

# SONGS FOR SUMMER

THE BOOK OF PSALMS

## Psalm 57 (ESV)

To the choirmaster: according to Do Not Destroy. A Miktam of David, when he fled from Saul, in the cave.

*Be merciful to me, O God, be merciful to me,  
for in you my soul takes refuge;  
in the shadow of your wings I will take refuge,  
till the storms of destruction pass by.*

<sup>2</sup>*I cry out to God Most High,  
to God who fulfills his purpose for me.*

<sup>3</sup>*He will send from heaven and save me;  
he will put to shame him who tramples on me. Selah  
God will send out his steadfast love and his faithfulness!*

<sup>4</sup>*My soul is in the midst of lions;  
I lie down amid fiery beasts—  
the children of man, whose teeth are spears and arrows,  
whose tongues are sharp swords.*

<sup>5</sup>*Be exalted, O God, above the heavens!  
Let your glory be over all the earth!*

<sup>6</sup>*They set a net for my steps;  
my soul was bowed down.  
They dug a pit in my way,  
but they have fallen into it themselves. Selah*

<sup>7</sup>*My heart is steadfast, O God,  
my heart is steadfast!  
I will sing and make melody!*

<sup>8</sup>*Awake, my glory!  
Awake, O harp and lyre!  
I will awake the dawn!*

<sup>9</sup>*I will give thanks to you, O Lord, among the peoples;  
I will sing praises to you among the nations.*

<sup>10</sup>*For your steadfast love is great to the heavens,  
your faithfulness to the clouds.*

<sup>11</sup>*Be exalted, O God, above the heavens!  
Let your glory be over all the earth!*

Next Week: Psalm 58

*August 4, 2019*

## TALK SHEET

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1. Do you currently feel like the storms of destruction are coming, are present, or have passed?
2. Which is the most reassuring promise to you from verses 2-3?
3. Can you confidently proclaim, “my heart is steadfast” like David?
4. What do you notice about the way that Psalm 57 begins in comparison to the way that it ends?
5. What does it mean for God to be exalted?
6. There are many metaphors in this Psalm, which are most striking to you?
7. Pray for those who are in the midst of the storms of destruction, then exalt the Lord together.