**1. Motivate**

When have you felt like singing the blues?

* dog ran away
* pickup truck broke down
* guitar broke a string

A video introduction is available to view at <https://watch.liberty.edu/media/1_h8qohb2e> . If you have no   
Wi-Fi where you teach, best to download to your computer from [<https://tinyurl.com/ycurljdu>](https://tinyurl.com/ycurljdu)

* high golf score
* our team lost
* burned the dinner
* traffic jam made me late
* caught the flu
* spilled my soft drink
* kids made a mess … AGAIN
* biggest fish ever on my line got away
* tax bill came
* Form 1040
* now we have two teenage drivers (and high insurance)

**2. Transition**

Many things in these unprecedented times can cause us to “feel blue” or send us into a “blue funk”

* But we can cling to the reality that God will us up when we feel down.

**3. Bible Study**

3.1 Problems and Concerns

Listen for David’s plea.

Psalm 31:1-2 (NIV) In you, O LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness. 2 Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.

In whom did David affirm his trust?

* in the Lord
* in Jehovah … the God Who IS

What words or phrases did he use to describe what he desired for the Lord to be for him during this life situation?

* give him refuge
* keep him from being put to shame
* listen, really listen
* rescue … quickly
* rock of refuge
* be a strong fortress
* save him

What is the background for the imagery? What do you know about the problems for which David would have needed God’s rescue?

* chased by Saul
* protecting his sheep
* facing Goliath
* dealing with a coup by his son, Absalom
* facing up to God’s judgment for his sin with Bathsheba and Uriah

What are some circumstances that tend to bring you down?

* health
* finances
* family disputes
* kids struggling in school
* ornery neighbors
* personal spiritual struggles where you have often failed

How do complaint and blame do nothing for one's situation and can even make the it worse?

* shows a lack of faith
* shows unwillingness to confess and repent when the blame belongs to you
* doesn’t deal with the actual problem
* blaming God is a big problem
* even if it is someone else’s fault, don’t forget God is still in control
* if someone else’s fault, there may be a need for forgiveness
* complaining to others is talking to the wrong person – bring the problem to God, tell Him you are trusting for His solution, His problem solving

How do David’s words give us hope in our distress?

* God is our refuge from situations that seem to pile up on us
* God *does* listen to us, rescue us – have learners look up these verses …
  + Psalm 55:22 (NIV) Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.
  + Psalm 10:17 (NIV) **You hear,** O LORD, the desire of the afflicted; you encourage them, and you listen to their cry,
  + Psalm 34:15 (NIV) The eyes of the LORD are on the righteous and **his ears are attentive** to their cry;

This may be a good time to pause for people to volunteer to pray for people you know who are struggling … people in your class … families in your church. Claim these promises.

3.2 Take Your Concerns to God

Listen for specific ways God rescues.

Psalm 31:3-4 (NIV) Since you are my rock and my fortress, for the sake of your name lead and guide me. 4 Free me from the trap that is set for me, for you are my refuge.

Once again, David refers to God as a *rock*, his *refuge* and *fortress*. Why do you suppose David is repeating himself?

* helps him remember the reality of the situation, the Truth that God is in charge and capable
* faith is ongoing, it’s not just a one-time declaration
* the style of the writing fits … poetry
* like song lyrics which repeat for emphasis
* Consider the description of the Cherubim who constantly repeat, “Holy, Holy, Holy”

What is stated in verse 4 that may be a hint of what was causing his emotional upheaval?

* someone (or some ones) had set a trap for David
* Maybe King Saul
* maybe his son Absalom
* maybe the Philistines

What are some secret nets or traps we fall prey to?

* what looks like a good deal or bargain isn’t
* we are sucked into a business deal or a job offer that is bad
* just one more chocolate chip cookie …
* this looks like fun, what could possibly go wrong
* just one peek at this web site won’t hurt
* one little drink never hurt anyone that bad
* that guy cut me off in traffic, watch how I fix him at the next light

What are some ways that God sends help when we turn to Him for rescue from traps, snares, and the enemies’ attacks?

* forgives us when it is our own fault that we fall into the enemy’s traps
* gives strength and wisdom to avoid problems the next time
* turns enemies’ efforts to boomerang on themselves
* rescues you out of the problem
* hides you so enemies cannot find you
* enables you to miss the trap – helps you to see it and avoid it
* Deuteronomy 28:7 (NLT2) “*The LORD will conquer your enemies when they attack you. They will attack you from one direction, but they will scatter from you in seven!”*
* enables you to turn the tables on your enemies and they end up trapped and/or defeated
* solves the problem for us
* gives us the solution to the problem
* provides the need

3.3 Trust God to Carry You Through

Listen for David’s response.

Psalm 31:5-8 (NIV) Into your hands I commit my spirit; redeem me, O LORD, the God of truth. 6 I hate those who cling to worthless idols; I trust in the LORD. 7 I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. 8 You have not handed me over to the enemy but have set my feet in a spacious place.

What additional affirmations of trust are found in verse 5?

* he commits himself to God’s care, God’s hands
* seeks God’s redemption, rescue out of the problem
* declares Jehovah to be the God of Truth (that which agrees with reality)
* Jehovah (The God Who IS), the True God is the One in whom he trusts

What were some of the manifestations of God’s mercy the psalmist identified in verses 7-8?

* God saw his affliction
* God knew his anguish
* God did not allow David’s enemies to trap/harm him
* God got him out of the trap, set him free (spacious place)

Whereas he had the blues over his circumstances in life, what emotions characterized his disposition upon thinking about God’s mercy?

* he was glad
* he rejoiced
* he experienced God’s love
* he was assured that God saw his situation

Where does our culture encourage us to put our trust when we need protection?

* find another doctor
* claim the 2nd amendment – buy a gun
* hoard supplies for the coming worldwide apocalypse
* look it up on Google – you can always find the answer there
* money – buy your way out of the problem
* call your congressman, they can pass a new law, a new appropriation

What are some words that describe how you feel to know that God sees your affliction and knows the troubles of your soul?

* assurance
* encouraged
* at peace
* relieved
* confident
* optimistic
* hopeful
* secure

Use the last page as a handout so your learners can take home the application points of this week’s lesson.

Application

Worship.

* Trust is expressed as you worship because it keeps you focused on Christ.
* Make the decision to actively engage in worship both with your church and in your private devotional life.

Study.

* Identify Bible verses that teach what God says about the issue of depression and sadness in our lives
* Then you can share them with others.

Seek help.

* Do a serious personal evaluation about what causes depression in your life.
* Admit that it is real and it is serious.
* It might be time to talk with a close friend, pastor, or counselor about it.

Some folks say my sister (the Word Search Lady) is clueless. Well, now we are also. Pshaw, don’t get the **blues** over it. Just figure out where the words go in the grid by counting the letters. Help is available at [<https://tinyurl.com/ycurljdu>](https://tinyurl.com/ycurljdu)

Clueless Crossword

