



Message Outline

Doug Kyle
September 22, 2019
Psalm 70

Help

Series: 8 Words that Liberate

Why do we resist asking for help?

Psalm 70:1-3

- **We think we can** handle it ourselves
- **We are waiting until it is** urgent
- **We think our problems are** too small
- **We want** control

What are the benefits of asking for help?

Psalm 70:4-5

- Stress **is lifted**
- God's greatness **is revealed**
- **We see** ourselves **properly**

What should we do when God's solution seems delayed?

Psalm 70:5

- **Trust God's** character
- **Accept God's** timing



HomeGroup Questions

Fall Session 2019

8 Words that Liberate

Psalm 70

1. Imagine you cannot find the restaurant where you're supposed to meet a friend. Do you ...
 - a. Keep looking on your own?
 - b. Call your friend?
 - c. Ask a stranger for help?
 - d. Consult the internet?
 - e. Other?

2. Why is it so hard for some people to ask for help? Which of the reasons listed under the first point of the outline do you most identify with?

3. Read Psalm 70 out loud in your group. What is the situation that David finds himself in according to vss. 2-3?

4. In the message we covered how relatable it is that David told God HOW to solve his problems in vss. 2-3. Do you think it is right for David to wish his opponents to be ashamed?

5. From this psalm, why is HELP a liberating word in your spiritual vocabulary?

6. This psalm appears in very similar form at the end of Psalm 40. For extra credit, read psalm 40. Why do you think God included just this part in a separate psalm?

7. Doug pointed out that vs. 1 and vs. 5 are very similar (this is a common trait of Hebrew poetry called *inclusio* where it bookends a psalm in similar ways). David begins and ends this psalm with a sense of urgency. What is on your "rush order" prayer list?

8. How does asking God and others for help make us more spiritually healthy?

Take time to share prayer requests and pray together.