

NIV MEMORY VERSE: Psalm 13:5

But I trust in your unfailing love, my heart
rejoices in your salvation.

PSALMS/PROVERBS 12-1**"TRUST IN GOD"****Psalms 4, 13, 56, 57, 91, 108, 125, 143, 146**

1. What was helpful to you from last week's lesson?

DAY 1 – READ Psalm 4:1-8; Psalm 13:1-6

2. While David asked God to "hear my prayer" (4:1), of what was he confident in verse 3?
3. What should we not do?
- 4.a. What should be done in verse 5?
 - b. What do you think are "right sacrifices"? Support your answer with Scripture where possible.
- 5.a. As a result of trusting God, what was David able to experience in vs. 7, 8?
 - b. David wrote Psalm 4 when he was in "distress" (vs.1). When facing a hard time in your life, what comfort could you find in Psalm 4?
6. In **Psalm 13**, David asked the Lord "how long?" four times. Share something you would personally like to ask God that completes the same thought. "Lord, how long _____?"

7. How do you think including statements of trust with our prayerful laments helps us keep our spiritual equilibrium?
8. Verse 6 "I will sing to the Lord for he has been good to me." Why is that a song in your heart today?

DAY 2 – READ Psalm 56:1-13; Psalm 57:1-11

- 9.a. In Psalm 56 how did David describe his trouble?

... trust?
- b. What do these Scriptures say about trust in God?
Proverbs 29:25

Isaiah 26:3

Nahum 1:7

DAY 2 (Continued) – READ Psalm 56:1-13; Psalm 57:1-11

10. Consider “what man can do to me” vs. “what God can do for me” and share your thoughts.
- 11.a. In **Psalm 57:4** David had problems with people. Select a verse that indicates which he thought was bigger, his problem or his God.
- b. List three positive things you learn from David in Psalm 57.

DAY 3 – READ Psalm 91:1-16

- 12.a. God is a divine protector for those who do what in verses 1, 2?
- b. How do you think the idea of taking “someone under your wing” implies trust?
- c. In verse 5-13 David acknowledged God had protected him from harm in battle; from disease; from harmful accidents. Share an instance of how God has protected you in one or more of these areas.
- 13.a. As you dwell with God, how does He assist you in vs. 11-12?
- b. What is the eight-fold reward (vs. 14-16) for those who love and trust God?

DAY 4 – READ Psalm 108:1-13; Psalm 125:1-5

NOTE: Psalm 108 is a combination of two other psalms. It shows: the exaltation of trust before (108:1-5/ Psalm 57:7-11) the encounter with trials. (108:6-13/Psalm 60:5-12)

14. How does exaltation of God in an assembled worship service prepare you for encounters with the world the rest of the week?
15. Fill in **Psalm 125:1**. “Those who trust in the Lord are like _____.”
- 16.a. Although the psalmist felt the Lord surrounding His people, about what was he concerned in 125:3?
- b. Godly people face temptation and feel far from being a “mountain of strength” sometimes. What does God promise in Isaiah 54:10?

DAY 5 – READ Psalm 143:1-12; Psalm 146:1-10

17. Psalm 143:8 says “. . . I have put my trust in you. Show me the way I should go . . .” To exhibit his dependency upon God, what did David
...do in vs. 1?

...acknowledge in vs. 2?

...feel in vs. 4?

...remember in vs. 5?

...desire in vs. 10?

...declare in vs. 12?
18. When we trust in God, how do you think the Holy Spirit leads us on level ground (vs. 10)?
- 19.a. According to **Psalm 146**, why do we not trust in mortal man?
- b. Why should we trust in God?
vs. 6

vs. 7

vs. 8

vs. 9

vs. 10
- c. Have you trusted the Lord to give you spiritual insight into the wisdom and beauty contained within Psalms and Proverbs? If so, echo the last line of Psalm 146.
PRAISE THE LORD!
20. Which Scripture was “living and active” for you as you studied this lesson?

"TRUST IN GOD"

Psalms 4, 13, 56, 57, 91, 108, 125, 143, 146

LECTURE NOTES:

PRAYER REQUESTS: