

LESSON 9

TRUST IN THE LORD

Psalm 20

To the choirmaster. A Psalm of David.

- ¹May the LORD answer you in the day of trouble!
 May the name of the God of Jacob protect you!
- ²May he send you help from the sanctuary
 and give you support from Zion!
- ³May he remember all your offerings
 and regard with favor your burnt sacrifices! Selah
- ⁴May he grant you your heart's desire
 and fulfill all your plans!
- ⁵May we shout for joy over your salvation,
 and in the name of our God set up our banners!
May the LORD fulfill all your petitions!
- ⁶Now I know that the LORD saves his anointed;
 he will answer him from his holy heaven
 with the saving might of his right hand.
- ⁷Some trust in chariots and some in horses,
 but we trust in the name of the LORD our God.
- ⁸They collapse and fall,
 but we rise and stand upright.
- ⁹O LORD, save the king!
 May he answer us when we call.

WELCOME: *Fixing Our Focus*

Leader: Prepare an eye mask or a clean handkerchief. Ask for two volunteers. One will act as a guide. Blindfold the other volunteer who will pretend to be walking in the dark. Position him/her in a corner opposite to where the guide is standing. The farther the distance, the better. Let the guide instruct the blindfolded person to walk toward him/her. Encourage other GG members to help out by providing instructions all at the same time. The atmosphere should be “chaotic.” Do this for two to three minutes.

If time allows, repeat the activity. Choose another guide and another GG member to blindfold. Thank everyone for their participation. Then ask those who were blindfolded: Was it easy to walk in the dark? Do you think the guide gave you clear instructions? How did you feel as you heard so many voices telling you what to do? Was it easy for you to determine whose voice to trust?...Ask more questions if needed. Throw the same questions to the rest of the group.

After hearing enough responses, say: We do feel lost and confused sometimes, don't we? When we face a crisis, we don't immediately know what to do or where to go. Do we run to people for help when this happens or do we run to the Lord first? Does God have a limit as to how many times we can rely on him for help? Our access to God is unlimited and He truly is delighted when His children humbly express their dependence on Him.

WORSHIP: *Adoring Our God*

Suggested songs:

Tis So Sweet to Trust in Jesus by Louisa Stead
Stronger by Hillsong Worship

WORD: *Understanding the Word*

Introduction

We know that everyone is fighting their own battles in life. You know some people who are battling against cancer or some deadly disease. Others have to deal with difficult people in their family or work environments every day. Some face obstacles to getting ahead in their career. And then there is this growing number of people who struggle to overcome the darkness of depression and despair.

We want to have victory in life. We want success in all that we do. This psalm helps to calibrate our hearts so that we will trust in God alone—not in anyone, not in anything—for victory and success.

Leader: Lead in reading Psalm 20 together. Then read the paragraph on the “Key Verse.”

Key Verse: David gives us a model of prayer, especially in times of danger. The nation was facing a particular battle and David, together with all the people, plainly expressed where their trust lies. They said, “Some trust in chariots and some in horses, but we trust in the name of the Lord our God” (v. 7).

Psalm 20:1-4. Theme: _____

In the whole psalm, draw a rectangle around all the nouns and pronouns that refer to God. Then draw a circle on all the nouns and pronouns that refer to David, the author of this prayer.

It appears that David shaped the prayers of the people on his behalf into a song. He was getting ready for battle. The enemy was coming.

1. List the four specific requests the people prayed for in vv. 1-2.
2. Why is the “name” of God able to protect David?

3. What do you think is the significance of praying for help that would come from “the sanctuary” and from “Zion”?

In verse 3, underline the words “offerings” and “burnt sacrifices,” then draw a line connecting these two.

4. “Offerings” and “burnt sacrifices” are associated with worship practices of the people of God. In your opinion, did David see a connection between worship and going to war?

“The LORD” in this psalm is the Hebrew Yahweh, commonly referred to as the covenant name of God. Remember all the covenants God made (with Abraham, Isaac, etc.) whenever you read this name.

Read verse 4.

5. In view of an imminent battle, what do you think was the “heart’s desire” of David?
6. How were David’s “heart’s desire” and “plans” influenced by his acts of worship?
7. Read Acts 13:22. Why did God himself describe David as “a man after my heart”?

In the space above, write what you think is the theme of verses 1-4.

Psalm 20:5-9. Theme: _____

In verses 5-6, underline the words “salvation” and “saves.”

1. The prayer in these verses feel celebratory. Identify clues in these verses that show that David and the people believed that God has already given them the victory they’re praying for.

Read verses 7-9 and encircle the word “but” in these verses.

2. Explain the contrasts being stated.
3. Does verse 7 teach that human resources are not necessary “in the day of trouble”? Explain your answer.
4. What attitude are the people demonstrating when they pray, “May he answer us when we call”?

In the space above, write what you think is the theme of verses 5-9.

WALK: *Applying the Word*

Questions for Adults

1. Go through Psalm 20 again. On top of each noun and pronoun you encircled, write “me” or “my.” Then read the psalm aloud again, personalizing it for yourself.
2. Identify the greatest “trouble” that you are facing in life today. If you are ready, share this with the members of your group.
3. Share an instance in your life when God answered your prayers and delivered you from your “day of trouble.”
4. Individually and as a group, pray back this psalm to God. You could start by saying something like:
 - Lord, answer me...
 - Protect me...
 - Send me help...
 - Give me...
 - Remember me...
5. Pray for GCF. (Prayer requests supplied by the Leader.)

Questions for the Youth

1. Recall a time when you asked for something you really wanted from your parents or a friend. How does it feel when eventually they give you what you have been asking for? How would you feel if God gave you what you desire most?
2. What do you usually say when you request favors from others? Do you say, “please”, “thank you,” or “may I?” The manner in which you request for something often reveals your attitudes and motives. How do you usually approach God when presenting your requests to him?
3. How should one approach God during troubles and difficult times? What makes you say so?

Questions for Children

1. Recall or remember one time when God helped you or answered your prayer. What did he answer? Will you pray to him again knowing that he answered you before?

2. Are you going through a tough time? What is one thing you are struggling with or one problem you can't seem to fix? Is your family having a hard time as well? Write it down and then pray and ask the Lord to help you get through this. Also ask him to help you trust in him.
3. What is one plan you have for the future? What do you want to be when you grow up? Write it down and pray about it. Ask God to help you place your trust in him regarding your future plans.