



Psalms
The Book
of Hope

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Forward

You can learn how to follow God by meditating on his Word. Meditating means spending time reading and thinking about what you have read. It means asking yourself how you should change so you're living as God wants. Knowing and meditating on God's Word are the first steps toward applying it to your everyday life. If you want to follow God more closely, you must know what he says.

When Scripture says, "Whatever he does prospers," it does not mean immunity from failure or difficulties. Nor is it a guarantee of health, wealth, and happiness. What the Bible means by prosperity is this: when we apply God's wisdom, the fruit (results or by-products) we bear will be good and receive God's approval. Just as a tree soaks up water and bears luscious fruit, we also are to soak up God's Word, producing actions and attitudes that honor God. To achieve anything worthwhile, we must have God's Word in our hearts.

The more we know of the whole scope of God's Word, the more resources we will have to guide us in our daily decisions.

There is simple wisdom in these two verses—the more we delight in God's presence, the more fruitful we are. On the other hand, the more we allow those who ridicule God to affect our thoughts and attitudes, the more we separate ourselves from our source of nourishment.

We must have contact with unbelievers if we are to witness to them, but we must not join in or imitate their sinful behavior. If you want despair, spend time with mocking sinners; but if you want God's happiness, make friends with those who love God and his Word.

God's Word was written to be studied, understood, and applied, and the book of Psalms lends itself most directly to application. We understand the psalms best when we "stand under" them and allow them to flow over us like a rain shower. We may turn to Psalms looking for something, but sooner or later we will meet Someone. As we read and memorize the psalms, we will gradually discover how much they are already part of us. Through out this study you will discover which of the Psalms you should read when you need help in understanding ways that you feel, face, or want concerning life's situations.

When You Feel Afraid

David felt like he was in the minority. There may have been as many as 10,000 soldiers surrounding him at this time (Psalm 3:6). Not only did David's enemies view life differently, they actively sought to harm him. As king, David could have trusted his army to defeat Absalom. Instead, he depended upon God's mercy (Psalm 3:4); therefore, he was at peace with whatever outcome occurred, knowing that God's great purposes would prevail. We can overcome fear by trusting God for his protection in our darkest hour.

David knew that God could not be confined to any space, but he wrote poetically, expressing confidence that God would hear him when he prayed. God responds to us when we urgently pray to him.

Sleep does not come easily during a crisis. David could have had sleepless nights when his son Absalom rebelled and gathered an army to kill him. But he slept peacefully, even during the rebellion. What made the difference? David cried out to the Lord, and the Lord heard him. The assurance of answered prayer brings peace. It is easier to sleep well when we have full assurance that God is in control of circumstances. If you are lying awake at night worrying about circumstances you can't change, pour out your heart to God, and thank him that he is in control. Then sleep will come.

The godly are those who are faithful and devoted to God. David knew that God would hear him when he called and would answer him. We too can be confident that God listens to our prayers and answers when we call on him. Sometimes we think that God will not hear us because we have fallen short of his high standards for holy living. But if we have trusted Christ for salvation, God has forgiven us, and he will listen to us. When you feel as though your prayers are bouncing off the ceiling, remember that as a believer you have been set apart by God and that he loves you. He hears and answers, although his answers may not be what you expect. Look at your problems in the light of God's power instead of looking at God in the shadow of your problems.

Fear may be a dark shadow that envelops us and ultimately imprisons us within ourselves. Each of us may have been a prisoner of fear at one time or another—fear of rejection, misunderstanding, uncertainty, sickness, or even death. But we can conquer fear by using the bright liberating light of the Lord who brings salvation. If we want to dispel the darkness of fear, let us remember with the psalmist that “the LORD is my light and my salvation.”

Many have had the sad experience of being forsaken by father or mother. Broken homes, differences of belief, addiction to drugs or alcohol, even psychological isolation can leave children crippled by this loss. Even as adults, the pain may linger. God can take that place in our life, fill that void, and heal that hurt. He can direct us to adults who may take the role of father or mother for us. His love is sufficient for all our needs.

The fear of mountains or cities suddenly crumbling into the sea as the result of a nuclear blast haunts many people today. God is not merely a temporary retreat; He is our eternal refuge and can provide strength in any circumstance we need not fear. In the face of utter destruction, the writer expressed a quiet confidence in God's ability to save him. It seems impossible to consider the end of the world without becoming consumed by fear, but the Bible is clear—God is our refuge even in the face of total destruction.

The rich and poor have one similarity—when they die, they leave all they own here on earth. At the moment of death (and all of us will face that moment), both rich and poor are naked and empty-handed before God. The only riches we have at that time are those we have already invested in our eternal heritage. At the time of death, each of us will wish we had invested less on earth, where we must leave it, and more in heaven, where we will retain it forever. To have treasure in heaven, we must place our faith in God, pledge ourselves to obey him, and utilize our resources for the good of his kingdom. This is a good time to check up on your investments and see where you have invested the most. Then do whatever it takes to place your investments where they really count.

Even in our deepest sorrow, God cares! Jesus reminded us further of how much God understands us—he knows even the number of hairs on our heads (Matthew 10:30). Often we waver between faith and fear. When you feel so discouraged that you are sure no one understands, remember that God knows every problem and sees every tear.

Comments from Psalms 3, 4, 27, 46.

When you Feel Lost

In describing the Lord as a shepherd, David wrote out of his own experience because he had spent his early years caring for sheep (1 Samuel 16:10-11). Sheep are completely dependent on the shepherd for provision, guidance, and protection. The New Testament calls Jesus the good shepherd (John 10:11); the great Shepherd (Hebrews 13:20); and the Chief Shepherd (1 Peter 5:4). As the Lord is the good shepherd, so we are his sheep—not frightened, passive animals, but obedient followers, wise enough to follow one who will lead us in the right places and in right ways. This psalm does not focus on the animal-like qualities of sheep, but on the discipleship qualities of those who follow. When you recognize the good shepherd, follow him!

The people of Israel were persecuted from their earliest days, but never destroyed completely. The same is true of the church. Christians have faced times of severe persecution, but the church has never been destroyed. As Jesus said to Peter, “On this rock I will build my church, and the gates of Hades will not overcome it” (Matthew 16:18). When you face persecution and discrimination, take courage—the church will never be destroyed.

Verse three foreshadowed Jesus’ unjust punishment before his death. He endured horrible lashes from the whip of his tormentors, which indeed made “furrows” on his back (John 19:1). Comments from Psalms 23 and 129

When You Feel Alone

Praise is expressing to God our appreciation and understanding of his worth. It is saying “thank you” for each aspect of his divine nature. Our inward attitude becomes outward expression. When we praise God, we help ourselves by expanding our awareness of who he is. In each psalm you read, look for an attribute or characteristic of God for which you can thank him.

God upholds our just cause; he is our vindicator (one who clears us from criticism and justifies us before others). In this life, we may face many injustices: (1) we may be falsely accused and misunderstood by friends and enemies; (2) we may not be truly appreciated by others for the love we show; (3) the true value of our work and service may not be duly rewarded; (4) our ideas may be ignored. But God is to be praised, for he sees and remembers all the good we do, and it is up to him to decide the timing and the appropriateness of our rewards. If we do not trust him to vindicate us, then we will be susceptible to hatred and self-pity. If we do trust him, we can experience God’s peace and be free from the worry of how others perceive us and treat us.

God will never forsake those who seek him. To forsake someone is to abandon that person. God’s promise does not mean that if we trust in him we will escape loss or suffering; it means that God himself will never leave us no matter what we face.

All of us want God to help us when we are in trouble, but often for different reasons. Some want God’s help so that they will be successful and other people will like them. Others want God’s help so that they will be comfortable and feel good about them. David, however, wanted help from God so that justice would be restored to Israel and so that he could show others God’s power. When you call to God for help, consider your motive. Is it to save pain and embarrassment or to bring God glory and honor?

The world may ignore the plight of the needy, crushing any earthly hope they may have. But God, the champion of the weak, promises that this will not be the case forever. The wicked nations who forget the Lord and refuse to help their people will be judged by God. He knows our needs, he knows our tendency to despair, and he has promised to care for us (see also Psalm 9:9, 12). Even when others forget us, he will remember. Comments taken from Psalms, Chapter 9

When You Feel Penitent or Sorry

God *wants* to forgive sinners. Forgiveness has always been part of his loving nature. He announced this to Moses (Exodus 34:7); he revealed it to David; and he

dramatically showed it to the world through Jesus Christ. These verses convey several aspects of God's forgiveness: forgives transgression, covers sin, doesn't count our sins against us. Paul quoted these verses in Romans 4:7-8 and showed that we can have this joyous experience of forgiveness through faith in Christ.

What is confession? To confess our sin is to agree with God, acknowledging that he is right to declare what we have done as sinful, and that we are wrong to desire or to do it. It is to affirm our intention of abandoning that sin in order to follow him more faithfully.

David was truly sorry for his adultery with Bathsheba and for murdering her husband to cover it up. He knew that his actions had hurt many people. But because David repented of those sins, God mercifully forgave him. No sin is too great to be forgiven! Do you feel that you could never come close to God because you have done something terrible? God can and will forgive you of any sin. While God forgives us, however, he does not always erase the natural consequences of our sin—David's life and family were never the same as a result of what he had done (see 2 Samuel 12:1-23).

Although David had sinned with Bathsheba, David said that he had sinned against God. When someone steals, murders, or slanders, it is against someone else—a victim. According to the world's standards, extramarital sex between two consenting adults is acceptable if nobody gets hurt. But people *do* get hurt—in David's case, a man was murdered, and a baby died. All sin hurts us and others, but ultimately it offends God because sin in any form is a rebellion against God's way of living. When tempted to do wrong, remember that you will be sinning against God. That may help you stay on the right track.

When God forgives our sin and restores us to a relationship with him, we want to reach out to others who need this forgiveness and reconciliation. The more you have felt God's forgiveness, the more you will desire to tell others about it.
taken from Psalms 32, 52

When You Feel Burned Out

This is the first of seven “penitential” psalms, where the writer humbly realizes his predicament (usually the result of sin), expresses sorrow over it, and demonstrates a

fresh commitment to remain close to God. We don't know the cause of David's pain, but whatever the cause, he sought God for the remedy.

David accepted God's punishment, but he begged God not to discipline him in anger. Jeremiah also asked God to correct him gently and not in anger (Jeremiah 10:24). David recognized that if God treated him with justice alone and not with mercy, he would be wiped out by God's wrath. Often we want God to show mercy to us and justice to everyone else. God in his kindness forgives us instead of giving us what we deserve.

