

A Cup of Cold Water • Psalms 1-51

Do you feel exposed/vulnerable?

Hiding place – from storms, enemies

- **31:20** In the cover of your presence **you hide them** from the plots of men; you store them in your shelter from the strife of tongues.
- **17:7-9** Wondrously show your steadfast love, O Savior of those who seek refuge from their adversaries at your right hand. Keep me as the apple of your eye; **hide me** in the shadow of your wings, from the wicked who do me violence, my deadly enemies who surround me.
- **32:7** You are a **hiding place** for me; you preserve me from trouble; you surround me with shouts of deliverance.
- **27:3-5** Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident. One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple. For **he will hide me** in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.
- **4:8** In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.
- Psalm 6 “I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. My eye wastes away because of grief; it grows weak because of all my foes.”

Shield - protection

- **28: 7** The LORD is my strength and my **shield**; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him.
- **3: 1** O LORD, how many are my foes! Many are rising against me; many are saying of my soul, there is no salvation for him in God. But you, O LORD, are a **shield** about me, my glory, and the lifter of my head.
- **5: 12** For you bless the righteous, O LORD; you cover him with favor as with a **shield**.
- **7:10** My **shield** is with God, who saves the upright in heart.
- 18:30 **30** This God--his way is perfect; the word of the LORD proves true; he is a **shield** for all those who take refuge in him.
- 18:35 You have given me the **shield** of your salvation, and your right hand supported me, and your gentleness made me great.

Refuge - safe or sheltered from pursuit, danger, or trouble

1. **5:11** But let all who take **refuge** in you rejoice; let them ever sing for joy, and spread your protection over them, that those who love your name may exult in you.
2. **7:1** O LORD my God, in you do I take **refuge**; save me from all my pursuers and deliver me,
3. 25: **20** Oh, guard my soul, and deliver me! Let me not be put to shame, for I take **refuge** in you.
4. **28:8** The LORD is the strength of his people; he is the saving **refuge** of his anointed.
5. **12:7-8** You, O LORD, will keep them; you will guard us from this generation forever. On every side the wicked prowl, as vileness is exalted among the children of man.
6. **18:17-19** He rescued me from my strong enemy and from those who hated me, for they were too mighty for me. They confronted me in the day of my calamity, but the LORD was my support. He brought me out into a broad place; **he rescued me, because he delighted in me.**

Have you felt tossed/shaken?

Rock/Fortress – a military stronghold, especially a strongly fortified town.

- **18: 2** The LORD is my **rock** and my **fortress** and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold.
- **18:31** For who is God, but the LORD? *And who is a rock, except our God?--*
- **18:46** The LORD lives, and blessed be my **rock**, and exalted be the God of my salvation—
- **31:2-4** Be a **rock** of refuge for me, a strong **fortress** to save me! For you are my **rock** and my **fortress**; and for your name's sake you lead me and guide me; you take me out of the net they have hidden for me, for you are my refuge.
- **40:2** He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a **rock**, making my steps secure.

- **16:7-9** I bless the LORD who gives me counsel; in the night also my heart instructs me. I have set the LORD always before me; because he is at my right hand, **I shall not be shaken**. Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure.
- Ps 11, “for behold, the wicked bend the bow; they have fitted their arrow to the string to shoot in the dark at the upright in heart; if the foundations are destroyed, what can the righteous do?”
- 21:7 “For the king trusts in the LORD, and through the steadfast love of the Most High he shall not be moved.”

Relief in distress 4:1 You have given me relief when I was in distress.

Do you feel afraid?

- **23:4** Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.
- **3:6-8** I will not be afraid of many thousands of people who have set themselves against me all around. Arise, O LORD! Save me, O my God! For you strike all my enemies on the cheek; you break the teeth of the wicked. Salvation belongs to the LORD
- **46:1-7** God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her; she shall not be moved; God will help her when morning dawns. The nations rage, the kingdoms totter; he utters his voice, the earth melts. The LORD of hosts is with us; the God of Jacob is our fortress.
- **18:28 28** For it is you who light my lamp; the LORD my God lightens my darkness.
- **20:7-8** Some trust in chariots and some in horses, but we trust in the name of the LORD our God. They collapse and fall, but we rise and stand upright. This is our only hope: trusting in His name to save

Do you feel weak?

3:5 I lay down and slept; I woke again, for the LORD sustained me.

Stronghold – fortified to protect against attack. Similar to a fortress, but has the idea of strength as well.

- **9:9** The LORD is a **stronghold** for the oppressed, a **stronghold** in times of trouble.
- 27: 1 The LORD is my light and my salvation; whom shall I fear? The LORD is the **stronghold** of my life; of whom shall I be afraid?
- **37:39** The salvation of the righteous is from the LORD; he is their **stronghold** in the time of trouble.

Strength

- **10:17** O LORD, you hear the desire of the afflicted; you will **strengthen** their heart; you will incline your ear
- 18:1 **1** I love you, O LORD, my **strength**.
- **28:8** The LORD is the **strength** of his people; he is the saving refuge of his anointed.
- 18: For you equipped me with **strength** for the battle; you made those who rise against me sink under me.
- 23:2 He makes me lie down in green pastures. He leads me beside still waters.

Do you feel alone? Even separate from God?

Chapter 13

- **25:16**, “Turn to me and be gracious to me, for I am lonely and afflicted.”
- 8:3 When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him?
- **9:10** And those who know your name put their trust in you, for you, O LORD, have not forsaken those who seek you.

- **12:1** Save, O LORD, for the godly one is gone; for the faithful have vanished from among the children of man. Everyone utters lies to his neighbor; with flattering lips and a double heart they speak.”
- **37:28** For the LORD loves justice; **he will not forsake his saints.** They are preserved forever, but the children of the wicked shall be cut off.
- 17:15 When I awake, [Lord], I will be satisfied with Your likeness.

