

# I Love You, O LORD

Ten amazing reason to love God - A study based on Psalm 18

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## Study Time Suggestions for this series –

These lessons are designed for you to use in the way that best fits your own schedule and preferences. Whether you schedule a regular and predictable hour each week as your study time or you prefer to have shorter and more spontaneous times to do the lesson is entirely up to you. The important goal is that week by week you find time to focus and concentrate on God's Word and your relationship with The One Who loves you and longs for you to spend time with Him through the study of the Bible. If at all possible, find a quiet and uninterrupted time and place to meet with JESUS.

**PREPARATION** - As you begin your study time, it is always wise to quiet your heart and mind – to be still. Put aside the details and distractions of your life, so that you can begin to focus on the God who loves you. This is an important time for some praise, perhaps words of confession, and opening your heart and mind to God's Spirit.

**INFORMATION from the Bible** – The Bible is God's love letter to you. In it He unfolds His purposes and plans for mankind and for you. There are many suggested passages to read both from the Old and the New Testament. Read as many of them as you want to read, but do not feel obligated to read them all unless you want to do so. It is helpful to compare these passages in more than one translation or paraphrase if possible. Each Scripture will illustrate or explain the theme of the study for that week. Be sure to jot down some observations and thoughts as you go along.

**MEDITATION** – Now it is time to think about the information which you have just read. What did it mean? What can I learn about God through these Scriptures? What can I learn about myself? Ask yourself some questions, pause and consider the implications of any of the Scripture passages. What are your questions? Let the Holy Spirit direct and teach you.

**INVITATION** – This section is written as if Jesus were speaking these words to you personally! It's your time to have an intimate conversation with THE ONE who loves you. He is waiting to hear your response and to receive your love in return. "We love because He first loved us" - I John 4:19

There will be introductions to each lesson posted each Friday morning for this study or sent directly to your e-mail address beginning June 23, 2017. You can subscribe for that service on the website – [www.westudytogether.com](http://www.westudytogether.com)

You will also find this study and many other ones on the website – [www.women-in-the-word.com](http://www.women-in-the-word.com)

# I Love You, O LORD

## The ALMIGHTY God Is . . . My Strength (Lesson 1)

**"I love you, O LORD, my strength."** Psalm 18:1

Our culture tells us to "buck up, stay strong, believe in yourself". There is something in our human nature that drives us to be independent and strong-willed and to believe that we don't need anyone or anything else to help us. In contrast, the Bible tells us that when we humbly admit our weakness and fears, the Lord God is willing to give us the strength that we need. It's an amazing promise given to all those who have put their faith in His Son, Jesus. Miracles happen when we by faith receive His strength. It is a great way to live a satisfying life.

The old hymn says it very well.

"Day by day and with each passing moment, strength I find to meet my trials here.

Trusting in my Father's wise bestowment, I've no cause for worry or for fear."

**PREPARATION** - As you begin your study, take time to kneel before your God. He is the *Almighty God*.

Read Psalm 89: 5 – 18 and let the Spirit of God calm your spirit and help you can focus on Him. Who is He and what does He do for those who "learn to acclaim Him and walk in His presence"? Give Him your thanks and praise.

### **INFORMATION from the Bible –**

1. OLD TESTAMENT – What would these people want you to know and believe about God's strength?  
Moses – Exodus 3: 1 - 20, Exodus 14: 10 - 31 and Exodus 15: 13  
  
Joshua – Joshua 1: 1 – 11 and Joshua 23: 1 – 14  
  
David – II Samuel 22: 33 – 37, Psalm 28: 6 – 9, Psalm 118: 13 - 14  
  
Isaiah - Isaiah 40: 27 – 31 and Isaiah 45: 22 - 24  
  
Jeremiah – Jeremiah 16: 19 – 21  
  
Habakkuk 3: 19
2. NEW TESTAMENT – As you study these passages, how do they help you to understand what it means to live by the presence and the power/strength that Christ offers to you as His child?  
I Corinthians 1: 4 – 8  
  
II Corinthians 12: 7 – 10  
  
Ephesians 1: 18 – 21  
  
Philippians 4: 10 – 13  
  
Colossians 1: 10 - 13  
  
I Peter 4: 11 and 5: 10

### **MEDITATION –**

1. What would it mean for you to acknowledge places of weakness, sources of fear, feelings of inadequacy and then to trust God to give you His strength? Sometimes the idea of change or the possibility of new challenges keeps us from believing God. Is there anything that hinders your journey of faith?
2. Choose one or two of the promises or passages which caught your attention. Write each one out, personalizing each part of it, so that the truths become your own.

