

I LOVE YOU, O LORD . . .

A study of Psalm 18 (II Samuel 22) about the reasons for David's deep love for his God

TABLE OF CONTENTS

Lesson 1	The Almighty God Is . . . My Strength
Lesson 2	The Eternal God Is . . . My Rock
Lesson 3	The Immutable God Is . . . My Fortress (Stronghold)
Lesson 4	The Sovereign God Is . . . My Deliverer
Lesson 5	The Faithful God Is . . . My Refuge
Lesson 6	The Victorious God Is . . . My Shield
Lesson 7	The Compassionate God Is . . . My Help & My Support
Lesson 8	The Glorious God Is . . . My Light
Lesson 9	The Gracious God Is . . . My Enabler
Lesson 10	The Merciful and Forgiving God Is . . . My Savior

These study guides have been designed to assist you in the "Three R's" of your own Bible study – reading, receiving, and responding. You are welcome to print out the whole series. If you wish to print out only one lesson at a time, choose that option from your printer.

Please feel free to use these materials for your own personal use or with a small group, remembering to give credit where credit is due.

I LOVE YOU, O LORD . . .

A study of Psalm 18 (II Samuel 22) about the reasons for David's deep love for his God

Lesson 1

Women-in-the-Word.com

The Almighty God Is . . . My Strength

"I love you, O LORD, my strength." Psalm 18:1

The old hymn says it very well.

"Day by day and with each passing moment, strength I find to meet my trials here.

Trusting in my Father's wise bestowment, I've no cause for worry or for fear."

Our culture tells us to "buck up, stay strong, believe in yourself", but it doesn't always work. God tells us that He will give us the strength that we need as we trust in Him. It's a promise to all those who have put their faith in the Son of God, Jesus, and miracles happen as we receive His strength. Why, then, do we need to be reminded so often of this truth?

PREPARATION - Take a few minutes to recall moments and events when you have experienced the strength of the LORD. Recall times when you were facing temptation, making a decision, facing the unknown or a challenge, hearing unexpected news, or just waiting. Give thanks and praise to your God for giving you His power and strength in the past.

INFORMATION from the Bible – What do these passages teach you about God's strength?

1. From the Old Testament biographies –

Moses – Exodus 2- 3, 13 (Context: Ex. 13: 17 – Ex. 15:18)

Joshua – Joshua 23

Isaiah - Isaiah 40: 27 – 31

Isaiah 45: 24

Jeremiah – Jeremiah 16; 19 – 21

Habakkuk 3: 19

Zechariah 12: 5

2. From the New Testament letters to believers –
Philippians 4: 10 – 13

I Corinthians 1: 4 – 8

Ephesians 1: 18 - 21

Colossians 1: 10 - 12

I Timothy 1: 12 – 14

I Peter 4: 11 and 5: 10

MEDITATION –

1. What does it mean to be "strong"? What does it mean to be "weak"?
Make a list of synonyms for each word.
2. In the physical world, what does it take to increase strength and/or maintain it?
Do any of these principals apply to strength of character – spiritually or morally?

INVITATION –

Listen quietly for the voice of God to speak into your heart and mind so that you can receive His strength in the places where you need it for today. His strength doesn't mean that it will be easy to change, to say "no", to face the challenge, **but it will be possible!**

I LOVE YOU, O LORD . . .

A study of Psalm 18 (II Samuel 22) about the reasons for David's deep love for his God

Lesson 2

Women-in-the-Word.com

The Eternal God Is . . . My Rock

**"I love you, O LORD my strength.
The LORD is my rock.
My God is my rock."** Psalm 18: 1-2

"The LORD lives! Praise be to my Rock!"
Vs. 46
"Who is the Rock except our God?" v. 31

Structural engineers spend much of their time figuring out what kind of foundation will be needed for the security and support of that particular building. Home buyers need to look very carefully at the strength and stability of the foundation of the house that they are considering. Jesus warns the people that the same thing is true for life. "Wise men build on the rock, not on the sand." Can you explain what He meant?

PREPARATION – On what or whom is your life built? Read Psalm 95: 1 – 7
This would be a good time to kneel down before the LORD, your Maker.

INFORMATION from the Bible – What led these people to see God as a Rock in their lives?

