



Resting in the Psalms

Courage in the Cave

Psalm 18

August 16, 2026

Five graces you receive when you make God your refuge:

- 1) **Heard** by God (1-6)
- 2) **Delivered** by God (7-19)
- 3) **Affirmed** by God (20-29)
- 4) **Empowered** by God (30-45)
- 5) **Elevated** by God (46-50)

Result: **Bold for God!**

ICE BREAKER: What is the boldest thing you have done?

DISCUSSION

Why is the progression of the five graces listed above important and what does it show us about our interaction with God?

Discuss how this psalm can be considered a messianic psalm. What gospel ties can we make from reading a song about David's life?

Why is the result of receiving these five graces that we would become Bold for God?

PRAY

Spend time in prayer recounting times where God has been a refuge in your life and thank Him for what He did during those seasons.

ASSESS

Do you tend to assume that hardship means God is displeased with you, or are you able to distinguish between suffering and God's discipline while walking with a clear conscience?

Where in your life do you most need to believe that God will not simply remove the trial, but will empower you to walk faithfully through it?

APPLY

What current trial or difficulty do you need to bring honestly before God, trusting that He hears you?

What would it look like to walk through that situation with integrity, keeping short accounts with God and trusting His grace?

How can remembering God as your refuge produce greater boldness in your obedience, witness, or relationships this week?

PRAY:

- Ask God to help you know you are heard and pray thanksgiving that He is the God who listens to His people.
- Pray that you will be delivered, affirmed, and/or empowered for your current need.

Application Challenge: Start a "Praise Jar" that allows you to see God's faithfulness. Each time you think of a way the Lord has brought you through a difficulty or accomplished something you couldn't have done on your own, write it on a slip of paper and put it in the jar. Periodically read a few to recount how God has been your refuge.