

July 31 - August 6
Week 05

Psalm 56

I Put My Trust in You

DAY ONE

Be gracious to me, O God, for man tramples on me; all day long an attacker oppresses me; my enemies trample on me all day long, for many attack me proudly. When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?
//Psalm 56:1-4

Have you been in a situation where your enemies are hounding you ALL day long? How does that wear you out? Maybe it's a bully or someone who puts you down. Enemies can also be in our souls—feelings of loneliness or sadness. This is how David felt in Psalm 56.

Q. When is a time you have felt weary or worn down in life?

Q. David realized that if he stayed focused on Jesus, then flesh can not harm him. What are some ways we can focus on Jesus in those hard times?

DAY TWO

If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. // John 15:7

Abiding in Christ means to remain focused on Him. It is in the abiding that strength and faith comes to our hearts—to really know that we can overcome anything against us. When we cry out to God, he is always there to bring us comfort, joy, peace, and assurance.

We can abide in Christ when we know His Word. Take some time to practice our memory verse for the summer. We are working on memorizing Psalm 1 (ESV). Use the Space below to write it out and help you remember.

DAY THREE

You number my wanderings; put my tears into Your bottle; Are they not in Your book? When I cry out to You, then my enemies will turn back; this I know, because God is for me. In God (I will praise His word), in the Lord (I will praise His word), In God I have put my trust; I will not be afraid. What can man do to me? // Psalm 56:8-11

The beautiful picture of God caring about us enough to collect our tears into a bottle means he sees our pain. He treasures us so deeply that he holds our tears. He knows all of our thoughts and our feelings and our fears.

Q. According to the passage, what happens when you cry out to the Lord?

Q. What changes can you make in your life to make sure you pray often?

DAY FOUR

I will bless the Lord at all times; His praise will always be on my lips. //Psalm 34:1

When we praise the Lord, our Faith is deepened. There is power in praise that will fight off our enemies! There are many ways we can express praise from our hearts to the Lord.

Q. List as many forms of praise you can think of. You may need another paper for this.

Pray: Choose one of the forms of praise that you wrote down. Take some time to praise the Lord for all that He has done for us!

DAY FIVE

For you rescued me from death, even my feet from stumbling, to walk before God in the light of life. // Psalm 56:13

David put all of his hope in God and His faith was strong. When we focus on God's Word it helps us remain faithful like David.

Q. What are some things you treasure more than God's Word at times?

Q. How can you refocus your heart on the treasure of God's Word?

Pray: Thank the Lord for giving us His Word to guide us. Ask Him to help you treasure His Word above all the other things in our lives.