

Monday, April 20th Bible Study Notes
Cedarville United Presbyterian Church Facebook Live
Psalm 31:1-8

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

Tonight:

- *Develop a self-care toolkit. This can look different for everyone.*
- *A lot of successful self-care strategies involve a sensory component (seven senses: touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure). An idea for each: a soft blanket or stuffed animal; a hot chocolate; photos of vacations; comforting music; lavender or eucalyptus oil; a rocking chair; a weighted blanket.*
- What are you doing to take care of yourself?

Psalm 31:1-8... When Others Do Evil, Trust God for His Strength

- What is described in the psalm best fits what happened during the rebellion led by Absalom (2 Sam. 15—18). Over many months, Absalom led a subversive campaign against his father, and even Ahithophel, David's wisest counselor, deserted the king and followed Absalom. "They took counsel together against me" (v. 13) reminds us of the conference recorded in 2 Samuel 17.
- The emphasis is on trusting ("taking refuge") in the Lord, no matter how difficult the circumstances might be (vv. 1, 6, 14, 19). David was surrounded by whispering campaigns and wicked conspiracies (vv. 8, 13, 15, 18, 20), and everything seemed against him.
- God described as:
 - Rock – God is a rock that is unmoving. He never changes.
 - Refuge – He is a hiding place and will shelter us
 - Fortress – He is a wall around us
- Michael W. Smith's song *Surrounded* – "it may look like I'm surrounded but I'm surrounded by you"

Questions to Ponder:

- "I will exult and rejoice in your steadfast love" – v 7
 - How do we rejoice in God in the midst of this quarantine?
- "Into your hand I commit my spirit; you have redeemed me, O LORD, faithful God" – v5
 - 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?

Psalm 31:1-8

New International Version	The Passion Translation
¹ In you, O LORD, I seek refuge; do not let me ever be put to shame; in your righteousness deliver me.	¹ I trust you, Lord, to be my hiding place. Don't let me down. Don't let my enemies bring me to shame. Come and rescue me, for you are the only God who always does what is right.
² Incline your ear to me; rescue me speedily. Be a rock of refuge for me, a strong fortress to save me.	² Rescue me quickly when I cry out to you. At the sound of my prayer may your ear be turned to me. Be my strong shelter and hiding place on high. Pull me into victory and breakthrough.
³ You are indeed my rock and my fortress; for your name's sake lead me and guide me, ⁴ take me out of the net that is hidden for me, for you are my refuge.	³⁻⁴ For you are my high fortress, where I'm kept safe. You are to me a stronghold of salvation. When you deliver me out of this peril, it will bring glory to your name. As you guide me forth I'll be kept safe from the hidden snares of the enemy—the secret traps that lie before me—for you have become my rock of strength.
⁵ Into your hand I commit my spirit; you have redeemed me, O LORD, faithful God.	⁵ Into your hands I now entrust my spirit. O Lord, the God of faithfulness, you have rescued and redeemed me.
⁶ You hate those who pay regard to worthless idols, but I trust in the LORD.	⁶ I despise these deceptive illusions, all this pretense and nonsense, for I worship only you.
⁷ I will exult and rejoice in your steadfast love, because you have seen my affliction; you have taken heed of my adversities,	⁷ In mercy you have seen my troubles and you have cared for me; even during this crisis in my soul I will be radiant with joy, filled with praise for your love and mercy.
⁸ and have not delivered me into the hand of the enemy; you have set my feet in a broad place.	⁸ You have kept me from being conquered by my enemy; you broke open the way to bring me to freedom, into a beautiful, broad place.