

## Heart to Heart With the Living God

### Psalm 56

*"When I am afraid, I will trust in you."* Psalm 56:3

#### Day 1: Read Psalm 56.

1. Summarize each section, describing what's happening and what the Psalmist wants and or affirms.

vv. 1-2

vv. 3-4

vv. 5-7

v. 8

vv. 9-11

vv. 12-13

2. Make a list of some of the emotions that you see expressed in this psalm.

3. In spite of the emotional roller coaster ride in this psalm, what phrases express:

Dependence, Rest, Confidence	
Praise, Thankfulness, Worship	

4. Spoken words are extremely powerful. In this psalm what do we learn about:

the words of the enemy? (vv. 2, 5)

the word of God? (vv. 4, 10)

different ways we can use our words in prayer? (vv. 1, 7, 8, 12-13)

5.
  - a. What words is the Psalmist choosing to say over and over to himself as he runs away from his enemies? (vv.3-4; 10-11)
  - b. How might constantly repeating them make a difference in his attitude?
  - c. Think of a specific situation in your life. How could choosing to say these words to yourself help you cope with a conflict or as you struggle with a fear?

**Days 2 and 3: Read Psalm 56.**


Psalm 56 is linked to a time in the life of David before he became king. See the introduction to the psalm in your Bible before verse 1.

6. What was David's role and status while he was living in King Saul's household?
  - 1 Sam. 16:21-23
  - 1 Sam. 14:49; 18:1-4
  - 1 Sam. 18:5-7
  - 1 Sam. 18:27
7. Saul becomes increasingly jealous and afraid of David and tries several times to kill him. Finally, David runs for his life and goes to the Philistine city of Gath. Read 1 Sam. 21:10–22:1.
  - a. Why is David justifiably afraid of the king of Gath? (1 Sam. 21:8-12; 1 Sam. 17:4)
  - b. What does David resort to, so he can escape unharmed?
  - c. How are all these circumstances in conflict with what he knows is his calling? (1 Sam. 16:1, 11-13; 1 Sam. 18:12)
8. "Mortal man" (v. 4) is quite capable of doing horrendous things to other humans.
  - a. So what do you think David means when he asks the two rhetorical questions in verses 4 and 11?
  - b. Where does he decide to place all his confidence? Why?

**Day 4: Read Psalm 56.**

9. Jesus often prayed out of the Psalms. In what situations could you imagine Jesus praying this psalm?
10. How did Jesus put his trust in God? (Lk. 22:39-44; 23:46; Heb.5:7; 1 Pet. 2:23)
11. How did God show himself to be worthy of Jesus' trust? (Acts 2:24)

**Day 5: Read Psalm 56.**

12. a. What is David's (and our) greatest fear? (v.6; 13a) Why?
  - b. What confidence do we have if we believe in Jesus? (Rom. 8:11; 1 Cor. 15:51-57; Heb. 2:14-15)
13. Why do you think David wants God to keep a record of his laments and tears? (v.8)  
What will God one day do with all those tears? (Isa. 25:7-8; Rev 21:3; \*Isa. 61:1-3)  
What does that say about his relationship to you?

\*The 📖 symbol indicates verses for further study.