1. From the Old Testament
Jacob blesses his sons Genesis 49: 22-25

Moses' Final Song – Deuteronomy 32

Hannah's Prayer - I Samuel 2: 1 – 2

David's song - II Samuel 22

Isaiah's words of praise – Isaiah 26: 1 – 12
Isaiah 44: 6 – 8
2. From the New Testament
I Corinthians 10: 1 – 4

Matthew 7: 24 – 25 (Luke 6: 24 – 29)

Matthew 16: 13 – 20
3. From the Psalms –
19: 14
31: 2 – 3
62: 2, 6 - 7
92: 12 - 15
144: 1 - 2

MEDITATION –

1. What qualities does a rock have that would make someone call the LORD, "my Rock"?
2. Simon Peter came to understand that his friend, Jesus, really was the Messiah, the Son of the living God. It was a turning point in Peter's life. What changed do you think? What have been some of the major turning points in your life, times when you came to a deeper understanding &/or commitment to Jesus, as the Son of the living God?

INVITATION –

Listen attentively for the voice of God. It may come to you loudly and clearly from His Word or it may be a still, small voice of the Holy Spirit. Where is it that your foundation has some cracks, is weak, or is in need of some repair? Are you leaning into or resting on people or things or ideas that are counterfeit and God is calling you back to Himself, as THE ROCK? How will you respond to Him today?

I LOVE YOU, O LORD . . .

A study of Psalm 18 (II Samuel 22) about the reasons for David's deep love for his God

Lesson 3

Women-in-the-Word.com

The Immutable God Is . . . My Fortress (Stronghold)

"The LORD is my rock, my fortress." Psalm 18:2

So, what is the difference between a castle, a palace, and a fortress? If you have visited Europe, then you probably have seen examples of each of these places. When it's time for a regal celebration or a festive banquet, you might want to be one place, but when the enemy is rapidly approaching where would you choose to be? It's obvious – you want to be in a secure and safe place, where fear can be diminished and there is an arsenal of weapons which will defeat the enemy. Can you think of a time when God was your fortress – a place where you could be "fortified" for a battle or freed from your fears?

PREPARATION – Are you in need of a fortress – emotionally, physically, mentally, or spiritually? Feeling weak, afraid, alone, or under attack from Satan? Then come to God, using Psalm 59: 9 and 16 – 17 and tell him all about your concerns. He wants to hear from you.

INFORMATION from the Bible – What do these verses teach you about God's desire to be your fortress or your stronghold?

1. David first wrote Psalm 18 when God had delivered him from his enemies and King Saul. He often needed a fortress – a stronghold - both from outward physical danger and from internal/emotional/mental temptation and danger.
 - I Samuel 17 – against Goliath
 - I Samuel 26 – against Saul
 - II Samuel 7 -
 - II Samuel 12 – Sin and repentance
 - II Samuel 22 – his song of praise
2. Joshua's counsel – Joshua 24: 14-21
3. Wisdom from the Proverbs –
 - Proverbs 2: 1 - 15
 - Proverbs 14: 26 – 27
4. Testimony from the Psalms –
 - 9: 9
 - 27:1
 - 31: 2 – 3
 - 62: 1 – 2 and 5 - 6
 - 91: 1 - 2
5. From the New Testament
 - John 14: 27
 - John 17: 11 – 19
 - I Peter 3: 10 - 14

MEDITATION –

1. What are some synonyms for the word "fear" or "fearful"? What words mean the opposite? Now look at your list and at yourself and rate yourself – often, sometimes, rarely – or anything in between.
2. What are the fears that come to you these days? Do you have any secrets that continue to haunt you? How could knowing that God wants to be your fortress and stronghold relieve you or bring you courage to face certain realities?

INVITATION –

"A Mighty Fortress is Our God, A bulwark never failing. Our helper He amid the flood . . ." He is calling your name and inviting you in to his place of protection. Will you come? He'll ask you to leave your fears at the door and unwrap your secrets in His presence. Ready?

I LOVE YOU, O LORD . . .

