is God like (conditions)</p>	Our Response
99	<p>Reigns- rules as King  Sits enthroned between the cherubim- from where He talked to the Israelites and gave His commandments  Great  Exalted  Great and awesome name  Holy  Established equity – impartiality, fairness, equality  Just and right  Answers those who call on Him  Spoke to them from the pillar of cloud  LORD our God  Forgiving God – punishes their sinful deeds</p>	<p>Tremble in reverential fear, stand in awe  praise His great and awesome name  exalt the LORD  worship at His footstool – humbleness  keep His statutes and decrees</p>

94	<p>Avenges – vengeance belongs to Him  Judge  Made the ear and He can hear  Made the eye and can see  Disciplines nations and can punish us  Teaches people, has knowledge about what we are doing  Knows everyone’s plans and thoughts – that they are worthless  Disciplines people, teaches us His laws  Grants relief from troubles  Will not reject His people or forsake them  Gives us help  His unfailing love supports – holds me up  Comforts  My fortress  Rock in whom I take refuge  My God  Repay wicked for their sins – destroy them</p>	<p>Be filled with joy at His comfort  Accept His discipline and teaching  Let God do the avenging  Take a stand for God against evildoers  Follow God’s righteous judgment  Take refuge in God</p>
100	<p>LORD alone is God  Made us – and we belong to Him  He made us His people, His sheep that He is taking care of  Good  Love endures forever  Faithfulness continues through all generations</p>	<p>Shout for joy – make a joyful noise  Worship, serve the Lord with gladness  Come before Him with joyful song  Enter His gates with thanksgiving and a thank offering  Enter His courts with a song of praise  Give thanks to Him  Praise His name</p>
Psalms Chapter	<p>Names of God  What is God like (conditions)</p>	<p>Our Response</p>
103	<p>Forgives all our sins  Heals all our diseases  Redeems my life from the pit  Crowns me with love and compassion  Satisfies our desires with good things  We are renewed like an eagle – our strength, soaring  Works righteousness and justice  Makes His ways known of righteousness &amp; justice (character) known – also His deeds  Compassionate (fear Him)  Gracious  Slow to anger  Abounding in love  Not always accuse  Not harbour his anger forever  Does not treat us as our sins deserve  Does not repay us according to our iniquities</p>	<p>Praise the Lord  Forget not all his benefits – all the good things He has done for us  Fear Him  Keep his covenant, obey His precepts  Do His will</p>

	<p>Great love (fear Him) everlasting &amp; with us  Removed our transgressions from us  Knows how we are formed – dust  Righteous with our children’s children (keep his covenant and obey his commands)  Established his throne in heaven &amp; his kingdom rules over all</p>	
116	<p>Hears me – hears my cry for mercy, bends down to listen – turns his ear to me  Gracious – merciful, kind  Righteous  Full of compassion – understanding, caring, warm, loving  Protects the unwary  Saves – delivers us from death, tears, &amp; stumbling  Good to me  Freed me from my chains</p>	<p>Love Him  Call on Him  Rest in Him  Walk before the Lord  Trust in the Lord  Express praise to God for His many times He has delivered Him.  Fulfill my vows  Want to be a faithful servant  Serve  Bring Him a song of Thanksgiving  Give Him a thank offering  Praise the Lord</p>
Psalms Chapter	<p>Names of God  What is God like (conditions)</p>	Our Response
121	<p>Helps  Maker of Heaven and earth  Not let my foot slip  Watches over me – my life, my coming and going  Does not sleep or slumber  Shades me  Won’t let the sun or moon or anything harm me</p>	<p>Go to God for help  Rest in Him  Thank Him  Believe Him</p>
138	<p>Unfailing love  Faithfulness  Name is exalted  Answer  Strengthens us so we become bold  Glory of the LORD is great  Exalted  Cares and respects the humble  Preserves my life  Saves me – protects me from the anger of my enemies</p>	<p>Praise Him with all of my heart  Sing His praise  Bow down in worship before God  Call on Him  Be humble</p> <p>Do what He wants me to do</p>

	<p>Will fulfill His purpose for me – work out His plans for me Does not give up on us</p>	
139	<p>Searches me Knows me – when I sit and rise (omniscient) Can read my thoughts Knows when I go out and when I lie down Knows what I'm going to say even before I say it He's in front of me, He has my back, He has His hand of protection and blessing on me – totally surrounded – omnipresent Are everywhere – heavens, where the dead are, anyplace on earth Guides me Holds my right hand His ability to see is not hindered by darkness Created me – knit me together, woven me together in region of mystery and darkness – saw me there as a fetus I'm fearfully and wonderfully made His workmanship is marvellous All my days were ordained, recorded in His book – even before I was born Thinking about me all the time He is always with me Searches our heart, tests our thoughts Leads us</p>	<p>Praise Him See His care and thoughts of me as precious Acknowledge the significance and value God has placed on my life</p> <p>Not do the wicked things that wicked people do. Hate the things that God hates Abhor rebellion Ask God to search my heart and thoughts and see if I am doing anything that is offensive to God. Ask Him to lead me</p>
Psalms Chapter	<p>Names of God What is God like (conditions)</p>	Our Response
145	<p>Great – no one can fathom Worthy of praise Abundant goodness – to all Righteous Gracious. Compassionate, slow to anger, rich in love Kingdom (ruled by king-God) is glorious &amp; everlasting His dominion endures (supreme power, authority &amp; control) Mighty – mighty acts Trustworthy in all He promises Faithful in all He does Upholds all who fall Lifts up those who are bowed down Give us our food – give us this day our daily bread Has an open hand to satisfy our desires He is near and available when we call Fulfills the desires of those who fear Him Hears our cries Saves us Watches over all who love Him Destroys the wicked</p>	<p>Exalt Praise your name Extol your name Commend your works Tell of His mighty acts Speak of the glorious splendor of His majesty Meditate on His wonderful works Tell of His power Proclaim His great deeds Celebrate God's goodness Joyfully sing Look to God for our daily needs like food Call on Him in truth</p>

	Holy name	
146	<p>Blesses  Helps  God of Jacob  Maker of heaven and earth, the sea, etc.  Remains faithful  Gives justice to the oppressed  Gives food to the hungry  Sets prisoners free  Gives sight to the blind  Lifts up those who are bowed down  Loves the righteous  Watches over and protects the foreigner  Assists, supports, cares for the orphans and widows  Keeps the wicked from reaching their goals  Reigns forever</p>	<p>Praise the Lord  Sing praises  Hope in LORD our God</p>
147	<p>Builds up Jerusalem  Gathers together the exiles of Jerusalem  Heals the broken hearted  Binds up their wounds physical, emotional– Dr.  Determines how many stars &amp; names them  Great  Mighty in power  Understanding has no limit  Supports the humble  Casts the wicked to the ground  Covers the sky with clouds, supplies us with rain  Makes grass grow  Provides food  Delights in those who fear Him and hope in His  unfailing love  Strengthens (protects) town  Blesses people inside the town  Grants peace  Satisfies us with the finest of foods  Sends his command to the earth  Spread the snow, scatters the frost, hurls down hail,  then melts everything – is in charge of nature  Reveals His word</p>	<p>Praise the Lord  Sing praises,  Grateful praises  Make music on the harp  Extol – glorify the Lord  Go to God for healing  Fear him and hope in his love  Thank Him for all His provision  Listen to His word – take it to  heart to obey it</p>





PRAYER REQUESTS  
DATE            REQUEST

ANSWERED