



MONDAY 05 SEPTEMBER 2016

SERIES: PSALMS 1-8

Read: Psalm 4

Plug In...

Verse 4 & 8 position David in the evening reflecting on his day just passed. Lots of unpleasant things have happened to him and now when time slows down, just before one sleeps, David finds himself open to brood on his injustices and his enemies. Remarkably, as this happens, David's bigger concern is that anger will take over his heart. The way David handles the situation pictures the true king Jesus. Rather than taking revenge, Jesus entrusted himself to his Father.

Chew It Over...

When you are feeling that people are against you as a follower of Jesus, how will this Psalm help you as you go through it?

Prayer Suggestion

Reflect on a situation where people are attacking you (through their words or actions). Ask God that you be one who entrusts themselves to Jesus rather than take revenge. Ask God to help you live through the midst of this situation understanding God alone is your peace and He alone causes you to live in safety.



The Lakes

TUESDAY 06 SEPTEMBER 2016

SERIES: PSALMS 1-8

Read: Psalm 4:4

Plug In...

Paul says in Ephesians 4:26-27.

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.

The first phrase is from this psalm, Psalm 4:4.

In the context of Ephesians, the first application of this principle is between believers – obviously, there is real possibility of brothers and sisters hurting one another. David's context was broader, which shows the principle can be applied to all types of situations.

David, in the midst of anger rising up, renews his trust in the LORD. Trust in the LORD controls him, not they anger.

Chew It Over...

Many things come at us throughout the day. Things happen, we interpret them in certain way (sometimes correctly, sometimes incorrectly), and our interpretation gives rise to emotions, and the emotions are very powerful often leading to certain actions. The emotion of anger can lead to sin. Someone once said, "sinners, when sinned against, often sin back". To take time to detox with the Lord at the end of each day could be a good practice for us. Give the situation over to God like David does. Do it before the day ends! Go to bed in peace because you're trusting in God again.

Prayer Suggestion

Prayer shows that you believe that God is in control over all things. Pray about your hurt and feelings of anger. Pray that once stimulated to react in a certain way God will control you. Pray for your enemies. Pray for you brothers and sisters in Christ.



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WEDNESDAY 07 SEPTEMBER 2016

SERIES: PSALMS 1 -8

Read: Psalm 5

Plug In...

In the middle of David's life circumstances, he orientates himself to his God and King (v.2). David doesn't minimise the present troubles he has, but he does see them framed by eternal realities. The God of the universe does not allow evil in His presence, and so David is confident that all boastful evildoers will not be allowed to continue in their wickedness forever. This powerful truth stops him from thinking he must be the one to take matters into his own hands.

Secondly, verse 7 shows that David recognises his own sin before God and that his ability to enter God's house – God's presence – is through God's grace alone.

[NB: Where the NIV renders "great love" it literally is the important phrase God famously described Himself by: "loving-kindness" or "faithful-goodness". God explains what is meant by His name *Yahweh* through these words – see: Exodus 34:6-7.]

Chew It Over...

We have enemies today. It is likely that by following Jesus we gain enemies (e.g., Matthew 5:11). As we live amongst people that are out to get us, we are living no differently to how Jesus lived, or David lived. How does this psalm of David inspire us to live like Jesus amongst our enemies?

Prayer Suggestion

Ask the Lord for more of His grace to lead you in righteousness. Ask that you'll mature in Christ and walk in step with the Spirit (Psalm 5:8).



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THURSDAY 08 SEPTEMBER 2016

SERIES: PSALMS 1 -8

Read: Psalm 5:3

Plug In...

Psalm 4 was a prayer David offered at the end of his day. Here at Psalm 5, David offers a prayer at the beginning of his day.

Chew It Over...

Bookending your day with prayer should not merely be a healthy habit for us. The desperation with which life circumstances create within us, along with the knowledge that God is the controller of all and has all authority, should fuel a natural talking-listening relationship with God.