**JESUS' INVITATION TO YOU** – I want to show you My love by giving you My strength today! Call on Me.

Trust Me. As you rely on Me, your love for Me will grow and I will be glorified through your life.

# I Love You, O LORD

## The ETERNAL God Is . . . My Rock (Lesson 2)

**"I love you, O LORD my strength.**

**The LORD is my rock. . .**

**My God is my rock."** Psalm 18: 1-2

**"The LORD lives! Praise be to my Rock!"**

v. 46

**"Who is the Rock except our God?"**

v. 31

Structural engineers spend much of their time figuring out what kind of foundation will be needed for the security and support of a particular building. Home buyers need to look very carefully at the strength and stability of the foundation of the house that they are considering. Jesus warned the people that the same thing was true for life. "Wise men build on the rock, not on the sand." Can you explain what He meant?

**PREPARATION** – As you come to meet with God, how many synonyms can you think of for the word "eternal"?

Did you think of "forever"? That's the enormity of His love for you! Read verses 1 and 2 of

Psalm 106, 107, 117 and 118. Reflect on that love and give Him your thanks.

### **INFORMATION from the Bible –**

1. OLD TESTAMENT - What led these people to see God as a Rock in their lives?

Jacob blesses his sons Genesis 49: 22-25

Moses' Final Song – Deuteronomy 32

Hannah's Prayer - I Samuel 2: 1 – 2

David's song - II Samuel 22: 2 – 3, 31 – 33, and 47

Isaiah's words of praise – Isaiah 26: 1 – 13

Isaiah 44: 6 – 8

2. From the Psalms –

19: 14

92: 12 – 15

31: 2 – 3

144: 1 – 2

62: 2, 5 - 7

3. NEW TESTAMENT

I Corinthians 10: 1 – 4

Matthew 7: 24 – 27 (Luke 6: 46 - 49)

Matthew 16: 13 – 20

### **MEDITATION –**

1. What qualities does a rock have that would make someone call the LORD, "my Rock"?
2. Simon Peter came to understand that his friend, Jesus, really was the Messiah, 'the Son of the living God'. It was a turning point in Peter's life. At that time, Jesus declared that His church would be established on that reality. What have been some of the major turning points in your life, times when you came to a deeper understanding &/or commitment to Jesus, as the Son of the living God?

**JESUS' INVITATION TO YOU** – You can totally put your trust in me! When you put your faith in Me, your eternal destiny became secure and the promises which My Father gave to you will never fail or be forgotten. As you rely on Me, your solid Rock, your love for Me will grow and I will be glorified. What is your response to Me today?

# I Love You, O LORD

## The IMMUTABLE God Is . . . My Fortress (Stronghold)

(Lesson 3)

**"The LORD is my rock, my fortress."**

Psalm 18:2

So, what is the difference between a castle, a palace, and a fortress? If you have visited Europe, then you probably have seen examples of each of these places. When it's time for a regal celebration or a festive banquet, you might want to be one place, but when the enemy is rapidly approaching, where would you choose to be? It's obvious – you want to be in a secure and safe place, where fear can be diminished and there is an arsenal of weapons which will defeat the enemy. Can you think of a time when God was your fortress – a place where you could be "fortified" for a battle or freed from your fears?

**PREPARATION** – As you begin your study time, quiet your mind and your heart. Put away your list of things to do and begin to think about Jesus. Read Hebrews 13: 8 and start of list of the reasons that you are thankful that your God does not change. Why is this an important thing to know?

**INFORMATION from the Bible** – What do these stories and verses teach you about God's desire to be your fortress or your stronghold?

