

Introduction

Group discussion

1. What would you say if a friend asked you, “What’s it like to have a relationship with God?”
2. Why is it often tempting to be busy for God, at the expense of enjoying a relationship with him?

Of David.

¹ The LORD is my light and my salvation;
whom shall I fear?

The LORD is the stronghold of my life;
of whom shall I be afraid?

² When evildoers assail me
to eat up my flesh,
my adversaries and foes,
it is they who stumble and fall.

³ Though an army encamp against me,
my heart shall not fear;
though war arise against me,
yet I will be confident.

⁴ One thing have I asked of the LORD,
that will I seek after:
that I may dwell in the house of the LORD
all the days of my life,
to gaze upon the beauty of the LORD
and to enquire in his temple.

⁵ For he will hide me in his shelter
in the day of trouble;
he will conceal me under the cover of his tent;
he will lift me high upon a rock.

⁶ And now my head shall be lifted up
above my enemies all round me,
and I will offer in his tent
sacrifices with shouts of joy;
I will sing and make melody to the LORD.

⁷ Hear, O LORD, when I cry aloud;
be gracious to me and answer me!
⁸ You have said, "Seek my face."
My heart says to you,
"Your face, LORD, do I seek."
⁹ Hide not your face from me.
Turn not your servant away in anger,
O you who have been my help.
Cast me not off; forsake me not,
O God of my salvation!
¹⁰ For my father and my mother have forsaken me,
but the LORD will take me in.
¹¹ Teach me your way, O LORD,
and lead me on a level path
because of my enemies.
¹² Give me not up to the will of my adversaries;
for false witnesses have risen against me,
and they breathe out violence.
¹³ I believe that I shall look upon the goodness of the LORD
in the land of the living!
¹⁴ Wait for the LORD;
be strong, and let your heart take courage;
wait for the LORD!

Group discussion

1. What does David believe about God?
2. What is his own attitude towards life, as a result of this?
3. What does David ask of God?
4. Do any of these things develop as the Psalm goes on?

1. Theory (v1–6)

God can and will help me...

...therefore I won't be afraid

“One thing have I asked of the Lord”

Group discussion

1. David's intellectual knowledge about God deeply affects his emotions and general attitude. What do we make of this?
2. How does David's desire to “gaze upon the beauty of the Lord” challenge us? How does it inspire us?

➤ Pray in light of these things

2. Practice (v7–14)

Help me, God!

- Persistent
- Confident
- Logical

A change of mind, but not situation

Group discussion

1. What is the difference between intellectually knowing a promise of God, and bringing it to him in hard times?
2. Is there anything you would like to adopt from this Psalm into your own walk with God?

➤ Pray in light of these things