

Sermon Notes

Response to The Rock and Hard Place

David was on the run from Saul. Life was scary and hard for him, nowhere was safe. He ran to his enemy's city thinking he could hide there but discovered he messed up. It was less safe there for him than being in Israel running from Saul. He escaped Gath and wrote this Psalm. It is both a proper response to escape from being caught between a rock and a hard place situation and it is a guide for us today on how to deal with life's difficulties.

David's story and our lessons:

1. Praise the Lord (Verses 1-5)
2. Pray for Wisdom, Protection and Faith (Verse 6)
3. Taste and See (Verse 8)
4. Fear the Lord (Verses 9,11)
5. Live Long & Mind Your Tongue (Verses 12-14)
6. Take Refuge in the Lord (Verses 15-22)

Go Deeper in Your Understanding

1. Read, 1 Samuel 17-22:1: What triumphs did David experience? What failures? What lead to him singing this Psalm in the Cave?
2. What difficulties might you consider to be Rock and Hard Place situations in your life? Does David's response resonate with you? Why or why not?
3. David says in verse 13 to not lie and do not speak evil. Did he ever lie? Does that change the truth of the statement? Why?
4. Read Proverbs 15 and James 3. What truths about our speech and control of the tongue do you find? Why is the tongue so dangerous?
5. Do a search in the New Testament: Where does it tell us to pray and to especially seek wisdom? Why?
6. Personalize the lessons – what does it look like in your life to:
 - a. Praise the Lord
 - b. Pray for wisdom, protection and faith
 - c. Taste and see
 - d. Fear the Lord
 - e. Live long & mind your tongue
 - f. Take refuge in the Lord