

Psalms



Daily Life
Five Oaks Church
Week 2: September 5–11, 2015

Day 1

September 7



Pray / God to speak to you through his Word, the Bible.

PRAYER IS POWERFUL. In times of pain, anguish, and sin, God hears our cries.

This psalm shows us David's plea for mercy from his physical and spiritual pain. David recognizes that he is in trouble and wants healing and deliverance. We don't know the cause of David's pain, but regardless of what it was, he sought God for help. David loved God and showed remorse for his sin. At the end of the psalm, we see that David's prayer was answered. God heard him.



Read / Psalm 6



Reflect / Choose one of the following questions for reflection.

David is weak, both physically and spiritually, and is asking for healing. He puts his trust in God. Do you put your trust in God during trials and pain? Have you ever asked for healing and not received it? Did that result change your faith in God?

Tears are a gift from God and are a way to express emotions and pain. David is crying in his prayer to God with pain. Many times tears are a sign that something is wrong, but they also can be a sign that something is right. Reflect on a time when you shed tears of happiness, thanks, and praise for God.

God does not answer David's cries immediately, making David feel that God has left him. We live in a culture that is very impatient, and we want results immediately. Even David struggled with patience and wanted to know how long he would have to wait for God. Has there been a time when God has taken longer with his answer than you would have liked? Did you continue to have faith during the waiting period?

Day 2

September 8



Pray / Thank God for his constant presence and protection in your life.

WE CAN BE assured that God will ultimately bring justice and fairness when we include him in our lives.

Have you ever been falsely accused or so badly hurt that you wanted revenge? Psalm 7 was written by David after he was accused of trying to kill Saul for the throne.¹ Instead of taking matters into his own hands and fighting back, David cried out to God for help and justice.

Our natural response to false accusations and hurtful words is to become defensive. We try to rid our hurt by retaliating with our own hurting words. Sometimes the words that heal are the words left unsaid. God will execute final justice.



Read / Psalm 7

1. John Goldingay, *Psalms for Everyone, Part 1* (Louisville, KY: Westminster John Knox Press, 2013), 25.



Reflect / Choose one of the following questions for reflection.

God is our only true judge. Have you ever felt that you were falsely accused of something? How did you handle the situation? Did you go to God to handle the justice, or did you try and handle it yourself?

God sees into our mind and hearts. Nothing that we think or do is hidden from him. He knows all of our sins. Read Jeremiah 17:10 and 1 John 3:20. Have you ever prayed or confessed to God and left out the whole truth, thinking that God is none the wiser? If so, take time now to fully confess and ask for forgiveness.

Verses 14–16 tell us that evil has a way of destroying itself. Have you fallen into your own “pit” of trouble? Are you trying to dig out yourself, or are you repenting and calling for God’s assistance?

Day 3

September 9



Pray / Ask God to help you find your identity through him.

NO SIN OR mistake changes how God feels about us. We have worth, we are created in his image, and he loves us.

This psalm is a song of praise for God's glory and creation. Amazed at the universe and the night sky, David is questioning why God even would be mindful of man. He notes that God even gave man the authority to care for the earth.

Determining our worth by anything other than the truth of what God's Word says about us reduces the greatness of his creation and the importance of Jesus Christ. We have worth because we are created in God's image. We should not allow our worth to be dictated by our feelings or the influences around us.



Read / Psalm 8



Reflect / Choose one of the following questions for reflection.

We were made in the image of God. Reflect on Galatians 3:28–29. Do you feel important to God? What changes can you make to view yourself as God views you?

When we live our life based on our worth in Christ instead of in response to our feelings, we begin to live a God-centered life. What positive and negative influences in your daily life are determining your self-worth? What can you start doing today to start seeing your self-worth through God?

This psalm tells us of the great universe that God created. Reflect on some of the marvels of the world and take time to praise God for them.

Day 4
September 10



Pray / Give praise to God for who he is: our loving Father.

GOD NEVER IGNORES our praises or our cries for help.

In this psalm we see David praise God and also give thanks for everything God has done, listing each event individually. After giving his praise and thanks, we see that David asks for help. God hears our prayers all the time. The psalm indicates that God never will abandon those who seek him, and he always will be by our side. However, we must be patient and have faith in his timing and his plan.



Read / Psalm 9



Reflect / Choose one of the following questions for reflection.

David wanted help so that justice would be restored to Israel and so he could show others God's power. When you call to God for help, what are your motives? Are they to heal pain, make life easier, or to bring God glory and honor?

This psalm shows hope for those suffering injustice. Do you know anyone suffering injustice? As Christian, what advice could you give to those suffering?

Praise is expressing our appreciation to God and lifting up his name and worth. When we praise God, we help ourselves by expanding our awareness of who he is. What attributes of God do you want to praise him for today?

Day 5
September 11



Pray / Ask God to help remove any bitterness and jealousy in your heart.

GOD CAN APPEAR to be absent at times, but he is aware of everything happening, fair and unfair. He is with us all the time.

The writer of this psalm is asking God to help. He is feeling oppressed and upset at the wicked and their success. He feels that God is not by his side, yet he does not lose faith and continues to pray.

When we feel alone or frustrated, we need to keep praying and calling out to God, telling him of our problems and frustrations. We need to continue to pursue godliness, have faith in God's plan, and remember that earthly success is only temporary.



Read / Psalm 10



Reflect / Choose one of the following questions for reflection.

Those pursuing godliness make room in their lives for God. Although salvation is not linked to works, when we work toward godliness, we go through a transformation. Our inward thoughts and feelings are reflected outward. Our arrogance begins to fade, and we become more humble. What are you doing in your daily life to live God-centered?

The wicked are prideful people. When we are fully in God's presence, there is no room for pride because he makes us aware of our true selves. Read Philippians 2:3–4. How can you make changes to have less pride in your life?

In this psalm we see that God does judge the wicked, and he does help the oppressed. Reflect on experiences with wickedness in your life. Are you patient, and do you have trust that God will handle the situation? Or, are you bitter, jealous, and upset?

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