

Choose to Praise
A Bible Study on Psalm 59
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1. November is the month when we celebrate Thanksgiving. What are some things you are thankful for?

Most of us think of positive things in our lives to be thankful; very rarely will you hear someone say, 'I am thankful that I lost my job,' or 'I am thankful that I have lots of health issues right now.'

God's Word tells us that we are to ***give thanks in all circumstances; for this is God's will for you in Christ Jesus*** (1 Thessalonians 5:18). We are also told to ***consider it pure joy, my brothers and sisters, whenever you face trials of many kinds*** (James 1:2). Not so easy to do in trying, less than ideal and down right difficult circumstances.

Being thankful and praising God in hard times is a choice we make. We can either complain about our situation or praise God. In Psalm 59, David shows us how too sing and praise God even through difficult times.

The introduction to this psalm tells us the specific situation David was facing when he wrote this psalm or song to the Lord. *Read the introduction.*

This event is recorded in 1 Samuel 19. David had successfully killed the giant, Goliath (1 Samuel 17), and then serves King Saul. David's popularity grows and Saul becomes jealous of David. *Read 1 Samuel 19:1-12.*

2. Summarize what is happening.

David is fleeing for his life – threatened by his father-in-law! Rather than bellyaching that life isn't fair, he chooses to focus on God and then is filled with praise.

Read Psalm 59:1-8.

3. How does David describe his enemies in these verses?

4. How does David describe God?

5. What does David ask God to do?

6. God answered David's prayer. Who did God use to deliver David from Saul's hand? (*refer back to 1 Samuel 9:1-12.*)

David looks to God to be his deliverer. A deliverer is a person who rescues you from harm or danger. What a great reason to praise Him!

7. How have you experienced God's deliverance in your life?

Read Psalm 59:9-13.

8. How does David describe his enemies in these verses?

9. How does David describe God?

10. What does David pray God would do to his enemies?

David looks to God to be his strength and shield. David was a strong guy. As a shepherd he had killed wild animals from hurting his sheep; he was physically strong. He also had strength of character; he was willing to face Goliath and won. Despite his own personal strength, he knew that God was stronger.

11. How have you experienced God's strength and shielding in your life?

Read Psalm 59:14-17.

12. How does David describe his enemies in these verses?

13. How does David describe God?

14. What is David doing while his enemies are snarling at him?

David had no safe place to run to you, but he had a safe person to go to – the Almighty God.

15. How has God been a refuge in your life?

David's response during a trying time was to look to God. He chose to sing to the Lord rather than dwell on the difficulties. Close your time of Bible study by singing to the Lord and celebrating the fact He is our deliverer, strength and shield, and a safe refuge.

Suggested songs to sing (from The Salvation Army Songbook 2015 edition)

- *I Know a Fount Where Sins are Washed Away* #197
(verse 4 speaks of our Wondrous deliverer!)
- *Jehovah is our Strength* #38
- *A Mighty Fortress is our God* #1