

JOURNAL

OCT. 2019 // CANYONS

CANYONS

trusting God in the dark nights of the soul

In life, we often experience moments of deep sadness, anxiety, fear, betrayal, and shame. It's easy to think God is absent in these days, or He doesn't care. The Psalms are a deep dive into the questions and prayers David had as he experienced these dark, canyon moments. When we look back, we find God shaping us and forming us in and through these seasons, as He reveals His presence in ever-deepening ways.



150 HEBREW POEMS

- DAVID (73)
- HEMAN & ETHAN (2)
- ASAPH (12)
- SOLOMON & MOSES (3)
- SONS OF KORAH (11)
- ANONYMOUS (19)

MANY WRITTEN FOR CHOIR...

...BUT NOT A HYMNBOOK

(SEE 1 CHRONICLES 25 & NEHEMIAH 11: 22-23)



PSA

Torah & Messiah
Lan f

LAMENT & PRAISE

BOOK 1

3-41

1 BLESSED IS THE ONE WHO MEDITATES ON THE



TORAH TEACHING: 5 BOOKS BY MOSES

PSALMS = A NEW TORAH ABOUT PRAYER

2 POETIC REFLECTION ON 2 SAMUEL 7

MESSIANIC KING



BLESSED ARE THOSE WHO TAKE REFUGE IN THE KING

15 CALL TO COVENANT FAITHFULNESS

16-18 DAVID'S PAST DELIVERANCE AND ELEVATION AS KING



20-23 FUTURE KING'S DELIVERANCE AND KINGDOM OVER THE NATIONS

24 CALL TO COVENANT FAITHFULNESS



41-115

BOOK 2

42-72

72-73



HOPE FOR A FUTURE RETURN TO THE TEMPLE IN ZION

72 FUTURE REIGN OF THE MESSIANIC KING



ECHOS THE PROPHECIES: ISAIAH 11, 45, & 60 • ZECHARIAH 9

FULFILLMENT OF GOD'S PROMISE TO ABRAHAM (PS 72:17 = GEN 12:3 & 22:17)

72:16-19

BOOK 3

73-89



PROMISE OF MESSIANIC KING

EXILE & DOWNFALL OF DAVID'S KINGDOM



PSALMS: THE PRAYERBOOK OF GOD'S PEOPLE WHO ARE STRIVING TO BE FAITHFUL TO THE TORAH, AND WAITING FOR THE MESSIANIC KINGDOM

MAY THE LORD GOD OF ISRAEL BE BLESSED

LMS

ment & Praise

Faith & Hope



HOW LONG, O LORD?

LAMENT

- PRAYERS OF PAIN, CONFUSION, & ANGER
- DRAW ATTENTION TO WHAT'S WRONG IN THE WORLD
- ASK GOD TO DO SOMETHING

PRAISE

- PRAYERS OF JOY & CELEBRATION
- DRAW ATTENTION TO WHAT'S GOOD IN THE WORLD
- RETELL THE STORY & THANK GOD



GIVE THANKS TO THE LORD, FOR HE IS GOOD

BOOK 4

87

OF A

DOM

INFALL

NGDOM

DONT FORGET YOUR PROMISE

89-52

70

MOSES

HAVE MERCY ON YOUR SERVANTS!

93-97

THE LORD REIGNS AS KING

"LET THE TREES CLAP, LET THE MOUNTAINS & RIVERS SING"

106-118

BOOK 5

107-110

THE MESSIANIC KING

DEFEATS EVIL & BRINGS GODS KINGDOM

113-118

THE HALLEL

118

MESSIANIC KINGDOM

SUSTAIN HOPE IN A FUTURE EXODUS WHEN GOD REDEEMS HIS PEOPLE

120-136

THE SONGS OF ASCENTS

132

MESSIANIC KINGDOM

PSALM 119 TORAH

"GOD HAS RAISED UP A HEROIN FOR HIS PEOPLE" (119:17)

SEE 1 SAM 2:10 & PS 132:17



HALLELU-YAH 146 HALLELU-YAH

HALLELU-YAH 147 HALLELU-YAH

HALLELU-YAH 148 HALLELU-YAH

HALLELU-YAH 149 HALLELU-YAH

HALLELU-YAH 150 HALLELU-YAH

HALLELU-YAH PRAISE YAHWEH

ESSED FOREVER, AMEN AND AMEN



created by the Bible Project

CANYONS

WEEK ONE

SERMON NOTES | INSIGHTS | THOUGHTS | SCRIBBLES

GROUP QUESTIONS

What is the most beautiful hike or drive you have ever taken? Who was with you?