It doesn't necessarily have to be a 15minute prayer block each time; although blocking out time so you can pray for certain things is helpful. Rather, to start your day where you are organically talking to, sharing with, asking from *your* Lord should be more and more natural the more there is a *personal* relationship.

God is personal, he's created us as persons. He speaks to us through His word, tell us His name, His thoughts, His heart. He gives us language so we can talk personally to Him in prayer.

Prayer Suggestion

Pray for the personal relationship like what the Lord Jesus had with his Father. Pray you move beyond ritual habits to holding a deep relationship with *your* God.



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FRIDAY 09 SEPTEMBER 2016

SERIES: PSALMS 1 -8

Read: Psalm 6

Plug In...

Verses 6-7 take you to a very private moment for David. David is exhausted from groaning and crying. The image of eyes swollen and a pillow drenched says it all. The image comes after verses 1-5 where David prays for mercy, grace, help, rescue, that God might remember him. Given that, the swollen-eyes and drenched-pillow display a man exhausted from even praying to God. The intensity and even ability to pray is dissolving under the weight of this suffering.

Chew It Over...

The situation David is experiencing seems to be beyond what a counsellor or psychologist could help with. The external troubles fill him with anxiety and dismay internally. This consternation cuts into his relationship with God. David shows what can happen in this world to believers. Even as Christians, sometimes such is the weight of physical and/or emotional – even psychological suffering – that the core of our very being fades. This psalm shows what to practically do when that happens. With the flicker of strength you still retain, turn to God and cry “How long O LORD?”. That is faith in God. Faith is saying I’ve got nothing left, nothing to offer, no strength that is useful, and turning yourself to God. When the words of your prayer life get cut down because of huge grief and anxiety, keep turning to Jesus. David and Jesus are examples that in the most horrific suffering to turn away from God would have been certain

disaster (that's what occurs for God's enemies). But to turn to God, even if the only words one can utter is "How long O Lord?" is the only option to find rest, peace, justice, restoration. Read Matthew 11:25-30.

Prayer Suggestion

Lord God we acknowledge, just as Jesus did, you are Lord of heaven and earth. That means our grief, our pain, our anxiety is not outside your plan, your lordship, your control and authority. Therefore, Father we turn to you, for who has knowledge and power like you, who else is controller of every detail under heaven and earth? Therefore, Father as we learn you have entrusted all power to your Son Jesus, we turn to Jesus in our pain and suffering and transpose the words "How Long O Lord?" to "Come Lord Jesus Come!".



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WEEKEND 10-11 SEPTEMBER 2016

SERIES: PSALMS 1 -8

Read: Psalm 6:9 & Mark 14:27-42

Plug In...

David clearly is deeply troubled. Terror fills him. He has lived grief-stricken for some time now, for each night he drenches his pillow with tears. After calling for the LORD to rescue him, the psalm turns to confidence that God has heard his prayer (v.9). Then notice what view of the future David now has (v.10).

Chew It Over...

Jesus Christ had a life of rejection with resolved enemies out to get him. Moments before his life came to an end he was grief-stricken (Mark 14:34). Notice both David and Jesus do the same thing. When overwhelmed they pray. Not some mere calming meditation yoga-type technique, but they speak directly with the LORD, the Father, who has all control and authority. They pray in a way that speaks back to God the things God has said Himself to be (v.4). When praying like this they can see over sufferings horizon into the future. The future is victorious. David and Jesus are God's evidence that God has always been victorious, God has always saved His people that call out to Him. God saved David from his enemies. God rescued Jesus from the stranglehold of death.

Remember in 2 Corinthians 1:8-11, the Apostle Paul got this; experienced this. When you feel the sentence of death within you, pray! You may have a near-resurrection experience in this life (i.e., like David whom God thwarted David's enemies *within* his own lifetime) but you definitely will have a resurrection experience should that not happen in this lifetime for Jesus Christ has risen from the dead. That's why we *can* pray to the God of faithful love.

Prayer Suggestion

Praise the God who has delivered you from many things in this life. Praise Him for Jesus through whom God shows He will wonderfully deliver us again.