



2023 Bible Study Series

# Seize the Day

By Rev Jackie Stoneman

This year our Bible Studies are going to focus on four Psalms under the theme *Seize the Day*. To seize the day implies action. There is an opportunity to be had; there is a moment to act that can result in good; there is an invitation to participate.

The Psalms provide us with many opportunities to *Seize the Day*. For many of us the Psalms give expression to the pain that we feel living in this broken world, struggling to understand what God is doing or why He hasn't done something. The Psalms are steadying words that help us remain committed to our God through the difficult times. The Psalms give words of praise to a God who is so awesome in all that He does. This is especially true as we live this side of Jesus' death, resurrection and ascension and await the return of our Lord and Saviour.

It is my prayer that no matter what our day is like we will seize the opportunity to respond to God's word and to the work of the Holy Spirit in our lives.

May the Lord bless, strengthen and encourage you as you study His word.

— Jackie Stoneman

# Contents

- 4** Study 1 — A time for humility: Psalm 90
- 13** Study 2 — A time for hope: Psalm 23
- 21** Study 3 — A time for belonging: Psalm 139
- 31** Study 4 — A time for telling: Psalm 145

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# 1. A time for humility: Psalm 90

A prayer of Moses the man of God.

<sup>1</sup> *Lord, you have been our dwelling place  
throughout all generations.*

<sup>2</sup> *Before the mountains were born  
or you brought forth the whole world,  
from everlasting to everlasting you are God.*

<sup>3</sup> *You turn people back to dust,  
saying, "Return to dust, you mortals."*

<sup>4</sup> *A thousand years in your sight  
are like a day that has just gone by,  
or like a watch in the night.*

<sup>5</sup> *Yet you sweep people away in the sleep of death—  
they are like the new grass of the morning:*

<sup>6</sup> *In the morning it springs up new,  
but by evening it is dry and withered.*

<sup>7</sup> *We are consumed by your anger  
and terrified by your indignation.*

<sup>8</sup> *You have set our iniquities before you,  
our secret sins in the light of your presence.*

<sup>9</sup> *All our days pass away under your wrath;  
we finish our years with a moan.*

- <sup>10</sup> *Our days may come to seventy years,  
or eighty, if our strength endures;  
yet the best of them are but trouble and sorrow,  
for they quickly pass, and we fly away.*
- <sup>11</sup> *If only we knew the power of your anger!  
Your wrath is as great as the fear that is your due.*
- <sup>12</sup> *Teach us to number our days,  
that we may gain a heart of wisdom.*
- <sup>13</sup> *Relent, LORD! How long will it be?  
Have compassion on your servants.*
- <sup>14</sup> *Satisfy us in the morning with your unfailing love,  
that we may sing for joy and be glad all our days.*
- <sup>15</sup> *Make us glad for as many days as you have afflicted us,  
for as many years as we have seen trouble.*
- <sup>16</sup> *May your deeds be shown to your servants,  
your splendour to their children.*
- <sup>17</sup> *May the favour<sup>[a]</sup> of the Lord our God rest on us;  
establish the work of our hands for us—  
yes, establish the work of our hands. (NIV)*

## Footnotes

[a] Psalm 90:17 Or *beauty*

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This morning I woke up feeling a little blah. As I thought about praying for the world it just seemed overwhelming — the enormous needs in every nation. As I thought about the people in my church and amongst my friends who are facing tough situations it felt overwhelming. When I considered the direction of the world and even of the Church in many places it felt like it was all too hard. As I was sharing all this with God a thought occurred to me that lifted me out of the doldrums. 'I am on the winning side! I've read the end of the book and I know how it ends. God is totally in control and His purposes cannot and will not fail.' To have that shift in perspective was enormously helpful and enabled me to refocus. Did it take away all the issues? Absolutely not! But it enabled me to look up again to the one who can handle it all.

It is believed that Psalm 90 was written by Moses. He is described as 'a man of God'. Moses is certainly someone who understands those feelings of it all being too hard and of the difficulties one faces in a broken world. He knew what it was like to lead a people who were stubborn and rebellious and he had had to face his own short comings as well.

Let's see what the Holy Spirit wants to teach us as we explore this psalm.

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► What contrasts between God and human beings do you notice in verses 1-11?

Many of us may be reaching that 70 – 80 year life span. Some of us may have exceeded it. Even young people are aware that life moves so incredibly quickly. This Psalm asks us to pause and reflect on what God says.

It is interesting that many people in our world today believe that if there is a God, he is to be serving their needs. Yet here God is the one who has created everything and is in complete control and that includes the lives of human beings. We return to dust, but God is eternal. He existed before His creation! Our lives come and go but God remains steadfast. Life ultimately is about God, not us.

Human beings have certainly angered God as we have failed to be who He created us to be. When we read the Old Testament and the story of Moses' life, we know only too well how rebellious God's people were — even when He was rescuing them and fulfilling His promises to them. We know that even Moses himself failed to be the person God called him to be. If we are honest and we were to put ourselves into this Psalm we would have to say we stand under God's wrath, helpless to control our world or our destiny and so very small compared to God. This is a very unpleasant place to be but a very healthy place to ponder.

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Then v12 is a turning point — a time to shift our focus.

► What are the places of hope in verses 12-17?

As New Testament people we understand that it is because of the death and resurrection and ascension of Jesus Christ that we can be certain of the complete fulfilment of these verses. We experience some of that fulfilment now but the best really is still to come for us.

I'm conscious that sometimes the difficulties of life make it hard to feel the joy of these promises. It's a bit like knowing that the answer to the question is always Jesus but that feels too simplistic. But it is true and we sit as wounded people waiting for God to complete all His promises. Remember v1 "Lord, you have been our dwelling place throughout all generations." No matter how rebellious God's people were, God was faithful in sending the Saviour to deal with all the mess of the world.

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*So how can we 'Seize the Day' today? Here are some possibilities to think through:*

- ▶ V12 Ask God to help you think about your days that you have remaining before eternity. What wisdom does He give you as to how to spend those days?
  
- ▶ V17 Ask God to show you specifically what work He has for you to do for Him — not to earn salvation but to express gratitude for all God has done. How might He use our prayers, our relationships, our finances, our experiences to make a difference wherever we find ourselves now. May our lives and our trust in God make a difference to the coming generations.

***The Mary Sumner Prayer***

All this day, O Lord, let me touch as many lives as possible for thee;  
And every life I touch, do thou by thy spirit quicken,  
Whether through the word I speak, the prayer I breathe,  
Or the life I live. AMEN





## 2. A time for hope: Psalm 23

A psalm of David.

<sup>1</sup> *The LORD is my shepherd, I lack nothing.*

<sup>2</sup> *He makes me lie down in green pastures,  
he leads me beside quiet waters,*

<sup>3</sup> *he refreshes my soul.*

*He guides me along the right paths  
for his name's sake.*

<sup>4</sup> *Even though I walk  
through the darkest valley,<sup>[a]</sup>*

*I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.*

<sup>5</sup> *You prepare a table before me  
in the presence of my enemies.*

*You anoint my head with oil;  
my cup overflows.*

<sup>6</sup> *Surely your goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the LORD  
forever.*

### Footnotes

[a] Psalm 23:4 Or *the valley of the shadow of death*



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Psalm 23 is one of those Psalms from the Bible that is a favourite of many people — even those who don't believe in God. It's a bit like the song Amazing Grace. People love it but don't realise it's treasures and its challenges. For the Christian, this Psalm is so significant and illustrates the richness of God's word.

If we were reading this psalm for the first time, we would note that it is written by David. David, the shepherd who became God's anointed king of Israel.

- ▶ What sorts of things do you think David might have had in mind from his own life as he wrote these words? You might like to explore his knowledge of shepherds and sheep, his struggles with enemies, the way God brought him to reign, and the promises God made to Him. (Later you might like to read about David's life from 1 and 2 Samuel and 1 Chronicles)

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Let's move now to explore this Psalm from another perspective.<sup>1</sup>

Think of this Psalm as a journey that someone is going on, someone who is trusting a shepherd and is describing their experiences.

