

Psalms



DailyLife
Five Oaks Church

Week 5: August 27–September 1, 2016

Day 1

August 29



Pray / Ask the Lord to help you put your trust in him.

THERE ARE A lot of things in life that we need to remember. If you don't remember to brush your teeth, you'll get cavities. If you forget to put gas in your car, you'll find yourself stuck by the side of the road hoping you remembered to pay for your AAA membership.

Then there are things that we don't have to think about, like breathing. If someone you care about gets hurt, you naturally comfort them and see if you can help them. Trusting God should be like breathing for us, so ingrained in the fabric of our being that we don't even think about it; we just do it. Unfortunately, that is not the case for most of us.

This week we are going to look at five psalms and pull from them some things that we should try to remember about God.



Read / Psalm 56



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

Today's psalm is a reminder to put our trust in God, who is for us, and to not be afraid of flesh (verse 4) or man (verse 11). "You Are Able" by Christy Nockels is a great reminder that God is able to do anything: "You are able, higher is our God / Than anything that comes our way / Come what may, you alone forever stay / You are able."¹

Spend some time searching your heart. Have you forgotten to trust God and allowed something to hold you back from reaching the full potential for which God created you? Pray Psalm 56:4, 11 as you listen to God's leading.

We live in a fallen world and will experience suffering as we wait for Christ's return. Have you ever forgotten that God knows about your pain and worries? Read Psalm 56:8 and remember that your God knows everything about you.

Psalm 56 mentions giving praise and thanks to God several times. Our God is a God who can be trusted, who will fight for us, and who suffers along with us when we struggle. Do you remember to give God the praise and thanks that he is due?

1. Christy Nockels, "You Are Able," on *Life Light Up*, Sparrow Records, 2009, B002A72EMI, MP3.

Day 2

August 30



Pray / Ask God to help you remember to take refuge in him.

AS JOHN GOLDINGAY wrote, “One key to avoiding fear is to remember.”² Psalm 57 is full of things that we should remember. Verse 1 starts off reminding us that we can ask God for mercy and take refuge in him.

It is worth mentioning that this psalm has both present tense and future tense. Verse 1 says the psalmist’s soul takes refuge in God and that he will take refuge in the shadow of God’s wings. Verse 2 tells of God fulfilling his purpose for the psalmist and verse 3 says God will save the psalmist. The way it is written is both a reminder of what has already happened and a proclamation of what is to come.



Read / Psalm 57

2. John Goldingay, *Psalms for Everyone, Part 1* (Knoxville, TN: Westminster John Knox Press, 2013), 178.



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

Because God is our refuge, we can place our life in his hands. Listen to Christy Nockels “In Your Hands” as you read and reflect: “Here’s my life, I give it to you / I place it in your hands.”³

Psalm 57 starts out with a bang, asking God for mercy and speaking of God as a refuge for the psalmist. God knows that we live in a fallen world and will have times when we need to ask for forgiveness and shelter. Is there anything you need to confess to God today?

Psalm 57:2 speaks of God fulfilling his purpose for the psalmist. God created you with a purpose as well. Are you living your life like you have God-given purpose or allowing yourself to be buffeted by the storms of the world?

This psalm tells of being trampled and in the midst of lions, fiery beasts, and people with spears and arrows for teeth and swords for tongues, but it ends in exaltation to God. When is the last time you remembered to exalt your God, who is above the heavens and whose glory is over all the earth?

3. Christy Nockels, “In Your Hands,” on *Life Light Up*, Sparrow Records, 2009, B002A72EMI, MP3.

Day 3

August 31



Pray / Ask God to remind you that he is a righteous judge.

PSALM 58 IS A reminder that other forces are at work in the world in which we live. Whether the psalm is speaking of supernatural forces or powerful human rulers, the outcome is the same: we should bring our country and the world before God in prayer consistently to combat the evil that seems to be running rampant.

This psalm bring to mind our reactions to those currently in office, running for office, leading protests, and even teaching in our schools. We need to remember that God is a righteous judge who will deal with everyone justly in time. Also, we need to make sure we don't forget that God is the judge, not us. He is also bigger than anything that this world or its inhabitants can throw at us.

Reflect on the lyrics of “A Mighty Fortress” by Christy Nockels that follow (or listen online) as you read and reflect on Psalm 58.