A study of Psalm 18 (II Samuel 22) about the reasons for David's deep love for his God

Lesson 4

Women-in-the-Word.com

THE Sovereign God Is . . . My Deliverer

"The LORD is my rock, my fortress and MY DELIVERER." Psalm 18:2
**He rescued me from my powerful enemy, from my foes, who were too strong for me.
He brought me out into a spacious place. He rescued me because He delighted in me.**

Psalm 18: 17 – 19

It's a wonderful word – "deliverer". It means "to release or rescue from bondage, danger, or evil of any kind or to set free". The Book of Exodus is the story of how God **delivered** His people from the bondage that they were in while they were in Egypt. God wanted to bring them in to the promised land immediately, but they chose to look at the size of their enemy and that generation never did experience all that God had intended to do for them. When it comes to deliverance, where would you say you keep your focus?

PREPARATION – Have you experienced God as your "deliverer"? In what ways has He rescued you? What would you like to tell your God about these experiences? What would you like to learn about Him through this study?

INFORMATION from the Bible – What do these passages teach you about God's deliverance?

1. From the Old Testament

Moses and the people of Israel - Exodus Chap. 3 – 12

Hannah – I Samuel 2: 1 – 2

Israel's enemies – I Samuel 7: 3, 9: 16, 12: 10, 17: 37 26: 22 – 24

II Kings 17: 38 – 39, 18: 28 – 36 19: 14 – 19

2. From Jesus in the N.T. – Matthew 6: 13 (Matthew 6: 9 – 13)

3. From Paul's letters – try to explain these verses using the concept of "deliverance"
Romans Chapter 6

Romans 8: 1 – 21

Galatians 3: 26 – 4: 11

MEDITATION –

If you know the Lord Jesus, God's Son, as your Savior, then he has delivered you from the consequences of sin and guilt, hasn't He? You have the gift of forgiveness and eternal life and are a child of the Sovereign God. (John 3:16, Romans 6: 23) BUT the reality is that until we are at home in heaven with Him, we have choices to make and options to select and we need daily deliverance! Any attitudes, habits, addictions, or "enemies" that are holding you back these days. Where are you looking – at the excuses or at the deliverer?

INVITATION – God invites you and me to call upon Him for deliverance. Read His promises to you in Psalm 50: 14 – 15 and Psalm 91: 14 – 16. Then listen for His gentle reassurance that this is true for you today in your circumstances.

I LOVE YOU, O LORD . . .

A study of Psalm 18 (II Samuel 22) about the reasons for David's deep love for his God

Lesson 5

Women-in-the-Word.com

The Faithful God Is . . . My Refuge

"My God is my rock, in whom I take refuge." Psalm 18:2
As for God, His way is perfect; the word of the LORD is flawless.
He is a shield for all who take refuge in Him. Psalm 18: 30

Where do you go when you need a refuge, a shelter, a hideaway or a sanctuary? There are many options open to all of us and most of them give us only limited or temporary relief. Think of the last time that you received some unexpected news. How did you respond? What do you do when disappointment comes your way or undeserved criticism from a friend or family member? Where do you go when you need direction or guidance? Try making 2 lists – one of times when we might need a refuge and the other one of places we look for shelter and protection.

PREPARATION – This would be a good time to think about how God has been your strength, your rock, your fortress and your deliverer in the last 4 weeks. Have you discovered the reality of His presence in your present circumstances? He waits to hear your thanksgiving.

INFORMATION from the Bible – What can you learn from the experiences of others?

1. From the Old Testament
 - Moses blessing on Asher – Deut. 33: 24 – 27
 - Boaz blessing on Ruth – Ruth 2: 8 – 12
 - David – II Samuel 22: 1 – 4
 - Isaiah 25: 1 – 5
 - Nahum 1: 7
2. Wisdom from the Proverbs –
 - 10: 29
 - 14: 26 and 32
 - 22: 3 and 27: 12
 - 30: 5 - 6
3. Promises from the New Testament – How do they expand the idea of God as a refuge?
 - Matthew 6: 25 – 34, 11: 28 – 30 and 28: 18 – 20
 - John 14: 25 – 27
 - John 16: 24
 - Philippians 4: 6 – 7
 - I Peter 5: 7
 - I John 3: 1

MEDITATION – Using Psalm 9: 9 – 10 and Psalm 91 answer the following questions.

