

Psalms of Distress Activity

David was a man with many failings. As he faced the challenges of being hunted by his king and father-in-law, David was prone to lying and deceiving in ways that do not demonstrate his trust in God. But at other times, he makes explicit statements about trusting in God's plans and timing. Alongside the historical accounts, many of the psalms are based on events in the life of David.

Read through Psalm 34 and consider how David acted insane before Achish (Abimelech) in 1 Samuel 21:10–15.

Read through Psalm 54 and consider the people disclosing David's hiding place in 1 Samuel 23:19–24 and 26:1–2.

Read through Psalm 57 and consider David hiding in a cave from Saul in 1 Samuel 22:1–5.

1. How do the psalms differ from the accounts in 1 Samuel?
2. How do you explain the differences in the historical accounts and the psalms? Is one true and the other false?
3. Would you have been able to identify the specific events tied to these psalms without the title at the beginning of each psalm?