**Sermon Notes**

**“Psalm 18: The God Who Rescues”**

Psalm 18:1–19 (NIV)

1 I love you, Lord, my strength. 2 The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. 3 I called to the Lord, who is worthy of praise, and I have been saved from my enemies. 4 The cords of death entangled me; the torrents of destruction overwhelmed me. 5 The cords of the grave coiled around me; the snares of death confronted me. 6 In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears. 7 The earth trembled and quaked, and the foundations of the mountains shook; they trembled because he was angry. 8 Smoke rose from his nostrils; consuming fire came from his mouth, burning coals blazed out of it. 9 He parted the heavens and came down; dark clouds were under his feet. 10 He mounted the cherubim and flew; he soared on the wings of the wind. 11 He made darkness his covering, his canopy around him— the dark rain clouds of the sky. 12 Out of the brightness of his presence clouds advanced, with hailstones and bolts of lightning. 13 The Lord thundered from heaven; the voice of the Most High resounded. 14 He shot his arrows and scattered the enemy, with great bolts of lightning he routed them. 15 The valleys of the sea were exposed and the foundations of the earth laid bare at your rebuke, Lord, at the blast of breath from your nostrils. 16 He reached down from on high and took hold of me; he drew me out of deep waters. 17 He rescued me from my powerful enemy, from my foes, who were too strong for me. 18 They confronted me in the day of my disaster, but the Lord was my support. 19 He brought me out into a spacious place; he rescued me because he delighted in me.

1. **God Rescues (v. 16)**
2. **How rescue is initiated (v. 3)**
3. **The shape of God’s rescue (v. 19)**
4. **God’s love fuels his rescue efforts (v. 19)**
5. **God’s supernatural rescue often looks natural (1 Sam. 23:26-29)**

**Questions for Discussion**

1. If you could summarize the sermon in one minute for those who didn't hear it, what would you say?

2. What did you hear that encouraged or reassured you?

3. What did you hear that challenged or convicted you?

4. How should the message we heard affect or change our prayers, both individually and as a group?

5. “Sin confines. God liberates.” How have you seen this play out in your own life? In the lives of others?

6. In what ways do you believe this message should be applied to your life? What is one way you could put it into action?

**Prayer Prompters**

**-**Pray for those who currently find themselves in “deep waters,” and in need of rescue.

**-**Pray for those who have resisted God’s rescue in the past; that their hearts might be softened and that they would turn to faith in Christ.

**-**Pray that each of us would be given hearts that long for others to come to know Christ and experience his salvation and rescue.

**-**Pray for those who are discouraged by the apparent lack of rescue in their life.

**Take Action**

Take time to reflect on the your life. Where has God rescued you from deep waters? Spend time worshipping God and giving thanks.