- ▶ What is the experience of this person in vs1-3?
  
- ▶ The surprise is in v4. The shepherd's guidance along 'right paths' includes the darkest valley, one where death itself is faced. How do you react to this idea? Why would a good shepherd do that?

<sup>1</sup> I want to acknowledge that these reflections have been based on Douglas J Green's work from "The Lord is Christ's Shepherd": Psalm 23 as Messianic Prophecy as well as his paper "The good, the bad and the better: Psalm 23 and Job"

- ▶ We read in verse 6 that the person arrives in the 'house of the Lord' to dwell forever. In verses 4-5 we read that the person has been safely delivered through the enemies' plots and plans. The shepherd has been providing protection and presence even through the worst of experiences.

In what ways does this Psalm describe Jesus' experience when He was on earth? How would Jesus have related to this Psalm?

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Jesus the Messiah, the one who is promised from King David's line, trusted in His Father as His shepherd. We know that Jesus' whole life was one of trust in His Heavenly Father. Jesus, who was also fully human, faced all the difficulties, temptations and fears that we face. His belief in His Father needed to be expressed in daily trust not just a 'head knowledge'. The same is true for us. To trust doesn't mean that we do not find life hard, frightening or by possibly being under threat.

Jesus experienced hunger and thirst and tiredness. We also see him weeping over Jerusalem (Luke 19:41-44) and He wept at Lazarus' tomb (John 11). Jesus needed the comfort of His Shepherd. Perhaps most powerfully of all, Jesus wept in the Garden of Gethsemane (Luke 22:43-44) as he anticipated His own agonising death.

The paths that God, the Father led His Son along were indeed right paths for they were the paths that led to the Cross. This was God's eternal plan to bring us into relationship with Himself. Jesus willingly walked this path trusting His Father. He triumphed over death through His resurrection.

Mike Bird makes this observation:

*"If we read the Gethsemane story with Ps 23:4 in mind, we can see Jesus' fear about walking through the shadow of death. On the cross, Jesus was the Passover lamb, the Levitical scapegoat, the suffering servant, the mercy seat, for on him God unloaded the sins of the world. He bore the transgressions of others and the judgment of God against our wickedness fell upon him. He was abandoned, forsaken, and cast aside as the dark veil of sin and shame completely swallowed him up.*

*That's why on the cross, he cried out with the words of Ps 22: "My God, my God, why have you forsaken me?" This cry is not about failure or betrayal, it is the heart of the atonement! Jesus is abandoned, so God would always be near us. Jesus made that cry of God-forsaken pain so that no child of God will ever know the misery of being forsaken. Jesus walked through the valley of the shadow of death ahead of us and for us.*

*We can take comfort from Psalm 23 because Jesus himself lived it!"<sup>2</sup>*

<sup>2</sup> Good Friday Reflection on Psalm 23 — Mike Bird

- ▶ What is your reaction to all of this? What new insights are you going to apply in your life?

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So now as we read Psalm 23 we are not only reminded of King David who turned to God as His Shepherd, we have the incredible example of Jesus who trusted His Father as His shepherd so that we might fully know the truth of these words. Jesus is our shepherd who will never abandon or forsake us — even when we face death. We know that for us, the best is yet to come when we will 'dwell in the house of the Lord forever'. As God's people, we will enjoy the great banquet at the marriage supper of the Lamb. (Revelation 19:7-10) All those who have opposed God and His people cannot be there but we will be revealed as belonging to God. (Romans 8:18-19) We were right to follow Jesus!

