

## Psalms - Journal

Psalm 90 - A Prayer of Moses, the man of God

Parallel Scripture: Numbers 14

### Outline

- I. God's Eternal Omnipotence (1-2)
- II. Man's Brief Mortality (3-6)
- III. Man's Sin-Shortened Life (7-12)
- IV. Plea for God's Love and Blessing (13-17)

### God's Character

- He is our dwelling place (1)
- From everlasting to everlasting (2)
- Wrath against sin (7-11)

### Names of God

### Instructions

- number our days (12)

### Prayer

- return and be sorry for Your servants (13)
- Satisfy us with Your lovingkindness that we may be glad all our days (14)
- Let us see Your mighty work (16)
- Let Your favor be upon us and confirm the work of our hands (17)

## Psalms - Journal

Psalm 91 - Security for the One Who Trusts in the Lord

Parallel Scripture: Deuteronomy 32

### Outline

- I. Condition of Security and Protection (1-2)
- II. Blessings of Resting in God (3-8)
- III. Making God Your Home (9-13)
- IV. God's Personal Promise of Protection (14-16)

### God's Character

- He delivers from the snare and from pestilence (3)
- He covers you with His wings (4)
- His faithfulness is a shield and bulwark (4)
- He will guard your ways (11)
- Delivers those He loves (14)

### Names of God

- My Refuge (2)
- My Fortress (2)
- Most High (9)

### Instructions

### Prayer

## Psalms - Journal

Psalm 11 - The Lord Is a Refuge and Defense

Parallel Scripture: I Samuel 19

### Outline

- I. In the Lord, I Take Refuge (1-3)
- II. The Lords Eyes Behold the Righteous and the Wicked (4-7)

### God's Character

- He is our refuge (1)
- He is in His holy temple on His throne (4)
- His eyes see (4)
- He tests the righteous and the wicked (5)
- His soul hates those who love violence (5)
- He reigns snares upon the wicked (6)
- He loves righteousness (7)

### Names of God

### Instructions

### Prayer

## Psalms - Journal

### Psalm 59 - Plea for Deliverance

Parallel Scripture: I Samuel 19 (when Saul sent men to surround his house)

#### Outline

- I. Call for Deliverance (1-5)
- II. Confidence in God's Deliverance (6-10)
- III. Plea That God Will Destroy His Enemies (11-13)
- IV. Praising God for Anticipated Deliverance (14-17)

#### God's Character

- God laughs at those you try in their own might to do things (6-8)
- God in His lovingkindness will meet me (10, 17)

#### Names of God

- God of hosts (5)
- God of Israel (5)
- My stronghold (9, 16, 17))
- Our shield (11)
- A refuge in my distress (16)
- My strength (17)

#### Instructions

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#### Prayer

- Deliver me from my enemies (1)
- Set me securely on high away from those who rise up against me (1)
- Deliver me from sinners and save me from bloodshed (2)
- They have set an ambush for no transgression I have made (3)
- Arouse Yourself and help me (4)
- Awake and punish the nations (5)
- Don't say them or the people will forget - scatter them by Your power (11)
- Let them be caught in their pride (12)
- Destroy them in wrath that the people may know that God rules Jacob (13)

## Psalms - Journal

Psalm 34 - The Lord Provides and Delivers

Parallel Scripture: I Samuel 21 (David feigned insanity)

### Outline

- I. Promise of Praise (1-3)
- II. Testimony of Deliverance (4-7)
- III. Reward for Those Who Seek God (8-10)
- IV. Fear of the Lord (11-14)
- V. The Righteous and the Wicked (15-22)

### God's Character

- Delivers me from my fears (4)
- The Lord hears and saves (6)
- His angels encamp around those who fear Him and rescues them (7)
- The eyes of the Lord are toward the righteous and His ears open to their cry (15)
- His face is against evil doers to cut their memory off from the earth (16)
- He hears the cry of the righteous and delivers them (17)
- He is near to the brokenhearted (18)
- He delivers the righteous (19)
- There is none who take refuge in Him who will be condemned (22)

