

PSALMS

for the

Night Seasons

**“O My God, I cry in the daytime ...
and in the night season”**

Psa 22:2



CLASS 1
Palm Springs Bible School, 2024

“... in the Night Seasons”



David Praying in the Night, James J. Tissot (1896-1902),
The Jewish Museum, New York.

Goals



From the Psalms:

1. Identify challenges that keep us, Psalmist up at night.
 - To help us validate we are not alone, are in good company.
2. Explore, and understand these challenges better.
 - To help us recognize symptoms, seriousness, be compassionate.
3. Discover 'Night Lights' used by the Psalmist.
 - To help us better cope, overcome and recover.



Goals



From the Psalms:

1. Identify challenges that keep us, Psalmist up at night.
 - To help us validate we are not alone, are in good company.
2. Explore, and understand these challenges better.
 - To help us recognize symptoms, seriousness, be compassionate.
3. Discover 'Night Lights' used by the Psalmist.
 - To help us better cope, overcome and recover.

“Therefore, we also [Heb 11], since we are ...

- 1) Surrounded by so great a cloud of witnesses, let us
- 2) Lay aside every weight, and the sin which so easily ensnares us, and let us
- 3) Run with endurance the race that is set before us ...

**4) LOOKING
UNTO
JESUS”**

Heb 12:1-2

Night Seasons

Joseph (Gen 37:5)

Israelites (Exo 10:23)

Abram (Gen 15:5)

Job (7:3-4; 30:17)

Jacob (Gen 28:11)

Gideon (Jud 7:13)

Zechariah (1:8)

Ahasuerus (Est 6:1)

Samuel (1Sa 3:15)

Darius (Dan 6:18)

Disciples (Joh 6:16-21)

Apostles (Acts 5:19-20)

Daniel (2:19, 8:18)

Peter (Acts 12:6)

Paul (Acts 16:25)

JESUS





“Surely the LORD is in this place, and I did not know it ...” Gen 28:16

“To give light in the night”



Psa 105:38-39; Psa 78:14; Exo 13:21-22

“Fear Not ...”

- 80+ ‘Fear not’
- 8x ‘Nor be dismayed’
- 15x ‘I Am with you/thee’

Abram – Gen 15:1

Hagar – Gen 21:17

Jacob - Gen 46:3

Israel – Deu 31:6

Joshua – Jos 1:9; 8:1; 10:8

Hezekiah – Isa 37:6

Paul – Acts 18:9; 27:24

John – Rev 1:17

All Believers – Luk 12:7, 32



Fear Not?



- 45,222 - **Total gun deaths** in America in 2022, the most ever.
- 600+ - **Mass shootings** in each of 2020-2023 (compared to 336 in 2018). 50+ by Feb17.
- 30% - of Americans **own a gun** (highest per person in the world), 41% live with someone who does.
- 67% - of gun owners list **self-protection** as the most important reason.
- 41% - of **white evangelicals/Christians** own a gun (25-33% of other religions are gun owners).
- 77% - of white evangelicals feel **safer with firearms**.

“I Meditate on You”



“I Meditate on You”



- **Hagah:** To murmur, mutter, speak, muse, utter, growl, moan
- **Siyach:** To put forth, muse, meditate, converse, ponder, sing

Bible Meditation:

1) Content

- focused on God, His Word

2) Sound

- mutter, speech, song, ‘growl’, moan

3) At times, Deep Focus

- trance, Gk: ekstasis
- Acts 10:10; 11:5; 22:17

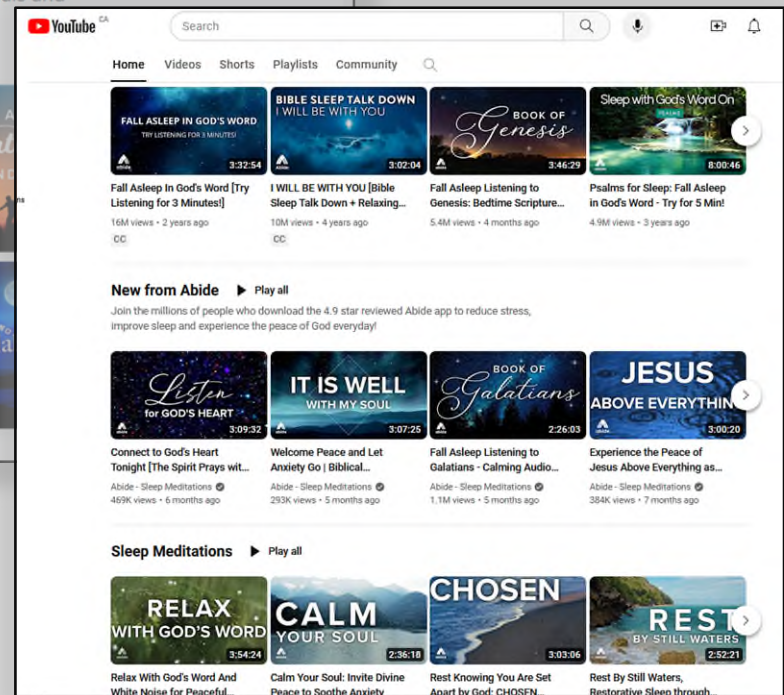


Abide.com



Meditate on God's Word

Start your day with powerful morning prayers, be refreshed with daily devotionals and fall asleep to Bible verse meditations at night.



Meditation



**“We live, in fact, in a world starved for
solitude, silence, and private:
and therefore, starved for meditation and true friendship.”**

The Weight of Glory, C.S. Lewis (1941!)

“the LORD sustained me”

