



LMCC WOMEN SUMMER BIBLE STUDY

# Chill

## *Lesson Two - Hide in Him*

“For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his sacred tent and set me high upon a rock.”

Psalm 27:5



# Chill: Rethinking Rest & Stress Studies in the Psalms

A Dwelling Richly Bible Study



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# ...Lesson Two Welcome...

*Let's get to know one another...*



Read Psalm 34 together. See page 34



What's your name and one of the following...

"Hi, my name is, \_\_\_\_\_ and..."

- o Share something fun you did in the past couple of weeks



When you think of "Coming to God" what does that look like to you in your own life? Has that been an easy or difficult thing to?



What is your favorite verse from Psalm 34? Why?



What does it mean to you that you can "taste and see the Lord is good?"



The past two weeks we studied through Psalm 34. What question or prompt or did you find helpful? Challenging? Encouraging?



Share your Create & Share



## *Hey, we're glad you're here!*

Take a minute to check in on Instagram or Facebook, share a photo of your group, tag a friend, and let others know you're at La Mirada Church with LMCC Women

Join the weekday online study with Jennifer on Facebook, YouTube, or the Dwelling Richly podcast



... Notes ...

Psalm 34 - Come to Him

Psalm 34 is printed on page 34 - Listen to the recording of each talk on the Dwelling Richly podcast.  
Download lessons here: [Jennifergrichmond.com/dwellingrichly-chill-psalms](http://Jennifergrichmond.com/dwellingrichly-chill-psalms)



# Lesson Two... Day One

Write & Memorize the Word

Psalm 27:5

## ...Dwell in the Word...

Welcome to Lesson Two in our Chill study where we will be rethinking stress and rest in our lives from a biblical point of view. Lesson One focused on the “C” in Chill – come to God. In this lesson, we’ll look at the “H” in Chill – hiding in God. We’ll be studying through Psalm 27 together. Be sure to join the online community each morning on Facebook, YouTube or the Dwelling Richly podcast.

- 🎧 Read and write Psalm 27 – There are pages at the end this lesson for you to write, or you can write in a journal of your own. Consider reading this Psalm from different translations each day. You can also find Psalm 27 (NIV) on page 34 of this lesson.
- 🎧 Who wrote this Psalm? \_\_\_\_\_
- 🎧 Write Psalm 27:5 on a note, or several notes, and place it in a spot where you’ll see it every day this week.
- 🎧 Write any thoughts below that come to you as you read. Do you relate to any feelings expressed?

## ...Thoughts about Psalm 27...

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What worship songs or hymns come to mind as you read these verses?

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*Did you know we have a Spotify playlist for this Bible study? Look for “Chill: Rethinking Rest & Stress” on Spotify and let’s worship together!*

# Lesson Two... Day Two

Write & Memorize the Word

Psalm 27:5

## ...Dwell in the Word...

Read Psalm 27 from the New American Standard Bible.  
Use your own Bible or a Bible app to find this version.

1. **REFLECT:** How do you feel when you get stressed?
2. **NOTICE:** Our focus in the Chill study is to rethink how we deal with stress and find true rest. This lesson we'll look at how we can confidently hide in God. What imagery do you find in this Psalm that portrays this truth? Consider how David illustrates where, when, and why he can hide in God.
3. **REVIEW:** What three truths about God does David announce at the beginning of this Psalm?
4. **Consider** how God can be your light, salvation, and defense. How do these traits of God look in your life today? Write or draw your how you see this truth:
5. **Write** a verse from Psalm 27 that will help you rethink how you're dealing with stress in your life:

# Lesson Two... Day Two

Write & Memorize the Word

Psalm 27:5

## ...Dwell in the Word...

Read Psalm 27 from the English Standard Version. Pause and reflect on our memory verse for this lesson. Note any wording differences that help you understand the meaning in a new way.

1. **SHARE:** How did you and your best friend become close?
2. **REVIEW:** Reading back through Psalm 27, what clues do you see that David's relationship with God is very personal? Consider especially verses 1, 4-5, and 7-8
3. **CONSIDER:** How do you think David became this close and confident in God?
4. **APPLY:** In what ways would you like your relationship with God to be more like David's relationship?
5. **Write** a verse from Psalm 27 that will be a reminder to you today of how personal your relationship with God can and should be:

# Lesson Two... Day Four

Write & Memorize the Word

Psalm 27:5

## ...Dwell in the Word...

1. **Read** Psalm 13. What is troubling David in this Psalm?
2. **THINK:** What is David's rationale in his call to God? Consider Psalm 13:3-4.
3. **CONNECT:** Do you relate to David's feelings in Psalm 13? Why or why not?
4. **Consider** Psalm 13:1 and Psalm 27:9. What deep reality in David's heart do his words reveal to you?
5. **Write** a verse from Psalm 13 or 27 that you can share with a friend who is struggling today:



# Lesson Two... Day Five

Write & Memorize the Word

Psalm 27:5

## ...Dwell in the Word...

Read Psalm 27 from the Amplified Bible - You can find this version on a phone app like YouVersion or online at BibleGateway.com, BibleHub.com or other online Bible resources.