*So how can we 'Seize the Day' today? Here are some possibilities to think through.*

- ▶ Where are the places in your life now that you feel the need of the Shepherd's touch? Ask the Lord to show you how He might be helping you, comforting you or journeying with you throughout your difficult experiences. Look for unexpected things. If you feel you are in a good place now you might like to reflect on a time when life was tough. Can you see how God provided for you? Spend some time thanking him.
- ▶ How might we walk with someone through a difficult time in their life, not trying to be the shepherd but sensitively pointing them to the shepherd. How might we do that? How do we need to be careful?

***The Mary Sumner Prayer***

All this day, O Lord, let me touch as many lives as possible for thee;  
And every life I touch, do thou by thy spirit quicken,  
Whether through the word I speak, the prayer I breathe,  
Or the life I live. AMEN



### 3. A time for belonging: Psalm 139

For the director of music. Of David. A psalm.

- <sup>1</sup> *You have searched me, LORD,  
and you know me.*
- <sup>2</sup> *You know when I sit and when I rise;  
you perceive my thoughts from afar.*
- <sup>3</sup> *You discern my going out and my lying down;  
you are familiar with all my ways.*
- <sup>4</sup> *Before a word is on my tongue  
you, LORD, know it completely.*
- <sup>5</sup> *You hem me in behind and before,  
and you lay your hand upon me.*
- <sup>6</sup> *Such knowledge is too wonderful for me,  
too lofty for me to attain.*
- <sup>7</sup> *Where can I go from your Spirit?  
Where can I flee from your presence?*
- <sup>8</sup> *If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.*
- <sup>9</sup> *If I rise on the wings of the dawn,  
if I settle on the far side of the sea,*
- <sup>10</sup> *even there your hand will guide me,  
your right hand will hold me fast.*
- <sup>11</sup> *If I say, "Surely the darkness will hide me  
and the light become night around me,"*
- <sup>12</sup> *even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.*

- <sup>13</sup> *For you created my inmost being;  
you knit me together in my mother's womb.*
- <sup>14</sup> *I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well.*
- <sup>15</sup> *My frame was not hidden from you  
when I was made in the secret place,  
when I was woven together in the depths of the earth.*
- <sup>16</sup> *Your eyes saw my unformed body;  
all the days ordained for me were written in your book  
before one of them came to be.*
- <sup>17</sup> *How precious to me are your thoughts,<sup>[a]</sup> God!  
How vast is the sum of them!*
- <sup>18</sup> *Were I to count them,  
they would outnumber the grains of sand—  
when I awake, I am still with you.*
- <sup>19</sup> *If only you, God, would slay the wicked!  
Away from me, you who are bloodthirsty!*
- <sup>20</sup> *They speak of you with evil intent;  
your adversaries misuse your name.*
- <sup>21</sup> *Do I not hate those who hate you, LORD,  
and abhor those who are in rebellion against you?*
- <sup>22</sup> *I have nothing but hatred for them;  
I count them my enemies.*
- <sup>23</sup> *Search me, God, and know my heart;  
test me and know my anxious thoughts.*
- <sup>24</sup> *See if there is any offensive way in me,  
and lead me in the way everlasting. (NIV)*

## Footnotes

[a] Psalm 139:17 Or *How amazing are your thoughts concerning me*

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We live in an age that focusses on the individual. We are told constantly through advertising that we are number 1 and therefore should buy whatever product is being advertised! The world revolves around us! This belief has huge consequences. Many people are now struggling because we have been taught that 'we can do anything that we want' and so failure is not to be our experience. A consequence of this belief that I am to be number 1 is that we can believe that God should be working in our lives so that they are pain free. God is to serve us rather than us serving God. This means that people quickly abandon God because they perceive He has failed them when any sort of trouble comes into their lives.

At the same time many people struggle with a deep sense of shame and unworthiness. Many, many people have experienced abuse of some sort, and this has deeply impacted their lives and their perception of themselves. This has particularly impacted women and to a lesser extent men. Some people cannot believe that they are loveable at all, and this also impacts their faith.

As we explore this Psalm today let's pray that the Lord will help us to understand what He wants to teach us from these words.

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The first thing to notice in David's Psalm is the use of the word 'You'. David didn't start by reflecting on how wonderful he was but on how amazing God's knowledge of him was.

- ▶ Read through vs 1-5 emphasising the 'You'. What impact does this have on you?
  
- ▶ Read v6. This is the impact that this had on David. Do you notice his humility here? He could never be like God in his knowledge.
  
- ▶ It was possible that David was overwhelmed and disturbed by this concept — to have God know him to this extent, to know his past, present and future. He described this as being 'hemmed in' v5. Have you ever struggled with this?

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As David reflected on this truth, he began to explore some different scenarios.

- ▶ V7-10 Was there anywhere when God was not with Him? What do you notice about his conclusion? It is possible that David was contemplating what Jonah tried to do when God asked him to go to Nineveh. He tried to flee from the Lord's presence by going in the opposite direction and that didn't end well.

- V11-12 Was there anywhere where God couldn't see him? Is there any situation which is too dark for God? In the scriptures darkness is often associated with terror, evil, suffering, but when God is there He brings light.

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It is interesting to reflect on David's life. In so many ways he was an example of a godly man who trusted in God's purposes for his life. We see this as he humbly waited for God to make him king and to deal with Saul. He did not take things into his own hands. (1 Samuel 24) Yet we also know that this David is the same man who took Bathsheba and killed her husband. (2 Samuel 11) He was also the same man who didn't deal with his own family well and he experienced the consequences of that. (2 Samuel 13-15). David had good reasons to want to flee from God's presence and yet he could also testify to the God who was there for him no matter what. Perhaps you can see both these reactions in your life and in your relationship with God.

For David, the amazing thing was how great God was. It was not that he was special and knew God, rather it was the wonder that God knew him. This is what brought him security. For some people, it may be frightening that God knows everything about them and that they can't hide from God. It is true that this can be a frightening thought, yet it is also a comforting thought. We do not have to pretend with God. We don't have to constantly keep our true selves from him as He knows us better than we know ourselves. He can teach us about our true selves.

This led David back to reflect on when he was created in his mother's womb.

- Read vs 13-16 again. What does this teach us about each person's uniqueness? What does this passage say to us as we recognise the different issues we might struggle with as we were born into a broken world? How might this shape our attitudes to disability in ourselves and in our churches? This is an important passage as we grapple with difficult issues like abortion and euthanasia.
- What was David's response? V17-18? Notice again the focus on how great God is. God is so much greater than David. Yet God loves him and knows him. David seems to have come to a place of accepting God's knowledge of him and recognises he is a unique person created by God. God's plans for him are unique. He wants to hear God's perspective, to know God's thoughts.



- How do you understand the last part of v18? Is David just saying when he goes to sleep he knows God will still be there when he wakes up or is this about something more than that?

Tim Keller has some interesting thought on this.<sup>1</sup> He refers to Psalm 17:15 *'As for me, I will be vindicated and will see your face; when I awake, I will be satisfied with seeing your likeness.'*

Here David was saying that death is like sleep and when he awakes he will be in the Lord's presence and will see Him as He really is.

This is the hope of the Gospel isn't it. This is what Jesus has achieved for us through his death and resurrection — the assurance that our wrong has been dealt with and that we do not have to hide but are welcome into the very presence of God forever. (N.B. It is very interesting to listen to Tim Keller's sermon referred to in the footnote)

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Then we come to a couple of verses that at first don't seem to fit with the rest of the psalm. V19-22. David was expressing such hatred here. One possibility is that David was making it very clear that He was following the Lord. He was completely committed to Him. We know that, as the Lord's anointed David had enemies and experienced persecution — especially from Saul. Yet we know that David did not take the situation into his own hand. He allowed God to deal with his enemies.

We can learn from David's honesty and allegiance here. We can also be challenged as New Testament people that Jesus very clearly calls us to love our enemies, to pray for them, to forgive them. (Matthew 5:43-45; Romans 12:17-21)

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The Psalm finishes with David asking the Lord to search him v23-24.

