

### **A Psalm of David.**

To You, O Lord, I lift up my soul. <sup>2</sup>O my God, in You I trust, Do not let me be ashamed;

Do not let my enemies exult over me. <sup>3</sup>Indeed, none of those who wait for You will be ashamed; Those who deal treacherously without cause will be ashamed.

<sup>4</sup>Make me know Your ways, O Lord; Teach me Your paths. <sup>5</sup>Lead me in Your truth and teach me,

For You are the God of my salvation; For You I wait all the day. <sup>6</sup>Remember, O Lord, Your compassion and Your loving kindnesses, For they have been from of old. <sup>7</sup>Do not remember the sins of my youth or my transgressions; According to Your lovingkindness remember me, For Your goodness' sake, O Lord. <sup>8</sup>Good and upright is the Lord;

Therefore He instructs sinners in the way. <sup>9</sup>He leads the humble in justice, And He teaches the humble His way. <sup>10</sup>All the paths of the Lord are lovingkindness and truth To those who keep His covenant and His testimonies. <sup>11</sup>For Your name's sake, O Lord, Pardon my iniquity, for it is great.

<sup>12</sup>Who is the man who fears the Lord? He will instruct him in the way he should choose. <sup>13</sup>His soul will abide in prosperity, And his descendants will inherit the land. <sup>14</sup>The secret of the Lord is for those who fear Him, And He will make them know His covenant. <sup>15</sup>My eyes are continually toward the Lord, For He will pluck my feet out of the net.

<sup>16</sup>Turn to me and be gracious to me, For I am lonely and afflicted.

<sup>17</sup>The troubles of my heart are enlarged; Bring me out of my distresses. <sup>18</sup>Look upon my affliction and my trouble,

And forgive all my sins. <sup>19</sup>Look upon my enemies, for they are many, And they hate me with violent hatred. <sup>20</sup>Guard my soul and deliver me; Do not let me be ashamed, for I take refuge in You.

<sup>21</sup>Let integrity and uprightness preserve me, For I wait for You.

<sup>22</sup>Redeem Israel, O God, Out of all his troubles.

### **We will use five tools on our expedition that are built around five questions**

What questions were provoked within you?

Did anything confuse you?

Did anything move you emotionally?

Did God instruct you to do something?

Did you gain any insight into God's character?

What do you need to do to live up your soul to the Lord?

1. When you make a declaration you are affirming the truth in that declaration, so David is saying to himself – 'David, you trust in God.'
2. What would make David ashamed in God's presence?

3. David is asking God not to let his enemies brag over his failures and defeats.
4. How hard is it for us to wait for God to deliver us?
5. David is confidently trusting that God will not let his enemies gloat over him, because God will come through for him.
6. What does it mean to 'deal treacherously'?
7. What is shame?
8. Why does David say to the Lord 'make me know your ways'?
9. To teach is to make known to others what you already know.
10. David says to the Lord 'lead me in your truth' - he knows God is the Good Shepherd who goes before the sheep. All he needs to do is trust and follow.
11. We have Jesus Christ as our 'Salvation Shepherd' but David only had the word of the Lord.
12. Unless the Lord comes and shows David the way to walk, he is staying put!
13. In the fog of life, to remember God's compassion and lovingkindness, will enrich us with courage and patience.
14. All have sinned – even David 'a man after God's own heart'.
15. God chooses not to remember our sin once it has been dealt with through forgiveness.
16. Will God ever forget you? No!
17. Exultation in trials will build courage.
18. God knows how to bring us back into the fold of His mercy and love.
19. Why do humble people learn?
20. Your name has forgiven our sins because of your promises.
21. To fear the Lord is to be in reverence of Him and His word.
22. What is it for your soul to prosper?
23. Why is it important to fear the Lord?
24. What is the covenant that David is referring to?
25. What is the covenant we are working with?
26. What is it for your eyes to be upon the Lord?
27. Do you know the experience of the Lord turning towards you?
28. What makes our troubles enlarge?
29. How does God bring you out of distress?
30. Forgiveness is usually the pathway back to peace.
31. Enemies of good are an enemy of God – if you are friends of God His enemies are your enemies.
32. How does God guard our souls?
33. Right living puts most enemies to flight.
34. What is it to be redeemed?