Pouring out his heart with tears, David was completely honest with God. We can be honest with God even when we are filled with anger or despair because God knows us thoroughly and wants the very best for us. Anger may result in rash outward acts or turning inward in depression. But because we trust in our all-powerful God, we don't have to be victims of circumstance or be weighed down by the guilt of sin. Be honest with God, and he will help you turn your attention from yourself to him and his mercy.

Hiding from his enemies in the barren Desert of Judah, David was intensely lonely. He longed for a friend he could trust to ease his loneliness. No wonder he cried out, "O God, . . . my soul thirsts for you, . . . in a dry and weary land." If you are lonely or thirsty for something lasting in your life, remember David's prayer. God alone can satisfy our deepest longings!

The night was divided into three watches. Someone aware of all three would be having a sleepless night. A cure for sleepless nights is to turn our thoughts to God. There are many reasons we can't sleep—illness, stress, worry—but sleepless nights can be turned into quiet times of reflection and worship. Use them to review how God has guided and helped you. Comments taken from Psalms 6 and 63.

When You Feel Proud

The true atheist is foolish or wicked—foolish because he ignores the evidence that God exists or wicked because he refuses to live by God’s truths. We become atheists in practice when we rely more on ourselves than on God. The fool mentioned here is someone who is aggressively perverse in his actions. To speak in direct defiance of God is utterly foolish according to the Bible.

No one but God is perfect; all of us stand guilty before him (see Romans 3:23) and need his forgiveness. No matter how well we perform or how much we achieve compared to others, none of us can boast of his or her goodness when compared to God’s standard. God not only expects us to obey his guidelines, but he wants us to love him with all our heart. No one except Jesus Christ has done that perfectly. Because we all fall short we must turn to Christ to save us (Romans 10:9-11). Have you asked him to save you?

David applies these observations to his enemies when he says the evildoers “devour my people as men eat bread”: “They have together become corrupt; there is no one who does good, not even one.” By contrast, David said, “Though you probe my heart, . . . you will find nothing” (Psalm 17:3).

There is a clear distinction between those who worship God and those who refuse to worship him. David worshiped God, and under his leadership Israel obeyed God and prospered. Several hundred years later, however, Israel forgot God, and it became difficult to distinguish between God’s followers and those who worshiped idols. When Isaiah called Israel to repentance, he, like David, spoke of people who had gone astray (Isaiah 53:6). But Isaiah was talking about the Israelites themselves. Paul quoted Psalm 14 in Romans 3:10-12. He made the image of straying sheep even more general, referring to all people. The whole human race—Jew and Gentile alike—has turned away from God.

The rich and poor have one similarity—when they die, they leave all they own here on earth. At the moment of death (and all of us will face that moment), both rich and poor are naked and empty-handed before God. The only riches we have at that time are those we have already invested in our eternal heritage. At the time of death, each of us will wish we had invested less on earth, where we must leave it, and more in heaven, where we will retain it forever. To have treasure in heaven, we must place our faith in God, pledge ourselves to obey him, and utilize our resources for the good of his kingdom. Comments taken from Psalms 14 & 49.

When You Feel Cheated

The Bible often speaks of God's care for the weak, poor, and needy, and of his blessing on those who share this concern. God wants our generosity to reflect his own free giving. As he has blessed us, we should bless others.

Psalms is divided into five books, and each one ends with a doxology or an expression of praise to God. The first book of the psalms, Psalm 1-41, takes us on a journey through suffering, sorrow, and great joy. It teaches us much about God's eternal love and care for us and how we should trust him even in the day-to-day experiences of life. Comments from Psalm 41.

When you Feel Purposeless

David resolved to keep his tongue from sin; that is, he decided not to complain to other people about God's treatment of him. David certainly had reason to complain. David was the anointed king of Israel, but he had to wait many years before taking the throne. Then one of his sons tried to kill him and become king instead. But when David could not keep still any longer, he took his complaints directly to God. We all have complaints about our job, money, or situations, but complaining to others may make them think that God cannot take care of us. It may also look as if we blame God for our troubles. Instead, like David, we should take our complaints directly to God.

Life is short no matter how long we live. If there is something important we want to do, we must not put it off for a better day. Ask yourself, "If I had only six months to live, what would I do?" Tell someone that you love him or her? Deal with an undisciplined area in your life? Tell someone about Jesus? Because life is short, don't neglect what is truly important.

The brevity of life is a theme throughout the books of Psalms, Proverbs, and Ecclesiastes. Jesus also spoke about it (Luke 12:20). It is ironic that people spend so much time securing their lives on earth and spend little or no thought about where they will spend eternity. David realized that amassing riches and busily accomplishing worldly tasks would make no difference in eternity.

Few people understand that their only hope is in the Lord. (For other verses on the brevity of life, see Eccles. 2:18 and James 4:14.)

In the slave market of the ancient world, a slave had to be redeemed or ransomed (someone had to pay the price) in order to go free. In Mark 10:45, Ephes. 1:7, and Hebrews 9:12, we learn that Jesus paid such a price so that we could be set free from slavery to sin in order to begin a new life with him.

There is no way for a person to buy eternal life with God. God alone can redeem a soul. Don't count on wealth and physical comforts to keep you happy because you will never have enough wealth to keep from dying.

The rich and poor have one similarity—when they die; they leave all they own here on earth. At the moment of death (and all of us will face that moment), both rich and poor are naked and empty-handed before God. The only riches we have at that time are those we have already invested in our eternal heritage. At the time of death, each of us will wish we had invested less on earth, where we must leave it, and more in heaven, where we will retain it forever. To have treasure in heaven, we must place our faith in God, pledge ourselves to obey him, and utilize our resources for the good of his kingdom. This is a good time to check up on your investments and see where you have invested the most. Then do whatever it takes to place your investments where they really count.

Moses reminds us that a thousand years are like a day to the Lord. God is not limited by time. It's easy to get discouraged when years pass and the world doesn't get better. We sometimes wonder if God is able to see the future. But don't assume that God has our limitations. God is completely unrestricted by time. Because he is eternal, we can depend on him.

God knows all our sins as if they were spread out before him, even the secret ones. We don't need to cover up our sins before him because we can talk openly and honestly with him. But while he knows all that terrible information about us, God still loves us and wants to forgive us. This should encourage us to come to him rather than frighten us into covering up our sin.

Realizing that life is short helps us use the little time we have more wisely and for eternal good. Take time to number your days by asking, "What do I want to see happen in my life before I die? What small step could I take toward that purpose today?" Comments are on Psalms, chapters 39, 49 and 90.

When You Feel Confused

Asaph was the leader of one of David's Levitical choirs. He collected Psalms 73-83 but may not have written all of them. In this psalm, Asaph explains that until he entered God's sanctuary, he could not understand the justice in allowing the wicked to thrive while the righteous endured hardship. But when he saw that one day justice would be done, he acknowledged God's wisdom.

Two strong themes wind their way through these verses: (1) the wicked prosper, leaving faithful people wondering why they bother to be good, and (2) the wealth of the wicked looks so inviting that faithful people may wish they could trade places. But these two themes come to unexpected ends, for the wealth of the wicked suddenly loses its power at death and the rewards for the good suddenly take on eternal value. What seemed like wealth is now waste, and what seemed worthless now lasts forever. Don't wish you could trade places with evil people to get their wealth. One day they will wish they could trade places with you and have your eternal wealth.

When you feel Sad

Sometimes all we need to do is talk over a problem with a friend to help put it in perspective. In this psalm, the phrase "how long" occurs four times in the first two verses, indicating the depth of David's distress. David expressed his feelings to God and found strength. By the end of his prayer, he was able to express hope and trust in God. Through prayer we can express our feelings and talk our problems out with God. He helps us regain the right perspective, and this gives us peace (Habakkuk 3:17-19).

David frequently claimed that God was slow to act on his behalf. We often feel this same impatience. It seems that evil and suffering go unchecked, and we wonder when God is going to stop them. David affirmed that he would continue to trust God no matter how long he had to wait for God's justice to be realized. When you feel impatient, remember David's steadfast faith in God's unfailing love.

Comments are on Psalms, chapter 13

When You Feel Depressed

God promises great blessings to his people, but many of these blessings require our active participation. He will deliver us from fear (Psalm 34:4), save us out of our troubles (Psalm 34:6), guard and deliver us (Psalm 34:7), show us goodness (Psalm 34:8), supply our needs (Psalm 34:9), listen when we talk to him (Psalm 34:15), and redeem us (Psalm 34:22), but we must do our part. We can appropriate his blessings when we seek him (Psalm 34:4, 10), cry out to him (Psalm 34:6, 17), trust him (Psalm 34:8), fear him (Psalm 34:7, 9), refrain from lying (Psalm 34:13), turn from evil, do good and seek peace (Psalm 34:14), are humble (Psalm 34:18), and serve him (Psalm 34:22).

Each of us has been a prisoner of fear at one time or another—fear of rejection, misunderstanding, uncertainty, sickness, or even death. But we can conquer fear by using the bright liberating light of the Lord who brings salvation. If we want to dispel the darkness of fear, let us remember with the psalmist that “the LORD is my light and my salvation.”

When we take that first step of obedience in following God, we cannot help discovering that he is good and kind. When we begin the Christian life, our knowledge of God is partial and incomplete. As we trust him daily, we experience how good he is.

Remember, God knows what we need, and our deepest needs are spiritual. Many Christians, even though they face unbearable poverty and hardship, still have enough spiritual nourishment to live for God. David was saying that to have God is to have all you really need. God is enough.

If you feel you don't have everything you need, ask: (1) Is this really a need? (2) Is this really good for me? (3) Is this the best time for me to have what I desire?

Comments on Psalms, chapters 34, 42, 43,

When You Feel Self Confident

God values honesty! Dishonesty comes easily, especially when complete truthfulness could cost us something, make us uncomfortable, or put us in an unfavorable light. Dishonest communication hinders relationships. Without honesty, a relationship with God is impossible. If we lie to others, we will begin to deceive ourselves. God cannot hear us or speak to us if we are building a wall of self-deception.

The King of glory, identified also as the Lord of hosts, or the commander of heaven's armies, is the Messiah himself, eternal, holy, and mighty. This psalm is not only a battle cry for the church, but it also looks forward to Christ's future entry into the new Jerusalem to reign forever (Rev. 19:11-21).