.
.
.

Is there anything that stood out to you from this week’s sermon?

.
.
.

What comes to mind when you hear the word “betray”?

.
.
.

Have you ever felt betrayed? If so, what was that experience like for you?

.
.
.

As a group, read 1 Samuel 19:4-10. How did David experience betrayal in this story?

.
.
.

In addition to David, there were three other roles in this story. Who played the role of the trusted friend? Who was the enemy that David battled? And who was the enemy who acted like a friend, but ended up betraying him?

.
.
.

Is there a difference between ‘the betrayal of a friend’ and ‘the persecution of an enemy’? What is it?

.
.
.

When we face betrayal in our lives, should we run away, seek vengeance, or take another path? Why?

.
.
.

Take some time to pray for those in your group.

.
.
.

Lectio Divina is a classic spiritual discipline of engaging Scripture. **READ** the passage—slowly. **MEDITATE** on the passage as you read it again. Put yourself in the passage/story. **PRAY** as you read the passage once more, listen to and talk with God about the passage. And then, **CONTEMPLATE** what the Spirit is moving in you. Circle or underline a word or phrase that jumps out at you. Take the passage with you throughout your day. (for more on this discipline, see page V)

MONDAY

Rescue me from my enemies, O God. Protect me from those who have come to destroy me. Rescue me from these criminals; save me from these murderers.

PSALM 59:1-2

For further study read 1 Samuel 18:28-19:5; Psalm 143

The Psalms of David often invite us into a place of vulnerability and honesty with God. Take some time to be honest with God about what is on your heart today.

TUESDAY

They have set an ambush for me. Fierce enemies are out there waiting, LORD, though I have not sinned or offended them. I have done nothing wrong, yet they prepare to attack me. Wake up! See what is happening and help me!

PSALM 59:3-4

For further study read 1 Samuel 19:6-10; Psalm 55:12-14

What is an area of your life you have felt betrayed or experienced a breach of trust? Why was that such a painful experience?

WEDNESDAY

They come out at night, snarling like vicious dogs as they prowl the streets. Listen to the filth that comes from their mouths; their words cut like swords. “After all, who can hear us?” they sneer.

PSALM 59:6-7

For further study read 1 Samuel 19:11-17; James 3:1-12

Gossip and critical words can leave deep, long-lasting wounds in our lives. What is one way you can use your words to spread encouragement, truth, and love today, rather than negativity?

READ MEDITATE PRAY CONTEMPLATE

THURSDAY

You are my strength; I wait for you to rescue me, for you, O God, are my fortress. In his unfailing love, my God will stand with me.

PSALM 59:9-10A

For further study read Ephesians 6:10-20

What does it look like for God to 'stand' with us? What is one area of your life that you could use God's strength or presence?

FRIDAY

But as for me, I will sing about your power. Each morning I will sing with joy about your unfailing love. For you have been my refuge, a place of safety when I am in distress. O my Strength, to you I sing praises, for you, O God, are my refuge, the God who shows me unfailing love.

PSALM 59:16-17

For further study read Psalm 103

We're often quick to point out when God hasn't shown up the way we expected. When was the last time you praised Him for coming through? Take time to list a few ways God has shown up for you at just the right time.

THIS WEEK'S PRAYER

God, help me to see You working through the painful experiences in my life. Give me insight into my emotions and the ways in which I can be shaped through those experiences into the image of Christ. I ask for wisdom, grace, and insight as I work through

Amen.

CANYONS

WEEK TWO

SERMON NOTES | INSIGHTS | THOUGHTS | SCRIBBLES

GROUP QUESTIONS

Would you most prefer to watch a movie at home, the movie theatre, drive-in theatre, or forget the movie and make a memory? Why?

