LifeChange Study of Psalms
Lesson 5 - Part III (Week of March 29, 2020)
The Point: In God We Trust

Prevailing Thought
We demonstrate our trust when we call upon God in prayer.
We overcome our fear, when we confess our confidence in God’s power

Worship Time
Prayer and magnifying God for His goodness.

Opening Activity
Scenario: Q. A man is trapped in a room. The room has only two possible exits: two doors. Through the first door enters a room constructed from magnifying glass. The blazing hot sun instantly fries anything or anyone that enters. Through the second door there is a fire-breathing dragon. How does the man escape?

A. ___________________________________________________________________

Introduction
Explain: Have you ever felt overwhelmed or overcome by a crisis or adversity?
When we experience a crisis, it is sometimes challenging to think clearly about how to respond, because the impending __________ can loom larger than life. The Psalms help us to identify with feelings of being oppressed, overwhelmed, or overcome and instruct us on how to __________ those emotions.

Word Time
Psalm 56 is one such Psalm. It is written after the Philistines had seized him in Gath. David had a great victory over their giant Goliath only to then have to run for his life from __________. While fleeing from Saul, he ran right into the hands of king __________ of Gath (Philistine city). We read about it in 1 Samuel 21:10-15. The servants of the king __________ David and remembered what was said about him killing ten times more than Saul. David took these words seriously and __________ for his life. I can only imagine he felt trapped. He was surrounded and outnumbered. In that moment David decided he would behave as a madman.

As David reflects on this, he writes in Psalm 56, Be gracious to me, O God, for man tramples on me all day long an attacker oppresses me; my enemies trample on me all day long, for many attack me proudly (vs. 1-2)
David calls upon God to be gracious or merciful to him. He doesn’t want what he deserves, but he knows that God’s ____________ is one of love and compassion and so he calls upon God to act in accordance with his character.

God’s character is revealed in his word and not dictated by our _____________. There must be something you know about God’s character that will sustain you even in crisis and chaos. God is gracious. He is full of mercy and compassion; slow to anger and longsuffering!

**For Discussion**

1. David claims that man tramples on him *all day long*. How many times does he use these words? What feelings do you think David is conveying through the repeated use of this phrase in the Psalm?

2. How does David describe the actions of his enemies in verses 1-6?

3. Discuss the contrast with the last clause in verses 4 and 11, *What can flesh (man) do to me?* How does this inform David’s confidence in God?

4. In what ways has your confidence or trust in God been challenged by the current crisis?

5. To tempt God is to demand that he manifest his power in a certain way. How might trusting God look different from tempting God?

**Summary/Assignment**

We will experience varied emotions during any crisis, but like David we place our trust and confidence in God’s promises because of his character. Choose a promise of God and confess your confidence in this week. Write it down, memorize it and recite it to yourself in the face of fear.