

NIV MEMORY VERSE: Psalm 33:18

PSALMS/PROVERBS 16-1

But the eyes of the Lord are on those who fear him,
on those whose hope is in his unfailing love.

"HUMILITY/HOPE/HELP"

Psalms 12, 28, 33, 40, 42, 43, 54, 60, 69, 70, 121, 131

1. What was significant to you in last week's lesson?

DAY 1 – READ Psalm 40:1-17; Psalm 70:1-5; Psalm 131:1-3

2. Humility admits need, submits willingly, and accepts help.
 - a. What help did the Lord give David in Psalm 40:2,3?

- b. In verses 9-11, what did David do?
... not do?

Read Philippians 2:5-8. Who was the ultimate example of humility and submission?

- c. What need did David admit in Psalm 40:12,13?
3. Compare Psalm 40:13-17 with **Psalm 70:1-5**. What did David consider God in the last verse of each psalm?
4. In **Psalm 131**, how did David describe his ...
... humility?
... haven?
5. What do these Scriptures teach about humility?
 - a. 2 Chronicles 7:14
 - b. Isaiah 66:2
 - c. James 4:10

DAY 2 – READ Psalm 33:1-22; Psalm 42:1-11; Psalm 43:1-5

- 6.a. Our hope is in the Lord; therefore, we do what in Psalm 33:1-3?
 - b. Why (vs. 4,5)?
- 7.a. As Creator, God looks down from heaven (vs. 13) and does what in verses 18,19?
 - b. Fill in vs. 20. "We wait _____."

DAY 2 (Continued) – READ Psalm 33:1-22; Psalm 42:1-11; Psalm 43:1-5

- 8.a. Write Psalm 33:22
- b. How do we come to that hope according to 1 Peter 1:3?
9. Read **Psalm 42** and **Psalm 43**.
- a. Which verse indicates a factor contributing to the psalmist's depression?
- Scoffers – Where is your God? _____
- Loss of joy – remembering past _____
- Oppressed by the enemy _____
- b. Which verse shows the intensity of the psalmist's emotions?
- My soul thirsts for God _____
- Tears day and night _____
- Soul downcast and disturbed _____
- Felt he was drowning _____
- My bones in agony _____
- Plea for rescue _____
- Feeling rejected _____
- c. What ways did he find spiritual help?
- d. In verses 42:5, 11 and 43:5 we learn that there is recovery through hope. How can you claim that hope for yourself today according to Romans 15:4?

DAY 3 – READ Psalm 28:1-9; Psalm 54:1-7

- 10.a. David cried to the Lord in Psalm 28:3 for help against whom?
- b. Why (vs.5)?
11. After asking for help, what did he do?
- 12.a. In **Psalm 54**, David asked for help against whom?
- b. Again after petition for help came praise (vs.6, 7) for the deliverance. Why do you think they so often follow each other?

DAY 4 – READ Psalm 60:1-12; Psalm 69:1-36

13. David did not win all his battles. Psalm 60 was written after an embarrassing defeat. In Psalm 60:5 he acknowledged his need for God's help.
- a. Share a time when you lost a battle.
- b. David wondered if he should go back to the battlefield. From His sanctuary God promised victory. How does the assurance of God's help keep us willing to fight our battles?

DAY 4 (Continued) – READ Psalm 60:1-12; Psalm 69:1-36

14. What was David's confidence in Psalm 60:11,12?

15. **Psalm 69** is a psalm of great suffering and anguish that seeks God's help.
 - a. What was David's concern in verse 6?

 - b. What did he endure in verse 12?

 - c. What was his plea in verse 17?

 - d. What did David lack in verse 20?

 - e. What did David decide to do in verse 30,31?

 - f. What did he know in verse 33?

16. What can you apply to your life from Psalm 69 that would be of help to you?

DAY 5 – READ Psalm 12:1-8; Psalm 121:1-8

- 17.a. What was David's plea in Psalm 12:1?
 - b. Why did he come to that conclusion?

18. How did the Lord react in verse 5?

19. How did David view the words of the Lord?

- 20.a. Do you need help today? Write **Psalm 121:2**.
 - b. What comfort to know . . .
 He does not (vs.3) _____
 He will (vs.7) _____
 He will (vs.8) _____

 - c. Help is only a Scripture away. Write Matthew 7:7,8.

21. In times of need, why do you think it's sometimes easier to knock on the door of heaven than the door of your neighbor?

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LECTURE NOTES:

PRAYER REQUESTS: