

Small Group & Personal Bible Study Lesson

Pastor Dennis Hadley

Memory Verse: Psalm 31:14

But I trust in you, O LORD;
I say, "You are my God."

Daily Reading and Reflection on the Word of God:

For your daily devotional reading this week, I have included the text for Psalm 31 from the "Message". Be prepared to share what God is telling you from His Word with your small group when you meet together.

Day 1: Psalm 31:1-2

I run to you, GOD; I run for dear life.

Don't let me down! Take me seriously this time!

Get down on my level and listen, and please—no procrastination!

Your granite cave a hiding place, your high cliff aerie a place of safety.

What is God saying to you in these verses?

God's word reminds me that even though God is always present, I must still go to Him. I must cry out to Him and seek His presence and power in my life. God is my only hope. I am desperate for Him. He is my hiding place and I must run to Him and call out to Him for help.

What does He want you to do?

Run to Him in love and cry out to Him in prayer and petition!

Day 2: Psalm 31:3-5

You're my cave to hide in, my cliff to climb.

Be my safe leader, be my true mountain guide.

Free me from hidden traps; I want to hide in you.

I've put my life in your hands.

You won't drop me, you'll never let me down.

What is God saying to you in these verses?

God's word reminds me that in Him I find a safe place. He is like a mighty mountain which helps me rise above trouble. When I follow His guidance and remain in Him I am safe and all is good. God just wants me to trust and remain in His love following Him daily.

What does He want you to do?

Hide in His love. Follow His guidance!

Day 3: Psalm 31:6-13

I hate all this silly religion, but you, God, I trust.

I'm leaping and singing in the circle of your love; you saw my pain, you disarmed my tormentors,

You didn't leave me in their clutches but gave me room to breathe.

Be kind to me, God— I'm in deep, deep trouble again.

I've cried my eyes out; I feel hollow inside.

My life leaks away, groan by groan; my years fade out in sighs.

My troubles have worn me out, turned my bones to powder.

To my enemies I'm a monster; I'm ridiculed by the neighbors.

My friends are horrified; they cross the street to avoid me.

They want to blot me from memory, forget me like a corpse in a grave,

discard me like a broken dish in the trash.

*The street-talk gossip has me "criminally insane"!
Behind locked doors they plot how to ruin me for good.*

What is God saying to you in these verses?

God's Word reminds me that I must put my trust in God alone. Not in people, not in church, not in traditions but in God alone. The world and its evil will attack me and do everything possible to take my eyes off the love of God. I must remain focused in on His love and rejoice in God alone to lift me out of the mire.

What does He want you to do?

Quit trusting in anything other than God!

Day 4: Psalm 31:14-18

*Desperate, I throw myself on you:
you are my God!*

*Hour by hour I place my days in your hand,
safe from the hands out to get me.*

*Warm me, your servant, with a smile;
save me because you love me.*

*Don't embarrass me by not showing up;
I've given you plenty of notice.*

*Embarrass the wicked, stand them up,
leave them stupidly shaking their heads as they drift down to hell.*

*Gag those loudmouthed liars who heckle me, your follower,
with jeers and catcalls.*

What is God saying to you in these verses?

*God's Word reminds me that in desperation I must go to Him with full abandonment of my life.
Trusting in Him completely and remembering the depth of His love.*

What does He want you to do?

Acknowledge I am desperate for God and I am unable on my own so I must throw myself on His love!

Day 5: Psalm 31:19-22

*What a stack of blessing you have piled up
for those who worship you,*

*Ready and waiting for all who run to you
to escape an unkind world.*

*You hide them safely away
from the opposition.*

*As you slam the door on those oily, mocking faces,
you silence the poisonous gossip.*

Blessed GOD!

His love is the wonder of the world.

Trapped by a siege, I panicked.

"Out of sight, out of mind," I said.

But you heard me say it,

you heard and listened.

What is God saying to you in these verses?

We are blessed when we love, trust and worship God. He gives us escape when we come to Him in true worship. He protects our hearts and minds in Christ Jesus. He hears us and He listens with concern out of love.

What does He want you to do?

Worship Him from the heart out of complete love and trust!

Day 6: Psalm 31:23

Love GOD, all you saints;

GOD takes care of all who stay close to him,

But he pays back in full

those arrogant enough to go it alone.

What is God saying to you in these verses?

When we love God He promises to take care of us. We must learn to abide in Him.

What does He want you to do?

He wants me to remain so very close to Him. I can do this through daily time in the Word, praying continuously and remembering and worshiping Jesus in everything I do.

Day 7: Psalm 31:24

Be brave. Be strong. Don't give up.

Expect God to get here soon.

What is God saying to you in these verses?

We should remain strong and courageous, not by our own abilities but because of God's love and promise.

What does He want you to do?

Put into practice the habit of relying on God and trusting Him in all circumstances.