

## Psalm 5

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Study Questions for January 31, 2012

David addresses two obstacles that have caused me to stumble in my prayer life. It seems I can successfully avoid them for a long time, then out of the blue life throws a few curves balls and while catching the curves the obstacles cause me to topple once again. These prayer obstacles are sleep and impatience. Perhaps you have lost your balance and been tripped by them as well.

### The Obstacle of Sleep

“I am not a morning person” had been my mantra for years. The snooze button was my best friend and sleeping until the last possible second was my norm, my norm that is until about a decade ago.

My life was a mess. My marriage was a mess. And my children were getting lost in the mess. Each new day seemed to be more out of balance than the one before. Unable to change the situation myself, as a last resort I cried out to God for help. Never did I imagine His help would require my surrender: the surrender of something I loved so dearly, sleep.

Through a Bible study the Lord led me to a verse in Isaiah that removed the sleep obstacle from my prayer life. Isaiah says of God, “*He wakens me morning by morning, wakens my ear to listen like one being taught* (Isaiah 50:4).” My mantra was no longer applicable. No excuse I gave for not getting up each morning to spend time with the Lord seemed acceptable. Through the power of this verse, I was now a morning person.

Verse 4 teaches two powerful truths about the morning and God:

- God wakes us up each morning and readies our ears to listen.
- God has something to say to us each morning.

### Read Isaiah 50:4-5

How did Isaiah refer to himself if he turns his back when God awakens him?

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I have to be honest with you; I trusted in the truth of verse 4 because of the truth in verse 5. The thought of starting each new day in rebellion to God frightened this southern girl out of bed with a “Good Morning on my lips” and a “Yes Sir” in my spirit.

### The Morning

The morning brings new hope as its peace and quiet drowns out the noise and glamour of our day’s agenda. The morning gives light and a new perspective to yesterday’s mess. It shouts optimism to our obstacles and possibility to our problems. David wasn’t the only man in the Bible in the habit of meeting with God in the morning. Another man in the Bible found hope, possibility, and perspective in the morning.

### Read Mark 1:35.

What was this man’s name?

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