

**Strong Tower Bible Study**

**Agenda**

**Lesson #13**

**Time 6:00pm -7:30pm**

**Topic: Our Help is in the Lord**

Welcome

Opening Prayer

**Scripture text:** Psalm 146:1-10

Praise the Lord!

Praise the Lord, O my soul!

2 While I live I will praise the Lord;

I will sing praises to my God while I have my being.

3 Do not put your trust in princes,

Nor in a son of man, in whom there is no help.

4 His spirit departs, he returns to his earth;

In that very day his plans perish.

5 Happy is he who has the God of Jacob for his help,

Whose hope is in the Lord his God,

6 Who made heaven and earth,

The sea, and all that is in them;

Who keeps truth forever,

7 Who executes justice for the oppressed,

Who gives food to the hungry.

The Lord gives freedom to the prisoners.

8 The Lord opens the eyes of the blind;

The Lord raises those who are bowed down;

The Lord loves the righteous.

9 The Lord watches over the strangers;

He relieves the fatherless and widow;

But the way of the wicked He turns upside down.

10 The Lord shall reign forever—

Your God, O Zion, to all generations.

Praise the Lord!

**Things to know:**

- We can depend on God's faithfulness
- David learned how to trust God in every circumstance.
- God the Father wants His children to depend on Him in every area of their life.
- Learning more about the character of God will strengthen our faith.

## **Discussion Questions**

1. What does it look like to Praise the Lord?
2. What should be a part of our daily life? Vs 2
3. What is David warning us about and Why? Vs3-4
4. What can we experience relying on God? Vs 5-6
5. What will God do for those who seek Him? Vs7
6. Can you name one truth that God has opened your eyes to? Vs 8
7. What does it mean to be Righteous? Vs 8
8. What is the difference between those who trust in the Lord and those who do not? Vs 9
9. How long will the Lord reign? Who will see His reign? Vs 10

## **Faith in Action:**

-Go to bed one hour earlier.

-Join prayer 2<sup>nd</sup> & 4<sup>th</sup> Tuesday 6:00-7:00pm

-Invite someone New to worship with you

-Pray for all leaders

-Tell one person each day God loves them and has provided for their salvation through Jesus Christ.

**Challenge of the Week:** Set your alarm to pray daily and in your prayer ask God to reveal the following: *His Provision, Protection, and Comfort.* (wait for it, look for it)

### **Scripture Application**

**Psalm 32:8** -What did God say? Share this with someone who is looking for guidance

**James 1:5** -What can we do when we are looking for answers? Who can we go to?  
Are we willing to be obedient?

**Psalm 18:32**- How can we remember this scripture? (Any ideas)

### **Closing Prayer**