### Names of God

### Instructions

- bless the Lord at all times and let His praise be continually in your mouth (1)
- Boast in the Lord (2)
- Magnify and exalt His name (3)
- Taste and see that the Lord is good (8)
- Fear the Lord (9)
- Keep your tongue from evil and don't speak deceit (13)
- Depart from evil and do good (14)
- Seek peace and pursue it (14)

### Prayer

## Psalms - Journal

Psalm 56 - David's Cry for Help

Parallel Scripture: I Samuel 21 (When David was seized in Gath)

### Outline

- I. David Calls on God's Grace (1-4)
- II. God Will Overthrow His Enemies (5-11)
- III. David's Vow of Praise (12-13)

### God's Character

- He takes account of my wanderings and puts our tears in His bottle (8)

### Names of God

### Instructions

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### Prayer

- Be gracious to me for man has trampled on my (1)
- When I am afraid, I will put my trust in You (3)
- I shall not be afraid (4)
- What can man do to me (4)
- In anger, put down the wicked (5-7)
- I know God is for me (9)
- I shall not be afraid - what can man do to me (11)
- You have delivered me, and kept my feet from stumbling so I can walk before you (13)

## Psalms - Journal

### Psalm 52 - Futility of Boastful Wickedness

Parallel Scripture: I Samuel 22 (When Does tells Saul that David came to the house of Ahimelech)

#### Outline

- I. Destructive Tongue of the Mighty Man (1-3)
- II. The Judgment of God (4-5)
- III. The Response of the Righteous (6-9)

#### God's Character

- The lovingkindness of God endures all day long (1)
- God breaks down the wicked (5)

#### Names of God

#### Instructions

- trust in the lovingkindness of God forever (8)
- Give thanks forever because of what God has done (9)
- Wait on His name (9)

#### Prayer

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## Psalms - Journal

### Psalm 7 - Calling the Lord to Defend Against the Wicked

Parallel Scripture: I Samuel 22-24

#### Outline

- I. Deliver Me from My Pursuers (1-2)
- II. Declaration of Innocence (3-5)
- III. Judge the Wicked (6-11)
- IV. God's Sword Against the Unrepentant (12-16)
- V. Give Thanks for God's Righteousness (17)

#### God's Character

- God is angry with the wickedness (6)
- God will judge (6, 8)
- God tries the hearts and minds of men (9)
- He is a shield that saves the upright in heart (10)
- Righteous Judge (11, 17)

#### Names of God

- Righteous Judge (9, 11)
- Our shield (10)
- Lord Most High (17)

#### Instructions

- Give thanks to the Lord according to His righteousness (17)
- Sing praise to His name (17)

#### Prayer

- if I have done anything wrong, let my adversaries take me (3-5) - James 5:13-16
- Arouse Yourself for me against my enemies (6)
- Vindicate me according to my righteousness and integrity (8)
- Let the evil of the wicked come to an end (9)

## Psalms - Journal

### Psalm 27 - Trust in God

Parallel Scripture: I Samuel 22-24

#### Outline

- I. David's Confidence in God (1-6)
- II. Request for Deliverance (7-10)
- III. Renewed Confidence in the Lord (11-14)

#### God's Character

- the Lord is the defense of my life - whom shall I dread? (1)
- God will hide me and lift me up on a rock (5)
- God wants us to seek His face in times of trouble (8)

#### Names of God

- My light and my salvation (1, 9)
- My help (9)

#### Instructions

- Offer sacrifices to Him, shout for joy and sing praises (6)
- Seek God's face (8)
- Wait for the Lord (14)
- Be strong (14)
- Let your heart take courage (14)

#### Prayer

- dwell in the house of the Lord all the days of my life (4)
- Hear me, O Lord, and be gracious to me and answer me (7)
- Do not abandon me or forsake me (9)
- Teach me Your way, O Lord, and lead me in a level path (11)
- Do not deliver me to the wicked ones (12)
- I will see the goodness of God (13)

