

“HOW TO SAY ANYTHING TO GOD”

Expressions #3 • Psalm 5

INTRODUCTION

David knew where to go in times of anger, or pain or confusion – he went to God. And that is where he found his comfort, strength and direction. David’s prayer in Psalm 5 is an example to us of how we can talk with God in our time of need. Let’s look at the way he progresses through this Psalm, and what it teaches us about how we can talk to God about absolutely anything.

Ice Breaker (Optional): Who do you go to when you just need someone to listen to you?

Study Questions (45 MIN)

Believe that God IS LISTENING

Q1. Read Psalm 5:1-2; 1 Peter 3:12; 1 John 5:14; Romans 8:26

David penned this Psalm at a time of great distress under the threat of his enemies. In these first two verses, what is it he requests of God? We should have no doubt that God hears us. How do 1 Peter 3:12, 1 John 5:14 and Romans 8:26 confirm this truth? What are some reasons that might cause you *not* to bring your needs before God?

Start talking to God SOONER RATHER THAN LATER

Q2. Read Psalm 5:3; Mark 1:35

In verse 3 David makes a commitment to bring his requests to God in the morning. Jesus also brought His prayers before God in the morning (Mark 1:35). Do you have a regular time set aside for prayer? If so, when is it? What would you say are the advantages and disadvantages you find in keeping a time of morning prayer? What else does David say he will do in verse 3? Do you reserve time following your prayers to wait quietly and expectantly in God’s presence?

Acknowledge to God what is WRONG and HOW YOU FEEL

Q3. Read Psalm 5:4-7, 9-10; Psalm 73:2-5; 73:13-17

As David surveyed his situation he found wickedness and evil. He knew this was displeasing to God and he was troubled. Similarly when Asaph considered the wicked in Psalm 73, what was his initial response (Psalm 73:3)? It can be difficult for us to acknowledge what is wrong before God. What are the circumstances you find, that cause you similar frustration or anger over the disparity between the righteous and the wicked? What was it in Psalm 5:7 and Psalm 73:17 that gave the psalmists perspective and understanding?

Allow God to LEAD YOU

Q4. Read Psalm 5:8; Psalm 25:4; Proverbs 3:5-6

Each of us has to choose the path we take. Sometimes we think we know where we are headed, but God has another plan. In Psalm 5:8 and Psalm 25:4 what path does David seek? According to Proverbs 3:5-6, what can we do to find that straight path? We must bring *all* of our ways under the direction of God. What are some of the choices you are facing right now that you need to seek God’s direction in? Add these to your group’s prayer list.

Trust God for the RESULTS

Q5. Read Psalm 5:11-12

At the close of this Psalm we see the results of trusting in God. What are the benefits that David lists as a result of seeking God as our refuge and protection? If there is anything you know you haven’t fully entrusted to God, determine to let it go completely into His care and watch for these results in your life.

Wrap-Up

In this Psalm we see David seeking to be heard by God. God’s Word assures us that God is listening to us when we cry out to Him. David does not delay seeking God, but brings his request in the morning, and waits expectantly for a reply, as should we. He acknowledges what is not right, and how he feels about it. As he remains in God’s presence, he gains an eternal perspective and receives both protection and direction. We too can trust God in all things, and as we completely let go of our cares and trust Him we will reap the benefits of protection, joy, blessing and favor.

Memory Verse

In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly. *Psalm 5:3 NIV*

Prayer (20 MIN)

Ask your group to pray for you regarding one area where you can apply this study in your life: _____

Pray for your group members’ needs: _____

Challenge: Make a journal of your prayer time this week, recording what you pray for, and the answers God has given you.

Q1

Psalm 5:1-2 NIV - 1 *For the director of music. For pipes. A psalm of David.* Listen to my words, LORD, consider my lament. 2 Hear my cry for help, my King and my God, for to you I pray.

1 Peter 3:12 ESV - 12 For the eyes of the Lord are on the righteous, and his ears are open to their prayer. But the face of the Lord is against those who do evil."

1 John 5:14 ESV - 14 And this is the confidence that we have toward him, that if we ask anything according to his will he hears us.

Romans 8:26 ESV - 26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

Q2

Psalm 5:3 NIV - 3 In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly.

Mark 1:35 NIV - 35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Q3

Read Psalm 5:4-7, 9-10 in your Bible.

Psalm 73:2-5; 73:13-17 NIV - 2 But as for me, my feet had almost slipped; I had nearly lost my foothold. 3 For I envied the arrogant when I saw the prosperity of the wicked. 4 They have no struggles; their bodies are healthy and strong. 5 They are free from common human burdens; they are not plagued by human ills.... 13 Surely in vain I have kept my heart pure and have washed my hands in innocence. 14 All day long I have been afflicted, and every morning brings new punishments. 15 If I had spoken out like that, I would have betrayed your children. 16 When I tried to understand all this, it troubled me deeply 17 till I entered the sanctuary of God; then I understood their final destiny.

Q4

Psalm 5:8 NIV - 8 Lead me, LORD, in your righteousness because of my enemies-- make your way straight before me.

Psalm 25:4 NIV - 4 Show me your ways, LORD, teach me your paths.

Proverbs 3:5-6 NIV - 5 Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.

Q5

Psalm 5:11-12 NIV - 11 But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you. 12 Surely, LORD, you bless the righteous; you surround them with your favor as with a shield.

Prayers Con't: _____
