



# **Psalms**

## **Lesson 2: Psalms to Deepen Our Trust**

The New Testament tells us that “without faith it is impossible to please [God]” (Heb. 11:6). Trusting God is not so hard when life is going well. But when the heat of life is dialed up, we may have difficulty even knowing what it looks like to trust Him. How do we trust Him in our trials and hardships? The psalms in this lesson address this question by showing us how others trusted God in their own times of crisis. You’ll benefit most from this study if you read the entire Scripture passage prayerfully before starting the questions. Some will be easier to answer than others. Please note the references of any verses you use. You don’t need to say your “For personal thought” answers aloud in Core Group, though your responses may enrich others. Not everyone will get the same answer every time, and that’s okay. Just ask God to help you understand His Word and equip you by it.

Psalms 4

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### **Previous Lesson Review**

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**Personalize the truth. Consider what the way of righteousness and the way of sinners looks like today. What do you notice about each path? What are its distinguishing features? Which path are you drawn to, and why?**

**Introduction to Psalms - 1. What did you notice from this week’s Commentary about the meaning of the Hebrew word translated “Psalms,” and how does that help you understand how we should approach this book?**

### **Day 1**

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**Write God’s Word for the week: Psalm 91:2. - I will say to the Lord, “My refuge and my fortress, my God, in whom I trust.”**

**Psalms 4; 11—David’s Source of Trust - 1. What requests did David make of the Lord in Psalm 4:1, and on what basis?**

2. David presented a contrast in Psalm 4:7. a. Where was David's joy found, and how was this different from how others found satisfaction? b. In your life, have you seen a difference between pleasant circumstances and true joy? If so, please explain.

3. From Psalm 4, how would you say David's trust affected the way he lived?

4. From Psalm 11:1-3, what question was David thinking about, and why?

5. According to Psalm 11, what did David know that kept him from doing what he was thinking about?

6. Read James 1:2-4 and 1:12. How does this expand on David's idea that "the Lord tests the righteous," (Ps. 11:5) and what is the ultimate outcome for those who remain steadfast during the testing?

## Day 2

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Write God's Word for the week: Psalm 91:2.

**Psalm 16; 63—Two Paths - 7.** Like Psalm 1, which we looked at in lesson 1, the first four verses of Psalm 16 present two different life paths. What differentiates the followers of these two paths?

8. From Psalm 16:11, what did David find on the path he chose?

9. Reread Psalm 16:5-6. a. Also read Numbers 18:20 and Joshua 13:6-7. How might David's declaration have reminded the Israelites of their history with God? b. How did the Israelites' history with God affirm David's confidence in God's sovereignty?

10. In Psalm 63, we also see two paths, David's way and the way of the others he wrote about here. a. From Psalm 63:1, whom was David seeking, and what imagery did he use to describe his longing? b. From Psalm 63:9-10, what were the others seeking, and what would happen to them?

11. Read Matthew 5:6 and John 4:13-14. What promise did Jesus make to those who feel a similar kind of longing David felt?

12. Throughout Psalm 63, David expressed his trust in the Lord through praise. Which of his words resonates most with you, and why?

### Day 3

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Write God's Word for the week: Psalm 91:2.

Psalm 73—Trusting God for Justice - 13. The psalmist Asaph wrote, "My feet had almost stumbled, my steps had nearly slipped." What led Asaph to this place?

14. Do you relate to any of the injustices Asaph observed? If so, without getting specific, how can you relate?

15. According to Psalm 73:15, why didn't Asaph want to speak publicly about what he had observed, and how might someone say that in today's language?

**16. How was Asaph's struggle resolved?**

**17. How could you use this psalm to encourage someone who is struggling to trust God with the injustice he or she sees or experiences?**

## **Day 4**

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**Write God's Word for the week: Psalm 91:2.**

I will say to the Lord, "My refuge and my fortress, my God, in whom I trust." Ps. 91:2

**Psalm 91—The Lord's Protection - 18. What images did the writer of Psalm 91 use to portray God's protection?**

God is my refuge and fortress. Delivers me from the snare of the fowler. A bird protecting its young. I will not fear the terror of the night, nor the arrow that flies by day. Nor pestilence, nor destruction; no plague will come near my tent. He will command His angels concerning me. I will trample the lion and the adder underfoot.

