

Psalm 70 [a]

1 Hasten, O God, to save me;
come quickly, Lord, to help me.

2 May those who want to take my life
be put to shame and confusion;
may all who desire my ruin
be turned back in disgrace.

3 May those who say to me, "Aha! Aha!"
turn back because of their shame.

4 But may all who seek you
rejoice and be glad in you;
may those who long for your saving help always say,
"The Lord is great!"

5 But as for me, I am poor and needy;
come quickly to me, O God.
You are my help and my deliverer;
Lord, do not delay.

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

1. What does David's urgency in his prayer reveal about his relationship with God?

2. How does David's plea in Psalm 70 resonate with your personal experiences of prayer in times of

distress?

3. What do you think it means to have enemies "turn back in disgrace" as described in verses 2 and

3? How does this concept apply to present day living?

4. How might the reversal of fortunes (verses 3-4) inspire those experiencing adversity today?

5. Reflect on the last verse where David refers to himself as "poor and needy". What does this

convey about his self-awareness and humility?

6. How can the declaration "But as for me, I am poor and needy; come quickly to me, O God" (verse

5) shape our perspective on our own needs and God's provision?

7. In what ways does Psalm 70 challenge or affirm your understanding of God as a deliverer?

8. How can you apply David's trust in God, shown in Psalm 70, to a current situation in your life?

9. Psalm 70 ends with "O Lord, do not delay". How does this statement influence your understanding

of God's timing?

10. How does David's continual praise of God, even amidst his suffering, inspire your personal

worship?

11. Can you think of a situation where you can put into practice the principle of rejoicing in God's

salvation, even in the midst of hardship, as shown in verse 4?

12. How can Psalm 70 guide us in dealing with feelings of fear and desperation in modern society?
13. Why do you think David chooses to voice his trust in God so openly? How can we follow this example today?
14. In what ways can the themes of Psalm 70 provide comfort during a crisis?
15. How do you relate to David's plea for God not to delay? Have there been times when you've had similar feelings? How did you deal with them?
16. What are the potential impacts on our faith when our pleas are answered not in our time but in God's time?
17. How can this Psalm influence the way we pray for those who mistreat us or wish us harm in the present day?
18. What is the importance of the community of "those who love His salvation" in this Psalm, and how can that be reflected in our lives today?
19. How does David's repeated calling to God in his time of need speak to our persistence in prayer?
20. How can you incorporate the lessons of trust, dependence, and praise from Psalm 70 into your daily life?