## Psalms - Journal

### Psalm 31 - Divine Deliverance in Dire Distress

Parallel Scripture: I Samuel 22-24

#### Outline

- I. David's Desperate Plea (1-2)
- II. Confidence in God (3-8)
- III. David's Distress (9-13)
- IV. Plea for Deliverance (14-18)
- V. Praise to the Lord (19-22)
- VI. Love God and Hope in Him (23-24)

#### God's Character

- He is the one who gives refuge and in righteousness He delivers (1)
- He leads and guides His children (3)
- God sees and deals with the treachery of men (4)
- He knows the troubles of our souls (7)
- He has set us in a larger (safer) place (8)
- His goodness is great (19)
- He shows His lovingkindness to His children (21)
- In times of trouble God hears us cry out to Him (22)
- The Lord preserves the faithful and gives recompense to the proud (23)

#### Names of God

- Rock of strength (2, 3, 4)
- Stronghold to save us (2)
- My fortress (3)
- God of truth (5)

#### Instructions

- Trust in the Lord (6)
- Rejoice and be glad in His lovingkindness (7)
- We need to say, "You are my God" (14)
- Love the Lord your God (23)
- Be strong and let your heart take courage (24)

#### Prayer

- into Your hand I commit my spirit (5)
- Be gracious to me, O Lord (9)
- My times are in Your hand (15)
- Make Your face shine upon Your servant (16)
- Let me not be put to shame (17)
- Let lying lips be mute (18)

## Psalms - Journal

Psalm 120 - Deliverance from the Treacherous

Parallel Scripture: I Samuel 22-24

### Outline

- I. Cry to the Lord (1-4)
- II. I Dwell With Those Who Hate Peace (5-7)

### God's Character

- God answers when we cry out to Him in times of trouble (1)

### Names of God

### Instructions

### Prayer

- Deliver me from lying lips (2)
- I am for peace but when I speak they are for war (7)

## Psalms - Journal

### Psalm 140 - Protection Against the Wicked

Parallel Scripture: I Samuel 22-24

#### Outline

- I. Preserve Me from Violent Men (1-3)
- II. Keep Me from the Hands of the Wicked (4-5)
- III. God Is the Strength of My Salvation (6-8)
- IV. Protect Me from Those Who Surround Me (9-11)
- V. The Lord maintains the Cause of the Afflicted (12-13)

#### God's Character

- He will maintain the cause of the afflicted and justice for the poor (12)

#### Names of God

- Strength of my salvation (7)

#### Instructions

#### Prayer

- rescue me from evil men (1, 4)
- Preserve me (1, 4)
- Give ear to my supplications (6)
- Don't grant the desires of the wicked (8)

## Psalms - Journal

### Psalm 141 - Prayer for Sanctification and Protection

Parallel Scripture: I Samuel 22-24

#### Outline

- I. Lord Give Ear to My Voice (1-4)
- II. The Righteous Reprove Me (5-7)
- III. God Is My Refuge (8-10)

#### God's Character

- He is our refuge and will not leave us defenseless (8)

#### Names of God

#### Instructions

#### Prayer

- Give ear to my voice when I call (1)
- May my prayer be counted as incense before You (2)
- Set a guard over my mouth, keep watch over my lips (3)
- Don't incline my heart toward any evil thing (4)
- Let the righteous smite me in kindness and reprove me (5)
- Let my eyes be toward You, O God (8)
- Let the traps of the wicked trap themselves while I pass by untouched (9-10)

## Psalms - Journal

Psalm 142 - Help in a Time of Trouble

Parallel Scripture: I Samuel 24

### Outline

- I. I Declare My Trouble Before God (1-4)
- II. He Is My Refuge (5-7)

### God's Character

- You know my path - the way where I walk (3)
- God deals bountifully with us (7)

### Names of God

- My refuge (5)
- My portion in the land of the living (5)

### Instructions

### Prayer

- give heed to my cry and deliver me from my persecutors (6)
- Bring my soul out of prison so I can give thanks to Your name (7)

## Psalms - Journal

### Psalm 17 - Prayer for Protection

Parallel Scripture: I Samuel 25-27

#### Outline

- I. Hear My Cause (1-5)
- II. Hide Me from My Enemies (6-12)
- III. Deliver Me with Your Sword (13-15)