- David first wrote Psalm 18 when God had delivered him from his enemies and King Saul. He often needed a fortress – a stronghold - both from outward physical danger and from internal/emotional/mental temptation and danger.
  - I Samuel 17 – against Goliath
  - I Samuel 26 – against Saul
  - II Samuel 7 - a conversation with the Lord
  - II Samuel 12 – Sin and repentance
  - II Samuel 22 – his song of praise
- Joshua's counsel – Joshua 24: 14-21
- Testimony from the Psalms –

9: 9 - 10	59: 9 and 16 - 17
27:1	62: 1 – 2 and 5 - 6
31: 2 – 5	91: 1 - 1
- Wisdom from the Proverbs –
  - Proverbs 2: 1 - 15
  - Proverbs 14: 26 – 27
- From the New Testament
  - John 14: 27
  - John 17: 11 – 19
  - I Peter 3: 10 - 14

### **MEDITATION –**

- Make a list of some synonyms for the word "fear" or "fearful"? What words can you list for the opposite? Now look at your lists and at yourself and rate yourself - often, sometimes, rarely - or anything in between.
- What are the fears that come to you these days? Do you have any secrets that continue to haunt you? How could knowing that God wants to be your fortress and stronghold relieve you or bring you courage to face certain realities?
- "A Mighty Fortress is our God. A bulwark never failing. Our helper He amid the flood. . ." He is calling your name and inviting you in to His place of protection. What would this mean for you? What ideas could you use from the verses in the Psalms? Re-read them and personalize them.

**JESUS' INVITATION TO YOU** – Come in, my beloved child. Live in the knowledge that I will never leave you or forsake you.

Leave your fears at the door and unwrap your secrets in My presence, so that I can give you the peace and security that is found only in trusting Me with all of the uncertainties of life and attacks of every enemy. Your love for Me will deepen as you do this and I will be glorified.

# I Love You, O LORD

## The SOVEREIGN God Is . . . My Deliverer

(Lesson 4)

**"The LORD is my rock, my fortress and MY DELIVERER."** Psalm 18:2

**He rescued me from my powerful enemy, from my foes, who were too strong for me.**

**He brought me out into a spacious place. He rescued me because He delighted in me.**

Psalm 18: 17 & 19

It's a wonderful word – "deliverer". It means "to release or rescue from bondage, danger, or evil of any kind or to set free". The Book of Exodus is the story of how God **delivered** His people from the bondage that they were in while they were in Egypt. God wanted to bring them in to the Promised Land immediately, but they chose to look at the size of their enemy and that generation never did experience all that God had intended to do for them. When it comes to deliverance, where would you say you keep your focus?

**PREPARATION** – If you could use only one adjective to describe God, what would it be? Certainly the word **sovereign** would have to be one of your top choices. Think about how this describes the Lord and then take time to worship Him and give Him your adoration and your praise. He wants to hear your words

**INFORMATION from the Bible** – What do these passages teach you about God as a "deliverer"?

1. From the Old Testament  
Moses and the people of Israel - Exodus Chap. 11 – 14

Hannah – I Samuel 2: 1 – 2

Israel's enemies – I Samuel 7: 2 - 12, 12: 8 - 11, 17: 37 26: 21 – 25

II Kings 17: 36 – 39, 19: 14 – 19

2. From Jesus in the N.T. – Matthew 6: 13 (Matthew 6: 9 – 13)
3. From Paul's letters – try to explain these verses using the concept of "deliverance"  
Romans Chapter 6  
Romans 8: 1 – 21  
Galatians 3: 26 – 4: 11

### **MEDITATION –**

If you know the Lord Jesus, God's Son, as your Savior, then he *has delivered* you from the consequences of sin and guilt, hasn't He? You have the gift of forgiveness and eternal life and are a child of the Sovereign God. (John 3:16, Romans 6: 23) BUT the reality is that until we are at home in heaven with Him, we have choices to make and options to select and we need *daily deliverance*! Any attitudes, habits, addictions, or "enemies" that are holding you back these days? Where are you looking – at the excuses and or at The Deliverer?

**JESUS' INVITATION TO YOU** - I want to demonstrate My love to you today. Find the promises that I have made to you – Psalm 50: 14 – 15 and Psalm 91: 14 – 16 and then let Me reassure you that they are all true. As you trust Me, your love for Me will grow and I will be able to deliver you from things that you once thought were impossible. When this happens, My name will be honored in amazing ways.

