

**Psalm 57**  
**“Trust God Amid Troubles” \***  
**To the chief Musician. A Psalm of David.**

Read Psalm 57.

1) David opens with a prayer (vv. 1-6). Describe David’s complaint about those who would seek his hurt. How does David describe his present situation to the Lord?

2) (vv. 1-3) For what does David look to God? What truths about God does he state? What is his expectation when he cries out to the Lord?

Note the word “Selah” in verse 3. Easton’s Bible Dictionary defines this as a “pause”, or “louder strain”. Why do you think David paused before declaring what he *knew* God would do?

3) Can you relate to a situation in your life where you’ve sought the Lord’s mercy and protection? Explain.

What do the following teach about God, His mercy, and His protection?

Deuteronomy 4:29-31; Psalm 91; Isaiah 40:28-31, 43:1-3a, 55:6-9; John 16:33; James 5:10-11; I John 4:4

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4) (vv. 5-11) David offers praise. Has his situation changed? Have his feelings or attitudes changed? Explain.

How does praising God in times of distress have an impact on how we think and feel about our circumstances?

5) What does David say he “will do” in verses 2, 7, 8, and 9?

6) (v.6) What has happened to his enemies? What has the Lord done? (Again, note the word “Selah” at the end of this verse.)

7) (vv. 7-11) Rewrite David’s song of praise in your own words.

Will you make this your “song of praise” today?

#### **When you have more time...**

Consider these examples of “praise songs” sung in stressful circumstances:

1) Read Daniel 2:1-23. Consider Daniel’s situation in verses 1-13. What does he do? (vv. 14-18) What is the result and what is his praise? (vv. 19-23)

2) Read Acts 16:16-34. Consider Paul and Silas’ situation in Acts 16:16-24. What do they do? (v.25) What happens? What is the result of their singing for not only them, but also for the jailer and all in his household? (vv. 26-34)