• • • • •
• • • • •
• • • • •

What is something you took away from Sunday’s sermon?

• • • • •
• • • • •

Read 1 Samuel 21:10-15 together as a group.

• • • • •
• • • • •

Achish is a source of fear for David. Why do you think David is afraid of Achish?

• • • • •
• • • • •
• • • • •

What are some of the triggers that cause you to experience fear or anxiety?

• • • • •
• • • • •
• • • • •

How does fear sometimes make us appear irrational and faithless?

• • • • •
• • • • •
• • • • •

Does anxiety ever cause you to act out of character or break your normal routine? Why?

• • • • •
• • • • •
• • • • •

What sorts of things do you do to handle anxiety and fear in your life?

• • • • •
• • • • •
• • • • •

Deuteronomy 31:8 says,

“Do not be afraid or discouraged, for the LORD will personally go ahead of you. He will be with you; he will neither fail you nor abandon you.”

• • • • •
• • • • •
• • • • •

How can this verse be an encouragement to those who are experiencing fear or anxiety?

• • • • •
• • • • •
• • • • •

If you feel comfortable, share something in your life that is causing fear or anxiety.

• • • • •
• • • • •
• • • • •

Lectio Divina is a classic spiritual discipline of engaging Scripture. **READ** the passage—slowly. **MEDITATE** on the passage as you read it again. Put yourself in the passage/story. **PRAY** as you read the passage once more, listen to and talk with God about the passage. And then, **CONTEMPLATE** what the Spirit is moving in you. Circle or underline a word or phrase that jumps out at you. Take the passage with you throughout your day. (for more on this discipline, see page V)

MONDAY

I will boast only in the Lord; let all who are helpless take heart. Come, let us tell of the Lord's greatness; let us exalt his name together.

PSALM 34:2-3

For further study read 1 Corinthians 1:20-31

The world likes to boast in accomplishments, talents, money, and fame. How does boasting in the Lord look different than the world?

TUESDAY

I prayed to the Lord, and he answered me. He freed me from all my fears. Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces.

PSALM 34:4-5

For further study read 1 Samuel 21:10-22:2

God not only meets us in our fears; He frees us from them. What are some of the fears you're carrying today? For each of the fears you listed, ask God to help free you from that and replace it with His joy.

WEDNESDAY

In my desperation I prayed, and the Lord listened; he saved me from all my troubles. For the angel of the Lord is a guard; he surrounds and defends all who fear him.

PSALM 34:6-7

For further study read Romans 8:31-39

We sometimes struggle to feel like God is near us, but David says that God didn't just hear him, He 'listened.' Take a moment, maybe close your eyes, and imagine God surrounding you and really listening to your heart.

READ MEDITATE PRAY CONTEMPLATE

THURSDAY

Taste and see that the Lord is good. Oh, the joys of those who take refuge in him! Fear the Lord, you his godly people, for those who fear him will have all they need.

PSALM 34:8-9

For further study read Phillipians 4:6-7; Matthew 6:31-34

Having a healthy fear of something is natural. But when fear becomes irrational or overwhelming, it can be detrimental to our emotional and spiritual health. How is David moving from irrational worries to a rational respect for and trust in God?

FRIDAY

The Lord is close to the brokenhearted; he rescues those whose spirits are crushed. The righteous person faces many troubles, but the Lord comes to the rescue each time.

PSALM 34:18-19

For further study read Psalm 34:15-22; Luke 4:17-21

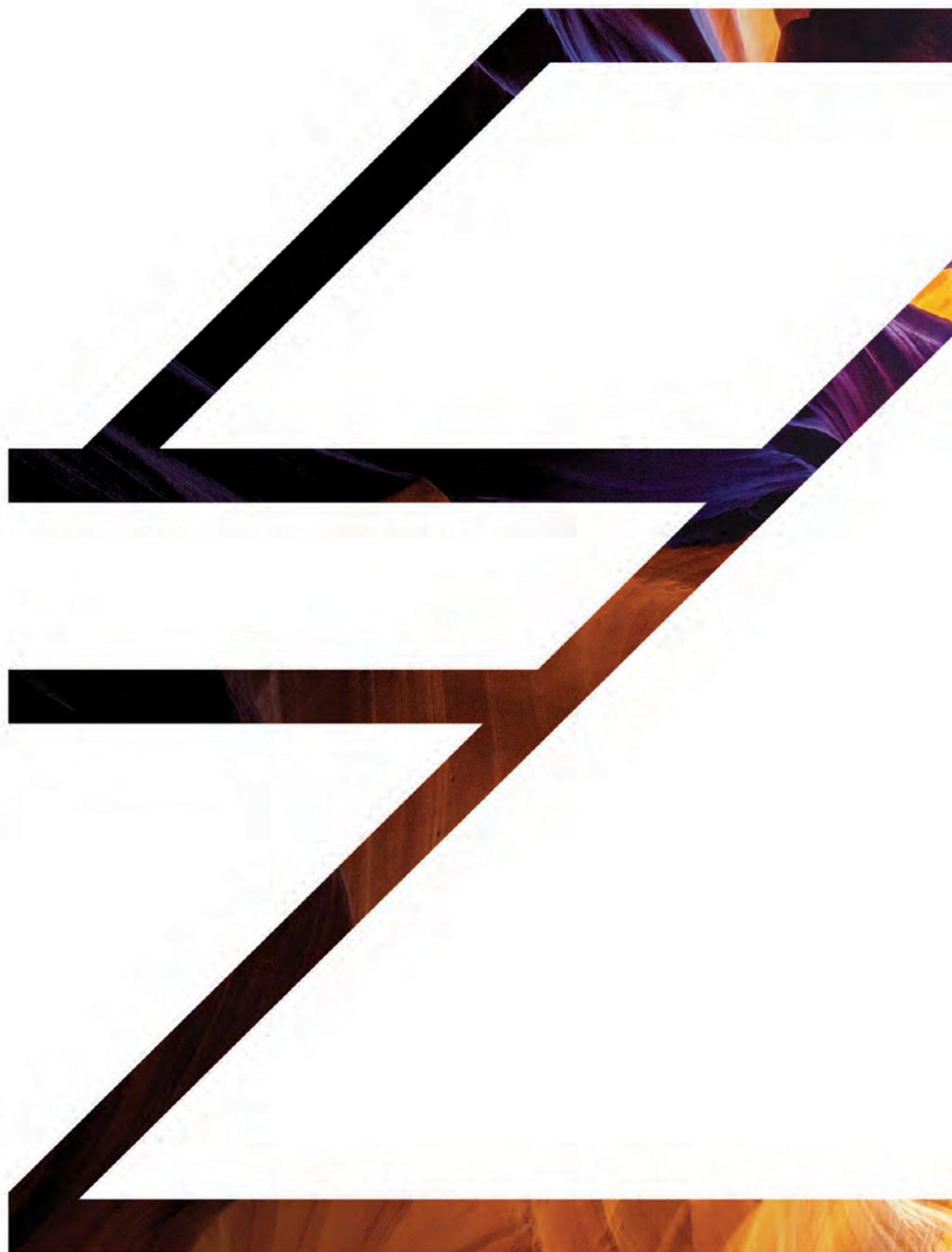
God is a rescuer. That's who He is and what He does. And David's confession is that even the righteous become brokenhearted; they too experience trouble and pain. What areas do you need God to rescue you?

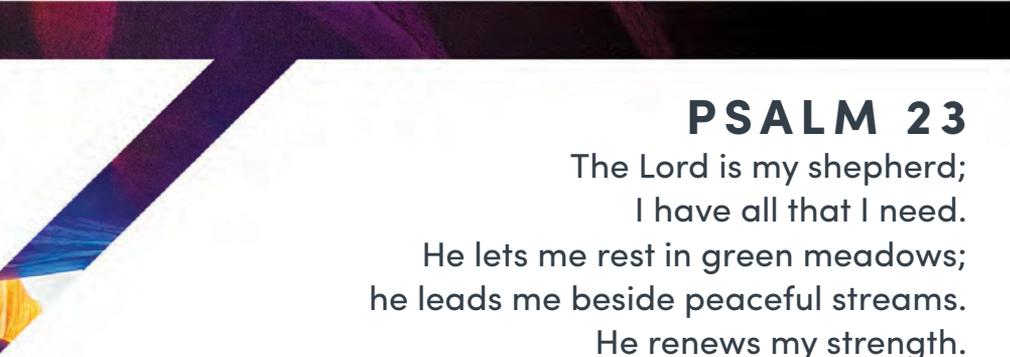
THIS WEEK'S PRAYER

Father, I'm really having a difficult time this week with

May You be present in the midst of my fears and anxieties, and may You show me how to give those feelings over to You every single day.

