

Refrain Confidence

Psalms of David · Book II

"For the Chief Musician. To the tune of "Silent Dove in Distant Lands." A poem by David, when the Philistines seized him in Gath."

PICTURE WORD

Bottle

IN ONE SENTENCE

*When I am un-
ted and afraid, David puts his trust in God, who counts his tears and
keeps them in his bottle.***Remember it:** Fifty-six: every tear is kept in God's bottle.

MEMORY VERSE

When I am afraid, I will put my trust in
you.

Psalm 56:3 · World English Bible

HEBREW WORD

אִירָא

"be afraid" · verse 3

In the Psalms: 46 times, in 34 psalms

אִירָא means "I am afraid," from the root used both for terror and for reverent fear of God. David does not pretend to be brave. He admits fear and makes it the moment of decision: "when I am afraid, I will trust." By verse 11 the same verb is negated: "I will not be afraid."

HOW THE PSALM MOVES

1-4 Enemies want to swallow David, but he trusts when afraid.**5-9** They twist his words; God counts his tears.**10-13** Trusting God's word, he keeps his vows and gives thanks.

MY NOTES

**Listen.** Hear Psalm 56 sung in the **Psalm Song** app, or free at ispress.de/psalms/56.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

Crying Out in Distress

God Will Not Abandon You

FILL IN THE BLANKS

_____ and afraid, David puts his trust in God, who counts his _____
and keeps them in his _____.

CHECK YOURSELF

1. What does David do when he is afraid?

☐ (A) Runs to the hills

☐ (C) Calls his army

☐ (B) Puts his trust in God

☐ (D) Hides in silence

2. What do David's enemies do with his words?

☐ (A) Write them down

☐ (C) Praise them

☐ (B) Ignore them

☐ (D) Twist them

3. What does God put into his container?

☐ (A) David's tears

☐ (C) David's vows

☐ (B) David's songs

☐ (D) David's sins

TALK IT OVER

1. David asks twice, "What can man do to me?" What makes him able to ask it?

2. What does it say about God that he keeps a record of our tears?

3. What fear are you facing that needs to become a moment of trust?

IN YOUR OWN WORDS: WHAT DOES PSALM 56 TEACH?

☐ I listened to the song

☐ I can say verse 3 by heart

☐ I can say what it teaches

☐ I know the picture word

Answers: Blanks: Hunted · tears · bottle · Check yourself: 1. B (v. 3) · 2. D (v. 5) · 3. A (v. 8)