

# Trusting God in Trying Times Notes

## Psalm 56

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**Main Point:** Trust and obey, for there is no other way.

### Heading

1. A terebinth was a large \_\_\_\_\_, under which people would gather.
2. The word “miktam” means, “golden” or “\_\_\_\_\_,” meaning it’s worth digging in to uncover its treasure.

### Three Ways to Trust God in Trying Times

1. Since God is with me when I worry, I will trust Him with my \_\_\_\_\_ (vs. 1-7).
  - The word “trample” is used twice and refers to the \_\_\_\_\_ of a raging beast out to crush its prey.
  - David mentions the word “when,” not “if,” to show it’s \_\_\_\_\_ to be afraid.
  - At the same time David says, “I put my trust in you.”
  - You may feel fear rising even as faith holds you \_\_\_\_\_.
  - Faith is not the absence of fear; it is the \_\_\_\_\_ that God is greater than my fears.
  - How does he move from “when I am afraid” to “I shall not be afraid?”
    - \_\_\_\_\_ in God (vs. 3) – David makes a deliberate decision.
    - \_\_\_\_\_ God’s Word (vs. 4).
    - \_\_\_\_\_ to God’s sovereignty (vs 4) – Nothing could happen to him unless God allowed it.
2. Since God is for me when I weep, I will trust Him with my \_\_\_\_\_ (vs. 8).
  - To “count” means God numbers and \_\_\_\_\_ all those nights we weep and can’t sleep.
  - The word “tossings” can also be translated as “\_\_\_\_\_,” meaning God knows when we walk away from Him (Psalm 121:8, Matthew 10:30-31).
  - Verses that mention weeping and tears (1 Samuel 1:10; Job 16:16, 20; Psalm 6:6, 29:12, 42:3, 69:3, 88:9; Lamentations 2:18, 3:49).
  - God designed our tears with \_\_\_\_\_. They wash away stress from our souls, soothe our heart by releasing healing endorphins, and shield and refresh our eyes.
  - Our tears tell others we are \_\_\_\_\_ and in need of comfort.
  - In ancient times, tears were sometimes collected in wineskins, small vials, or bottles.
  - This metaphor shows God honors and \_\_\_\_\_ your suffering.

- He not only sees your tears; He also \_\_\_\_\_ them as too precious to let fall to the ground.
  - God is \_\_\_\_\_ you! (Psalm 56:9, Romans 8:31, Psalm 118:6).
3. Since God is worshipped when I walk with Him, I will trust Him with my \_\_\_\_\_ (vs. 10).
- The word “praise” means to “\_\_\_\_\_ or boast.”
  - Verse 11 shows us how this leads to trust, which helps us not to be \_\_\_\_\_.
  - In verse 12, David commits to \_\_\_\_\_ by fulfilling his vows to God.
  - David saw it as a matter of obedience to gather with God’s people and to give an offering to Him (Psalm 76:11).
  - In verse 13, we see how David was so \_\_\_\_\_ for his deliverance that he worshipped God by walking with Him.
  - You can go through your fears and tears without God and it will be horrible. Or, you can go through it with God, and it will be hard, but He will be with you because He’s for you!