

Psalm 56

Be gracious to me, God, for a man has trampled upon me;
Fighting all day long he oppresses me.

2 My enemies have trampled upon me all day long,
For they are many who fight proudly against me.

3 When I am afraid, I will put my trust in You.

4 In God, whose word I praise, In God I have put my trust; I shall not be afraid.
What can mere mortals do to me?

5 All day long they distort my words; All their thoughts are against me for evil.

6 They attack, they lurk, they watch my steps, As they have waited to take my life.

7 Because of their wickedness, will there be an escape for them?
In anger make the peoples fall down, God!

8 You have taken account of my miseries; Put my tears in Your bottle. Are they not in
Your book? 9 Then my enemies will turn back on the day when I call; This I know that
God is for me.

10 In God, whose word I praise, In the LORD, whose word I praise, 11 In God I have put
my trust, I shall not be afraid. What can mankind do to me?

12 Your vows are binding upon me, God; I will render thanksgiving offerings to You. 13
For You have saved my soul from death, indeed my feet from stumbling, So that I may
walk before God In the light of the living.

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 Observations and insights

1. What does grace mean to you?

2. What is it 'not to be gracious?'

3. Is it possible to make the choice within yourself to do, or not to be something?

4. Do you have a problem with David being so bold as to ask God for his grace?

5. Who could have been the man David was referring to?
6. Do you ever feel you are fighting off enemies?
7. What is it to be trampled upon?
8. What does oppression feel like to you?
9. Is it fair to say, 'it's expected for our enemies to want to do us harm'?
10. What value is there in fighting someone?
11. David is bold to say, 'I will put my trust in God when I am afraid'.
12. How do you practically trust God?
13. What does it mean to praise God's word?
14. Can you really tell yourself not to be afraid?
15. Would you prefer to face the wrath of man or the wrath of God?
16. To distrust a word is to not receive a truth from a word spoken?
17. Can you imagine having a 'mind fixation' on committing acts of evil?
18. What is it 'to lurk'?
19. Why would someone watch your steps?
20. Premeditated murder carries a greater sentence than impulsive murder.
21. Why does David need to ask the question 'will there be an escape for the wicked'?
22. Do you think that there will be an escape for the wicked?
23. Why does David want God to judge in His anger?
24. God knows all our pains.
25. What is this 'bottle' that David's tears went into.
26. David asks a rhetorical question about God's book.
27. If you experience hardship and suffering is this an indication God is not on your side?
28. What does it mean for 'God to go before you'?
29. We are the reality of all that we say we are.
30. The things we say, words, are the most powerful thing you can imagine.
31. 'I told my people they can have what they say, but my people are saying what they have'.
32. Have you declared that it is in God you have put your trust?
33. David knows God will keep his word no matter what!
34. He refuses to be afraid, and he sends his faith off to work by trusting in God.
35. How do you 'render offerings of praise to God'?
36. How did God save David's soul?
37. What is a person's soul?
38. If God saves our soul from death does that mean, we won't die in eternity?
39. Why do people stumble in life?
40. What is it to walk before God?
41. As the living see what God is doing for you and through you, so God reveals Himself.