

Psalm 18 New International Version

¹ I love you, Lord, my strength. ² The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. ³ I called to the Lord, who is worthy of praise, and I have been saved from my enemies.

⁴ The cords of death entangled me; the torrents of destruction overwhelmed me. ⁵ The cords of the grave coiled around me; the snares of death confronted me. ⁶ In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears. ⁷ The earth trembled and quaked, and the foundations of the mountains shook; they trembled because he was angry. ⁸ Smoke rose from his nostrils; consuming fire came from his mouth, burning coals blazed out of it.

⁹ He parted the heavens and came down; dark clouds were under his feet. ¹⁰ He mounted the cherubim and flew; he soared on the wings of the wind. ¹¹ He made darkness his covering, his canopy around him the dark rain clouds of the sky. ¹² Out of the brightness of his presence clouds advanced with hailstones and bolts of lightning.

¹³ The Lord thundered from heaven; the voice of the Most High resounded. ¹⁴ He shot his arrows and scattered the enemy, with great bolts of lightning he routed them. ¹⁵ The valleys of the sea were exposed and the foundations of the earth laid bare at your rebuke, Lord, at the blast of breath from your nostrils. ¹⁶ He reached down from on high and took hold of me; he drew me out of deep waters.

¹⁷ He rescued me from my powerful enemy, from my foes, who were too strong for me. ¹⁸ They confronted me in the day of my disaster, but the Lord was my support. ¹⁹ He brought me out into a spacious place; he rescued me because he delighted in me. ²⁰ The Lord has dealt with me according to my righteousness; according to the cleanness of my hands he has rewarded me.

²¹ For I have kept the ways of the Lord; I am not guilty of turning from my God. ²² All his laws are before me; I have not turned away from his decrees. ²³ I have been blameless before him and have kept myself from sin. ²⁴ The Lord has rewarded me according to my righteousness, according to the cleanness of my hands in his sight.

²⁵ To the faithful you show yourself faithful, to the blameless you show yourself blameless, ²⁶ to the pure you show yourself pure, but to the devious you show yourself shrewd. ²⁷ You save the humble but bring low those whose eyes are haughty. ²⁸ You, Lord, keep my lamp burning; my God turns my darkness into light. ²⁹ With your help I can advance against a troop; with my God I can scale a wall.

³⁰ As for God, his way is perfect: The Lord's word is flawless; he shields all who take refuge in him. ³¹ For who is God besides the Lord? And who is the Rock except our God?

³² It is God who arms me with strength and keeps my way secure. ³³ He makes my feet like the feet of a deer; he causes me to stand on the heights. ³⁴ He trains my hands for battle; my arms can bend a bow of bronze. ³⁵ You make your saving help my shield and your right hand sustains me; your help has made me great.

³⁶ You provide a broad path for my feet, so that my ankles do not give way. ³⁷ I pursued my enemies and overtook them; I did not turn back till they were destroyed. ³⁸ I crushed them so that they could not rise; they fell beneath my feet. ³⁹ You armed me with strength for battle; you humbled my adversaries before me.

⁴⁰ You made my enemies turn their backs in flight, and I destroyed my foes. ⁴¹ They cried for help, but there was no one to save them to the Lord, but he did not answer. ⁴² I beat them as fine as windblown dust; I trampled them like mud in the streets. ⁴³ You have delivered me from the attacks of the people; you have made me the head of nations. People I did not know now serve me,

⁴⁴ foreigners cower before me; as soon as they hear of me, they obey me. ⁴⁵ They all lose heart; they come trembling from their strongholds. ⁴⁶ The Lord lives! Praise be to my Rock! Exalted be God my Savior! ⁴⁷ He is the God who avenges me, who subdues nations under me, ⁴⁸ who saves me from my enemies. You exalted me above my foes; from a violent man you rescued me. ⁴⁹ Therefore I will praise you, Lord, among the nations; I will sing the praises of your name. ⁵⁰ He gives his king great victories; he shows unfailing love to his anointed, to David and to his descendants forever.

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

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 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?

- Can you freely say to God 'I love you'?
- Have you learnt to declare the reality of who God is to you like David did?
- Who is God to you?
- If someone was to describe the relationship you have with God, what would they say?
- What is the benefit of making a declaration to God in prayer?
- The story telling within a song is for what purpose?
- Like David, how is God your help?
- How do you know God hears you when you speak to Him?
- What makes God angry?
- What do the wings of the wind mean to you?
- Has God ever rescued you like he rescued David?
- Do you see God as an awesome God, capable of everything?
- David is convinced it is because of his right standing before God, that God came to his rescue. Why is that different to the gospel in the new testament?
- Why does God show mercy to the undeserved?
- What are haughty eyes?
- Has God turned your darkness to light?

- Do you believe, like David, God's word is faultless?
- Does God shield those who take refuge in Him?
- How does God give us His strength?
- Has God become your teacher?
- Have you learnt to destroy your enemies so that they are no more? Or do you make frenemies of your enemies?
 - Have you made God your rock, your default position?