1. Who is this God that offers to be your shelter? Why does He want to do this for you?
2. Why doesn't God remove the trouble or eliminate the problems?
3. What are His promises to you?

INVITATION – "Come unto Me and rest." It's Jesus' invitation to you. Isn't that what you do when you feel safe, loved, and secure? You relax. You rest. You're restored and renewed. You slow down and your blood pressure drops. Your priorities and perspective can become aligned with the truth of God's Word and reality. "Come unto Me . . . ", says the LORD.

I LOVE YOU, O LORD . . .

A study of Psalm 18 (II Samuel 22) about the reasons for David's deep love for his God

Lesson 6

Women-in-the-Word.com

The Victorious God Is . . . My Shield

"The LORD is my shield and the horn of my salvation." Psalm 18:2

"The LORD is a shield for all who take refuge in Him." Psalm 18: 30

"You give me Your shield of victory, and Your right hand sustains me." Psalm 18: 35

Do you have any idea what a "swashbuckler" might be? It's a small shield and used for certain types of combat. It seems like the bigger one might be better, but perhaps the ease of movement and control might sometimes make the "buckler" a better choice. For many centuries a shield was one of the very important pieces of armor for every one who went into face to face combat. It was needed as a protection from anything that might be hurled or thrust in your direction. Do you have any idea what a secondary use for a shield might be? Why don't you come up with some ideas?

PREPARATION – Read I John 2: 15 – 17 These verses contain a brief summary of 3 "lusts" that lure us away from loving God – sensual pleasure, covetousness or materialism and pride. Like he did with Eve, Satan knows just where and when you and I are most vulnerable. It might be helpful to admit where your weaknesses are so that you can use your shield more effectively!

INFORMATION from the Bible - Learn all you can about how God promises to be a shield.

1. In the Old Testament
Genesis 15: 1

Deuteronomy 33: 29

Proverbs 2: 6 – 8
30: 5

Isaiah 31: 5
2. Who or what is the enemy?
II Corinthians 11: 13 – 15

James 4: 7

I Peter 5:8

I Peter 2: 10 - 11
3. When Jesus Himself was facing serious temptation, what was His shield? Matthew 4
4. In Ephesians 6: 10 – 18 the believer's armor is described. Why do you think that the shield is equated with faith? Why is that such a powerful protection for the child of God?

MEDITATION – As you consider these truths from Scripture about God as your shield, how does I Corinthians 10: 12 – 13 reassure you? What steps would you need to take to actually learn how to experience victory and success in your struggles?

INVITATION - When your friends and family look at your shield, what are the "pictures" that they see? What defines your life and your identity? Jesus invites you to come and sit with Him. Show Him your shield and let Him identify the things that are pleasing to Him and the things that might need to be changed.

I LOVE YOU, O LORD . . .

A study of Psalm 18 (II Samuel 22) about the reasons for David's deep love for his God

Lesson 7

Women-in-the-Word.com

The Compassionate God Is . . . My Help and My Support

I cried to my God for help. From His temple He heard my voice. Psalm 18:6

The Lord was my support Psalm 18: 18

With Your help I can advance against a troop; with my God I can scale a wall. Ps.18: 29

Your right hand sustains me. You stoop down to make me great.

You broaden the path beneath me, so that my ankles do not turn. Ps. 18: 35 – 36

Why is it that you feel very free to call on some people when you need help, but it would not occur to you to ask other friends? Why is it that some people simply seem to know what to do and what to say (or not to say) in times of inadequacy, emergency, distress or disaster? These are interesting questions to ponder because they give us some clues about our God and about ourselves. Why does God invite us to call upon Him, so that He can help us in our times of need – whatever they may be?

PREPARATION – Using as many synonyms as you can think of for the word help, spend some time giving thanks to the Lord for times when He is helped you in the past. Where do you need help now? He is waiting for you to admit your need!

INFORMATION from the Bible - How and why did God help these people or promise help to them?