In Jesus' name, Amen.





PSALM 23

The Lord is my shepherd;
I have all that I need.

He lets me rest in green meadows;
he leads me beside peaceful streams.

He renews my strength.

He guides me along right paths,
bringing honor to his name.

Even when I walk
through the darkest valley,
I will not be afraid,
for you are close beside me.

Your rod and your staff
protect and comfort me.

You prepare a feast for me
in the presence of my enemies.

You honor me by anointing my head with oil.

My cup overflows with blessings.

Surely your goodness and unfailing love

will pursue me

all the days of my life,

and I will live in the house of the Lord

FOREVER.



CANYONS

WEEK THREE

SERMON NOTES | INSIGHTS | THOUGHTS | SCRIBBLES

GROUP QUESTIONS

If you could replace your entire wardrobe, but you were limited to only one store/designer, where would you shop?

.
.
.

What is something that stood out to you from the sermon this week?

.
.
.

Do you feel like there is a difference between conviction and shame?

.
.
.

Read 2 Samuel 11:2-15 together as a group. What stands out to you in the story?

.
.
.

How can silence and secrecy fuel negative feelings of shame?

.
.
.

Now read 2 Samuel 12:7-13 together.

.
.
.

If Nathan hadn't confronted him, do you think David would have experienced shame? Why?

.
.
.

What is the difference between how God convicts and confronts our guilt and how the enemy convicts and confronts our guilt?

.
.
.

How might God use our sins, and the accompanying emotions of wrongdoing, to help us learn and grow?

.
.
.

Lectio Divina is a classic spiritual discipline of engaging Scripture. **READ** the passage—slowly. **MEDITATE** on the passage as you read it again. Put yourself in the passage/story. **PRAY** as you read the passage once more, listen to and talk with God about the passage. And then, **CONTEMPLATE** what the Spirit is moving in you. Circle or underline a word or phrase that jumps out at you. Take the passage with you throughout your day. (for more on this discipline, see page V)

MONDAY

Have mercy on me, O God, according to your unfailing love. Because of your great compassion, blot out the stains of my sins.

PSALM 51:1

For further study read 2 Samuel 11:1-5; Titus 3:4-7

In the midst of shame, we long for God's forgiveness and compassion. Fortunately, His love is unfailing. What areas of your life do you need to experience God's mercy and compassion?

TUESDAY

Wash me clean from my guilt. Purify me from my sin. For I recognize my rebellion; it haunts me day and night.

PSALM 51:2-3

For further study read 2 Samuel 11:6-17; Colossians 1:19-22

Our sins leave stains in God's good world. But He's able to purify and help us move past what we've done to embrace new life in Him. Pray today's verse back to God, being honest about your own rebellion and sin.

WEDNESDAY

Create in me a pure heart, O God. Renew a loyal spirit within me.

PSALM 51:10

For further study read 2 Samuel 11:18-27; Proverbs 4:20-27

Shame can be overwhelming to the point that we need to be made new from the inside out. What are the two areas David asks to be made new? How might this apply to your own experience?

READ MEDITATE PRAY CONTEMPLATE

THURSDAY

Do not banish me from your presence, and don't take your Holy Spirit from me. Restore to me the joy of your salvation, and make me willing to obey you.

PSALM 51:11-12

For further study read 2 Samuel 12:1-10; John 14:15-21

What is David's fear in this verse? And what type of joy is he longing for? Why do you think this leads David to talk about obedience?

FRIDAY

You do not desire a sacrifice, or I would offer one. You do not want a burnt offering. The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God.