# I Love You, O LORD

## The FAITHFUL God Is . . . My Refuge (Lesson 5)

**"My God is my rock, in whom I take refuge."** Psalm 18:2

**As for God, His way is perfect; the word of the LORD is flawless.**

**He is a shield for all who take refuge in Him.** Psalm 18: 30

Where do you go when you need a refuge, a shelter, a hideaway or a sanctuary? When the storm clouds of change gather or unexpected winds blow your way and disrupt your plans, where is your safe place? When the tornado of loss or grief or disaster strike, to whom do you turn? Where do you find comfort and protection – a place of refuge? Remember the story of Corrie Ten Boom's life? This song came out of her amazing biography – "There is a hiding place, a strong protective space, where God provides the grace to persevere. For nothing can remove us from the Father's love. Though all may change, yet nothing changes here". Have you found this to be true?

**PREPARATION** – Jesus is waiting for you to spend time in His presence, so find a place where you will not be disturbed and read Psalm 25: 8 – 11 and Lamentations 3: 22 – 26. How important is God's faithfulness to you? Tell Him!

**INFORMATION from the Bible** – What can you learn from the experiences of others?

1. From the Old Testament  
Moses blessing on Asher – Deut. 33: 24 – 27  
Boaz blessing on Ruth – Ruth 2: 8 – 12  
David – II Samuel 22: 1 – 4  
Isaiah 25: 1 – 5  
Nahum 1: 7
2. Wisdom from the Proverbs –  
10: 29  
14: 26 and 32  
22: 3 and 27: 12  
30: 5 - 6
3. Promises from the New Testament – How do they expand the idea of God as a refuge?  
Matthew 6: 25 – 34, 11: 28 – 30  
John 14: 25 – 27  
John 16: 24  
Philippians 4: 6 – 7  
I Peter 5: 7  
I John 3: 1

**MEDITATION** – Using Psalm 9: 9 – 10 and Psalm 91 answer the following questions.

1. Who is this God that offers to be your shelter? Why does He want to do this for you?
2. Why doesn't God remove the trouble or eliminate the problems?
3. What are His promises to you?

**JESUS' INVITATION TO YOU** – Come unto Me and rest. I will always be faithful to you, so you can rest and relax in My presence. I already know you completely and love you totally. I am the One who can renew and restore you. With Me, your priorities and perspective can become aligned with truth and then you will be free to live life fully and to love me deeply. What are you waiting for? Come . . .

# I Love You, O LORD

## The VICTORIOUS God Is . . . My Shield (Lesson 6)

**"The LORD is my shield and the horn of my salvation."** Psalm 18:2

**"The LORD is a shield for all who take refuge in Him."** Psalm 18: 30

**"You give me Your shield of victory, and Your right hand sustains me."** Psalm 18: 35

Do you have any idea what a "swashbuckler" might be? It's a small shield and used for certain types of combat. It seems like a bigger one might be more effective, but perhaps the ease of movement and control of the "buckler" would sometimes make it a better choice. For many centuries a shield was one of the very important pieces of armor for everyone who went into face to face combat. It was needed as a protection from anything that might be hurled or thrust in your direction. Do you have any idea what a secondary use for a shield might be? Why don't you come up with some ideas?

**PREPARATION** - As you quiet your mind and heart and prepare for your study time, think about what the word "victorious" brings to your mind? It can suggest the final defeat of an enemy or perhaps it can mean winning decisively in a competition or the triumph over an obstacle. As you read Psalm 44: 4 - 8, join with the Psalmist in praising God that He is the One who has conquered death, who will defeat Satan, and who is The ONE who enables you to live a life that is victorious. Try re-writing those verses and using the words I and me wherever possible.

**INFORMATION from the Bible** - Learn all you can about how God promises to be a shield.

1. In the Old Testament

Genesis 15: 1

Deuteronomy 33: 29

Proverbs 2: 6 – 8 and 30: 5

Isaiah 31: 4 - 5

2. Who or what is the enemy? Why do we need the Lord to be our shield?  
II Corinthians 11: 12 – 15

James 4: 7 - 8

I Peter 2: 10 – 11 and 5: 8 - 9

I John 2: 15 - 16

3. When Jesus Himself was facing serious temptation, what was His shield? Matthew 4: 1 - 11
4. In Ephesians 6: 10 – 18 the believer's armor is described. Why do you think that the shield is equated with faith? Why is that such a powerful protection for the child of God?