#### God's Character

- He does answer the prayers of His children (6)
- He shows His lovingkindness to those who take refuge in Him (7)
- God is our defender and fights on our behalf (13)

#### Names of God

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#### Instructions

- behold God's face in righteousness (15)
- Be satisfied with God's likeness all day long (15)

#### Prayer

- Give heed to my cry and judge righteously (1-2)
- Keep me as the apple of your eye (8) - protect me

## Psalms - Journal

### Psalm 35 - Rescue Me from My Enemies

Parallel Scripture: I Samuel 25-27

#### Outline

- I. Contend for Me, O Lord (1-16)
- II. Don't Let My Enemies Rejoice over Me (17-21)
- III. Stir Yourself Up for Me (22-26)
- IV. Declare Praise to the Lord (27-28)

#### God's Character

- God rises up to help His children (2)
- God delivers out of the hands of the wicked (10)

#### Names of God

- God our salvation (3)
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#### Instructions

- my soul shall rejoice in the Lord and exult in His salvation (9)
- Give thanks and praise God (18)
- Declare God's righteousness and His praise all day long (28)

#### Prayer

- Let those who come against me be turned back and humiliated (4)
- How long will You look on, rescue my soul (17)
- Don't let the wicked rejoice over me (19)
- God, You know the truth, don't keep silent (22)
- Judge me according to your righteousness (24)

## Psalms - Journal

### Psalm 54 - Defense Against My Enemies

Parallel Scripture: I Samuel 26

#### Outline

- I. Vindicate Me by Your Power (1-3)
- II. God Sustains Me (4-7)

#### God's Character

- God will recompense the evil to my foes (5)
- God delivers me from trouble (7)

#### Names of God

- He is my Helper (4)
- Sustainer of my soul (4)

#### Instructions

- Sacrifice to the Lord (Ro 12:1-2) and give thanks to His name (6)

#### Prayer

- Save me by Your name (1)
- Hear my prayer (2)

## Psalms - Journal

### Psalm 63 - God Satisfies a Thirsty Soul

Parallel Scripture: I Samuel 27

#### Outline

- I. O God, You Are My God (1-5)
- II. God Is My Help (6-11)

#### God's Character

- Great power and glory (2)
- His loving kindness is better than life (3)
- Your right hand upholds me (8)

#### Names of God

- My help (7)

#### Instructions

- seek God earnestly (1)
- Praise God (3)
- Bless the Lord and lift your hands to Him (4) - James 1:17
- Have joy and satisfaction (5)
- Meditate on God (6)
- Sing for joy in the shadow of His wings (7)
- Hold fast to the Lord (8)

#### Prayer

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Psalm 18 - Praise for Deliverance

Parallel Scripture: I Samuel 31

Outline

- I. Prayer for Deliverance (1-3)
- II. His Distress and Cry for Help (4-6)
- III. God's Response (7-15)
- IV. Deliverance from His Strong Enemy (16-19)
- V. God's Response to David's Integrity (20-24)
- VI. God's Response to Various People (25-29)
- VII. Character of God (30-36)
- VIII. Victory over Enemies (37-42)
- IX. Praise to Almighty God (43-50)

God's Character

- He is the one in whom we can take refuge (2)
- Worthy to be praised (3)
- Saves His people from their enemies (3)
- God hears our voice (6)
- God delivers from the strong enemy (17)
- He is our stay - He is the place we hang onto (18)
- God delights in His people (19)
- God rewards our righteousness (20)
- God sets us on high places (33)
- He strengthens us for battle (34)
- He upholds us and in His gentleness makes us great (35)
- He girds us with strength for battle (39) - Eph 6:18-ff

Names of God

- My Strength (1)
- My Rock (2)
- My Fortress
- My Deliverer
- My Shield
- Horn of my Salvation
- My stronghold
- Most High (13)

Instructions

- keep the ways of the Lord (21)
- Keep ourselves from iniquity (23)
- Give thanks and sing praises to His name (49)