I wonder whether, as he thought about those enemies we have just thought about, David was convicted that he was far from perfect himself. He longed to become more like the God who created him. His focus was on pleasing Him.

<sup>1</sup>Tim Keller from a sermon The God who is everywhere <https://podcast.gospelinlife.com/e/the-god-who-is-everywhere-1643739049/>. Tim has interesting things to say about some of the other concepts we have touched on in this study.

- ▶ Do we have the same attitude as David? Do we long to have God search us? To show us where we need to change and grow? Are we aware that the gospel makes it safe to pray this prayer? We have no need to fear what the Lord might show us for we know that Jesus has paid the price for our sin. It might be humiliating and embarrassing to discover areas in our lives that are displeasing to God, but God is delighted when we want to change. His Holy Spirit is longing to produce His fruit in our life.

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*So how can we Seize the Day? Here are some possibilities to think through.*

- ▶ Is it time that you paused and reflected again on your life? Have you appreciated how unique you are? Is your identity in being known by God and loved by God? Have you been running from God in some aspect of your life and it's time to deal with that with God?
- ▶ How can we encourage others (particularly the younger generation) to find their identity in God? How can you share some of your story of discovery with them? Perhaps even sharing your struggles with accepting the truth of Psalm 139 may be a very powerful witness.

***The Mary Sumner Prayer***

All this day, O Lord, let me touch as many lives as possible for thee;  
And every life I touch, do thou by thy spirit quicken,  
Whether through the word I speak, the prayer I breathe,  
Or the life I live. AMEN



## 4. A time for telling: Psalm 145<sup>[a]</sup>

A psalm of praise. Of David.

<sup>1</sup> *I will exalt you, my God the King;  
I will praise your name for ever and ever.*

<sup>2</sup> *Every day I will praise you  
and extol your name for ever and ever.*

<sup>3</sup> *Great is the LORD and most worthy of praise;  
his greatness no one can fathom.*

<sup>4</sup> *One generation commends your works to another;  
they tell of your mighty acts.*

<sup>5</sup> *They speak of the glorious splendour of your majesty-  
and I will meditate on your wonderful works.<sup>[b]</sup>*

<sup>6</sup> *They tell of the power of your awesome works-  
and I will proclaim your great deeds.*

<sup>7</sup> *They celebrate your abundant goodness  
and joyfully sing of your righteousness.*

<sup>8</sup> *The LORD is gracious and compassionate,  
slow to anger and rich in love.*

<sup>9</sup> *The LORD is good to all;  
he has compassion on all he has made.*

<sup>10</sup> *All your works praise you, LORD;  
your faithful people extol you.*

<sup>11</sup> *They tell of the glory of your kingdom  
and speak of your might,*

<sup>12</sup> *so that all people may know of your mighty acts  
and the glorious splendour of your kingdom.*

<sup>13</sup> *Your kingdom is an everlasting kingdom,  
and your dominion endures through all generations.*

*The LORD is trustworthy in all he promises  
and faithful in all he does.[c]*

<sup>14</sup> *The LORD upholds all who fall  
and lifts up all who are bowed down.*

<sup>15</sup> *The eyes of all look to you,  
and you give them their food at the proper time.*

<sup>16</sup> *You open your hand  
and satisfy the desires of every living thing.*

<sup>17</sup> *The LORD is righteous in all his ways  
and faithful in all he does.*

<sup>18</sup> *The LORD is near to all who call on him,  
to all who call on him in truth.*

<sup>19</sup> *He fulfills the desires of those who fear him;  
he hears their cry and saves them.*

<sup>20</sup> *The LORD watches over all who love him,  
but all the wicked he will destroy.*

<sup>21</sup> *My mouth will speak in praise of the LORD.  
Let every creature praise his holy name  
for ever and ever. NIV*

### **Footnotes**

[a] Psalm 145:1 This psalm is an acrostic poem, the verses of which (including verse 13b) begin with the successive letters of the Hebrew alphabet.