### **MEDITATION** –

1. A shield often has pictures on the front of it which are used for identity and distinction. What symbols do you have on your "shield of faith"?
2. Read I Corinthians 10: 12 – 13 – How do these verses reassure you? How do they help you picture in your mind the protection and provision that God has promised to be for you?

**JESUS' INVITATION TO YOU** – Let Me remind you, dear child of Mine, that My Spirit within you is the One Who gives you faith, Who enables you to be victorious over temptation, and Who is your shield and defense. Trust Us – all 3 of Us – Father, Son, and Holy Spirit. As you believe, your love for Us will grow and the Lord God will be magnified.

# I Love You, O LORD

## The COMPASSIONATE God Is . . . My Help and My Support (Lesson 7)

**I cried to my God for help. From His temple He heard my voice.** Psalm 18:6

**The Lord was my support** Psalm 18: 18

**With Your help I can advance against a troop; with my God I can scale a wall.** Ps.18: 29

**Your right hand sustains me. You stoop down to make me great.**

**You broaden the path beneath me, so that my ankles do not turn.** Ps. 18: 35 – 36

Why is it that you feel very free to call on some people when you need help, but it would not occur to you to ask other friends? Why is it that some people simply seem to know what to do and what to say (or not to say) in times of inadequacy, emergency, distress or disaster? These are interesting questions to ponder because they give us some clues about our God and about ourselves. Why does God invite us to call upon Him, so that He can help us in our times of need – whatever they may be?

**PREPARATION** – As you begin your study, take time to kneel before your God. He is The Compassionate One. What does that mean to you? Read Psalms 86: 15, 103: 8 and 145: 8 and 9. When someone shows compassion to you, how does that make you feel? How does it help you? If this is true on the human level, let the Holy Spirit reveal to you what it might mean for you to believe that your God is completely and totally compassionate.

**INFORMATION from the Bible** - How and why did God help these people or promise help to them?

1. In the Old Testament  
Jacob's blessing for Joseph – Genesis 49: 22 – 25  
  
Caleb - Joshua 14: 6 – 14  
  
Samuel – I Samuel 7: 7 - 13  
  
Shadrach, Meshach & Abednego – Daniel 3: 16 - 30  
  
Isaiah's prophecies to Israel, His chosen people – Isaiah 44: 1 – 5, Isaiah 46: 4 & Isaiah 50: 7, 9 - 10
2. New Testament promises to His children as believers in Jesus –  
Romans 8: 26 - 27  
  
Hebrews 2: 14 – 18 (about Jesus) and 4: 14 – 16  
  
Hebrews 13: 5 – 6 (Psalm 118: 5 – 7)

### **MEDITATION –**

1. One of the words that is often used to describe God the Father and God the Son is "compassionate". How do these Scriptures help you understand this attribute?  
Exodus 34: 4 – 7a  
II Corinthians 1: 3 -5  
James 5: 10 - 11
2. Which of these verses from the Psalms speak to your heart and your need for help?  
Psalm 5: 1 – 3  
Psalm 54: 4  
Psalm 63: 3 - 8  
Psalm 109: 26 – 27  
Psalm 118: 5 - 7  
Psalm 121: 1 - 8  
Psalm 146: 5 - 9

**JESUS' INVITATION TO YOU** – Let me remind you that I will never force Myself on you. I look at the sign which you post on the door of your heart. If it says, "HELP WANTED", I am always available to you and will listen to your requests and help you. If the sign says, "NO HELP NEEDED", I will wait for you to acknowledge your need. Meanwhile, please know that I love you and long for you to love Me in return.

# I Love You, O LORD

## The GLORIOUS God Is . . . My Light (Lesson 8)

**"You, O Lord, keep my lamp burning. My God turns my darkness into light."** Psalm 18:28

**"You floodlight my life. I'm blazing with glory, God's glory."** The Message

**"You have turned on my light! The Lord my God has made my darkness turn to light."** Living Bible

Do you keep a flashlight near your bed? It's a good idea, especially if you're in a new or unfamiliar place because it's always much harder to find your way in the darkness, isn't it? We stub our toes, feel vulnerable, lose our bearings and cannot distinguish shadows from reality. Isn't it interesting that light was the first act in God's creation (Genesis 1: 3- 5) and when God wanted to describe some wonderful things about heaven, He said, "There will be no more night, for the Glory of God will give them light"? When did God's light first shine into the darkness of your heart?