1. In the Old Testament

Jacob's blessing for Joseph – Genesis 49: 22 – 25

Samuel – I Samuel 7: 7 - 13

Levites - I Chronicles 15: 25 – 28

Caleb - Joshua 14: 6 – 15

Isaiah's prophecies to Israel, His chosen people – Isaiah 44: 1 – 5

Isaiah 46: 4 and Isaiah 50: 7, 9

2. New Testament promises to His children as believers in Jesus –
Romans 8: 26

Hebrews 2: 17 – 18 and 4: 14 – 16

Hebrews 13: 5 – 6

3. One of the words that is often used to describe God the Father and God the Son is "compassionate". How do these Scriptures help you understand this attribute?

Exodus 34: 6

II Chronicles 30: 9

Nehemiah 9: 17

Jonah 4: 2

II Corinthians 1: 3 -4

James 5: 11

MEDITATION –

Which of these verses from the Psalms speak to your heart and your need for help?

Psalm 5: 1 – 3

Psalm 109: 26 – 27

Psalm 22: 9 – 11

Psalm 118: 5 - 7

Psalm 54: 4

Psalm 121: 1 - 8

Psalm 63: 3 -8

Psalm 146: 5 - 9

INVITATION – What is the sign on the door of your heart? *HELP WANTED* or *NO HELP NEEDED*

God gently knocks and waits for you to acknowledge your desire for help.

I LOVE YOU, O LORD . . .

A study of Psalm 18 (II Samuel 22) about the reasons for David's deep love for his God

Lesson 8

Women-in-the-Word.com

The Glorious God Is . . . My Light

"You, O Lord, keep my lamp burning. My God turns my darkness into light." Psalm 18:28

"You floodlight my life. I'm blazing with glory, God's glory." The Message

"You have turned on my light! The Lord my God has made my darkness turn to light."

Living Bible

Do you keep a flashlight near your bed? It's a good idea, especially if you're in a new or unfamiliar place because it's always much harder to find your way in the darkness, isn't it? We stub our toes, feel vulnerable, lose our bearings and can not distinguish shadows from reality. Isn't it interesting that light was the first act in God's creation (Genesis 1: 3- 5) and when God wanted to describe some wonderful things about heaven, He said, "There will be no more night, for the Glory of God will give them light"? When did God's light first shine into the darkness of your heart?

PREPARATION -.Psalm 89: 15 says, "Blessed are those who have learned to acclaim you, who walk in the light of Your presence, O LORD." In what ways has this verse been your experience? What would you like to learn about these truths today?

INFORMATION from the Bible – what understanding can you gain from these passages?

1. Old Testament Insights
Creation – Genesis 1: 3 – 18
Moses - Exodus 3: 1 – 6
Israelites - Exodus 13: 21. 14: 19 – 20
Job 24: 13 - 17
Proverbs 4: 18 - 19
Micah 7: 8 - 9
2. The Word of God is often referred to as light. What insights does this give to you?
Psalms 19: 8
Psalms 119: 105 and 130
Proverbs 6: 20 – 23
3. As you study these New Testament verses, contrast the qualities of the darkness of this world to the light which is found in Jesus.
John 1: 1 – 13
John 3: 16 – 21
John 8: 12
John 12: 35 - 36, 44 – 46
Acts 26: 12 - 18
I John 1: 5 – 7, 9- 11
I John 2: 8 - 11

MEDITATION –

1. What is the difference in these 2 statements?
"The Glorious, Eternal God is Light" and "The Glorious, Eternal God is **My** Light"
Do you think both of them are important? Why?
2. What impact does having God's light in our hearts make on the way we live life?
Ephesians 5: 8 – 17 Philippians 2: 14 - 15

INVITATION –

The Glorious One who is LIGHT offers to bring His light into your life. Where are the dark corners of fear, selfish desires, unbelief, sadness, disappointment, anger, jealousy, or discouragement? Will you let Him shine His love into those corners. What secrets are hidden away on the top shelf of a closet? Will you accept His offer of forgiveness and redemption, so that your light can shine as a witness to the mercy and grace of Jesus Christ?

I LOVE YOU, O LORD . . .

A study of Psalm 18 (II Samuel 22) about the reasons for David's deep love for his God

Lesson 9

Women-in-the-Word.com

The Gracious God Is . . . My Enabler

God makes my feet like the feet of a deer; He enables me to stand on the heights. He broadens the path beneath me, so that my ankles do not turn. Psalm 18: 33 & 36

He makes my feet like the feet of a deer; He enables me to go on the heights. Habakkuk 3: 19

It's a very comforting and exciting idea, isn't it? God desires to **enable** me to do what I could not possibly do on my own. That means he will "supply me with the means, knowledge, or opportunity to be or do something". In other words, He can make the impossible to be possible in my life. He delights in making the ordinary into something that is extraordinary. How does this happen?

