

Psalm 144 - Psalm 144:1-15

Topics: Attitude, Blessing, Caring, Character, Confidence, Contentment, Deceit, Depend, Enemies, Faithfulness, God, Health, Heaven, Love, Lying, Needs, Possessions, Praise, Promises, Protection, Self-Esteem, Strength, Trust, Victory, War, Youth

Open It

1. Why do you think many people struggle with low self-esteem?
- * 2. In your view what's most difficult about maintaining a healthy self-image?

Explore It

3. What gifts from God does David celebrate in the introduction? (144:1-2)
4. What is the theme of this prayer? (144:1-15)
5. How is the Lord characterized in this psalm? (144:1-15)
- * 6. What did the psalm writer recognize about his own status? (144:3-4)
7. What imagery is used to depict our insignificance? (144:4)
8. How did David want the Lord to deliver him? (144:5-8)
9. How are David's enemies described? (144:8, 11)
- * 10. What vow did the psalm writer make to the Lord? (144:9-10)
11. What inspired David to offer his praise to God? (144:10)
12. What will be the result of God's deliverance? (144:12-15)
13. What blessings did the psalm writer expect from God? (144:12-15)
14. What imagery did the psalm writer use to celebrate God's blessings? (144:12-14)
- * 15. To whom does the Lord give His blessings? (144:15)

Get It

16. How is the view of people portrayed in this psalm different from the world's view?
17. What does this passage reveal to us about the character of God?
18. What attitude did the psalm writer exemplify?
19. How do you need the Lord to heal or strengthen your self-image?
20. What role should God play in our everyday lives?
- * 21. How can we follow David's example in responding to God's goodness?
22. What inspires you to offer your praise to God?
23. What blessings can we expect from the Lord?
24. What gifts from God do you enjoy now?
- * 25. In what area of your life do you need God's help?
26. What kinds of things prevent God from working in our lives?

Apply It

27. What motivates you to give your praise to God today?
28. What steps could you begin to take to open up the areas of your life that you have held back from the Lord?
- * 29. In what specific ways could you allow God more freedom to work through you each day this week?