**PREPARATION** – "Glorious" – It is an extravagant word, isn't it? At times you might hear this word used to describe the majestic beauty in a sunset or the splendor of a musical performance, but at best this is only a glimpse of the splendor of our God. As you get ready to meet Him through the study of His Word, take some time to acknowledge His glory – Psalm 145.

**INFORMATION from the Bible** – What understanding can you gain from these passages about the light that God gives?

1. Old Testament Insights  
Creation – Genesis 1: 3 – 18  
Moses - Exodus 3: 1 – 6  
Israelites - Exodus 13: 21. 14: 19 – 20  
Job 24: 13 - 17  
Proverbs 4: 18 - 19  
Micah 7: 8 - 9
2. The Word of God is often referred to as light. What insights does this give to you?  
Psalms 19: 8  
Psalms 119: 105 and 130  
Proverbs 6: 20 – 23
3. As you study these New Testament verses, contrast the qualities of the darkness of this world to the light which is found in Jesus.  
John 1: 1 – 13  
John 3: 16 – 21  
John 8: 12  
John 12: 35 - 36, 44 – 46  
Acts 26: 12 - 18  
I John 1: 5 – 7  
I John 2: 8 - 11

### **MEDITATION –**

1. What is the difference in these 2 statements? Do you think both of them are important? Why?  
"The Glorious, Eternal God is Light" and "The Glorious, Eternal God is **My** Light"
2. What impact does having God's light in our hearts make on the way we live life?  
Ephesians 5: 8 – 17 and Philippians 2: 14 - 16

**JESUS' INVITATION TO YOU** – I have come so that you might have light and life, dear child. Where there are dark corners of fear, selfish desires, unbelief, disappointment, anger, jealousy, or discouragement, let Me dispel the darkness. Where there are secrets and files hidden away on the top shelf of a closet, let Me bring them into the light of My forgiveness and presence. Then you will be free to love Me without limit and I will shine My glorious light on you.

# I Love You, O LORD

## The GRACIOUS God Is . . . My Enabler (Lesson 9)

**God makes my feet like the feet of a deer; He enables me to stand on the heights.  
He broadens the path beneath me, so that my ankles do not turn.** Psalm 18: 33 & 36

**He makes my feet like the feet of a deer; He enables me to go on the heights.** Habakkuk 3: 19

It's a very comforting and exciting idea, isn't it? God desires to **enable** me to do what I could not possibly do on my own. That means He will "supply me with the means, knowledge, or opportunity to be or do something". In other words, He can make the impossible to be possible in my life. He delights in making the ordinary into something that is extraordinary. How does this happen?

**PREPARATION** – As you come to meet with Jesus, how many synonyms can you think of for the word "gracious"? That is exactly who He is – full of grace: extending to you and me His love, compassion, and forgiveness when we have done absolutely nothing to deserve any of His kindness. One thing that He desires from you and me is our praise and thanksgiving. Use those synonyms and your words to express your love to The One who first loved you.

### **INFORMATION from the Bible –**

1. Old Testament – There is an amazing correlation between prayer (dependence) on God and God's provision. What can you learn from these prayers? How did God *enable* those who trusted in Him?
  - Noah – Genesis 8: 18 – 9: 3
  - Abraham – Genesis 22
  - Moses - Deuteronomy 3: 23 – 29
  - Joshua - Joshua 10: 12 – 14
  - Elijah - I Kings 18: 16 - 39
  - David - II Samuel 7: 18 - 29
  - Job - Job 42: 1 - 10
  - Daniel - Daniel 6: 6 - 23
2. The Gospels and Acts – As Jesus taught His disciples, He explained to them that the Holy Spirit would be coming so that in the future He would be the One who would enable them to carry on preaching the Gospel, healing the sick, and experiencing the new life that they had been given through their faith in Him.
  - John 14: 15 – 21
  - John 15: 26 -27
  - John 16: 12 – 15
  - Acts 2: 1 – 4, 14 – 21
  - Acts 4: 23 - 31
3. Epistles - Do you want to know more about how God can really enable you to live out the life that He created for you? A life filled with peace and joy and hope? The beginning of life eternal right here and now? Read on!
  - Romans 4: 20 - 21
  - Philippians 3: 20- 21
  - II Timothy 1: 12
  - Hebrews 7: 24 - 25