This psalm, often set to music, was probably used in corporate worship. It may have been re-enacted many times at the temple. The people outside would call out to the temple gates to open up and let the King of glory in. From inside, the priests or another group would ask, "Who is this King of glory?" Outside, the people would respond in unison, "The LORD strong and mighty, the LORD mighty in battle," proclaiming his great power and strength. The exchange was then repeated (Psalm 24:9-10), and the temple gates would swing open, symbolizing the people's desire to have God's presence among them.

Comments on Psalm 24

When You Feel Distressed

Seventy-two psalms—almost half the book—speak about enemies. Enemies are those who oppose not only us, but also God’s way of living. We can view temptations—money, success, prestige, lust—as our enemies. And our greatest enemy is Satan. David asked God to keep his enemies from overcoming him because they opposed what God stood for. If his enemies succeeded, David feared that many would think that living for God was futile. David did not question his own faith—he knew that God would triumph. But he didn’t want his enemies’ success to be an obstacle to the faith of others.

We are bombarded today with relentless appeals to go in various directions. Television advertising alone places hundreds of options before us, in addition to appeals made by political parties, cults, false religions, and dozens of other groups. Numerous organizations, including Christian organizations, seek to motivate us to support a cause. Add to that the dozens of decisions we must make concerning our job, our family, our money, our society, and we become desperate for someone to show us the right way. If you find yourself pulled in several directions, remember that God teaches the humble his way.

To fear the Lord is to recognize God for who he is: holy, almighty, righteous, pure, all-knowing, all-powerful, and all-wise. When we regard God correctly, we gain a clearer picture of ourselves: sinful, weak, frail, and needy. When we recognize who God is and who we are, we will fall at his feet in humble respect. Only then will he show us how to choose his way.

Do life’s problems always seem to go from bad to worse? God is the only one who can reverse this downward spiral. He can take our problems and turn them into glorious victories. There is one necessary requirement—we, like David, must cry out, “Turn to me and be gracious to me.” When you are willing to do that, God can turn the worst into something wonderful. The next step is yours—God has already made his offer.

This psalm speaks of four different types of people in distress and how God rescues them: wanderers (Psalm 107:4-9), prisoners (Psalm 107:10-16), the sick (Psalm 107:17-20), and the storm-tossed (Psalm 107:23-30). No matter how extreme our calamity, God is able to break through to help us. He is loving and kind to those who are distressed. Comments on Psalms 31 & 107

When You Feel Tense

The godly are those who are faithful and devoted to God. David knew that God would hear him when he called and would answer him. We too can be confident that God listens to our prayers and answers when we call on him. Sometimes we think that God will not hear us because we have fallen short of his high standards for holy living. But if we have trusted Christ for salvation, God has forgiven us, and he will listen to us. When you feel as though your prayers are bouncing off the ceiling, remember that as a believer you have been set apart by God and that he loves you. He hears and answers, although his answers may not be what you expect. Look at your problems in the light of God's power instead of looking at God in the shadow of your problems.

Worship in David's day included animal sacrifices by the priests in the tabernacle. The animal's blood covered the sins of the one who offered the animal. There were specific rules for offering sacrifices, but more important to God than ceremony was the offerer's attitude of submission and obedience (1 Samuel 15:22-23). Today, a "right sacrifice," one that is pleasing to God, is still the same. He wants our obedience and our praise before our gifts (Hebrews 13:15). Offer God your sacrifice of total obedience and heartfelt praise.

Comments from Psalm 4

When You Feel Elated

David's steps of meditation take him from creation, through God's Word, through David's own sinfulness, to salvation. As God reveals himself through nature (Psalm 19:1-6), we learn about his power and our finiteness. As God reveals himself through Scripture (Psalm 19:7-11), we learn about his holiness and our sinfulness. As God reveals himself through daily experiences (Psalm 19:12-14), we learn about his gracious forgiveness and our salvation.

We are surrounded by fantastic displays of God's craftsmanship—the heavens give dramatic evidence of his existence, his power, his love, his care. To say that the universe happened by chance is absurd. Its design, intricacy, and orderliness point to a personally involved Creator. As you look at God's handiwork in nature and the heavens, thank him for such magnificent beauty and the truth it reveals about the Creator.

The apostle Paul referred to this psalm when he explained that everyone knows about God because nature proclaims God's existence and power (Romans 1:19-20). This does not cancel the need for missions because the message of God's salvation found in his Word, the Bible, must still be told to the ends of the earth. While nature points to the existence of God, the Bible tells us about salvation. God's people must explain to others how they can have a relationship with God. Although people everywhere should already believe in a Creator by just looking at the evidence of nature around them, God needs us to explain his love, mercy, and grace. What are you doing to take God's message to the world?

When we think of the law, we often think of something that keeps us from having fun. But here we see the opposite—law that revives us, makes us wise, gives joy to the heart, gives light to the eyes, warns us, and rewards us. That's because God's laws are guidelines and lights for our path, rather than chains on our hands and feet. They point at danger and warn us, then point at success and guide us.

Many Christians are plagued by guilt. They worry that they may have committed a sin unknowingly, done something good with selfish intentions, failed to put their whole heart into a task, or neglected what they should have done. Guilt can play an important role in bringing us to Christ and in keeping us behaving properly, but it should not cripple us or make us fearful. God fully and completely forgives us—even for those sins we do unknowingly.

When You Feel Threatened

David was not sitting on his throne in a place of power, but he was running for his life from his rebellious son Absalom and a host of traitors. When circumstances go against us, it is tempting to think that God also is against us. But David reminds us that the opposite is true. When everything seems to go against us, God is still for us. If circumstance has turned against you, don't blame God—seek him!

Sleep does not come easily during a crisis. David could have had sleepless nights when his son Absalom rebelled and gathered an army to kill him. But he slept peacefully, even during the rebellion. What made the difference? David cried out to the Lord, and the Lord heard him. The assurance of answered prayer brings peace. It is easier to sleep well when we have full assurance that God is in control of circumstances. If you are lying awake at night worrying about circumstances you can't change, pour out your heart to God, and thank him that he is in control. Then sleep will come.

This description of God's anger reveals David's desire for justice against his persecutors. David himself was slapped and insulted, and here he simply asked for equal treatment for his enemies. He did this, not out of personal revenge, but for the sake of God's justice. Psalm 3:8 shows the humility behind David's words—he realized that faith in God's timing was the answer to his question about the success the wicked

David seems to be speaking to those who are advising him to run from his enemies. David's faith contrasted dramatically with the fear of the advisers who tell him to flee. Faith in God keeps us from losing hope and helps us resist fear. David's advisers were afraid because they saw only frightening circumstances and crumbling foundations. David was comforted and optimistic because he knew God was greater than anything his enemies could bring against him (Psalm 7:10; Psalm 16:1; Psalm 31:2-3).

When the foundations are shaking and you wish you could hide, remember that God is still in control. His power is not diminished by any turn of events. Nothing happens without his knowledge and permission. When you feel like running away—run to God. He will restore justice and goodness on the earth in his good time. Comments taken from Psalms, Chapters 3 & 11

When You Feel Guilty

David's steps of meditation take him from creation, through God's Word, through David's own sinfulness, to salvation. As God reveals himself through nature (Psalm 19:1-6), we learn about his power and our finiteness. As God reveals himself through Scripture (Psalm 19:7-11), we learn about his holiness and our sinfulness. As God reveals himself through daily experiences (Psalm 19:12-14), we learn about his gracious forgiveness and our salvation.

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When You Feel Tired or Weak

The God of the Bible is unique! He is alive and able to do mighty deeds for those who love him. All human-created deities are powerless because they are merely inventions of the mind, not living beings. The Lord alone is “worthy to receive glory and honor and power” (Rev. 4:11). Although people believe in many gods, you need never fear that God is only one among many or that you may be worshiping the wrong God. The Lord alone is God.

Sometimes our trouble or pain is so great that all we can do is cry out to God, “Guard my life” (Psalm 86:2). And often, when there is no relief in sight, all we can do is acknowledge the greatness of God and wait for better days ahead. The conviction that God answers prayer will sustain us in such difficult times.

It is right to pray for a sign of God’s goodness. As David found, it may be just what we need. But let us not overlook the signs he has already given: the support of family and friends, the fellowship of other Christians, the light of each new day. And we can be confident that he knows our situation no matter how desperate it becomes, and he cares.

David said he would speak of God’s faithfulness and salvation to those around him. When we feel the impact of God’s righteousness on our lives, we cannot keep it hidden. We want to tell other people what God has done for us. If God’s faithfulness has changed your life, don’t be timid. It is natural to share a good bargain with others or recommend a skillful doctor, so it should also feel natural to share what God has done for us.

When we think of faithfulness, a friend or a spouse may come to mind. People who are faithful to us accept and love us, even when we are unlovable. Faithful people keep their promises, whether promises of support or promises made in our marriage vows. God’s faithfulness is like human faithfulness, only perfect. His love is absolute, and his promises are irrevocable. He loves us in spite of our constant bent toward sin, and he keeps all the promises he has made to us, God keeps his promises, even when we break our promises to him.

Comments taken from Psalms, Chapters 40 & 86

When You Feel Hateful

We may wonder why God allows people to amass great wealth while they despise him as they do. But why are we upset when the wicked prosper? Are we angry about the damage they are doing or just jealous of their success? To answer these questions we must gain the right perspective on wickedness and wealth. The wicked will surely be punished because God hates their evil deeds. Wealth is only temporary. It is not necessarily a sign of God's approval on a person's life; nor is lack of it a sign of God's disapproval. Don't let wealth or lack of it become your obsession. See Proverbs 30:7-8 for a prayer you can pray.

David was forced to flee for safety several times. Being God's anointed king did not make him immune to injustice and hatred from others. This psalm may have been written when he was being hunted by Saul (1 Samuel 18-31) or during the days of Absalom's rebellion (2 Samuel 15-18). In both instances, David fled, but not as if all was lost. He knew God was in control. While David wisely avoided trouble, he did not fearfully run away from his troubles.

David seems to be speaking to those who are advising him to run from his enemies. David's faith contrasted dramatically with the fear of the advisers who tell him to flee. Faith in God keeps us from losing hope and helps us resist fear. David's advisers were afraid because they saw only frightening circumstances and crumbling foundations. David was comforted and optimistic because he knew God was greater than anything his enemies could bring against him (Psalm 7:10; Psalm 16:1; Psalm 31:2-3).

When the foundations are shaking and you wish you could hide, remember that God is still in control. His power is not diminished by any turn of events. Nothing happens without his knowledge and permission. When you feel like running away—run to God. He will restore justice and goodness on the earth in his good time.

God does not preserve believers from difficult circumstances, but he tests both the righteous and the wicked. For some, God's tests become a refining fire, while for others, they become an incinerator for destruction. Don't ignore or defy the tests and challenges that come your way. Use them as opportunities for you to grow.

Comments taken from Psalms Chapter 10 & 11.

When You Feel Impatient

Sometimes all we need to do is talk over a problem with a friend to help put it in perspective. In this psalm, the phrase "how long" occurs four times in the first two

verses, indicating the depth of David's distress. David expressed his feelings to God and found strength. By the end of his prayer, he was able to express hope and trust in God. Through prayer we can express our feelings and talk our problems out with God. He helps us regain the right perspective, and this gives us peace (Habakkuk 3:17-19).

David frequently claimed that God was slow to act on his behalf. We often feel this same impatience. It seems that evil and suffering go unchecked, and we wonder when God is going to stop them. David affirmed that he would continue to trust God no matter how long he had to wait for God's justice to be realized. When you feel impatient, remember David's steadfast faith in God's unfailing love.

Fear is a dark shadow that envelops us and ultimately imprisons us within ourselves. Each of us has been a prisoner of fear at one time or another—fear of rejection, misunderstanding, uncertainty, sickness, or even death. But we can conquer fear by using the bright liberating light of the Lord who brings salvation. If we want to dispel the darkness of fear, let us remember with the psalmist that “the LORD is my light and my salvation.”

Many have had the sad experience of being forsaken by father or mother. Broken homes, differences of belief, addiction to drugs or alcohol, even psychological isolation can leave children crippled by this loss. Even as adults, the pain may linger. God can take that place in our life, fill that void, and heal that hurt. He can direct us to adults who may take the role of father or mother for us. His love is sufficient for all our needs.

Waiting for God is not easy. Often it seems that he isn't answering our prayers or doesn't understand the urgency of our situation. That kind of thinking implies that God is not in control or is not fair. But God is worth waiting for. Lamentations 3:24-26 calls us to hope in and wait for the Lord because often God uses waiting to refresh, renew, and teach us. Make good use of your waiting times by discovering what God may be trying to teach you in them. Comments taken from Psalms, Chapters 13 & 27

When You Feel Trapped

David's claim was an understanding of his relationship with God. In Psalm 32 and Psalm 51, David freely acknowledged his own sins. Nevertheless, his relationship

with God was one of close fellowship and constant repentance and forgiveness. His claim to goodness, therefore, was based on his continual seeking after God.

Just as we protect the pupils (“apples”) of our eyes, so God will protect us. We must not conclude, however, that we have somehow missed God’s protection if we experience troubles. God’s protection has far greater purposes than helping us avoid pain; it is to make us better servants for him. God also protects us by guiding us through painful circumstances, not only by helping us escape them.

The “shadow of your wings” is a figure of speech symbolizing God’s protection. He guards us just as a mother bird protects her young by covering them with her wings. Moses used this same metaphor in Deut. 32:11.

We deceive ourselves when we measure our happiness or contentment in life by the amount of wealth we possess. When we put riches at the top of our value system, we let power, pleasure, and financial security overshadow the eternal value of our relationship with God. We think we will be happy or content when we get riches, only to discover that they don’t really satisfy, and the pleasures fade away. The true measurement of happiness or contentment is found in God’s love and in doing his will. You will find true happiness if you put your relationship with God above earthly riches.

The word *awake* shows that David believed in life after death. Although belief in resurrection was not widespread in Old Testament times, several verses show that it was partially understood. Some of these are Job 19:25-27; Psalm 16:10; Psalm 49:15; Psalm 139:17-18; Isaiah 26:19; Daniel 12:2, 13.

At other times, for reasons known only to him, God allows evil to continue even though innocent people are hurt. It is during these times that we must ask God to protect us. Remember that God will execute final justice, even if it is not during our lifetime.

Comments taken from Psalms, Chapters 7, 17

When You Feel Insecure

God is a shelter, a refuge when we are afraid. The writer’s faith in the Almighty God as Protector would carry him through all the dangers and fears of life. This should be a

picture of our trust—trading all our fears for faith in him, no matter how intense our fears. To do this we must “dwell” and “rest” with him (Psalm 91:1). By entrusting ourselves to his protection and pledging our daily devotion to him, we will be kept safe.

One of the functions of angels is to watch over believers (Hebrews 1:14). There are examples of guardian angels in Scripture (1 Kings 19:5; Daniel 6:22; Matthew 18:10; Luke 16:22; Acts 12:7), although there is no indication that one angel is assigned to each believer. Angels can also be God’s messengers (Matthew 2:13; Acts 27:23-24). Angels are not visible, except on special occasions (Numbers 22:31; Luke 2:9). Psalm 91:11-12 were quoted by Satan when he tempted Jesus (Matthew 4:6; Luke 4:10-11). It is comforting to know that God watches over us even in times of great stress and fear.

The secret of a close relationship with God is to pray to him earnestly *each morning*. In the morning, our minds are more free from problems and then we can commit the whole day to God. Regular communication helps any friendship and is certainly necessary for a strong relationship with God. We need to communicate with him daily. Do you have a regular time to pray and read God’s Word?

What is your reaction to sin in your life? Are you insensitive, unconcerned, disappointed, or comfortable? As God makes us aware of sin, we must be intolerant toward it and be willing to change. All believers should strive to be more tolerant of people but less tolerant of the sin in others and in themselves.

Comments taken from Psalms, Chapters 5, & 91

When You Feel Unimportant

Portions of this psalm are quoted in the New Testament and applied to Christ (1 Cor. 15:27; Hebrews 2:6-8). Jesus became human, just a little lower than the heavenly beings (Psalm 8:5), and he will raise all who belong to him above the heavenly beings

when he comes to reign over the new heaven and new earth. Jesus is the only person who perfectly reflects God's image (Galatians 2:20; Col. 1:15).

To respect God's majesty, we must compare ourselves to his greatness. When we look at creation, we often feel small by comparison. To feel small is a healthy way to get back to reality, but God does not want us to dwell on our smallness. Humility means proper respect for God, not self-depreciation.

When we look at the vast expanse of creation, we wonder how God could be concerned for people who constantly disappoint him. Yet God created us only a little lower than himself or the angels! The next time you question your worth as a person, remember that God considers you highly valuable. We have great worth because we bear the stamp of the Creator. (See Genesis 1:26-27 for the extent of worth God places on all people.) Because God has already declared how valuable we are to him, we can be set free from feelings of worthlessness.

God gave human beings tremendous authority—to be in charge of the whole earth. But with great authority comes great responsibility. If we own a pet, we have the legal authority to do with it as we wish, but we also have the responsibility to feed and care for it. How do you treat God's creation? Use your resources wisely because God holds you accountable for your stewardship.

Moses reminds us that a thousand years are like a day to the Lord. God is not limited by time. It's easy to get discouraged when years pass and the world doesn't get better. We sometimes wonder if God is able to see the future. But don't assume that God has our limitations. God is completely unrestricted by time. Because he is eternal, we can depend on him.

God still loves us and wants to forgive us. This should encourage us to come to him rather than frighten us into covering up our sin.

Comments taken from Psalms, Chapters 8 & 90

When You Feel Insulted

The Bible often speaks of God's care for the weak, poor, and needy, and of his blessing on those who share this concern. God wants our generosity to reflect his own free giving. As he has blessed us, we should bless others.

Psalms is divided into five books, and each one ends with a doxology or an expression of praise to God. The first book of the psalms, Psalm 1-41, takes us on a journey through suffering, sorrow, and great joy. It teaches us much about God's eternal love and care for us and how we should trust him even in the day-to-day experiences of life.

When others disappoint and threaten us, we feel empty, as though a vital part of ourselves has been stolen. When others break the trust we have placed in them, they also break our spirits. At those empty, broken moments, we must join the psalmist in begging God to rush to our aid. He alone can fill our lives with his joy (Psalm 70:4). With the psalmist we should cry out, "O LORD, do not delay!"

This short psalm (similar in content to Psalm 40:13-17) was David's plea for God to come quickly with his help. Yet even in his moment of panic, he did not forget praise. Praise is important because it helps us remember who God is. Often our prayers are filled with requests for ourselves and others, and we forget to thank God for what he has done and to worship him for who he is. Don't take God for granted and treat him as a vending machine. Even when David was afraid, he praised God.

As we face the sunset years, we recognize that God has been our constant help in the past. As physical powers wane, we need God even more, and we realize he is still our constant help. We must never despair, but keep on expecting his help no matter how severe our limitations. Hope in him helps us to keep going, to keep serving him.

Comments taken from Psalms, Chapters 41 & 70

When You Feel Vengeful

David endured many false accusations (1 Samuel 22:7-13; 2 Samuel 15:3-4), as did Christ centuries later (Matthew 26:59-61; Matthew 27:39-44). Psalm 109:8 is quoted in Acts 1:20 as being fulfilled in Judas's death.

David was angry at being attacked by evil people who slandered him and lied. Yet David remained a friend and a man of prayer. While we must hate evil and work to overcome it, we must love everyone, including those who do evil, because God loves them. We are called to hate the sin, but love the person. Only through God's strength will we be able to follow David's example.

This is another of the imprecatory psalms, a call for God to judge the wicked. (For an explanation of imprecatory psalms, see the note on +Psalm 35:1ff.) David was not taking vengeance into his own hands, but was asking that God be swift in his promised judgment of evil people. David's words depict the eventual doom of all God's enemies.

A name is more than a label; it is a representation of character and reputation. David is pleading for God to live up to his name—to his character of love and mercy. "For your name's sake," then, means "in accordance with your character."

Have you ever been falsely accused or so badly hurt that you wanted revenge? David wrote this psalm in response to the slanderous accusations of those who claimed he was trying to kill Saul and seize the throne (1 Samuel 24:9-11). Instead of taking matters into his own hands and striking back, David cried out to God for justice. The proper response to slander is prayer, not revenge, because God says, "It is mine to avenge; I will repay" (Romans 12:19; see also Deut. 32:35-36; Hebrews 10:30). Instead of striking back, ask God to take your case, bring justice, and restore your reputation.

We don't have to impress God or put up a false front. Instead, we can trust God to help us work through our weaknesses in order to serve him as he has planned. When we truly follow God, he rewards our effort. Comments taken from Psalms Chapters 7 & 109.

When You Feel Jealous

David calls us to take delight in the Lord and to commit everything we have and do (our "way") to him. But how do we do this? To *delight* in someone means to experience great pleasure and joy in his or her presence. This happens only when we

know that person well. Thus, to delight in the Lord, we must know him better. Knowledge of God's great love for us will indeed give us delight.

To commit ourselves to the Lord means entrusting everything our lives, families, jobs, possessions to his control and guidance. To commit ourselves to the Lord means to trust in him (Psalm 37:5), believing that he can care for us better than we can ourselves. We should be willing to wait patiently (Psalm 37:7) for him to work out what is best for us.

Anger and worry (fretting) are two very destructive emotions. They reveal a lack of faith that God loves us and is in control. We should not worry; instead, we should trust in God, giving ourselves to him for his use and safekeeping. When you dwell on your problems, you will become anxious and angry. But if you concentrate on God and his goodness, you will find peace. Where do you focus your attention?

Meekness hardly seems the proper weapon to deal with enemies. God's warfare must be carried out with calm faith, humility before God, and hope in his deliverance. Jesus also promises a sure reward for those with humble attitudes (Matthew 5:5).

The person in whom God delights is one who follows God, trusts him, and tries to do his will. God watches over and makes firm every step that person takes. If you would like to have God direct your way, then seek his advice before you step out.

It is difficult to wait patiently for God to act when we want change right away. But God promises that if we submit to his timing, he will honor us. Peter said, "Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time" (1 Peter 5:6). Be patient, steadily doing the work God has given you to do, and allow God to choose the best time to change your circumstances.

Comments taken from Psalm, Chapter 37

When You Feel Like Quitting

The cedars of Lebanon were giant trees that could grow to 120 feet tall and 30 feet in circumference. A voice that could break the cedars of Lebanon would be a truly powerful voice—the voice of God. "Sirion" means Mount Hermon. All that was impressive to people was under God's complete control.

Throughout history, God has revealed his power through mighty miracles over nature, such as the great flood (Genesis 6-9). He promises to continue to reveal his power. Paul urged us to understand how great God's power is (Ephes. 1:18-23). The same power that raised Christ from the dead is available to help us with our daily problems. When you feel weak and limited, don't despair. Remember that God can give you strength. The power that controls creation and raises the dead is available to you.

The "holy mountain" is Mount Zion, in Jerusalem, the city that David named as Israel's capital. The temple was built there as the place for the people to meet God in worship and prayer. The psalmist asked God to send his light and truth to guide him to the holy mountain, the temple, where he would meet God. God's truth (see 1 John 2:27) provides the right path to follow, and God's light (see 1 John 1:5) provides the clear vision to follow it. If you feel surrounded by darkness and uncertainty, follow God's light and truth. He will guide you.

Sometimes our burdens seem more than we can bear, and we wonder how we can go on. David stands at this bleak intersection of life's road and points toward the Lord, the great burden-bearer. God is able to lift us up because (1) his greatness is unfathomable (Psalm 145:3); (2) he does mighty acts across many generations (Psalm 145:4); (3) he is full of glorious splendor and majesty (Psalm 145:5); (4) he does wonderful and awesome works (Psalm 145:5-6); (5) he is righteous (Psalm 145:7); (6) he is gracious, compassionate, patient, and loving (Psalm 145:8-9); (7) he rules over an everlasting kingdom (Psalm 145:13); (8) he is our source of all our daily needs (Psalm 145:15-16); (9) he is righteous and loving in all his dealings (Psalm 145:17); (10) he remains near to those who call on him (Psalm 145:18); (11) he hears our cries and saves us (Psalm 145:19-20). If you are bending under a burden and feel that you are about to fall, turn to God for help for he is ready to lift you up and bear your burden. Comments taken from Psalms, Chapters 29, 43, 14

When You Feel Worshipful

God laughs, not at the nations, but at their confused thoughts about power. It is the laughter of a father when his three-year-old boasts that he or she can outrun him or beat him in a wrestling match. The father knows the boundaries of power of his little child, and God knows the boundaries of power of the nations. Every nation is limited, but God is transcendent. If you have to choose between confidence in God and confidence in any nation, choose God!

God is all-powerful. He created the world, and knew about the empires of the earth long before they came into being (Daniel 2:26-45). But pride and power cause nations and leaders to rebel against God and try to break free of him. Our world has many leaders who boast of their power, who rant and rave against God and his people, who promise to take over and form their own empires. But God laughs because any power they have comes from him, and he can also take it from them. We need not fear the boasts of tyrants—they are in God's hands.

Music and song were an integral part of Old Testament worship. David introduced music into the tabernacle and temple services (1 Chron. 16:4-7). The music must have been loud and joyous as evidenced by the list of instruments and the presence of choirs and song leaders. Music was also important in New Testament worship (Ephes. 5:19; Col. 3:16).

How could the message be more clear? The writer was telling the individual listeners to praise God. What a fitting way to end this book of praise—with a direct encouragement for *you* to praise God too. Remember to praise him every day!

In a way, the book of Psalms parallels our spiritual journey through life. It begins by presenting us with two roads—the way to life and the way to death. If we choose God's way to life, we still face both blessings and troubles, joy and grief, successes and obstacles. Throughout it all, God is at our side, guiding, encouraging, comforting, and caring. As the wise and faithful person's life draws to an end, he or she realizes clearly that God's road is the right road. Knowing this will cause us to praise God for leading us in the right direction and for assuring our place in the perfect world God has in store for those who have faithfully followed him.

Comments taken from Psalms, Chapters, 2 & 150

When you're facing Atheists

The true atheist is either foolish or wicked—foolish because he ignores the evidence that God exists or wicked because he refuses to live by God's truths. We become atheists in practice when we rely more on ourselves than on God. The fool mentioned

here is someone who is aggressively perverse in his actions. To speak in direct defiance of God is utterly foolish according to the Bible.

No one but God is perfect; all of us stand guilty before him (see Romans 3:23) and need his forgiveness. No matter how well we perform or how much we achieve compared to others, none of us can boast of his or her goodness when compared to God's standard. God not only expects us to obey his guidelines, but he wants us to love him with all our heart. No one except Jesus Christ has done that perfectly. Because we all fall short we must turn to Christ to save us (Romans 10:9-11). Have you asked him to save you?

David applies these observations to his enemies when he says the evildoers "devour my people as men eat bread": "They have together become corrupt; there is no one who does good, not even one." By contrast, David said, "Though you probe my heart, . . . you will find nothing" (Psalm 17:3).

There is a clear distinction between those who worship God and those who refuse to worship him. David worshiped God, and under his leadership Israel obeyed God and prospered. Several hundred years later, however, Israel forgot God, and it became difficult to distinguish between God's followers and those who worshiped idols. When Isaiah called Israel to repentance, he, like David, spoke of people who had gone astray (Isaiah 53:6). But Isaiah was talking about the Israelites themselves. Paul quoted Psalm 14 in Romans 3:10-12. He made the image of straying sheep even more general, referring to all people. The whole human race—Jew and Gentile alike—has turned away from God.

If God is "in the company of the righteous," then those who attack God's followers may be attacking God. To attack God is utterly futile (see Psalm 2:4-5, 10-12). Thus, while we may feel we are losing the battle, there can be absolutely no doubt that our ultimate victory is in God.

Comments taken from Psalms, Chapter 14

When you're facing Lies

The secret of a close relationship with God is to pray to him earnestly *each morning*. In the morning, our minds are more free from problems and then we can commit the whole day to God. Regular communication helps any friendship and is certainly necessary for a strong relationship with God. We need to communicate with him daily. Do you have a regular time to pray and read God's Word?

God cannot condone or excuse even the smallest sin. Therefore we cannot excuse ourselves for sinning only a little bit. As we grow spiritually, our sensitivity to sin increases. What is your reaction to sin in your life? Are you insensitive, unconcerned, disappointed, or comfortable? As God makes us aware of sin, we must be intolerant toward it and be willing to change. All believers should strive to be more tolerant of people but less tolerant of the sin in others and in themselves.

Living for God in a deceitful world can be a difficult and lonely battle. At one time the great prophet Elijah felt so lonely he wanted to die. But God told him that there were 7,000 other faithful servants (1 Kings 19:4, 14, 18). We are never alone in our battle against evil. When you feel alone, seek out other believers for strength and support.

We may be tempted to believe that lies are relatively harmless, even useful at times. But God does not overlook lies, flattery, deception, or boasting. Each of these sins originates from a bad attitude that is eventually expressed in our speech. The tongue can be our greatest enemy because, though small, it can do great damage (James 3:5). Be careful how you use yours.

God cares for the weak and the needy. Here he promises to protect the downtrodden and confront their oppressors. We should identify with God's attitude. His work is not done until we care for the needs of the poor.

Comments taken from Psalms, Chapters 5 & 12

When you're facing Persecution

You can learn how to follow God by meditating on his Word. Meditating means spending time reading and thinking about what you have read. It means asking yourself how you should change so you're living as God wants. Knowing and meditating on God's Word are the first steps toward applying it to your everyday life. If you want to follow God more closely, you must know what he says.

This “law of the LORD” means all of Scripture: the first five books of Moses, the Prophets, and the other writings. The more we know of the whole scope of God’s Word, the more resources we will have to guide us in our daily decisions.

There is simple wisdom in these two verses—the more we delight in God’s presence, the more fruitful we are. On the other hand, the more we allow those who ridicule God to affect our thoughts and attitudes, the more we separate ourselves from our source of nourishment. We must have contact with unbelievers if we are to witness to them, but we must not join in or imitate their sinful behavior. If you want despair, spend time with mocking sinners; but if you want God’s happiness, make friends with those who love God and his Word.

When Scripture says, “Whatever he does prospers,” it does not mean immunity from failure or difficulties. Nor is it a guarantee of health, wealth, and happiness. What the Bible means by prosperity is this: when we apply God’s wisdom, the fruit (results or by-products) we bear will be good and receive God’s approval. Just as a tree soaks up water and bears luscious fruit, we also are to soak up God’s Word, producing actions and attitudes that honor God. To achieve anything worthwhile, we must have God’s Word in our hearts.