PSALM 51:16-17

For further study read Matthew 11:28-30; 2 Corinthians 5:17-21

We often want to give God our best, most put-together selves. But David offers Him his brokenness. We can't fool God, and He's faithful to receive us when we turn to Him. What are you willing to offer God today?

THIS WEEK'S PRAYER

Holy Spirit, I ask for You to search me and know me. Find anything in my life that is causing guilt, shame, or isolation. I feel like I need Your help with _____

Restore to me the joy of Your salvation and a willing heart of that yields to Your ways.

Amen.

CANYONS

WEEK FOUR

SERMON NOTES | INSIGHTS | THOUGHTS | SCRIBBLES

GROUP QUESTIONS

If you owned an art studio, which type of art would you most like to display: paintings and drawings, computer graphics, photographs, ceramics and sculptures, or tapestry? Why?

• • • • •
• • • • •
• • • • •
• • • • •
• • • • •

What is something you took away from the sermon this week?

• • • • •
• • • • •

As a group, come up with a one- or two-sentence definition of 'disappointment.'

• • • • •
• • • • •
• • • • •
• • • • •

What are some examples of things that cause disappointment in life? Are there any common factors?

• • • • •
• • • • •
• • • • •
• • • • •

Read together as a group the story about David and his son, Absalom, in 2 Samuel 15:10-14, 23-26, and 30.

• • • • •
• • • • •
• • • • •
• • • • •
• • • • •

What was the source of David's disappointment in this story? Why do you think it caused him such sadness?

• • • • •
• • • • •
• • • • •
• • • • •

How did David express his letdowns in the story?

• • • • •
• • • • •
• • • • •
• • • • •

What are some positive and/or negative ways we often handle or express disappointment?

• • • • •
• • • • •
• • • • •
• • • • •

How are disappointments related to our expectations?

• • • • •
• • • • •
• • • • •
• • • • •

What are some of the qualities of God that can give us encouragement, hope, or peace amidst our disappointments?

• • • • •
• • • • •
• • • • •
• • • • •

• • • • •
• • • • •
• • • • •
• • • • •

Lectio Divina is a classic spiritual discipline of engaging Scripture. **READ** the passage—slowly. **MEDITATE** on the passage as you read it again. Put yourself in the passage/story. **PRAY** as you read the passage once more, listen to and talk with God about the passage. And then, **CONTEMPLATE** what the Spirit is moving in you. Circle or underline a word or phrase that jumps out at you. Take the passage with you throughout your day. (for more on this discipline, see page V)

MONDAY

O Lord, I have so many enemies; so many are against me. So many are saying, “God will never rescue him!”

PSALM 3:1-2

For further study read 2 Samuel 15:1-14

Often, when we suffer disappointment, we see those around us begin to despair and lose hope. Take some time to acknowledge any letdowns you’ve experienced recently. What are you hopeful for in the midst of those disappointments?

TUESDAY

But you, O Lord, are a shield around me; you are my glory, the one who holds my head high. I cried out to the Lord, and he answered me from his holy mountain.

PSALM 3:3-4

For further study read 2 Samuel 16-30

We tend to focus inward on our feelings when we encounter disappointment. But David makes an intentional point to focus outward on God’s faithfulness and goodness. Make a list of ways you have seen God’s faithfulness and goodness this week.

WEDNESDAY

I lay down and slept, yet I woke up in safety, for the Lord was watching over me. I am not afraid of ten thousand enemies who surround me on every side.

PSALM 3:5-6

For further study read Psalm 121

Even when circumstances haven’t changed, David is able to move forward knowing God is with him. Because of that truth, he lets go of his fear of things not turning out how he desired. Are there circumstances in your life you’re unable to control that you need to let go of and hand to God?

READ MEDITATE PRAY CONTEMPLATE

THURSDAY

Arise, O Lord! Rescue me, my God! Slap all my enemies in the face! Shatter the teeth of the wicked!

PSALM 3:7

For further study read Psalm 13; Romans 12:17-21

There is often a cumulative effect with disappointments, where we experience one after another until it manifests itself in anger, retaliation, or vengeance. What is something that has made you angry lately? How did you handle that? Where did it originate? Take some time to hand your honest emotions over to God just as David did in this Psalm.

