

# PSALMS

for the

## Night Seasons

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**"If an enemy were insulting me,  
I could endure it ..."**

***Psa 52, 54, 55***



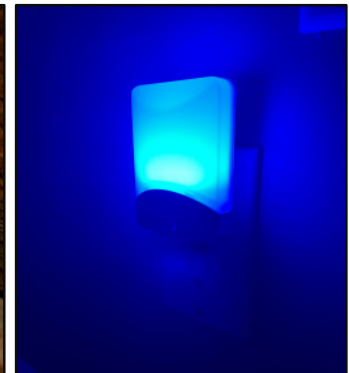
**CLASS 4**  
***Palm Springs Bible School, 2024***

# 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.
4. Consider Christ
  - Helps us appreciate the role of the Psalms in helping Jesus overcome.



# Psalm 52



# Psalm 54



# Psalm 55



# 'Betray'



- **Hebrew:** ramah (H7411), 12x
  - to hurl, shoot, cast down,
  - figuratively to beguile, deceive, deal treacherously
- **Greek:** paradidomi (G3860), 118x
  - to give or surrender [what is near] into the hand of another, yield up, cast



# Betrayal ...



- Sense of harm experienced from a **violation of trust**, it can be one of the most devastating forms of pain we feel.
- Typically **triggers feelings** of rejection, abandonment, self-doubt and aloneness - implies that the 'betrayal' does not hold the relationship in high regard.
- Means one party in a relationship acts in a way that **favors their own interests** at the expense of the other party's interests, or shared interests.
- Experienced on a **spectrum** - minor, major, intentional or unintentional, or perceived versus factual.
- Many **sources** - a partner, friend, family, colleague - or someone you are not overly close with.



# Forms of Betrayal



- Not feeling prioritized, supported, reciprocated, remembered
- Breaking Confidentiality (or secret), Privacy or Moral Standards
- Breaking a Promise
- Lying - to you, or someone else
- Deception
- Gossip (speculation, rumors) and Defamation (false, damaging verbal or written statements [slander/libel] intended to cause harm)
- Disclosing information to someone else that causes damage
- Public Humiliation or Ridicule (Facebook, Social Media, workplace)
- Absence
- Disrespect
- Institutional, eg. Work layoffs, disfellowship (?)
- Infidelity (sexual and emotional)
- Treason (betraying government)
- Mental Health and Addictions



# *Impacts of Betrayal*



- Guilt, anger, loss of self esteem and self-worth, numbness
- Trouble recognizing, expressing, managing emotions
- Dissociation (bottling it up, denial as a coping mechanism)
- Shock, Grief, Rumination
- Difficulty Trusting others
- Physical Pain or Stomach Distress
- Eating, Sleeping Disorders, Nightmares
- Panic Attacks
- Substance Abuse
- Thoughts of Suicide
- Betrayal Trauma
- Post Traumatic Stress Disorder (PTSD)
- Anxiety, depression and other mental health symptoms
- Attachment, Personality Disorders (childhood betrayal/neglect)