Chaff is the outer shell (or husk) that must be removed to get at the valuable kernels of grain inside. Chaff was removed by a process called threshing and winnowing. After the plants were cut, they were crushed, and then the pieces were thrown into the air. Chaff is very light and is carried away by even the slightest wind, while the good grain falls back to the earth. Chaff is a symbol of a faithless life that drifts along without direction. Good grain is a symbol of a faithful life that can be used by God. Unlike grain, however, we can choose the direction we will take. Comments taken from Psalms, Chapter 1

When you’re Facing Criticism

(1) David could not understand why he was forced to flee from men who were unjustly seeking to kill him. He was God’s anointed king over a nation called to annihilate the evil people of the land. (2) David’s call for justice was sincere; it was not a cover for his own personal vengeance. He truly wanted to seek God’s perfect ideal for his nation. (3) David did not say that *he* would take revenge, but he gave the matter to God. These are merely his suggestions. (4) These psalms use hyperbole (or

overstatement). They were meant to motivate others to take a strong stand against sin and evil.

Cruelty may be far removed from some people's experience, but it is a daily reality to others. God promises to help the persecuted and to bring judgment on unrepentant sinners. When we pray for justice to be done, we are praying as David did. When Christ returns, the wicked will be punished.

David was sad when his prayers seemed "unanswered." When our deliverance is delayed, it is easy to assume that God hasn't answered our prayers. God hears every prayer, but he answers according to his wisdom. Don't let the absence of an immediate answer cause you to doubt or resent God. Instead let it be an occasion to deepen your faith.

David cried out to God to defend him when people wrongly accused him. If you are unjustly accused, your natural reaction may be to lash out in revenge or to give a detailed defense of your every move. Instead, ask God to fight the battle for you. He will clear your name in the eyes of those who really matter.

when David fled from Saul to Philistine territory. He had to pretend insanity before Achish when some servants grew suspicious of him (1 Samuel 21:10-15).

David stated, "What can mortal man do to me?" How much harm can people do to us? They can inflict pain, suffering, and death. But no person can rob us of our souls or our future beyond this life. How much harm can we do to ourselves? The worst thing we can do is to reject God and lose our eternal future. Jesus said, "Do not be afraid of those who kill the body but cannot kill the soul" (Matthew 10:28). Instead, we should fear God, who controls this life and the next. Comments taken from Psalms, Chapters 35 & 56

When you're Facing Poverty

Why do you hide yourself in times of trouble?" To the psalmist, God seemed far away. But even though the writer had honest doubts, he did not stop praying or conclude that God no longer cared. He was not complaining, but simply asking God to hurry to his aid. It is during those times when we feel most alone or oppressed that we need to keep praying, telling God about our troubles.

All of us want God to help us when we are in trouble, but often for different reasons. Some want God's help so that they will be successful and other people will like them. Others want God's help so that they will be comfortable and feel good about themselves. David, however, wanted help from God so that justice would be restored to Israel and so that he could show others God's power. When you call to God for help, consider your motive. Is it to save yourself pain and embarrassment or to bring God glory and honor?

God upholds our just cause; he is our vindicator (one who clears us from criticism and justifies us before others). In this life, we may face many injustices: (1) we may be falsely accused and misunderstood by friends and enemies; (2) we may not be truly appreciated by others for the love we show; (3) the true value of our work and service may not be duly rewarded; (4) our ideas may be ignored. But God is to be praised, for he sees and remembers all the good we do, and it is up to him to decide the timing and the appropriateness of our rewards. If we do not trust him to vindicate us, then we will be susceptible to hatred and self-pity. If we do trust him, we can experience God's peace and be free from the worry of how others perceive us and treat us.

God will never forsake those who seek him. To forsake someone is to abandon that person. God's promise does not mean that if we trust in him we will escape loss or suffering; it means that God himself will never leave us no matter what we face.

The world may ignore the plight of the needy, crushing any earthly hope they may have. But God, the champion of the weak, promises that this will not be the case forever. The wicked nations who forget the Lord and refuse to help their people will be judged by God. He knows our needs, he knows our tendency to despair, and he has promised to care for us (see also Psalm 9:9, 12). Even when others forget us, he will remember. Comments taken from Psalms, Chapters 9, 10, 12

When you're Facing Death

Pouring out his heart with tears, David was completely honest with God. We can be honest with God even when we are filled with anger or despair because God knows us thoroughly and wants the very best for us. Anger may result in rash outward acts or turning inward in depression. But because we trust in our all-powerful God, we don't have to be victims of circumstance or be weighed down by the guilt of sin. Be honest with God, and he will help you turn your attention from you to him.

Moses reminds us that a thousand years are like a day to the Lord. God is not limited by time. It's easy to get discouraged when years pass and the world doesn't get better. We sometimes wonder if God is able to see the future. But don't assume that God has our limitations. God is completely unrestricted by time. Because he is eternal, we can depend on him.

Realizing that life is short helps us use the little time we have more wisely and for eternal good. Take time to number your days by asking, "What do I want to see happen in my life before I die? What small step could I take toward that purpose today?"

A person is never too old to serve God, never too old to pray. Though age may stop us from certain physical activities, it need not end our desire to tell others (especially children) about all we have seen God do in the many years we've lived.

As we face the sunset years, we recognize that God has been our constant help in the past. As physical powers wane, we need God even more, and we realize he is still our constant help. We must never despair, but keep on expecting his help no matter how severe our limitations. Hope in him helps us to keep going, to keep serving him.

The psalmist was old and saw his life as a "portent," a solemn sign or testimony to others of all God had done for him (Psalm 71:7, 18). Remembering God's lifetime of blessing will help us see the consistency of his grace throughout the years, trust him for the future, and share with others the benefits of following him.

Comments taken from Psalms, Chapters 6, 71 & 90

When you're Facing Punishment

As a child might cry to his father, so David cried to God. David was not saying, "Don't punish me," but, "Don't punish me while you are angry." He acknowledged that he deserved to be punished, but he asked that God temper his discipline with mercy. Like children, we are free to ask for mercy, but we should not deny that we deserve punishment.

Although God does not always send physical illness to punish us for sin, this verse and others in Scripture (Acts 12:21-23; 1 Cor. 11:30-32) indicate that he does in certain circumstances. Our sin can have physical or mental side effects that can cause

great suffering. Sometimes God has to punish his children in order to bring them back to himself (Hebrews 12:5-11). When we repent of our sin, God promises to forgive us. He delivers us from sin's eternal consequences although he does not promise to undo all of sin's earthly consequences.

It is extremely difficult to be silent when others tear us down because we want to protect our reputation. We find it difficult to do nothing while they assault something so precious to us. But we don't need to lash back in revenge or justify our position; we can trust God to protect our reputation. Jesus was silent before his accusers (Luke 23:9-10); he left his case in God's hands (1 Peter 2:21-24). That is a good place to leave our case too!

David resolved to keep his tongue from sin; that is, he decided not to complain to other people about God's treatment of him. David certainly had reason to complain. David was the anointed king of Israel, but he had to wait many years before taking the throne. Then one of his sons tried to kill him and become king instead. But when David could not keep still any longer, he took his complaints directly to God. We all have complaints about our job, money, or situations, but complaining to others may make them think that God cannot take care of us. It may also look as if we blame God for our troubles. Instead, like David, we should take our complaints directly to God.

Life is short no matter how long we live. If there is something important we want to do, we must not put it off for a better day. Ask yourself, "If I had only six months to live, what would I do?" Tell someone that you love him or her? Deal with an undisciplined area in your life? Tell someone about Jesus? Because life is short, don't neglect what is truly important. Comments taken from Psalms, Chapters 38 and 39

When you're Facing Decisions

The writer begins his psalm extolling the joys of obeying God and refusing to listen to those who discredit or ridicule him. Our friends and associates can have a profound influence on us, often in very subtle ways. If we insist on friendships with those who mock what God considers important, we might sin by becoming indifferent to God's will. This attitude is the same as mocking. Do your friends build up your faith, or do they tear it down? True friends should help, not hinder, you to draw closer to God.

God doesn't judge people on the basis of race, sex, or national origin. He judges them on the basis of their faith in him and their response to his revealed will. Those who diligently try to obey God's will are blessed. Their happy condition is like healthy, fruit-bearing trees with strong roots (Jeremiah 17:5-8), and God promises to watch

over them. God's wisdom guides their lives. In contrast, those who don't trust and obey God have meaningless lives that blow away like dust.

There are only two paths of life before us—God's way of obedience or the way of rebellion and destruction. Be sure to choose God's path because the path you choose determines how you will spend eternity.

Chaff is the outer shell (or husk) that must be removed to get at the valuable kernels of grain inside. Chaff was removed by a process called threshing and winnowing. After the plants were cut, they were crushed, and then the pieces were thrown into the air. Chaff is very light and is carried away by even the slightest wind, while the good grain falls back to the earth. Chaff is a symbol of a faithless life that drifts along without direction. Good grain is a symbol of a faithful life that can be used by God. Unlike grain, however, we can choose the direction we will take.

Almost every verse mentions God's Word. Such repetition was common in the Hebrew culture. People did not have personal copies of the Scriptures to read as we do, so God's people memorized his Word and passed it along orally. The structure of this psalm allowed for easy memorization. Remember, God's Word, the Bible, is the only sure guide for living a pure life.

Comments taken from Psalms, Chapters 1 and 119

When you're Facing Slander

Peacemaking is not always popular. Some people prefer to fight for what they believe in. The glory of battle is in the hope of winning, but someone must be a loser. The glory of peacemaking is that it may actually produce two winners. Peacemaking is God's way, so we should carefully and prayerfully attempt to be peacemakers.

The "holy mountain" is Mount Zion, in Jerusalem, the city that David named as Israel's capital. The temple was built there as the place for the people to meet God in worship and prayer.

The psalmist asked God to send his light and truth to guide him to the holy mountain, the temple, where he would meet God. God's truth (see 1 John 2:27) provides the right path to follow, and God's light (see 1 John 1:5) provides the clear vision to

follow it. If you feel surrounded by darkness and uncertainty, follow God's light and truth. He will guide you.

David cried out to God to defend him when people wrongly accused him. If you are unjustly accused, your natural reaction may be to lash out in revenge or to give a detailed defense of your every move. Instead, ask God to fight the battle for you. He will clear your name in the eyes of those who really matter.

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These psalms use hyperbole (or overstatement). They were meant to motivate others to take a strong stand against sin and evil. Cruelty may be far removed from some people's experience, but it is a daily reality to others. God promises to help the persecuted and to bring judgment on unrepentant sinners. When we pray for justice to be done, we are praying as David did. When Christ returns, the wicked will be punished.

Comments taken from Psalms, Chapters 35, 43 120

When you're Facing Discrimination

Many of David's psalms follow the pattern found in these verses—a transition from prayer to praise. David was not afraid to come to God and express his true feelings and needs. Thus his spirit was lifted, and he praised God, his helper, protector, and friend.

