

Cornerstone Women's Ministry
An Anchor for Your Soul Teaching Notes April 23 & 24
"David's Formula for Peace"

Introduction to the Psalms

1. We use the Psalms to present ourselves before God as honestly and thoroughly as we are able.

"I call to remembrance my song in the night; I meditate within my heart, And my spirit makes diligent search." Psalm 77:6

2. The Psalms show us the shape of our souls and the curve of our sin, realities deep within us, hidden and obscured, for which we need focus and names.
3. The Psalms are poetry and the Psalms are prayer.

Poetry

- The Psalm's poetry helps us to discover what it means to be human beings before God.

Prayer

- They are provided not to teach us so much about God but to train us how to respond to Him.

The poetry requires that we deal with our actual humanity, diving to the very depths of our souls. The prayer requires that we deal with God-this God who is determined on nothing less than the total renovation of our lives."

David's Formula for Peace

1. Our trust needs to be in the Lord.
2. Delight ourselves in God.
3. Commit our way to the Lord.
4. Be still in God's presence.
5. Refrain from anger.

Are these five items suggestions or commands?

