

# 10

## Trust God

### *Psalm 25*

I must admit that I do not do my best praying in a crisis. My mouth gets dry, my heart pounds, my body gets the shakes, my mind moves into what therapists call “catastrophizing.” It’s not a good scene for prayer. Somehow I’m able to move that all aside if it is someone else’s crisis. But when it’s *my* crisis, my prayers come out more like rabbit squeaks of “Help, God” and “Lord, have mercy.” I confess that I have much growing yet needed in prayer. And in trust.

**GROUP DISCUSSION.** Make a timeline of your past, dividing your life by decades. As you think of the events that occurred in your life, note how that era could build your trust in God. Remember that sometimes we learn to trust out of need, sometimes out of thanksgiving. Record trust-building events on your timeline. Share your timelines and discuss: What events in your life have helped you to trust God?

**PERSONAL REFLECTION.** When you are in a difficult situation, what kind of prayer are you likely to pray? Ask that God will grow you in prayerful trust as you study an example of David at prayer.

David’s psalms cover a huge range of emotions: anger, guilt, thanksgiving, praise—and trust. *Read Psalm 25.*

---

1. This prayer psalm divides into four stanzas (vv. 1-3, 4-7, 8-15, 16-

22). Give a topic title to each.

Which of these topics do you particularly connect with and why?

---

2. What does it mean to “lift up” your soul to God?

---

3. What do you see as the relationship between hope and trust (vv. 1-3)?

---

4. Study stanza 2 (vv. 4-7). What all does David ask God to do?

---

5. Three times David uses the term *remember*. Why would David want God to use “selective memory”?

---

6. What would you want God to remember (and forget) about you?

---

7. Study stanza 3 (vv. 6-15). In what ways does stanza 3 show that God has integrity—and therefore ought to be trusted?

8. In what ways does this stanza acknowledge David's dependence on God?

---

9. What do you count on God to do and to be?

---

10. Study stanza 4 (vv. 16-22). What words and phrases here help you to understand David's current situation?

---

11. Compare David's position, described in stanza 4, with what he hopes from God in verses 12-13. In view of the differences, what does David's prayer say about his own integrity?

---

12. How might meditating on God's character, as David did, help you to strengthen your integrity?

*Pray, beginning your prayer with David's words, “To you, O LORD, I lift my soul.”*

### **Now or Later**

Review the four stanzas of David's psalm. Select one idea from each stanza and write your own prayer drawing from this outline.