



Lifegroups Study Guide Psalm 18

The Psalm that we are going to spend time studying today is written by David. We actually find this Psalm in 2 Samuel 22 as well. This Psalm is virtually the same as the Psalm sung by David at the very end of his life, as recorded in 2 Samuel 22. It is likely that David composed this song as a younger man; yet in his old age David could look back with great gratitude and sing this song again, looking at his whole life.

This Psalm reviews the faithfulness of God on David's behalf through all his struggles, battles, trials and testings. It also reviews everything that God had taught David while facing different enemies. However, a continual theme is victory through the abilities of God rather than the abilities of David. Today we are going to seek the wisdom of God through David and see how we can model our lives off of Psalm 18.

Read Psalm 18:1-6

David is remembering everything that God has done for him. Specifically how God delivered David from his various enemies: Goliath, Saul, the Philistines, even Absalom.

David describes God in different ways: rock, fortress, protection, shield, power, etc. How would you describe God? Why?

David cried out to God in his time of need and God heard David's prayer. Do you ever doubt that God hears you? When do you find yourself doubting the effectiveness of prayer? How does verse 6 encourage you to pray in every situation?

Read the response of God to David's prayer as a way to encourage how God can respond to our prayers.

Read Psalm 18:20-29

This is the focus of the entire Psalm. In this passage, it seems like David is boasting in his sinlessness. David here does not claim sinlessness, but single-hearted devotion to the Lord. David simply recognizes the fact that God is committed to those who keep themselves from sin and do not turn away from God.

We all have the choice to obey God or pursue sin in our everyday life. When do you find the choice to obey God more difficult than the choice to pursue sin? Have you had to make any difficult choices recently between pursuing God or pursuing sin?

What did David say was the reason God helped him in the midst of his many battles?

David was far from sinless, but he was able to say “I have been blameless before him and have kept myself from sin” (Psalm 18:23). How do you think David was able to say this? (The key to touch on is how David always repented of his sin.)

What are some of the ways that we can live a life that honors God?

Read Psalm 18:30-36

David knew that he could trust God. In this passage he describes the many reasons that he was able to trust God with not only his enemies but his entire life.

What are some of the reasons that David says he can trust God? What are some reasons you would add in why you can trust God?

Do you feel like you can trust God with your life? When has God shown himself as trustworthy in your life?

Read Psalm 18:37-50

David finishes the Psalm by describing how he fought against his enemies and experienced victory. However, David does not attribute the victory to his own skill but to God alone.

David faced many enemies. What are some “enemies” that you face in regards to your faith? How can you overcome those enemies?

When have you seen God bring victory to your life based on your obedience to Him?

David chooses to respond with praise and thanksgiving. What is your usual response to God? How can you begin to live a life of worship that gives glory to God in every area of your life?