

## Adult Impact Study Sheet – February 4, 2024

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Read **Psalm 5:1-12**; if possible from several translations.

For additional insight go to [www.studylight.org](http://www.studylight.org) and [www.gotquestions.org](http://www.gotquestions.org).

1. Read verse 1. Consider and discuss the following thoughts expressed by Charles Spurgeon:

*There are two sorts of prayers—those expressed in words, and the unuttered longings which abide as silent meditations. Words are not the essence but the garments of prayer.<sup>1</sup>*

*What an expressive word! “Consider my meditation.” If I have asked that which is right, give it to me; if I have omitted to ask that which I most needed, fill up the vacancy in my prayer.<sup>2</sup>*

*Let us cultivate the spirit of prayer which is even better than the habit of prayer.<sup>3</sup>*

2. Read vv. 2-3. Verses 1-3 speak of David asking and the Lord listening. Notice in verse 3 that David speaks of himself as the listener.

“Lord, in the morning you hear my voice. In the morning  
I lay it all out before you. Then I wait expectantly” (CEB).

When we pray, do we close with an Amen and go on about whatever we’re doing, or do we wait on the Lord to see if He’ll bring to mind an answer or something that will help us understand how our prayer might be answered? Consider Spurgeon’s words, *Do we not miss very much of the sweetness and efficacy of prayer by a want of careful meditation before it, and a hopeful expectation after it? We too often rush into the presence of God without forethought or humility.<sup>4</sup>* Discuss.

3. Read vv. 7-8 and reflect on Proverbs 3:5-6.
4. Read verses 11-12. *God is a refuge to those who worship him. He will defend them and use His people to accomplish the task. As Christians, we should be God's hands and feet in our world.<sup>5</sup>* Discuss how that could/should work out in life.
5. Notice the emphasis in verse 11: Rejoice! Sing for joy! Be joyful!  
Go to your concordance and look up “rejoice.” Along with Philippians 4:4, jot down references in Scripture, especially in the psalms. Why the emphasis?
6. Read verse 12 and reflect on our study of Psalm 139:5-6.

<sup>1</sup> Charles Spurgeon, *The Treasury of David Vol. 1*, 45

<sup>2</sup> Ibid

<sup>3</sup> Ibid

<sup>4</sup> Ibid, 46

<sup>5</sup> *Africa Study Bible*, 783