## Psalms - Journal

Psalm 121 - Lord, Keeper of Israel

Parallel Scripture: I Samuel 29-31

### Outline

- My Help Comes from the Lord (1-4)
- He Will Keep Your Soul (5-8)

### God's Character

- My help comes from the Lord (2)
- He is the maker of heaven and earth (2)
- He will not allow your foot to slip (3)
- He does not slumber or sleep (3-4)
- The Lord will protect you from evil (7)

### Names of God

- He is our keeper (5)

### Instructions

### Prayer

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## Psalms - Journal

Psalm 123 - Prayer for the Lord's Help

Parallel Scripture: I Samuel 29-31

### Outline

- I. Look to the Lord (1-2)
- II. Be Gracious to Us, Lord (3-4)

### God's Character

- Enthroned in the heavens (1)
- He is gracious to us (2)

### Names of God

### Instructions

- Look to the Lord our God (2)

### Prayer

- Be gracious to us (3)

## Psalms - Journal

Psalm 124 - Praise for Rescue

Parallel Scripture: I Samuel 29-31

### Outline

- I. The Lord Is On Our Side (1-5)
- II. Our Help Is in the Lord (6-8)

### God's Character

- Help is in the name of the Lord (8)
- Maker of the heavens and earth (8)

### Names of God

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### Instructions

### Prayer

- May the Lord be on our side so we are not swept away (1-5)
- Blessed be the Lord, He is our protection (6-7)

## Psalms - Journal

Psalm 125 - The Surrounds His People

Parallel Scripture: I Samuel 29-31

### Outline

- I. The Lord Surrounds His People (1-3)
- II. Do Good to Those Who Are Good (4-5)

### God's Character

- The Lord surrounds His people forever (1-2)
- Wickedness will not rest upon God's land - the land of the righteous (3)

### Names of God

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### Instructions

### Prayer

- Do good to those who are good (4)
- God will lead away the doers of iniquity who have turned to their crooked ways (4-5)
- Peace be upon Israel (5) - we know peace will come when Jesus returns

## Psalms - Journal

Psalm 128 - Blessings for Those Who Fear the Lord

Parallel Scripture: I Samuel 29-31

### Outline

- I. Blessed Are Those Who Fear the Lord (1-4)
- II. Peace Upon Israel (5-6)

### God's Character

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### Names of God

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### Instructions

- fear the Lord and walk in His ways (1)

### Prayer

- Prayer over Jerusalem that she would see good days and have peace (2-6)

## Psalms - Journal

Psalm 129 - Overthrow of Zion's Enemies

Parallel Scripture: I Samuel 29-31

### Outline

- I. The Lord Is Righteous (1-4)
- II. May His Enemies Be Put to Shame (5-8)

### God's Character

- He will keep the enemy from prevailing (2)
- He is righteous (4)

### Names of God

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### Instructions

### Prayer

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## Psalms - Journal

### Psalm 130 - Hope in the Lord's Forgiving Love

Parallel Scripture: I Samuel 29-31

#### Outline

- I. Forgiveness with the Lord (1-4)
- II. Wait Upon the Lord (5-8)

#### God's Character

- There is forgiveness in God (4)
- Lovingkindness (7)
- There is abundant redemption (7)

#### Names of God

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#### Instructions

- we need to cry out to the Lord in the depths of our life (1)
- Wait for the Lord (5)
- Hope in His Word (5)
- Hope in the Lord (7)

#### Prayer

- Lord, hear my voice and my supplications, be attentive to me (2) - Jn 9:31

## Psalms - Journal

### Psalm 6 - Mercy in Times of Trouble

Parallel Scripture: II Samuel 1-4

#### Outline

- I. Be Gracious To Me (1-3)
- II. Rescue My Soul (4-5)
- III. I Am Weary (6-7)
- IV. Lord Hears My Supplication (8-10)

#### God's Character

- Lovingkindness (4)
- The Lord hears us when we weep (8)
- Lord hears my supplications and receives my prayer (9)

#### Names of God

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#### Instructions

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#### Prayer

- Don't rebuke me in Your anger (1)
- Be gracious to me and heal me (2)
- How long? (3)
- Rescue me - save me out of your lovingkindness (4)