### **MEDITATION – GOD IS ABLE, MORE THAN ABLE . . .**

1. As you read, think about how God has met His people throughout the centuries in their times of need. What do you think the Holy Spirit wants you to incorporate into your thinking and to believe?
  - Ephesians 3: 14 - 21
  - Philippians 1: 4 - 11
  - Philippians 4: 10 - 13
2. What would it mean for you to be "surefooted as a deer and enabled to stand on the heights" – Psalm 18: 33?

**JESUS' INVITATION TO YOU** – Because I live in you and you in Me, I am able to do for you all that I have promised. Do you have questions and doubts? Where does the possibility of change limit you? Let's talk this over so that I can reassure you of My glorious abilities and My desire to enable you to become holy – just like Me!

# I Love You, O LORD

## The MERCIFUL and FORGIVING God . . . My Savior (Lesson 10)

**The LORD lives! Praise be to my rock! Exalted be God my Savior!** Psalm 18:46

If you would hear someone say that “he/she knows Jesus as his/her personal Savior”, what do you think that person is telling you? If that same individual then asked you if you could say the same thing, what would your answer be? It’s a question that can be asked in many different ways, but your answer to it really determines the whole direction of your life now and for eternity. By the way, what is your answer?

**PREPARATION** – What are your favorite adjectives to use when you are praying or thinking about the God who sent His Son to be your Savior? When you are worshipping the God Who cares about every detail of your life? When you are giving Him thanks for Who He Is? As you come to Him just now, make a long list of them and tell Him that you love Him!

**INFORMATION from the Bible** – The Israelites knew God as their Savior in many ways, but they were also awaiting their Messiah, the Christ, the Anointed One, the One who would deliver them from the tyranny of other nations, and would save them. What can you learn about both of these realities from these verses?

1. The Passover – Exodus 13
2. Writers of the Psalms  
Psalm 25: 4 – 7  
Psalm 68: 19  
Psalm 79: 9
3. From the prophets  
Isaiah 45: 18 – 25  
Isaiah 53  
Isaiah 59: 20 - 21  
Hosea 13: 4  
Micah 5: 2 and 7: 7
4. From the Gospels  
Matthew 1: 17 – 25  
Luke 1: 46 – 55  
Luke 2: 8 – 12 and 25 - 38  
John 4: 39 - 42

### **MEDITATION –**

1. When the Messiah did come, He came not as a political savior, but to accomplish something far more important. As you study these Scriptures, let God show you just why Jesus came and what He accomplished for you and me.  
John 3: 16 - 18  
I Timothy 1: 15 - 17  
I Timothy 2: 3 – 6  
Titus 3: 4 – 7  
Hebrews 7: 23 – 28  
I John 4: 13 – 16
2. “God is so rich in mercy, and He loved us so much, that even though we were dead because of our sins, He gave us life when He raised Christ from the dead. God saved you by His grace when you believed. And you can’t take credit for this: it is a gift from God.” (Ephesians 2: 4 & 8) Do you believe that this is true? What does it mean to you?

**JESUS’ INVITATION TO YOU** – God, the Father, sent Me to your world and I willingly came because we love you that much. I came so that we could give you the gift of forgiveness and eternal life – forever in My presence. For now, you are still limited by time but I am with you because My Spirit is within you. Will you trust Me today and tomorrow? No matter what comes your way, I want to be your Savior.

# **I Love You, O LORD**

Truths that I have learned week by week about my God and His love for me - Psalm 18

**The Almighty God Is . . .My Strength**

**The Eternal God Is . . . My Rock**

**The Immutable God Is . . . My Fortress (Stronghold)**

**The Sovereign God Is . . . My Deliverer**

**The Faithful God Is . . . My Refuge**

**The Victorious God Is . . . My Shield**

**The Compassionate God Is . . . My Help & My Support**

**The Glorious God Is . . . My Light**

**The Gracious God Is . . . My Enabler**

**The Merciful and Forgiving God . . . My Savior**