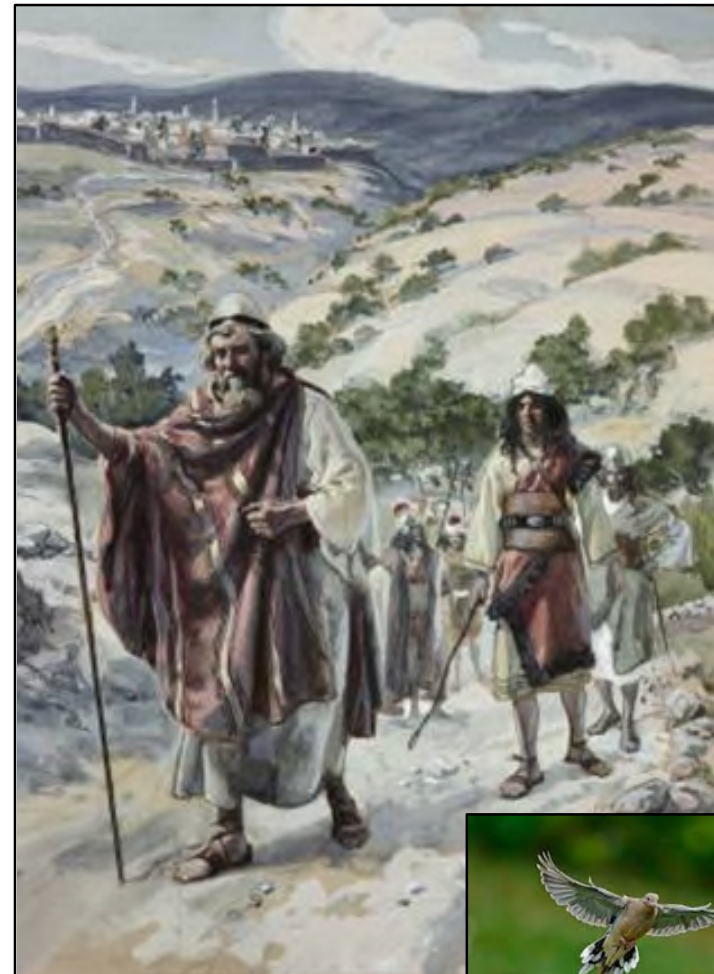
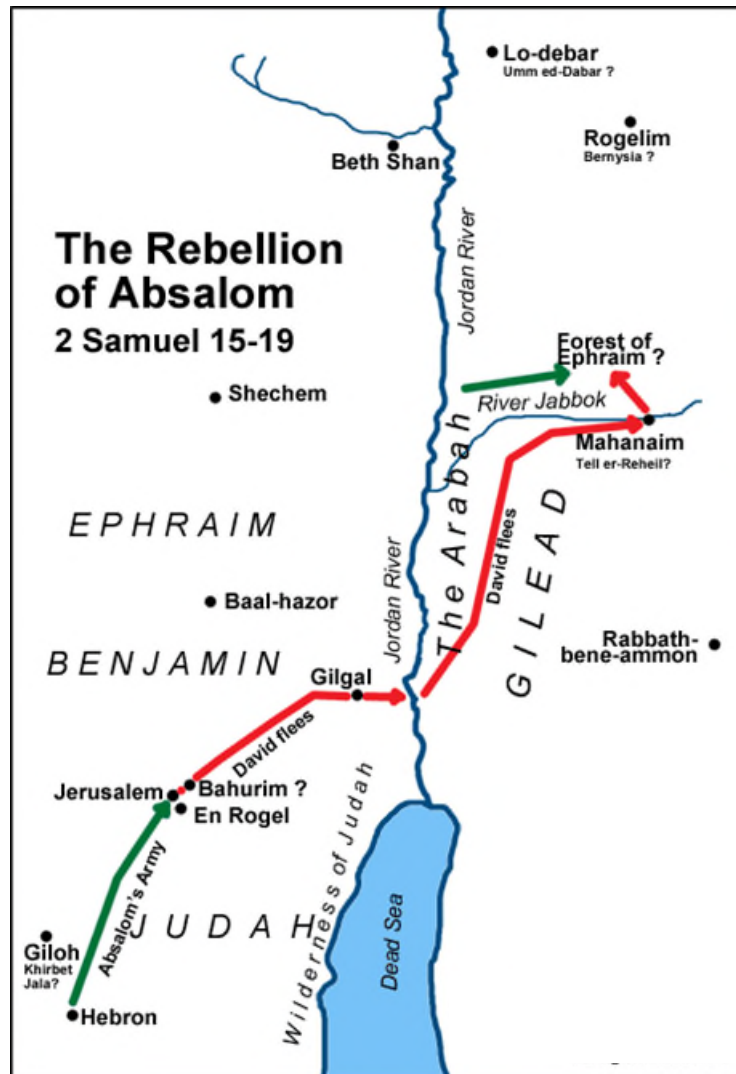
# *'Night-lights' for Betrayal*



1. Express our **Anger, Hurt** to God
  - But in a Healthy, Non-Imprecatory form
  - Goal is to dispel anger asap



# “I would fly away”



# 'Night-lights' for Betrayal



1. Express our Anger, Hurt to God
  - But in a Healthy, Non-Imprecatory form
  - Goal is to dispel anger asap
2. Create Space, Take a Time-Out



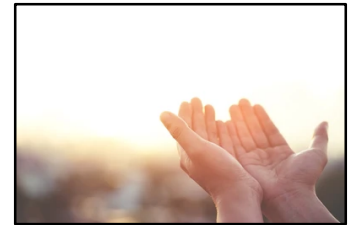
# Shimei



# 'Night-lights' for Betrayal



1. Express our Anger, Hurt to God
  - But in a Healthy, Non-Imprecatory form
  - Goal is to dispel anger asap
2. Create Space, Take a Time-Out
3. **Don't Retaliate** - Hand it over to God