[b] Psalm 145:5 Dead Sea Scrolls and Syriac (see also Septuagint); Masoretic Text On the glorious splendour of your majesty / and on your wonderful works I will meditate

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If we were to read through the whole book of Psalms (which is a great thing to do) we would be taken on a journey of the full range of emotions that are expressed to God. There are psalms that question what God is doing and that express fear and anguish and confusion. There are other psalms that recount the foolishness of God's people but also the faithfulness of the God who saves. There are Psalms that call out the foolishness of the world when it trusts in human rulers and other Psalms that point to God's greatness and might.

Psalm 145 has been written as an acrostic poem. That means that the first letter of each line begins with the subsequent letter of the Hebrew alphabet. The author, King David, was very intentional about structuring this work. It is very powerful to recognise that David was the King of Israel, yet he recognised that God is the true King. I think we saw this sort of attitude recently with Queen Elizabeth. Especially in her death she made sure that God was acknowledged as the one that she served. It was a very powerful testimony.

Psalms, like Psalm 145 are very important for us as we live in this broken world. It is very easy for us to get caught up in events of life that cause such distress to us. For many of us, it is easier to identify with the psalms that speak of pain and confusion. We can read a Psalm like this one and think 'but that isn't how God has been in my life'.

Suffering is a reality this side of heaven and the Bible does not shy away from its reality or complexity. The profound thing that the scriptures show us is that our God is not a distant God but rather a God who has entered the suffering of this world and has so embraced it that our salvation has been won through the greatest suffering of all. The cross gives us a lens through which to look that makes David's statements even more profound. So let us hold our suffering for a moment (not deny it) and let us consider how it grounds us again in the goodness of God.

- Notice the references to God as King and to His Kingdom. What impact do they have on you as you read them. V1, v3, v11-13
  
- Explore the character of God and how David expressed that character.

V8

V9

V13b

V14

V15

V16

V17

V18

V19

V20

- ▶ Are there a couple of instances in your life where you can give testimony to one or two of these characteristics of God?

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Notice that David made some decisions about how he was going to respond to God.

V1 'I will exalt you.... I will praise your name'

V5 'I will meditate on your wonderful works'

V6 'I will proclaim your great deeds'

V21 'My mouth will speak in praise of the Lord'

- ▶ In what ways can we follow David's example and decide to be intentional in our praise and proclamation to and about God?

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V3-5 are particularly encouraging and challenging verses.

God is so great, none of us can fully comprehend His greatness. As God's greatness had been told through the generations His works and His majesty had been passed down. Of course, we have a record of God's greatness and majesty in the Bible.

Our great challenge is how we pass on who God is to the next generation. In one sense we have access to the greatest possibilities through technology etc as to how we can do that. Yet in another sense we face the greatest challenges, particularly in our western world, in sharing with people who, on the whole, are not interested.

- ▶ What are some ways that you can be involved with sharing with the next generation the greatness of God? Think of ministries in which you can be involved, pray for and financially support. Think of relationships that the Lord has given you in your life. Think outside the square. Ask God for ideas. Maybe team up with others to do something together.

As we continue to live in this broken world let's be aware that our God is the awesome King. In the midst of our struggles and griefs and frustrations, let's be faithful and determined in acknowledging Him, not only with our lips, but also in how we live.

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*So how can we Seize the Day? Here are some possibilities to think through.*

- ▶ Consider keeping a praise journal. To pause and think at the end of each day and to record something that the Lord has done or reminded you of that day that points to His character and Kingship.
  
- ▶ To read one of the Gospels again and to keep in mind the character of God that is outlined in this Psalm. How do you see Jesus demonstrating that character in all His interactions? As you come to the account of His death and resurrection, reflect again on all that means for your future here on earth and for all of eternity. Perhaps a time of praise might come easily.

***The Mary Sumner Prayer***

All this day, O Lord, let me touch as many lives as possible for thee;  
And every life I touch, do thou by thy spirit quicken,  
Whether through the word I speak, the prayer I breathe,  
Or the life I live. AMEN



## NOTES



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