

## **Psalm 20**

<sup>1</sup> May the Lord answer you when you are in distress;  
may the name of the God of Jacob protect you.

<sup>2</sup> May he send you help from the sanctuary  
and grant you support from Zion.

<sup>3</sup> May he remember all your sacrifices  
and accept your burnt offerings.

<sup>4</sup> May he give you the desire of your heart  
and make all your plans succeed.

<sup>5</sup> May we shout for joy over your victory  
and lift up our banners in the name of our God.

May the Lord grant all your requests.

<sup>6</sup> Now this I know:

The Lord gives victory to his anointed.

He answers him from his heavenly sanctuary  
with the victorious power of his right hand.

<sup>7</sup> Some trust in chariots and some in horses,  
but we trust in the name of the Lord our God.

<sup>8</sup> They are brought to their knees and fall,  
but we rise up and stand firm.

<sup>9</sup> Lord, give victory to the king!  
Answer us when we call!

### **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?

### **Pauls Helpful questions and insights**

1. What is the difference between 'may you' and 'can you'?
2. What does 'distressed' mean to you?
3. Do you find it hard to hear the Lord's voice when you are distressed?
4. Are we always ready to hear the Lord's voice?
5. How can God answer our questions?
6. Why does David refer to Him as Jacob's God when he reference protection?

7. To be helped, is it the same as having it done for you?
8. How does God help you?
9. To be supported from Zion is to be protected by God's people, because they are protected by God.
10. A friend of Zion is a friend of Zion's God.
11. Jesus made reference to people serving the world in Jesus Christ's name in the new testament.
12. Does God have a good memory when it comes to our wrong doing?
13. Why does God ponder what we do right?
14. Do you know the desires you have in your heart?
15. Have you made any future plans? People with vision are going somewhere.
16. Is there a time in life when we stop dreaming about what is to come in the future?
17. What does it do for us when we shout a shout of victory over our enemies?
18. Can you imagine having all your prayer requests answered?
19. The anointing of God can expect favour in what they do.
20. Did you know about God's heavenly sanctuary – Hebrews 9?
21. Where is your trust? In yourself and how you sort things out or in God and watch Him sort them out?
22. How can you practically activate trusting in the name of God?
23. What does it mean to be brought to your knees?
24. Who are they that rise up?
25. What is it to stand firm?
26. Are you living in victory?
27. Why should God answer us whenever we call?