David said that God repays evil to his enemies. Proverbs 26:27 warns that those who cause trouble will reap trouble. What we have intended for others may blow up in our own faces. To be honest and straightforward before God and others is simpler, easier, and safer in the long run.

The city that was supposed to be holy was plagued by internal problems: violence, strife, malice, abuse, destruction, threats, and lies. External enemies, though a constant threat, were not nearly as dangerous as the corruption inside. Even today, churches often look to defend themselves against troubles from the sinful world while failing to see that their own sins are causing their troubles.

Nothing hurts more than a wound from a friend. There may be times when friends will lovingly confront you in order to help you. Real friends stick by you in times of trouble and bring healing, love, acceptance, and understanding. What kind of friend are you? Don't betray those you love.

Praying evening, morning, and noon is certainly an excellent way to maintain correct priorities throughout every day. Daniel followed this pattern (Daniel 6:10), as did Peter (Acts 10:9-10). The prayers of God's people are effective against the overwhelming evil in the world.

David stated, "What can mortal man do to me?" How much harm can people do to us? They can inflict pain, suffering, and death. But no person can rob us of our souls or our future beyond this life. How much harm can we do to ourselves? The worst thing we can do is to reject God and lose our eternal future. Jesus said, "Do not be afraid of those who kill the body but cannot kill the soul" (Matthew 10:28). Instead, we should fear God, who controls this life and the next.

Comments taken from Psalms, Chapter 54 55

When you're facing Doubts

God promises great blessings to his people, but many of these blessings require our active participation. He will deliver us from fear (Psalm 34:4), save us out of our troubles (Psalm 34:6), guard and deliver us (Psalm 34:7), show us goodness (Psalm 34:8), supply our needs (Psalm 34:9), listen when we talk to him (Psalm 34:15), and redeem us (Psalm 34:22), but we must do our part. We can appropriate his blessings when we seek him (Psalm 34:4, 10), cry out to him (Psalm 34:6, 17), trust him (Psalm 34:8), fear him (Psalm 34:7, 9), refrain from lying (Psalm 34:13), turn from evil, do good and seek peace (Psalm 34:14), are humble (Psalm 34:18), and serve him (Psalm 34:22).

"Taste and see" does not mean, "Check out God's credentials." Instead it is a warm invitation: "Try this; I know you'll like it." When we take that first step of obedience in following God, we cannot help discovering that he is good and kind. When we begin the Christian life, our knowledge of God is partial and incomplete. As we trust him daily, we experience how good he is.

You say you belong to the Lord, but do you fear him? To fear the Lord means to show deep respect and honor to him. We demonstrate true reverence by our humble attitude

and genuine worship. Reverence was shown by Abraham (Genesis 17:2-4), Moses (Exodus 3:5-6), and the Israelites (Exodus 19:16-24). Their reactions to God's presence varied, but all deeply respected him.

This is not a blanket promise that all Christians will have everything they want. Instead, this is David's praise for God's goodness—all those who call upon God in their need will be answered, sometimes in unexpected ways.

Remember, God knows what we need, and our deepest needs are spiritual. Many Christians, even though they face unbearable poverty and hardship, still have enough spiritual nourishment to live for God. David was saying that to have God is to have all you really need. God is enough.

If you feel you don't have everything you need, ask: (1) Is this really a need? (2) Is this really good for me? (3) Is this the best time for me to have what I desire? Even if you answer yes to all three questions, God may allow you to go without to help you grow more dependent on him. He may want you to learn that you need *him* more than you need to achieve your immediate desires.

Comments taken from Psalms, Chapters 34, 37, 94

When You're Facing Sorrow

In describing the Lord as a shepherd, David wrote out of his own experience because he had spent his early years caring for sheep (1 Samuel 16:10-11). Sheep are completely dependent on the shepherd for provision, guidance, and protection. The New Testament calls Jesus the good shepherd (John 10:11); the great Shepherd (Hebrews 13:20); and the Chief Shepherd (1 Peter 5:4). As the Lord is the good shepherd, so we are his sheep—not frightened, passive animals, but obedient followers, wise enough to follow one who will lead us in the right places and in right ways. This psalm does not focus on the animal-like qualities of sheep, but on the discipleship qualities of those who follow. When you recognize the good shepherd, follow him!

When we allow God our shepherd to guide us, we have contentment. When we choose to sin, however, we go our own way and cannot blame God for the environment we create for ourselves. Our shepherd knows the "green pastures" and "quiet waters" that will restore us. We will reach these places only by following him obediently. Rebelling against the shepherd's leading is actually rebelling against our own best

interests. We must remember this the next time we are tempted to go our own way rather than the shepherd's way.

In ancient Near Eastern culture, at a banquet it was customary to anoint a person with fragrant oil as a lotion. Hosts were also expected to protect their guests at all costs. God offers the protection of a host even when enemies surround us. In the final scene of this psalm, we see that believers will dwell with God. God, the perfect shepherd and host, promises to guide and protect us through life to bring us into his house forever.

God promises great blessings to his people, but many of these blessings require our active participation. He will deliver us from fear (Psalm 34:4), save us out of our troubles (Psalm 34:6), guard and deliver us (Psalm 34:7), show us goodness (Psalm 34:8), supply our needs (Psalm 34:9), listen when we talk to him (Psalm 34:15), and redeem us (Psalm 34:22), but we must do our part. We can appropriate his blessings when we seek him (Psalm 34:4, 10), cry out to him (Psalm 34:6, 17), trust him (Psalm 34:8), fear him (Psalm 34:7, 9), refrain from lying (Psalm 34:13), turn from evil, do good and seek peace (Psalm 34:14), are humble (Psalm 34:18), and serve him (Psalm 34:22). Comments taken from Psalms, Chapters 23 and 34

When You're Facing Evil People

The secret of a close relationship with God is to pray to him earnestly *each morning*. In the morning, our minds are more free from problems and then we can commit the whole day to God. Regular communication helps any friendship and is certainly necessary for a strong relationship with God. We need to communicate with him daily. Do you have a regular time to pray and read God's Word?

God cannot condone or excuse even the smallest sin. Therefore we cannot excuse ourselves for sinning only a little bit. As we grow spiritually, our sensitivity to sin increases. What is your reaction to sin in your life? Are you insensitive, unconcerned, disappointed, or comfortable? As God makes us aware of sin, we must be intolerant toward it and be willing to change. All believers should strive to be more tolerant of people but less tolerant of the sin in others and in themselves.

David was angry at being attacked by evil people who slandered him and lied. Yet David remained a friend and a man of prayer. While we must hate evil and work to overcome it, we must love everyone, including those who do evil, because God loves

them. We are called to hate the sin, but love the person. Only through God's strength will we be able to follow David's example.

To whom can the poor turn when they are persecuted? They lack the money to get professional help; they may be unable to defend themselves. But there is always someone on their side—the Lord will stand by them and ultimately bring about justice. This should be a comfort for us all. No matter what our situation may be, the Lord is with us. But this truth should also call us to responsibility. As God's people, we are required to defend the rights of the powerless.

James wrote that “the tongue is a small part of the body, but it makes great boasts” (James 3:5). On the average, a person opens his or her mouth approximately 700 times a day to speak. David wisely asked God to help keep him from speaking evil—sometimes even as he underwent persecution. Jesus himself was silent before his accusers (Matthew 26:63). Knowing the power of the tongue, we would do well to ask God to guard what we say so that our words will bring honor to his name
Comments taken from Psalms, Chapters 5, 52, 109, 140

When You're Facing Success

God's protection of his people is limitless and can take many forms. David characterized God's care with five military symbols. God is like (1) a rock that can't be moved by any who would harm us, (2) a fortress or place of safety where the enemy can't follow, (3) a shield that comes between us and harm, (4) a horn of salvation, a symbol of might and power, (5) a stronghold high above our enemies. If you need protection, look to God.

Cherubim are mighty angels. One of the functions of the cherubim was to serve as guardians. These angels guarded the entrances to both the tree of life (Genesis 3:24) and the Most Holy Place (Exodus 26:31-33). Two cherubim of hammered gold were part of the ark of the covenant (Exodus 25:18-22). The living creatures carrying God's throne in Ezekiel 1 may have been cherubim.

The “Most High” was an important designation for David to make. Pagan idol worship was deeply rooted in the land, and each region had its own deity. But these

images of wood and stone were powerless. David was placing the Lord alone in a superior category: he is by far the Most High.

Some people think that belief in God is a crutch for weak people who cannot make it on their own. God is indeed a shield to protect us when we are too weak to face certain trials by ourselves, but he does not want us to remain weak. He strengthens, protects, and guides us in order to send us back into an evil world to fight for him. And then he continues to work with us because the strongest person on earth is infinitely weaker than God and needs his help. David was not a coward; he was a mighty warrior who, even with all his armies and weapons, knew that only God could ultimately protect and save him.

Families establish homes and watchmen guard cities, but both these activities are futile unless God is with them. A family without God can never experience the spiritual bond God brings to relationships. A city without God will crumble from evil and corruption on the inside. Don't make the mistake of leaving God out of your life—if you do, all your accomplishments will be futile. Make God your highest priority, and let him do the building.

Comments taken from Psalms, Chapters 18, 127, 128

When You're Facing Enemies

The Bible often speaks of God's care for the weak, poor, and needy, and of his blessing on those who share this concern. God wants our generosity to reflect his own free giving. As he has blessed us, we should bless others.

David stated, "What can mortal man do to me?" How much harm can people do to us? They can inflict pain, suffering, and death. But no person can rob us of our souls or our future beyond this life. How much harm can we do to ourselves? The worst thing we can do is to reject God and lose our eternal future. Jesus said, "Do not be afraid of those who kill the body but cannot kill the soul" (Matthew 10:28). Instead, we should fear God, who controls this life and the next.

Even in our deepest sorrow, God cares! Jesus reminded us further of how much God understands us—he knows even the number of hairs on our heads (Matthew 10:30). Often we waver between faith and fear. When you feel so discouraged that you are sure no one understands, remember that God knows every problem and sees every tear.

Vile men curse God as if he cannot hear and will not respond. But God scoffs at them. Evil people live as if God cannot see and will not punish. But God watches patiently until that day when their deeds will rise up to accuse them. As believers we must be careful not to follow the same foolish practices as evil people. We must remember that God hears and sees all we do.

