



# DISCOVER TRUTH FOR YOURSELF

For the choir director; according to Jonath elem rehokim.  
A Mikhtam of David, when the Philistines seized him in Gath.

## Psalm 56

- 1 Be gracious to me, O  for man has  upon me;  
Fighting all day long he oppresses me.
- 2 My foes have trampled upon me all day long,  
For they are many who fight proudly against me.
- 3 When I am afraid,  
I will put my trust in You.
- 4 In God, whose word I praise,  
In God I have put my trust;  
I shall not be afraid.  
What can *mere* man do to me?
- 5 All day long they distort my words;  
All their thoughts are against me for evil.
- 6 They attack, they lurk,  
They watch my steps,  
As they have waited *to take* my life.
- 7 Because of wickedness, cast them forth,  
In anger put down the peoples, O God!
- 8 You have taken account of my wanderings;  
Put my tears in Your bottle.  
*Are they* not in Your book?
- 9 Then my enemies will turn back in the day when I call;  
This I know, that God is for me.
- 10 In God, *whose* word I praise,  
In the LORD, *whose* word I praise,
- 11 In God I have put my trust, I shall not be afraid.  
What can man do to me?
- 12 Your vows are *binding* upon me, O God;  
I will render thank offerings to You.
- 13 For You have delivered my soul from death,  
Indeed my feet from stumbling,  
So that I may walk before God  
In the light of the living.



## 2 Timothy 1:7

- 7 For God has not given us a spirit of timidity, but of power and love and discipline.

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## Instructions

Are you going through difficult times and it seems that there is no way out? What has been your reaction? Is there anyone in whom you can trust? Follow the instructions below and discover truth for yourself.

**Mark:**  God, including all synonyms and pronouns.

**Reflect:** Look at your markings; what did you learn about God?

According to verse 13, why did God deliver the psalmist from death?

**Mark:** (in verses 1, 2, 5, and 6) the  verbs related to the psalmist's enemies (trampled, fighting, oppresses...).

**Reflect:** What are the difficulties the psalmist is going through?  
Is there a reason to fear?

**Mark:** the phrase  put my trust .

**Reflect:** In whom do I trust?


What are the situations in which I should trust in God?

Are our tears wasted?

What has God's Spirit given us?


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