**19. Read Matthew 4:5-7. a. In what context were the words of Psalm 91:11-12 used in this Matthew passage? b. How did Jesus respond? c. How does Jesus's response help us rightly apply this psalm?**

Satan used this scripture to tempt Jesus in the wilderness. Jesus said, you shall not put your lord God to the test. ??

**20. In Psalm 91:14-16, the Lord speaks in the first person. What promises do you see for those who love Him, know His name, and call to Him?**

He will deliver us, protect us. He will answer us, be with us in trouble, rescue us and honor us. He will satisfy us with long life and show us His salvation.

**21. We should not think that Psalm 91 means that God's people will never experience difficulty. What insights do the following verses provide? a. John 16:33, b. Romans 8:35-39, c. 2 Corinthians 4:8-9, d. 2 Timothy 3:12, e. 1 Peter 4:12**

In Psalm 91:15, God says he will be with us in trouble.

Jn. 16:33 we will have tribulation.

We will be persecuted when we choose to live a Godly life.

**22. How can we reconcile the suffering that believers face in this life with the truth of Psalm 91?**

God will be with us no matter what.

## Day 5

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### **Write God's Word for the week: Psalm 91:2.**

I will say to the Lord, "My refuge and my fortress, my God, in whom I trust." Ps. 91:2

**Selected Passages—Trusting God - 23. The psalmists trusted God because of who He is and what He had done. As you think about the psalms you studied this week, what are some of the reasons for the psalmists' confidence in the Lord? (For online users, list their reasons for trust from the following verses. a. Psalm 4:1 and 4:3, b. Psalm 11:4 and 11:7, c. Psalm 16:2 and 16:7-8, d. Psalm 73:24 and 73:26, e. Psalm 91:11)**

Ps. 4:1 God gave me relief when I was in distress.

Ps. 4:3 God hears when I call to Him.

Ps. 11:4 God sees me.

Ps. 11:7 He loves righteous deeds and the upright shall behold his face.

Ps. 16:2 I have no good apart from God.

Ps. 16:7-8 God gives me counsel and He is at my right hand, I shall not be shaken.

Ps. 73:24 God guides me with His counsel, and He will receive me to glory.

Ps. 73:26 God is the strength of my heart and my portion forever.

Ps. 91:11 God will command his angels to guard me in all my ways.

### **24. Review Psalms 11:7; 16:10-11; and 73:24. What did the psalmists insist was the long-term outcome for those who trust and follow God?**

Ps. 11:7 We shall behold His face.

Ps. 16:10-11 He will not abandon us. At His right hand are pleasures forevermore.

Ps. 73:24 Afterward God will receive me to glory.

### **25. Review Psalms 11:5-6; 16:4; 63:9-10; and 73:18-19. What did the writers say about those who do not follow God?**

Ps. 11:5-6 God hates the wicked and the one who loves violence. He will rain coals on the wicked; fire and sulfur and a scorching wind shall be the portion of their cup.

Ps. 16:4 Their sorrows will multiply. God will not take their names on His lips.

Ps. 63:9-10 They will go to the depths of the earth; they will be given over to the power of the sword; they shall be a portion for jackals.

Ps. 73:18-19 God will set them in slippery places; He will make them fall to ruin. They will be destroyed in a moment, and swept away by terrors.

### **26. Part of trusting God is knowing what to do with your doubts. What do you learn about this from Asaph's actions in Psalm 73:16-17?**

He went into the sanctuary of God (to worship/pray?) then he was able to discern the will of God.

**27. Philippians 4:6-7 gives practical instruction about trusting God. a. What does it say we should do? b. What will be the result?**

We should not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Then the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**28. Apply the truth: Studying Psalms shows us how to approach God and how to talk to Him. How could you pray, on the basis of the psalms you read this week, when you're struggling to trust God? Write your prayer in your own words, with words from Scripture, or by combining both.**

God you are my refuge, fortress, and strength. Forgive my doubts and help me to fully trust in you knowing that you see me and care for me.

## **Day 6 (Class Notes)**

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**Notes:**