



Cypress Bible Notes
July 19, 2009
Speaker: Dave Gibson
Series: Psalms: Finding Life, Msg. #4

Finding Calm in the Storms

Psalm 29:1-11

Listen: Across the Midwest 154 people died in the Armistice Day Blizzard—November 11 and 12 of 1940. The day is also known as: “The Day the Duck Hunters Died.”

Life’s Reality: Storms are *inevitable* and *frequent*—and at times *intense*.

Life’s Tension: When the “waves turn the minutes to hours” we need strength to persevere and peace to thrive. Where do we get these?

The Call to Praise: Worship God and ascribe the glory due His name. (vv 1, 2)

- Ascribe:
- Worship:

The Cause of Praise: The witnessing of the voice of God in a violent thunderstorm. (vv 3-9)

- The Perfect (Thunder) Storm:
- The Voice of God:

The Result of Praise: The Eternal King gives to His people both strength and blessing. (vv 10, 11)

- Strength:
- Blessing:

The Big Idea: The result of worshiping the God Who is sovereign over all storms...is gaining both strength and peace from Him.

The Idea Illustrated:

Our Transformed Lives: How will I act in the storms? What will I choose to do?

“Walking Papers”

Practical helps for walking the Christian walk each day this week.

The Big Idea: The result of worshiping the God Who is sovereign over all storms...is gaining both strength and peace from Him.

- Please read Psalm 29 each day before looking at the exercises.
- **Today:** What are the current “storms” in your life right now—those struggles and threats that are chaotic and more powerful than you?
- **Monday:** How are you handling these storms? What is your current strategy for surviving and thriving in the face of the storms?
- **Tuesday:** What does it mean for you, in practical and everyday life, to “ascribe to the Lord glory and strength and the glory due His name?”
- **Wednesday:** What does it mean for you to enhance your personal worship of God—to better cultivate an inner sense of adoration for the greatest Being Who could possibly exist?
- **Thursday:** Please give some reflection to the outcomes of “the voice of God.” It: created, sustains storms, stills, re-creates, and culminates. What does all this mean for your life? What does it mean in relationship to your listening to His voice?
- **Friday:** Have you experienced strength in storms as a result of choosing to be humbly submitted to God during the storms? Have you experienced blessing in storms as a result of choosing to be humbly submitted to God during the storms?
- **Saturday:** Please write a simple journal entry around the question, “Where have I turned for help in storms and how has that worked?”

God’s Core Question: “When the storms are raging are you willing to choose refuge, strength, and peace in humble relationship with Me?”

Note for Connection Groups: The full study guide for small group and personal study is available at www.cypressbible.org and then click on “Get Connected” and the link is on that page. Also available on the web is an “Introduction to the Psalms” by Dr. Michael Easley.