

18. Write a brief summary of each psalm:

Ps. 108–

Ps. 142 –

Ps. 35 –

Ps. 54 –

Ps. 64 –

Ps. 94 –

Ps. 140 –

Ps. 124 –



Personal Psalms

Lesson #5

Dealing with Conflict

Conflict is inevitable because we are sinful human beings living in a sinful world gone crazy. How we deal with it though, is something we can do something about. We learned certain ways of dealing with from our family. Whatever the case, God understands and offers help.

#5-CONFLICT	
Who can help?	108
No help from man	142
God fights for us	35
God's strength	54
Fear of enemy	64
Our defense	94
How God protects	140
God on our side	124

1. Read the Psalms in this section in one sitting. What is your first impression?
2. Now we are going to study Psalms 142 . Read it again.
3. What is this Psalm about, in your own words?

4. What does it mean to “cry to the Lord”?

5. What is a complaint? V. 2

6. Who do you generally complain to? Why? What do you expect to get from it?

7. Why should we tell God all our trouble when he already knows it?
Verse 2

8. Read verse 3. How do you know “when your spirit grows faint within you”? What do you look like? Sound like? Feel like?

9. What kind of snares are hidden for us today? How are they different from the snares David faced? Verse 3

10. How would you describe the feelings of David from verse 4?

11. In what ways is verse 4 true and in what ways is it not true?

12. What is a refuge? How often do you use it?

13. How would you describe a “rescue”? Do you feel you need one today?

14. Read verse 7. “Set me free from my prison, that I may praise your name.” What does this mean?

15. What is the result of freedom to the people of God? How does one person’s freedom effect the body of Christ?

16. Make a list of what you consider to be your prisons today:

17. Ask God to rescue you! Ask God to set you free! When He does, how will your prison situations change?