PREPARATION -.What are some of your favorite promises from God's Word? Have these promises ever helped to keep you from stumbling or given you the courage to step out in faith? God loves to hear your thanksgiving and your honest concerns.

INFORMATION from the Bible –

The disciples could not begin to grasp the reality of what Jesus was telling them about His death, His return to the Father, and the coming of the Holy Spirit, until these events started to actually happen.

But when the Holy Spirit came and filled their lives, they understood what Jesus had been saying.

Their lives were transformed and from then on God would enable them to live life in a new and wonderful way. Try to absorb some of these experiences from the Gospels and Acts.

Luke 1: 34 – 38

Mark 9: 14 – 29

Matthew 17: 19 – 21

Luke 18: 18 – 30

John 14: 15 – 27

John 16: 5 – 16

Acts 2: 1 – 4, 14 – 21

Acts 4: 13, 4: 31

MEDITATION – GOD IS ABLE, MORE THAN ABLE . . .

What is God able and willing to do for you and for me, as His dearly loved children?

Acts 20: 32

Romans 4: 20 – 21

II Corinthians 1: 3 – 4

II Corinthians 9: 8

Ephesians 3: 16 – 21

Ephesians 6: 11, 13 – 15

Philippians 3: 20- 21

II Timothy 1: 12

Hebrews 7: 24 – 25

INVITATION – Jesus longs to enable you through the power of His Holy Spirit. He has extended the invitation and awaits your open, honest, and willing response. Do you want His "enablement" or are you content with life as you are presently experiencing it?

I Corinthians 10: 13 and Jude 1: 24

I LOVE YOU, O LORD . . .

A study of Psalm 18 (II Samuel 22) about the reasons for David's deep love for his God

Lesson 10

Women-in-the-Word.com

The Merciful and Forgiving God . . . My Savior

The LORD lives! Praise be to my rock! Exalted be God my Savior! Psalm 18:46

If you would hear someone say that "he/she knows Jesus as his/her personal Savior", what do you think that person is telling you? If that same individual then asked you if you could say the same thing, what would your answer be? It's a question that can be asked in many different ways, but your answer to it really determines the whole direction of your life. By the way, what is your answer?

PREPARATION – Ephesians 2: 1 – 9 has a clear explanation of what it means to "be saved". Take some time read these verses, putting your own name or the personal pronoun "I" or "me" in place of the word "you". Have you put your faith in Christ Jesus yet or are you still searching?

INFORMATION from the Bible – The Israelites knew God as their Savior in many ways, but they were also awaiting their Messiah, the One who would deliver them from the tyranny of other nations and would save them. What can you learn about both of these realities from these verses?

1. The Passover – Exodus 11 – 13: 10

2. Writers of the Psalms

Psalm 25: 4 – 7

Psalm 27: 7 – 9

Psalm 65: 4 – 5

Psalm 68: 19

Psalm 79: 9

2. From the prophets

Isaiah 43: 1 – 15

Isaiah 45: 20 – 25

Hosea 13: 4

Micah 7: 7

Habbakuk 3: 18

3. From the Gospels

Matthew 1: 20 – 21

Luke 1: 46 – 55

Luke 2: 8 – 12

John 4: 39 - 42

MEDITATION – Why did Jesus leave His home in heaven and come to our world? As this Christmas season begins, take a new look at the reasons that God sent His one and only Son.

Acts 5: 29 – 32

I Corinthians 1: 18 – 21

I Timothy 1: 15

I Timothy 2: 3 – 6

Titus 3: 3 – 7

Hebrews 7: 23 – 28

I John 4: 13 – 15

What truths have made the deepest impression on you during this study?

INVITATION – God invites you to **believe in His one and only Son and receive the gift of eternal life** – John 3: 14 – 18. Why don't you take some time to write out your new definition, based on this study, of what it means to you to know Jesus as your own personal Savior.