

MEMORY VERSE

“God is our refuge and strength, a very present help in trouble.”
Psalm 46:1

MONDAY

- Read Psalm 46

Why is it important to know that God is near in times of trouble?

What does God mean for us when He says “Be still, and know that I am God?”

What in your life is causing your heart and mind to be in turmoil instead of still and at peace?

Ask God to help you to be still and know that He is God.

TUESDAY

- Read Psalm 73

What is the turning point in the writer’s heart and mind from the stress and anxiety he was feeling?

Why does the writer value the nearness of God?

How can you draw near to God in the midst of your stresses and anxieties today?

WEDNESDAY

- Read Psalm 18

Identify all of what God did for David to deliver him in the midst of his trials.

What does David indicate about who God chooses to help and why God chose to help him?

Commit yourself anew to God so that He can be a refuge for you in time of trouble.

THURSDAY

- Read Psalm 31

What does David ask for from God?

How does David express confidence in God?

How can you let God be a fortress and refuge for you?

FRIDAY

- Read Psalm 71

Why does the writer of this Psalm have reason to praise God?

What gives the writer of this Psalm hope?

What reasons do you have to give praise to God today?

SATURDAY

- Read Psalm 144

If God is a refuge, why would He train David's hands for war?

What perspective does this give you in regards to what you are to do even as you run to God for shelter?
