

**Wednesday, April 22<sup>nd</sup> Bible Study Notes**  
**Cedarville United Presbyterian Church Facebook Live**  
**Psalm 31:19-24**

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**Check-In**

- How are you feeling today? How is your self-care?
- Margie Donlon – 24 ways to help during quarantine, we've looked at:
  - Lower expectations and practice radical self-acceptance
  - Stick to a routine – something that is predictable, unchanging, not about rigid schedule but about not getting paralyzed
  - Reach out to others
  - Stay hydrated and eat well
  - Develop a self-care tool kit
  - Limit media

**Tonight:** *Find lightness and humor. There is a lot to be worried about. Counterbalance this heaviness with something funny each day—we all need a little comedic relief in our day.*

**Psalm 31:19-24... When Others See the Victory, Give God the Glory (vv. 19–24)**

- So far this week...
  - What is described in the psalm best fits what happened during the rebellion led by Absalom (2 Sam. 15—18). God described as: rock, refuge, fortress. How do we rejoice in God in the midst of this quarantine? In the midst of fear, how can we commit ourselves to God? How does it feel to be in God's hand? Do you feel like you're there or have you climbed out?
  - Mental, emotional, and physical are so closely linked – this is why when we have strong emotional about something, we might get a headache or stomachache. People David thought he could count on now ignore him – have sided with Absalom. Stressful times often reveal our character – what are we like in quarantine? What do we need to “shore up?” Can you commit your entire life—all fear, anger, confusion, uncertainty—to God's hands?
- Throughout this entire ordeal, God had protected David from danger. God was all that David needed to weather the storm and survive to lead his people. In what ways has God protected you in your life? Can you look back and see how things would have gone horribly wrong had He not intervened? How did He intervene? (Often it's through other people.)
- At one point, David may have been ready to give up: “In my alarm I said, ‘I am cut off from your sight!’” (v. 22). It wasn't the enemy that frightened him but the thought of being abandoned by the God he trusted and served. We are promised that nothing we can do will ever separate us from God's love (see Romans 8). When we feel far away from God, it's because we have moved.
- When the rebellion was over, David spoke to the people (vv. 23–24) and gave God the glory for delivering him. David had written about his faith in the Lord (vv. 1, 6, 14, 19), but now he encourages his people to love the Lord and put their hope in him. How do you encourage others in your life to put their hope in God?
- The courage and strength we need in the trials of life are available from the Lord if we will put our faith in Him.

**Psalm 31:19-24**

New International Version	The Passion Translation
<p><sup>19</sup> O how abundant is your goodness that you have laid up for those who fear you, and accomplished for those who take refuge in you, in the sight of everyone!</p>	<p><sup>19</sup> Lord, how wonderful you are! You have stored up so many good things for us, like a treasure chest heaped up and spilling over with blessings—all for those who honor and worship you! Everybody knows what you can do for those who turn and hide themselves in you.</p>
<p><sup>20</sup> In the shelter of your presence you hide them from human plots; you hold them safe under your shelter from contentious tongues.</p>	<p><sup>20</sup> So hide all your beloved ones in the sheltered, secret place before your face. Overshadow them by your glory-presence. Keep them from these accusations, the brutal insults of evil men. Tuck them safely away in the tabernacle where you dwell.</p>
<p><sup>21</sup> Blessed be the LORD, for he has wondrously shown his steadfast love to me when I was beset as a city under siege.</p>	<p><sup>21</sup> The name of the Lord is blessed and lifted high! For his marvelous miracle of mercy protected me when I was overwhelmed by my enemies.</p>
<p><sup>22</sup> I had said in my alarm, “I am driven far from your sight.” But you heard my supplications when I cried out to you for help.</p>	<p><sup>22</sup> I spoke hastily when I said, “The Lord has deserted me.” For in truth, you did hear my prayer and came to rescue me.</p>
<p><sup>23</sup> Love the LORD, all you his saints. The LORD preserves the faithful, but abundantly repays the one who acts haughtily.</p>	<p><sup>23</sup> Listen to me, all you godly ones: Love the Lord with passion! The Lord protects and preserves all those who are loyal to him. But he pays back in full all those who reject him in their pride.</p>
<p><sup>24</sup> Be strong, and let your heart take courage, all you who wait for the LORD.</p>	<p><sup>24</sup> So cheer up! Take courage all you who love him. Wait for him to break through for you, all who trust in him!</p>