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David was hunted by those whose love had turned to jealousy, and this was driving them to try to murder him. Trusted friends, and even his son, had turned against him. What changeable love! But David knew that God's love for him was *changeless*. "His love endures forever" (Psalm 100:5). God's mercy to all who trust him is just as permanent as his mercy to David. When the love of others fails or disappoints us, we can rest in God's enduring love.

Comments taken from Psalms, Chapters 41, 56, 59

When you're facing Temptation

It is extremely difficult to be silent when others tear us down because we want to protect our reputation. We find it difficult to do nothing while they assault something so precious to us. But we don't need to lash back in revenge or justify our position; we can trust God to protect our reputation. Jesus was silent before his accusers (Luke 23:9-10); he left his case in God's hands (1 Peter 2:21-24). That is a good place to leave our case too!

As a child might cry to his father, so David cried to God. David was not saying, "Don't punish me," but, "Don't punish me while you are angry." He acknowledged that he deserved to be punished, but he asked that God temper his discipline with mercy. Like children, we are free to ask for mercy, but we should not deny that we deserve punishment.

This is called a penitential psalm because David expressed sorrow for his sin (Psalm 38:18). He stated that his sin led to health problems (Psalm 38:1-8) and separated him

from God and others, causing extreme loneliness (Psalm 38:9-14). He then confessed his sin and repented (Psalm 38:15-22).

Our sin can have physical or mental side effects that can cause great suffering. Sometimes God has to punish his children in order to bring them back to himself (Hebrews 12:5-11). When we repent of our sin, God promises to forgive us. He delivers us from sin's eternal consequences although he does not promise to undo all of sin's earthly consequences.

Comments taken from Psalms, Chapters 38 & 141

When You're facing Hypocrisy

It's easy to pretend friendship. Wicked people often put on a show of kindness or friendship in order to gain their own ends. David, in his royal position, may have met many who pretended friendship only to meet their own goals. David knew that God would punish them eventually, but he prayed that their punishment would come swiftly. True believers should be straightforward and sincere in all their relationships.

Waiting for God to help us is not easy, but David received four benefits from waiting: God (1) lifted him out of his despair, (2) set his feet on a rock, (3) gave him a firm place to stand, and (4) put a new song of praise in his mouth. Often blessings cannot be received unless we go through the trial of waiting.

“Sacrifice and offering you did not desire.” The religious ritual of David's day involved sacrificing animals in the tabernacle. David says these acts were meaningless unless done for the right reasons. Today we often make rituals of going to church, taking communion, or paying tithes. These activities are also empty if our reasons for

doing them are selfish. God doesn't want these sacrifices and offerings without an attitude of devotion to him. The prophet Samuel told Saul, "To obey is better than sacrifice" (1 Samuel 15:22). Make sure that you give God the obedience and lifelong service he desires from you.

David said he would speak of God's faithfulness and salvation to those around him. When we feel the impact of God's righteousness on our lives, we cannot keep it hidden. We want to tell other people what God has done for us. If God's faithfulness has changed your life, don't be timid. It is natural to share a good bargain with others or recommend a skillful doctor, so it should also feel natural to share what God has done for us.

When we think of faithfulness, a friend or a spouse may come to mind. People who are faithful to us accept and love us, even when we are unlovable. Faithful people keep their promises, whether promises of support or promises made in our marriage vows. God's faithfulness is like human faithfulness, only perfect. His love is absolute, and his promises are irrevocable. He loves us in spite of our constant bent toward sin, and he keeps all the promises he has made to us, even when we break our promises to him. Comments taken from Psalms, Chapters 28 & 45

When You're Facing Verbal Cruelty

David cried out to God to defend him when people wrongly accused him. If you are unjustly accused, your natural reaction may be to lash out in revenge or to give a detailed defense of your every move. Instead, ask God to fight the battle for you. He will clear your name in the eyes of those who really matter.

David was sad when his prayers seemed "unanswered." When our deliverance is delayed, it is easy to assume that God hasn't answered our prayers. God hears every prayer, but he answers according to his wisdom. Don't let the absence of an immediate answer cause you to doubt or resent God. Instead let it be an occasion to deepen your faith.

This is one of the "imprecatory" (cursing) psalms that call upon God to deal with enemies. These psalms sound extremely harsh, but we must remember: (1) David could not understand why he was forced to flee from men who were unjustly seeking to kill him. He was God's anointed king over a nation called to annihilate the evil people of the land. (2) David's call for justice was sincere; it was not a cover for his own personal vengeance. He truly wanted to seek God's perfect ideal for his nation. (3)

David did not say that *he* would take revenge, but he gave the matter to God. These are merely his suggestions. (4) These psalms use hyperbole (or overstatement). They were meant to motivate others to take a strong stand against sin and evil.

Cruelty may be far removed from some people's experience, but it is a daily reality to others. God promises to help the persecuted and to bring judgment on unrepentant sinners. When we pray for justice to be done, we are praying as David did. When Christ returns, the wicked will be punished.

Comments taken from Psalms, Chapter 35

When You Want Acceptance

David's hatred for his enemies came from his zeal for God. David regarded his enemies as God's enemies, so his hatred was a desire for God's righteous justice and not for personal vengeance. Is it all right to be angry at people who hate God? Yes, but we must remember that it is God who will deal with them, not us. If we truly love God, then we will be deeply hurt if someone hates him. David asked God to search his heart and mind and point out any wrong motives that may have been behind his strong words. But while we seek justice against evil, we must also pray that God's enemies will turn to him before he judges them (see Matthew 5:44).

David asked God to search for sin and point it out, even to the level of testing his thoughts. This is exploratory surgery for sin. How are we to recognize sin unless God points it out? Then, when God shows us, we can repent and be forgiven. Make this verse your prayer. If you ask the Lord to search your heart and your thoughts and to reveal your sin, you will be continuing on God's "way everlasting."

God's character goes into the creation of every person. When you feel worthless or even begin to hate yourself, remember that God's Spirit is ready and willing to work within you. We should have as much respect for ourselves as our Maker has for us.

Sometimes we don't let people get to know us completely because we are afraid they will discover something about us that they won't like. But God already knows everything about us, even to the number of hairs on our heads (Matthew 10:30), and still he accepts and loves us. God is with us through every situation, in every trial—protecting, loving, guiding. He knows and loves us completely.

God is omnipresent—he is present everywhere. Because this is so, you can never be lost to his Spirit. This is good news to those who know and love God, because no matter what we do or where we go, we can never be far from God's comforting presence (see Romans 8:35-39).

Comments taken from Psalms, Chapter 139

When you Want Forgiveness

David cried out until he was physically exhausted, with a parched throat and blurred vision. Yet he still trusted God to save him. When devastated by death or tragedy, we need not collapse or despair because we can turn to God and ask him to save us and help us. The tears will still come, but we will not be crying in vain.

What problems David faced! He was scoffed at, mocked, insulted, humiliated, and made the object of city-wide gossip. But still he prayed. When we are completely beaten down, we are tempted to turn from God, give up, and quit trusting him. When your situation seems hopeless, determine that no matter how bad things become you will continue to pray. God will hear your prayer, and he will rescue you. When others reject us, we need God most. Don't turn from your most faithful friend.

Most people want lasting joy and will try almost anything to obtain it, from scrambling for more money to being involved in sexual escapades. The only genuine source of happiness is God, and we receive lasting joy only by seeking him. How are you trying to find happiness? Seek God and live as he directs you (Matthew 6:33-34), and true joy will soon follow.

God *wants* to forgive sinners. Forgiveness has always been part of his loving nature. He announced this to Moses (Exodus 34:7); he revealed it to David; and he dramatically showed it to the world through Jesus Christ. These verses convey several aspects of God's forgiveness: forgives transgression, covers sin, doesn't count our sins against us. Paul quoted these verses in Romans 4:7-8 and showed that we can have this joyous experience of forgiveness through faith in Christ.

What is confession? To confess our sin is to agree with God, acknowledging that he is right to declare what we have done as sinful, and that we are wrong to desire or to do it. It is to affirm our intention of abandoning that sin in order to follow him more faithfully.

Comments taken from Psalms, Chapters 32 & 69

When You Want Guidance

To fear the Lord is to recognize God for who he is: holy, almighty, righteous, pure, all-knowing, all-powerful, and all-wise. When we regard God correctly, we gain a clearer picture of ourselves: sinful, weak, frail, and needy. When we recognize who God is and who we are, we will fall at his feet in humble respect. Only then will he show us how to choose his way.

We are bombarded today with relentless appeals to go in various directions. Television advertising alone places hundreds of options before us, in addition to appeals made by political parties, cults, false religions, and dozens of other groups. Numerous organizations, including Christian organizations, seek to motivate us to support a cause. Add to that the dozens of decisions we must make concerning our job, our family, our money, our society, and we become desperate for someone to show us the right way. If you find yourself pulled in several directions, remember

David expressed his desire for guidance. How do we receive God's guidance? The first step is to *want* to be guided and to realize that God's primary guidance system is in his Word, the Bible. Psalm 119 tells of the endless knowledge found in God's Word. By reading it and constantly learning from it, we will gain the wisdom to perceive

God's direction for our lives. We may be tempted to demand answers from God, but David asked for direction. When we are willing to seek God, learn from his Word, and obey his commands, then will we receive his specific guidance.. Comments taken from Psalms, Chapter 25

When you want Protection

The futility of worldliness—riches, pride, fame—resounds from this psalm. Comparable in form to the book of Ecclesiastes, this psalm is one of the few written more to instruct than to give praise.

In the slave market of the ancient world, a slave had to be redeemed or ransomed (someone had to pay the price) in order to go free. In Mark 10:45, Ephes. 1:7, and Hebrews 9:12, we learn that Jesus paid such a price so that we could be set free from slavery to sin in order to begin a new life with him.

There is no way for a person to buy eternal life with God. God alone can redeem a soul. Don't count on wealth and physical comforts to keep you happy because you will never have enough wealth to keep from dying.

The rich and poor have one similarity—when they die, they leave all they own here on earth. At the moment of death (and all of us will face that moment), both rich and poor are naked and empty-handed before God. The only riches we have at that time are those we have already invested in our eternal heritage. At the time of death, each of us will wish we had invested less on earth, where we must leave it, and more in heaven, where we will retain it forever. To have treasure in heaven, we must place our faith in

God, pledge ourselves to obey him, and utilize our resources for the good of his kingdom. This is a good time to check up on your investments and see where you have invested the most. Then do whatever it takes to place your investments where they really count.

Comments taken from Psalms, Chapter 49

Holy Bible: Kings James Version
Life Application Bible New Testament Commentary