



PSALM 56

SUNDAY 1st AUGUST

REFLECTION

QUESTIONS AND NOTES

Read 1 Samuel 21:10-15

- Describe what is happening to David at this point of his life
- Think about what he might be thinking and feeling?
- How might you pray if you were in his situation?

Read Psalm 56 twice

- What is the main point of this Psalm? What heading would you give the Psalm? Why did you choose that?
- What is repeated in the Psalm? What do we learn from that?
- Is there anything that surprises you in the Psalm?

Chorus of the Psalm (v3-4 and 10-11)

- How might you finish the sentence 'When I am afraid...'?
- What does he highlight in these verses about why he can trust the Lord? What do we learn from that?
- David says 'in God I trust and am not afraid.' Do you think that that means he no longer will struggle with fear? What does it mean?
- How does the phrase 'What can mere mortals do to me?' help us understand the psalm?

Reasons for trusting God

- What reasons are we given in the Psalm for trusting in God?
- How might these help us in our own fear?

Result of Trusting God

- What changes are there in David by the end of the Psalm? (v12-13)

Jesus praying the Psalm

- How might Jesus have prayed this Psalm?
- What difference does it make to us?