## Psalms - Journal

### Psalm 8 - Lord's Glory and Man's Dignity

Parallel Scripture: II Samuel 1-4

#### Outline

- I. How Majestic Is the Lord (1-2)
- II. Work of the Lord (3-8)
- III. Name Majestic in All the Earth (9)

#### God's Character

- He has a majestic name (1, 9)
- His splendor is above the heavens (1)
- He has established strength (2)
- Works of God's fingers - the heavens - He has ordained them (3)
- Man is cared for by God - Why? (4)
- He crowns man with glory and majesty (5)
- God made man to be ruler of the works of God's hand and put all things under his feet (6)

#### Names of God

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#### Instructions

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#### Prayer

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Psalm 9 - Song of Thanksgiving for God's Justice

Parallel Scripture: II Samuel 1-4

Outline

- I. I Will Exalt in You (1-2)
- II. My Enemies Perish Before You (3-6)
- III. God Judges the World in Righteousness (7-10)
- IV. Sing Praises to the Lord(11-16)
- V. The Nations Are Judged Before Him (17-20)

God's Character

- He judges righteously (4)
- He will rebuke the nations - destroy the wicked (5)
- He uproots cities and makes them perish (6)
- Abides forever (7)
- He established His throne for judgment with fairness (7-8)
- He doesn't forget the cry of the afflicted (12)
- He makes Himself known (16 - cf Ro 1:18-ff)

Names of God

- Most High (2)
- My stronghold in times of trouble (9)

Instructions

- Give thanks to the Lord with all your heart (1)
- Tell of His wonders (1)
- Be glad and exult in God (2)
- Sing praise to His name (2)
- Rejoice in your salvation (14)

Prayer

- Be gracious to me and see those who afflict me (13)
- Don't let men prevail (19)
- Let the nations be judged before you (19)
- Put them in fear of the Lord (20)
- Let the nations know that they are but men (20)

## Psalms - Journal

### Psalm 10 - Overthrow of the Wicked

Parallel Scripture: II Samuel 1-4

#### Outline

- I. Why Does God Hide Himself (1-2)
- II. The Greedy Curse the Lord (3-4)
- III. Haughtiness of the Wicked (5-11)
- IV. Do Not Forget the Afflicted (12-15)
- V. The Lord Is King Forever (16-18)

#### God's Character

- God's judgments are out of the wicked's sight (5)
- God sees all that the wicked do and takes it into His hand (14)
- God helps those who are in need (14)
- Nations have perished from His land (16)
- God has heard the desire of the humble - He will strengthen their heart and will vindicate them (17-18)

#### Names of God

- Eternal King (16)

#### Instructions

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#### Prayer

- Why do You hide yourself from me in times of trouble? (1)
- Let the wicked be caught in their own plots (2)
- Don't forget about the afflicted (12)
- Seek out wickedness and deal with it (15)

## Psalms - Journal

Psalm 14 - Folly of Men

Parallel Scripture: II Samuel 1-4

### Outline

- I. Indictment Against Humanity (1-3)
- II. Wicked's Ignorance of God (4-6)
- III. Salvation for Israel from the Wicked (7)

### God's Character

- God is surveying the people of this earth (2)
- God will restore His captive people (7)

### Names of God

- Lord is my refuge (6)
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### Instructions

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### Prayer

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## Psalms - Journal

Psalm 16 - Portion in Life, Deliver in Death

Parallel Scripture: II Samuel 1-4

### Outline

- I. David's Dependence on God (1-4)
- II. David's Satisfaction with God(5-6)
- III. David's Trust in the Lord in Death (7-11)

### God's Character

- God supports my lot (5)
- God is with me and I will not be shaken (8)
- You make known to me the path of life (11)
- In His presence is the fullness of joy (11) - James 1:2-4

### Names of God

- The Lord is my portion and my cup (5)

### Instructions

- Need to bless the Lord who counsels me (7)
- Set the Lord continually before you (8)

### Prayer

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Cf - Acts 2:25-28 (Peter) Acts 13:35-36 (Paul)