

### 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

Psalms 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?

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

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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?

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

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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?

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## 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.

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