# 'Night-lights' for Betrayal



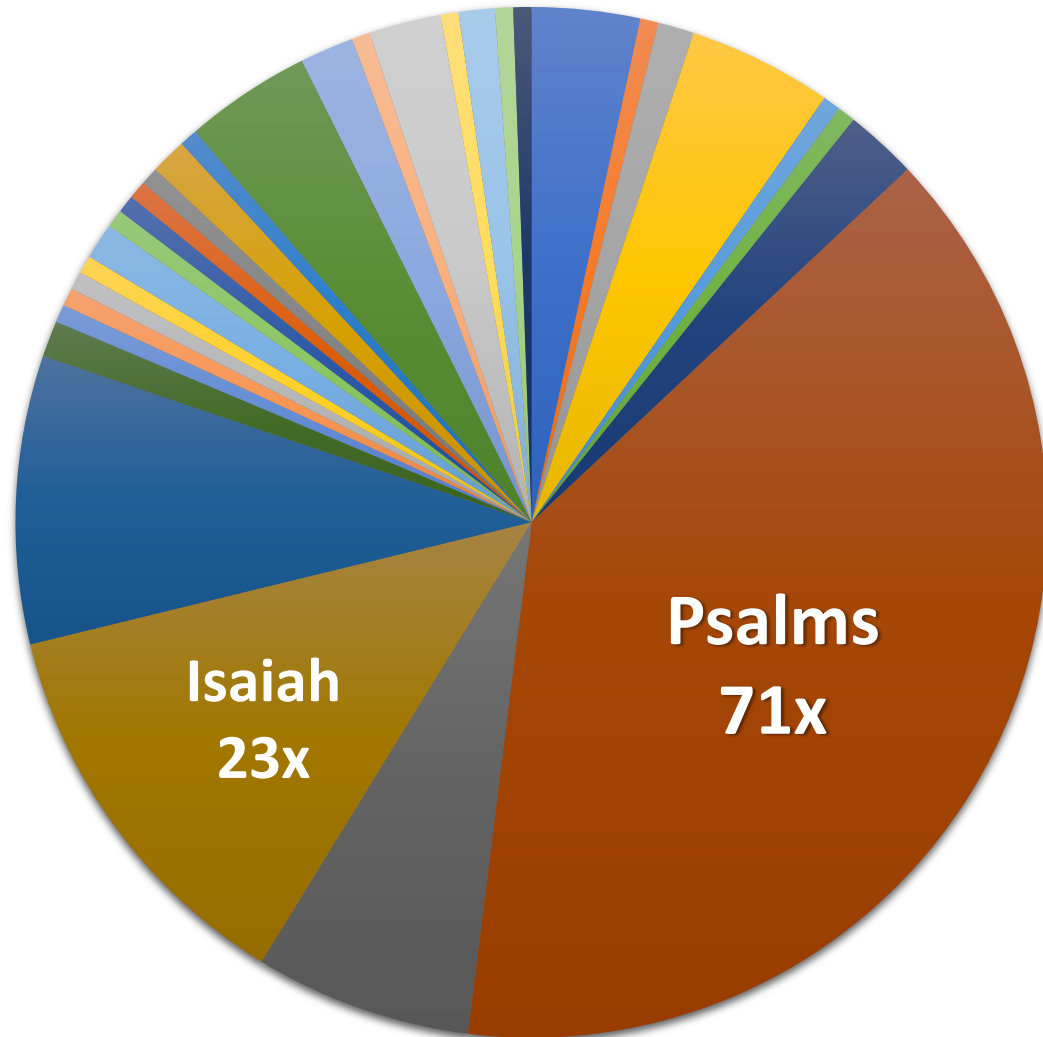
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  - But in a Healthy, Non-Imprecatory form
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2. Create Space, Take a Time-Out
3. Don't Retaliate - Hand it over to God
4. **Bridle the Tongue**



# Trust

## Hebrew:

To flee for  
protection,  
figuratively to  
confide in,  
have hope in,  
refuge in.



**Total in Bible: 157x**



# Trust



## **Psa 91:4**

He shall cover you  
with His feathers,  
and under His  
wings you shall  
take refuge (trust).

## **Psa 36:7**

The children of  
men put their trust  
under the shadow  
of Thy wings.

## **Psa 61:4**

I will trust in the  
shelter of Your  
wings.