Do you feel loss, sadness, or disappointment?

- 3: **1** O LORD, how many are my foes! Many are rising against me; **2** many are saying of my soul, there is no salvation for him in God. **3 But you, O LORD, are a shield about me, my glory, and the lifter of my head.**
- 16:**2** I say to the LORD, "You are my Lord; I have no good apart from you."
- 42: **5** Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. My soul is cast down within me; therefore I remember you... Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life. I say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?" As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, "Where is your God?" Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.
- 116: **8** For you have delivered my soul from death, my eyes from tears, my feet from stumbling; I will walk before the LORD in the land of the living. *I believed, even when I spoke, "I am greatly afflicted";* I said in my alarm, "All mankind are liars." What shall I render to the LORD for all his benefits to me? I will lift up the cup of salvation and call on the name of the LORD, I will pay my vows to the LORD in the presence of all his people. Precious in the sight of the LORD is the death of his saints.”

Do you feel like no one hears, that you are ignored?

- 3:4 **4** I cried aloud to the LORD, and he answered me from his holy hill.
- 4: **3** But know that the LORD has set apart the godly for himself; the LORD hears when I call to him.
- 6: **8** Depart from me, all you workers of evil, for the LORD has heard the sound of my weeping.
- **9** The LORD has heard my plea; the LORD accepts my prayer.
- **10:17** O LORD, you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear to do justice to the fatherless and the oppressed, so that man who is of the earth may strike terror no more.
- 17: **6** I call upon you, for you will answer me, O God; incline your ear to me; hear my words.
- **18:6** In my distress I called upon the LORD; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears.
- 34: **4** I sought the LORD, and he answered me and delivered me from all my fears.
- 34: **15** The eyes of the LORD are toward the righteous and his ears toward their cry.

To Wait.

- **25:5** Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long.
- 31: **24** Be strong, and let your heart take courage, all you who wait for the LORD!
- 37: **7** Be still before the LORD and wait patiently for him; *fret not yourself over the one who prospers in his way, over the man who carries out evil devices!*
- 40: **1** I waited patiently for the LORD; he inclined to me and heard my cry.

Do you feel guilty?

- **25:7:** Remember your mercy, O LORD, and your steadfast love, for they have been from of old. Remember not the sins of my youth or my transgressions; according to your steadfast love remember me, for the sake of your goodness, O LORD! Good and upright is the LORD; therefore he instructs sinners in the way. He leads the humble in what is right, and teaches the humble his way. For your name's sake, O LORD, pardon my guilt, for it is great. Oh, guard my soul, and deliver me! Let me not be put to shame, for I take refuge in you.”
- 32: **1** “Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit. For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by

the heat of summer. I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin."

- 34: **22** The LORD redeems the life of his servants; none of those who take refuge in him will be condemned.
- 40: **12** For evils have encompassed me beyond number; my iniquities have overtaken me, and I cannot see; they are more than the hairs of my head; my heart fails me. **16** But may all who seek you rejoice and be glad in you; **may those who love your salvation say continually, "Great is the LORD!"**

Do you feel opposed?

- **29:10** The LORD sits enthroned over the flood; the LORD sits enthroned as king forever.
- 50: **10** For every beast of the forest is mine, the cattle on a thousand hills. I know all the birds of the hills, and all that moves in the field is mine. If I were hungry, I would not tell you, for the world and its fullness are mine.
- 33: **10** The LORD brings the counsel of the nations to nothing; he frustrates the plans of the peoples. The counsel of the LORD stands forever, the plans of his heart to all generations.
- 37: **1** Fret not yourself because of evildoers; be not envious of wrongdoers! For they will soon fade like the grass and wither like the green herb. 37: **12** The wicked plots against the righteous and gnashes his teeth at him, but the Lord laughs at the wicked, for he sees that his day is coming.
- 2: **1** Why do the nations rage and the peoples plot in vain? **2** The kings of the earth set themselves, and the rulers take counsel together, against the LORD and against his Anointed, saying, **3** "Let us burst their bonds apart and cast away their cords from us." **4** He who sits in the heavens laughs; the Lord holds them in derision. **5** Then he will speak to them in his wrath, and terrify them in his fury, saying, **6** "As for me, I have set my King on Zion, my holy hill."
- Ch 9 You have rebuked the nations; you have made the wicked perish; you have blotted out their name forever and ever.
- Ch 10
- 21: **11** Though they plan evil against you, though they devise mischief, they will not succeed. **12** For you will put them to flight; you will aim at their faces with your bows.
- 27: **2** When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall. Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident. One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple.

Do you feel hopeful, full of faith, joyful?

- 4: **7** You have put more joy in my heart than they have when their grain and wine abound.
- 13: **5** But I have trusted in your steadfast love; my heart shall rejoice in your salvation. **6** I will sing to the LORD, because he has dealt bountifully with me.
- 16: **11** You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.
- 27: **6** And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD. (sounds like Ephesians Spirit filling!)
- 28: **7** The LORD is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him.
- 30: **5** For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning. **11** You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, **12** that my glory may sing your praise and not be silent. O LORD my God, I will give thanks to you forever!
- 31: **7** I will rejoice and be glad in your steadfast love, because you have seen my affliction; you have known the distress of my soul, **8** and you have not delivered me into the hand of the enemy; you have set my feet in a broad place.
- 33: **21** For our heart is glad in him, because we trust in his holy name.
- 39: **7** "And now, O Lord, for what do I wait? My hope is in you.
- 40: **3** He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD.