

242 for 2015

Songs of the 70's

—Psalms 70-79—

Lesson: 1
Text: Psalm 70
Handout/Prep: September 2
242/Discussion: September 7-11
Proclamation: September 13

Refresh

Since your last meeting, seek to refresh not simply your memory (of outlines and illustrations, etc.), but also your past week, your present weaknesses, your will, your wonderings.

- 1) Review key themes. What did you hear last Sunday? Was it gospel? Could you tell this story to someone else? Will you tell it?
- 2) Address — or add — any questions you still wish to hear covered or clarified from the reading, the discussion, or from the sermon.
- 3) Explain any new insights (about God, church body, neighbor, self, service, etc.) you encountered or experienced. How does this Word inform your understanding of the Lord who is telling the story? How does it inform your place in His story?
- 4) Consider anew how the Word of God read and proclaimed last week offers refreshment to you:

Read

Psalm 70; Psalm 40:13-17; Matt. 5:43-44; 27:27-44; John 12:27-36; Rev. 22:12-21

Reflect

In this section, expect to find a mixture of questions and considerations relating to the text/reading. Reflect both within (thought, prayer, study, etc.) and without (writing, discussion, action, etc.).

- 1) Have you ever had to call 9-1-1? If so, what need propelled you to make that call? How would you describe your *emotions* during the crisis? Did help arrive? If comfortable, share your story with the group. [Even if you never actually dialed 9-1-1, can you describe a time when you needed *immediate* rescue, relief, or assistance *from outside of yourself*? Who did you call on? Why did you call him/her?]
- 2) Psalm 70 is very similar to the closing words of another song of David (cf. Psalm 40:13-17). In this shorter description, David records a call he made in a time of trouble. To whom did he direct his call, and why?
- 3) In one word, how would you describe the tone of Psalm 70? What words, and what verse(s), lead you to this one-word summary?
- 4) According to vss. 2 and 3, David evidently has enemies. While he does not offer a name, he does offer at least three descriptions that portray an impending danger. Can you list these troubling actions/attitudes? Which ones have you faced? What was your response in each case (ex. run away? Talk back? Lash out? Give up? Cry out? Pray for?). Explain.
- 5) In addition to praying for himself in vss. 1 and 5, David also prays for two other groups: the scoundrels of vss. 2 and 3; and the saints, as contrasted in vs. 4. In short, what is his prayer for himself? Have you ever uttered such a prayer?
- 6) Specifically, what does David desire God to do to the scoundrels (i.e. his enemies)? Does this sound like a godly prayer? Why/why not? How does it compare with the teaching of Jesus in Matthew 5:43-44? Are the two prayers in conflict? Explain.
- 7) What is David's prayer request for the saints who "seek" the Lord and "love" His salvation? Does this strike you as an odd thing to include in an obviously urgent prayer? Why/why not?
- 8) According to Psalm 70, what help did David receive that day? Is God obligated to send the kind of help we ask for? Why or why not?
- 9) What does the contrast set up in vs. 5 reveal about the Psalmist? Does vs. 5 sound like a fitting conclusion to the song? Does it sound like the way you end your own *emergency* prayers?
- 10) As noted at the top of the song (in the superscription), Psalm 70 is composed as a "petition" (NIV), which can be translated, "for a memorial offering" (ESV), or "to bring remembrance." What should you remember when you sing this song? What *will* you remember? How will your remembrance assist you in: your times of urgent need; the way you pray; the way you look for grace?
- 11) How is this song about you? Do the lyrics of Psalm 70 provide words for your circumstance today? Do they give expression to your wants? Your worship? Your world? Why/why not?
- 12) How is this song about Jesus? Did He experience Psalm 70? Did He sing Psalm 70? Explain.

Relate

How does this Word relate to your relationships with God, fellow saints in the church, your neighbor, yourself (i.e. He, We, Thee, Me)? Consider the value of considering each relationship *in this order*. Moreover, seek to understand how the “fruit of the Spirit” (i.e. “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control;” cf. Galatians 5:22-23) informs your answers/applications in each relationship.

1) *He*

How does this Word reveal God?

- His character? [attributes, works, wonders, control, etc.]
- His covenant? [plan, story, promises, blessings and curses...]
- His commands? [will, ways, call to repent, believe, obey...]
- His Christ? [pointing to, need for, fulfillment by, glory of...]

2) *We*

How does this Word speak to God’s people as a whole?

- As a global body [Displaying unity? Love?]
- As a gathered body [Assembling for worship? Regularly? Eagerly?]
- As a growing body [Making disciples? Equipping saints?]
- As a gifted body [Exercising gifts? One-anothering?]
- As a GURC body [Local applications? Edifying? Specific? Shared?]

3) *Thee*

How does this Word inform the way I love my neighbor?

- With my words? [kindness, truth-telling, gospel/evangelism...]
- With my works? [doing justly, loving mercy, meeting needs...]
- With my welcome? [hospitality, listening ear, availability...]

4) *Me*

How might the Spirit use this Word to move me — from the inside-out?

- My consecration [set-apartness, unto holiness...]
- My commitment [love of God in heart/soul/mind; walking humbly...]
- My conviction [of particular sin, of need for restoration...]
- My conscience [internal calls to specific actions, needs, people]
- My cornucopia [personal applications of fruit-full-ness; cf. Gal. 5]
- My calling [use of gift(s) granted/equipped with, for service]
- My conflict [with people, with inner struggles, with my flesh...]
- My congregation [see applications above, “We”]
- My comfort [see applications below, “Rest”]
- My conversation [with spouse? children? unbelievers? believers?]
- My communication [in particular: assess ability/desire to tell the gospel, from *this text*. Why not try now in your own words?]

Resolve

As revealed from this text, and as guided by the Holy Spirit, note at least one insight or specific action that would prove fruitful (see again Galatians 5:22-23) in your walk as you make your way to Zion. For example, does this week's study or proclamation of good news call you to:

Remember?	_____
Repent?	_____
Resist?	_____
Reconsider?	_____
Relay?	_____
Relish?	_____
Rejoice?	_____
Other?	_____

Rest

In view of all the above, rejoice that the inner posture of a child of God is/ought to be one of rest — a deep-seated joy that exudes gratitude and ongoing trust in the One who proves Himself forever faithful — to His people, to His plan, to Himself! This reality serves to refocus and encourage weary, walking saints. Today, can you name one way, or one area of your life where you would like to rest in Christ more? How does this present Word speak to your need for rest? With His gospel refreshing you, seek the Lord's comfort as you pilgrim upward in His service.