# Trustworthy



If you want to be  
Trusted,  
Be Trustworthy

Stephen Covey



# Trustworthy



Words can  
be Trusted

+

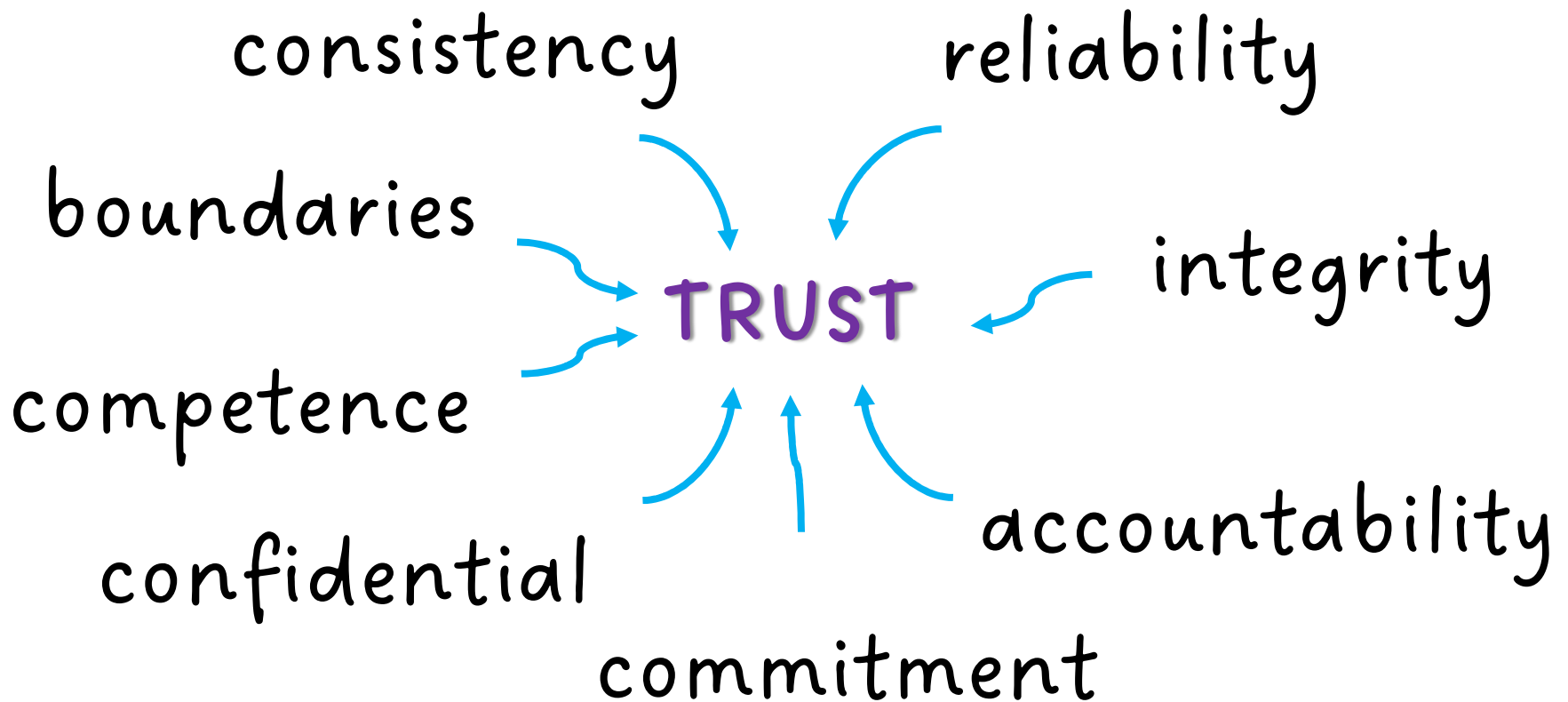
Actions can  
be Trusted

+

Words and Actions  
are consistent.

**TRUST IS  
EARNED WHEN  
ACTIONS MEET  
WORDS**

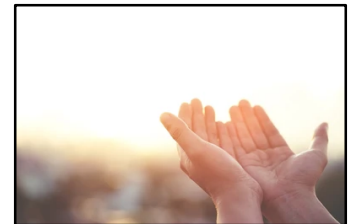
# Trustworthiness



# 'Night-lights' for Betrayal



1. Express our Anger, Hurt to God
  - But in a Healthy, Non-Imprecatory form
  - Goal is to dispel anger asap
2. Create Space, Take a Time-Out
3. Don't Retaliate - Hand it over to God
4. Harness the Tongue
5. Be **Trustworthy**, God is Trustworthy!



# Benefits of Forgiveness



**An intentional decision to let go of resentment, anger, hurt.**

- Following Jesus/God's command (Mat 18:35).
- Restores connection and closeness to God.
- Healthier, happier relationships (perhaps with Betrayer!).
- Release the 'power and control' that others have on you.
- Allows us to move forward with peace, hope.
- Better sleep! Lower Blood Pressure.
- Less anxiety, stress, hostility, depression.
- Improved mental health.
- Stronger immune systems.
- Improved self-esteem.



# Forgiveness ...



Is about **YOU** and God - not you and **THEM**.

- Does not mean they will **forgive** you.
- Does not mean the other person will **change**.
- Does not guarantee **reconciliation**.  
... though we should try as much as circumstances permit.
- Does not necessarily mean **excusing or forgetting**.  
... its important to 'learn' from the experience.



# 'Night-lights' for Betrayal



1. Express our Anger, Hurt to God
  - But in a Healthy, Non-Imprecatory form
  - Goal is to dispel anger asap
2. Create Space, Take a Time-Out
3. Don't Retaliate - Hand it over to God
4. Harness the Tongue
5. Be Trustworthy, God is Trustworthy!
6. "Forgive Them ..."