FRIDAY

Victory comes from you, O Lord. May you bless your people.

PSALM 3:8

For further study read Revelation 21:1-6

David arrives at the conclusion that God is the only one who can truly lead him through his disappointment. Do you believe God can handle your letdowns? What are some things you are waiting for God to bring victory or blessing over in your life?

THIS WEEK'S PRAYER

Lord, thank You for working in my life even in the seasons that feel like failure or when it seems that others are out to get me. When I encounter disappointments, give me the ability to rely on You for strength, love, and faithfulness. Remind me of the truth that even when others let me down, You will never abandon or forsake me.

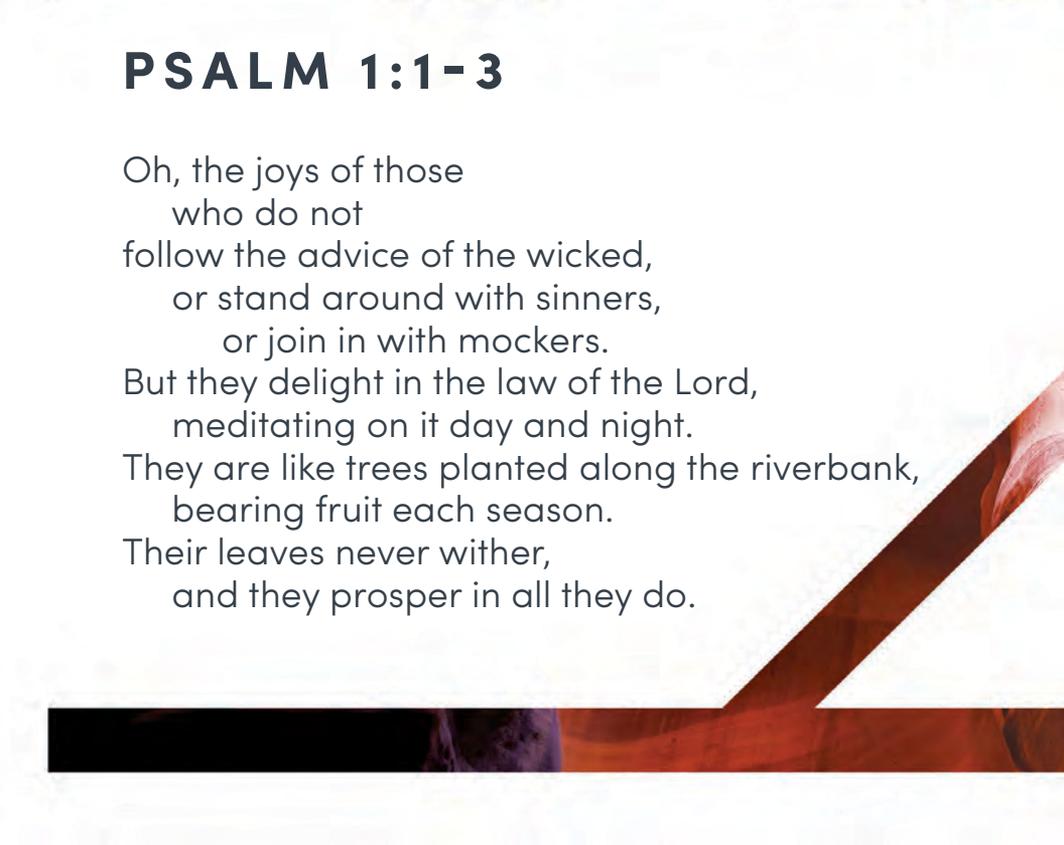
Amen.

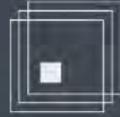




PSALM 1:1-3

Oh, the joys of those
who do not
follow the advice of the wicked,
or stand around with sinners,
or join in with mockers.
But they delight in the law of the Lord,
meditating on it day and night.
They are like trees planted along the riverbank,
bearing fruit each season.
Their leaves never wither,
and they prosper in all they do.





**EGAN ROAD
CHURCH**

**GERMANTOWN
FIRST CHURCH OF GOD**

