

Psalms



Daily Life
Five Oaks Church
Week 3: September 12–18, 2015

Day 1

September 21



Pray | Thank God for being your refuge.

PSALMS ARE KNOWN for being songs of praise or words of comfort (for example, Psalm 23). This week you should see they also can be instructional. We can learn a lot by reading the words that poured out from the spirit of the psalmists regarding their failures, how they relied on God to save them, and how God answered their cries for help.

Hymns and worship songs are the Psalms of our day. They put to music the thoughts of our hearts and help bring us into God's presence.

Listen to a song that speaks to your spirit as you complete the reflections that follow this week. If you need a suggestion, download "Come Sit Down" by Big Daddy Weave. In this song the band invites God to come sit down and speak to them and also repeats that we lack nothing in God.



Read | Psalm 16



Reflect / Choose one or more of the following questions for reflection.

In Psalm 16:1 David asks God to preserve him, for he takes refuge in God. Think about what or whom you take refuge in and if these have the ability to preserve you when needed.

The sorrows of those who run after other gods are mentioned in Psalm 16:4. Do you run after or pursue the things that you know are good and right?

When we spend time in God's presence, we will have fullness of joy and pleasures forevermore if we are at his right hand. Spend some time in God's presence today and experience the joy of the blessings he has given you.

Day 2

September 22



Pray / Thank God for creating you in his image.

PSALM 17 SHOWS someone who is very sure of God, his love, and his protection. It speaks of God answering the psalmists' cry, showing love, providing refuge, and, if needed, picking up a sword in defense.

Most of us do not encounter physical battles in our daily lives. We don't have to strap on weapons before we leave the house for the day, and it isn't our job to defend our king and country from enemy attacks. This was the case in David's time, and being delivered by God's sword was easier to reconcile than it may be for us today.

Though we don't use swords to defend ourselves, we serve a God who will go to great lengths to protect us. Keep this in mind as you read Psalm 17 and reflect on the questions that follow.



Read / Psalm 17



Reflect | Choose one or more of the following questions for reflection.

In Psalm 17:6 David says he calls on God because he answers him. Have you given God the opportunity to answer you in your time of need, or do you typically turn elsewhere?

If you are close to someone, you can see yourself reflected in his or her eye. “Apple of my eye” is used in Psalm 17:8. According to the Urban Dictionary, “If someone is the apple of your eye, he or she is someone that you look at a lot and enjoy seeing.”¹ Do you spend enough time close to God to be the apple of his eye?

Reread Psalm 17:13–14. Is your treasure in your children and things of this life like the wicked described in verse 14, or is it in the Lord?

1. *Urban Dictionary*, s. v. “apple of my eye,” [urbandictionary.com](http://www.urbandictionary.com/define.php?term=apple+of+my+eye), <http://www.urbandictionary.com/define.php?term=apple+of+my+eye>.

Day 3

September 23



Pray / Thank God for his steadfast love.

WE COULD HAVE spent the entire week in Psalm 18 and reflected on something different every day. In the first part of the Psalm, David paints a picture of God coming to rescue him from death. The picture he paints is worthy of our movies today, filled with special effects and digital sound.

The second half of the Psalm has David speaking about how blameless and pure he is. This may be confusing or seem hypocritical at first. If you take a closer look though, David knows what he has done and that atonement had to be made for him. Verse 26 tells that David was purified by God, verse 28 speaks of God lightening his darkness and verse 32 says that God made David's way blameless, inferring that there was blame there at some point.

Put yourself in David's shoes or think of your own life as you read Psalm 18 and then give thanks to God for his mercy and love.



Read / Psalm 18



Reflect / Choose one or more of the following questions for reflection.

Psalm 18:2 includes many descriptions of the Lord. Which one resonates the most with you, and why?

In Psalm 18:1–24, David speaks of calling on God in his distress in verse 6 and being rescued from death in verses 17 and 19. Think about a time that you were in trouble, or even near death, and called on the Lord for help.

Psalm 18: 24 speaks of the cleanness of the psalmist's hands in the Lord's sight, and verse 32 says God made his way blameless. David had his share of issues and sins, but he knew that he was blameless because God made him so. Spend some time thanking God for his mercy and love for you. If you don't have a relationship with God, reach out to a friend or small group member to find out how you can.

Day 4
September 24



Pray / *Declare how great and glorious God is.*

PSALM 19 OPENS with the heavens declaring God's glory. He is so great that the sky proclaims his handiwork. This continues through verse 6.

The second section of the Psalm contains a description of the laws of the Lord and the benefits of keeping the law: revival, wisdom, rejoicing, enlightenment, endurance, and righteousness.

The final section is a response to the first two: a request to be declared innocent of hidden sins, which can lead to larger issues.



Read / *Psalms 19*



Reflect | Choose one or more of the following questions for reflection.

Think about the things that you desire and their rewards, as compared to the things of the Lord mentioned in verses 7–11.

In *Psalms for Everyone*, John Goldingay writes about small sins that we easily justify, leading to our participating in things we never thought we would do.² Spend some time asking God to search your heart for any hidden faults (see verse 12) that you need to deal with before they become a bigger problem.

Pray the words of verse 14, personalizing them to your situation: “Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.”

2. John Goldingay, *Psalms for Everyone, Part 1* (Louisville, KY: Westminster John Knox Press, 2013), 62.

Day 5

September 25



Pray / Ask God to bless our leaders.

PSALM 20 SHOWS a beautiful picture of David and his people. The psalm begins with the people crying out to God on their king's behalf. They are asking God to save and protect their king and grant his heart's desire.

David's response is even more beautiful. He declares in no uncertain terms that God will answer and save him. In verse 7 he says that other people trust in things of the world, but he and his people trust in the name of God.

As stated in Day 1, the Psalms can be instructional, and this is a perfect example. The people are praying for their leader, and the leader is praying and confident in God. Though we can't control our leaders, we can still pray for them and should probably pray for them even more fervently if we aren't sure they know God.



Read / Psalm 20



Reflect / Choose one or more of the following questions for reflection.

John Goldingay suggests in *Psalms for Everyone* that we should have a mutual, reciprocal, codependent relationship with our leaders and that “co-dependency means co-responsibility.”³ Do you agree with this, and why?

In verse 6 David responds to the words of his people with some very confident statements about God and how he will provide for him. Are you that confident when you pray?

Rewrite verse 7, replacing *chariots* and *horses* with earthly things that you put your trust in. Place a copy of your paraphrase where it will remind you to put your trust in God.

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3. John Goldingay, *Psalms for Everyone, Part 1* (Louisville, KY: Westminster John Knox Press, 2013), 64.