Read / Psalm 58



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

A mighty fortress is our God
A sacred refuge is your name
Your Kingdom is unshakable
With you forever we will reign⁴

Some of the leaders of our world today are not that different from the wicked described in Psalm 58:3–5. The psalmist brought the wicked and their evil deeds before God. Do you typically react with disgust or judgment to our leaders, or do you bring them before God? Spend some time in prayer for our leaders today.

The second half of this psalm has the psalmist asking God to punish the gods and the wicked mentioned in verses 1–5. Our God is bigger than the world and everything that dwells in it, whether human or spiritual. Do you need to remind yourself of how great your God is today?

Verse 11 states that God will judge the earth. Are you prepared to come before God and face his judgment? If you don't know God and want to explore a relationship with him, reach out to a small group member, leader, or pastor today.

4. Christy Nockels, "A Mighty Fortress," on *Life Light Up*, Sparrow Records, 2009, B002A72EMI, MP3.

Day 4

September 1



Pray / Ask God to remind you that he is the deliverer.

DAVID WROTE PSALM 59 in response to his king, Saul, sending men to watch for and kill him. When you consider the circumstances in which David was living, the tone of the psalm may surprise you. There is no fear or anxiety evident. Rather, David seems angry at his enemies and is very confident that God will deliver him from his enemies. He has so much confidence that God will intervene that David is able to praise God at the end and calls God his strength several times.

David's response to his situation is a textbook example of what we should all strive to be like. He was in danger of being killed, and his first thought was to ask God for deliverance, fully expecting that it would happen. As you read and reflect on Psalm 59, remember that you can go anywhere and do anything if you are living within God's will.



Read / Psalm 59



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

Consider the words of Christy Nockels' "Life Light Up" as you reflect on Psalm 59: "With you I can go anywhere / I can do anything / 'Cause you are the song I bring."⁵

The first verse of Psalm 59 shows that David knows where his strength comes from and who can help him in his seemingly desperate situation. His first words ask God for deliverance and protection. To whom do you instinctively turn for help, and what does that say about whom you really trust?

In Psalm 59:13 David asks God to consume his enemies so they will know God rules over the earth. Consider a time when you were angry with someone who did wrong to you. Did your reaction to the situation glorify God?

Verse 12 lists some specific sins of David's enemies, the sin of their mouths and the words of their lips, and asks that they be trapped in their pride. Have you ever felt trapped by your sins? If you feel trapped now, turn to God, your deliverer, and ask him for help.

5. Christy Nockels, "Life Light Up," on *Life Light Up*, Sparrow Records, 2009, B002A72EMI, MP3.

Day 5

September 2



Pray / Ask God to remind you that you will do valiantly with him.

THIS WEEK WE have focused on remembering key points about God: we can trust him and take refuge in him, and he is a righteous judge and a deliverer. Today is no different. At a time when Israel was losing battles they thought they should win, the psalmist cries out to God, questioning if he forgot his people and that he promised them the land. Though the land was not won by the end of the psalm, the psalmist remembers they will do valiantly with God and that he will tread down their foes. “Marvelous Light” by Christy Nockels sums this up nicely: “Into marvelous light I’m running / Out of darkness, out of shame / By the cross you are the truth / You are the light, you are the way.”⁶

As the Israelites needed God to crush their enemies, we need the cross to defeat sin, run into the marvelous light of God’s forgiveness, and live valiantly.



Read / Psalm 60

6. Christy Nockels, “Marvelous Light,” on *Life Light Up*, Sparrow Records, 2009, B002A72EMI, MP3.



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

Verse 3 of Psalm 60 tells of God making his people see hard things and giving them wine that made them stagger. God has not promised to make our lives easy or worry-free. He in fact may lead us on difficult paths to stretch us and help us grow in faith. Have you seen some hard things on your faith journey? Take some time to reflect on your times of growth and what you learned during those times.

Verse 11 gets to the crux of the issue for many of us when it says, “Vain is the salvation of man.” Something vain is not successful or doesn’t produce the desired result. Do your actions prove that you put your faith in our valiant God or in man?

Verse 12 is a great note to end on. When we are in a season of waiting or growth, it may be hard to remember that God is in control, that he will defeat our foes, and that he has already conquered death. Have you given God room to do valiantly in your life by truly giving him control?

Unless indicated otherwise, all Scripture quotations are taken from the Holy Bible, English Standard Version® (ESV®), copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers. All rights reserved.