

Tuesday, April 21st Bible Study Notes
Cedarville United Presbyterian Church Facebook Live
Psalm 31:9-18

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

Tonight: Limit media.

- Especially as there are plans to slowly re-open the state – lots of fear, anger, protests, blogs
- Stages of grief: 1) shock and disbelief, 2) denial, 3) guilt, 4) anger and bargaining, 5) depression/loneliness/reflection, 6) reconstruction and working through, 7) acceptance
- What can you do besides keeping the news on in the background – music, etc
- Can you multi-task as you are listening? (2pm press conferences are when I cut/iron fabric so I have something enjoyable in front of me as I listen)

Psalm 31:9-18... When Others Cause Pain, Ask God for His Mercy (vv. 9-18)

- From last night: 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
 - "I will exult and rejoice in your steadfast love" – 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" – 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?
- Verses 9-10 – how David is affected
 - 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
 - "My strength fails because of my misery" – David is worn out from crying over the betrayal from his son and other adversaries
- Verses 11-13 – betrayal from others
 - People David thought he could count on now ignore him – have sided with Absalom
 - People started an effective smear campaign against David – reputation is at stake
 - Imagine losing most of your friendships – exposes how close you were to God
 - Stressful times often reveal our character – what are we like in quarantine? What do we need to "shore up?"
- Verses 14-18 – prayer for deliverance
 - "But I trust in you, O LORD; I say, 'You are my God.'" We would say, "All the affairs and details of my life are in the Lord's hands."
 - Can you commit your entire life—all fear, anger, confusion, uncertainty—to God's hands?

Psalm 31:9-18

New International Version	The Passion Translation
<p>⁹ Be gracious to me, O LORD, for I am in distress; my eye wastes away from grief, my soul and body also.</p>	<p>⁹ O Lord, help me again! Keep showing me such mercy. For I am in anguish, always in tears, and I'm worn out with weeping. I'm becoming old because of grief; my health is broken.</p>
<p>¹⁰ For my life is spent with sorrow, and my years with sighing; my strength fails because of my misery, and my bones waste away.</p>	<p>¹⁰ I'm exhausted! My life is spent with sorrow, my years with sighing and sadness. Because of all these troubles, I have no more strength. My inner being is so weak and frail.</p>
<p>¹¹ I am the scorn of all my adversaries, a horror to my neighbors, an object of dread to my acquaintances; those who see me in the street flee from me.</p>	<p>¹¹ My enemies say, "You are nothing!" Even my friends and neighbors hold me in contempt! They dread seeing me and they look the other way when I pass by.</p>
<p>¹² I have passed out of mind like one who is dead; I have become like a broken vessel.</p>	<p>¹² I am totally forgotten, buried away like a dead man, discarded like a broken dish thrown in the trash.</p>
<p>¹³ For I hear the whispering of many— terror all around!— as they scheme together against me, as they plot to take my life.</p>	<p>¹³ I overheard their whispered threats, the slander of my enemies. I'm terrified as they plot and scheme to take my life.</p>
<p>¹⁴ But I trust in you, O LORD; I say, "You are my God."</p>	<p>¹⁴ I'm desperate, Lord! I throw myself upon you, for you alone are my God!</p>
<p>¹⁵ My times are in your hand; deliver me from the hand of my enemies and persecutors.</p>	<p>¹⁵ My life, my every moment, my destiny—it's all in your hands. So I know you can deliver me from those who persecute me relentlessly.</p>
<p>¹⁶ Let your face shine upon your servant; save me in your steadfast love.</p>	<p>¹⁶ Smile on me, your servant. Let your undying love and glorious grace save me from all this gloom.</p>
<p>¹⁷ Do not let me be put to shame, O LORD, for I call on you; let the wicked be put to shame; let them go dumbfounded to Sheol.</p>	<p>¹⁷ As I call upon you, let my shame and disgrace be replaced by your favor once again. But let shame and disgrace fall instead upon the wicked—those going to their own doom, drifting down in silence to the dust of death.</p>
<p>¹⁸ Let the lying lips be stilled that speak insolently against the righteous with pride and contempt.</p>	<p>¹⁸ At last their lying lips will be muted in their graves. For they are arrogant, filled with contempt and conceit as they speak against the godly.</p>