

## Weekly Study Guide

09/15/24 - Stability for the Times

Read Psalm 73:15-17, 21-22, 23-28

Have you ever said something you wish you could take back? Have you ever thought or spoke in a way that misrepresented what you really believed? Most of us have. It's important that we think before we speak, especially today. We need to be careful not to let our emotions get in the way. Sometimes when we're sad or angry, it is best to keep our mouth shut. We need to be like the children of Issachar who understood the times and knew what to do. Do you?

*"How is it you don't discern the present time?" [Luke 12:56](#)*

*"Do not be foolish but understand what the Lord's will is." [Ephesians 5:17](#)*

*"If you fail under pressure, your strength is too small." [Proverbs 24:10](#)*

*"The Lord will be the sure foundation for your times, a rich store of salvation and wisdom and knowledge; the fear of the Lord is the key to this treasure." [Isaiah 33:6](#)*

### Questions:

1. What stands out to you in the verses you read? Is there anything that catches your attention? What is the main focus?
2. Did the Psalmist speak out what he was thinking? What kept him from speaking? Are there times when it is best to keep your mouth shut? Are there times when you should speak out? What is the difference?
3. How do emotions impact us? Why should we be careful about our interactions with others when we are sad or angry? What is a good and healthy thing we can do when we are upset or bitter? How does God and your faith make a difference? Which verses speak to this?
4. Where does discernment and understanding come into play? How is this more than just knowledge? How does wisdom apply here?

5. Share a few takeaways from this study. How can you apply this to your life? How can it strengthen your relationship with God? Is there anything that needs to change in your life? Actions? Beliefs? Etc?

**Bible References:** [Psalm 73:15-17, 21-28](#); [Matthew 10:37-39](#); [1 Chronicles 12:32](#); [Esther 4:14](#); [Judges 6:11-12](#); [Matthew 16:3](#); [Luke 12:56](#); [Ephesians 5:17](#); [Proverbs 24:10](#); [Proverbs 28:2](#); [Matthew 24:12](#); [Isaiah 33:6](#)

**For later:** What about you? Prayerfully consider how this lesson relates to you. What will change in view of this lesson? How can lament be a healthy part of your worship? How will you be sure to turn lament into praise? What difference will this make for you each day?

### **Lesson Key:**

1. The Psalmist was wrestling internally. He was sad and bitter. He was troubled and vexed. Still, he managed to turn his affections to God. He turned his lament into ascent. He started with the goodness of God and ended by telling of His deeds.
2. The Psalmist put a guard over his mouth and refrained from speaking. He didn't want to misrepresent God or mislead the people he was leading. Though troubled, he didn't speak out in bitterness.
3. Our emotions can get the best of us. We should be careful what we say when we are sad or angry. Asaph went to the place of worship and turned his eyes to the Lord.
4. More knowledge is not enough. We need understanding. It's important to discern the times in which we live. We need to discern what's going on in our own lives and also what to do. This is what wisdom is. The fear of the Lord is the key that unlocks this treasure.
5. We must understand what is at stake. We must understand the impact of our words and actions. When we speak, we should do so out of a heart full of God's goodness. It is important to spend time in God's presence and in His Word. We must remind ourselves of God's goodness, especially when we are troubled. We must hold on to God's right hand. Listen to His counsel and get wisdom to know what to do.