

19. Write a brief summary of each psalm:

Ps. 57–

Ps. 41 –

Ps. 59 –



Personal Psalms

Lesson #11

Dealing with Life's Disasters

Jesus said in this world you will have tribulation, but be of good cheer. How can we deal with disaster without losing hope, faith, or courage?

#11-	
<u>DISASTERS</u>	
Trusting thru	57
Righteous sick	41
Day of trouble	59

1. Read the Psalms in this section in one sitting. What is your first impression?
2. Now we are going to study Psalms 57. In this Psalm David is hiding in a cave because Saul is trying to kill him. What is he saying to God in this prayer? Ps. 57:1
3. Where does He expect his help to come from? Ps. 57:3 Why are expectations important? If you have the wrong expectations what can happen?

4. How is David feeling? What is he dealing with? Ps. 57:4-6

5. What does David do to deal with the pressure and stress that he is experiencing and how does that help us? Ps. 57:7-9

6. In Psalms 41:1, it says that the Lord will deliver in the time of trouble. What is your understanding of the “time of trouble”?

7. What promises do you see in Ps. 41:2,3?

8. What is the concern of David in the midst of trouble? Ps. 41:4

9. What are the characteristics of David’s (our) enemies? Ps. 41:5-9
How do you deal with that kind of stuff without wrath or despair?

10. How is a person sustained in trouble? Ps. 41:12

11. In Psalms 59, Saul had David’s house surrounded, watching so that they could kill him. How would you react if your house was surrounded by snipers?

12. What is the focus of David during this challenge? Ps. 59:1-2

13. Read Ps. 59:3,4 – Why is it important what David thinks about this situation and that he is not blaming himself?

14. What is David saying in verses 5-8? How is this helpful when you are facing such an enemy?

15. What is David’s decision to do? Ps. 59:9

16. What does David hope God will do with the enemy? Ps. 59:10-16
Is it ok to feel like that?

17. What does David do in the midst of all of this and how is it helpful? Ps. 59:16

18. How does fortifying your mind with what others have done when facing disaster help you when you face your own disaster?