1. **Skim** through Psalm 27 and find any solid references to who God is, who He will be, and how He will respond to us when we trust Him. (Hint: look for key verbs, "is", "will", "are.")

2. **APPLY:** Sometimes, because of our past experiences with people we have hoped would be trustworthy, we may find it difficult to trust in God. "I want to trust in God. I feel like I should, but I'm having trouble really hiding in Him." This may be you, this may be someone you love. How can the truths of Psalm 27 be an encouragement to you or to those you love?

3. **Consider** all the statements that show David's trust and confidence in God. Which do you desire most today?

4. **Write** a verse from Psalm 27 that you can meditate on today to remind you of the truth of who God is in your life:

# Lesson Two ... Day Six

Write & Memorize the Word

Psalm 27:5

## ...Dwell in the Word...

Read Psalm 27 from the Living Bible or the Message.

1. **THINK:** What “one thing” - that really is three - does David ask of the Lord?
2. **CONSIDER:** What does that say about David’s priorities? Consider this: David was the king of an entire nation when he wrote this Psalm.

How will David’s priorities influence yours today?

3. **APPLY:** What are David’s requests in Psalm 27:11-12? How could you make similar requests of God today?
4. **KNOW:** Who is hiding from whom in Psalm 27:5? What does this say to you about the love of God for those who trust in Him?
5. **Write** out a verse from Psalm 27 that speaks an affirmation of what David has done or intends to do – an “I have...” or “I shall...” or “I will...” statement. Select a statement that you are committed to doing as well.

# Lesson Two... Day Seven

Write & Memorize the Word

Psalm 27:5

## ...Create and Share the Word...

Today is our "Create & Share" day. We've been rethinking the stresses in our life and how we respond to them. Our goal is to think biblically about stress and truly find a God-honoring rest. Consider the final verses of Psalm 27 and what David believes and then reminds himself - and all those who will be reading this Psalm - to do. Read Psalm 27:13-14 and consider if you can affirm the same in your life today. Do you believe that you will "look upon the goodness of the Lord in the land of the living?" Will you truly "wait for the LORD?" Will you "be strong, and let your heart take courage?"

Sometimes it's easier said than done.

Maybe you feel strong today...but when the moment of stress comes, you fall apart and you fall back to your old patterns of stress and anxiety.

Think about a truth about God that you can count on today.

Now, think about something God has created - the ocean, the mountains, a towering natural structure, a strong tree, a simple flower - something that reminds you of the goodness of God.

Draw that below (or post a photo of it if you're not confident in your drawing) and write over or around it the words from Psalm 27 that will remind you to hide in Him because you can "look upon the goodness of the Lord in the land of the living."

Share your creation and encourage someone else today also.

## Psalm 34

New International Version

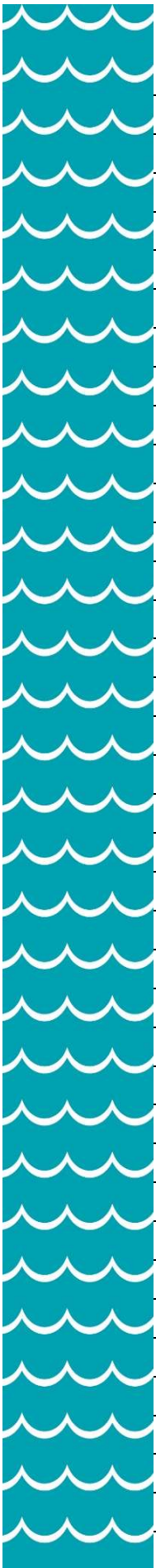
I will extol the Lord at all times;  
his praise will always be on my lips.  
<sup>2</sup> I will glory in the Lord;  
let the afflicted hear and rejoice.  
<sup>3</sup> Glorify the Lord with me;  
let us exalt his name together.  
<sup>4</sup> I sought the Lord, and he answered me;  
he delivered me from all my fears.  
<sup>5</sup> Those who look to him are radiant;  
their faces are never covered with shame.  
<sup>6</sup> This poor man called, and the Lord heard him;  
he saved him out of all his troubles.  
<sup>7</sup> The angel of the Lord encamps around those  
who fear him,  
and he delivers them.  
<sup>8</sup> Taste and see that the Lord is good;  
blessed is the one who takes refuge in him.  
<sup>9</sup> Fear the Lord, you his holy people,  
for those who fear him lack nothing.  
<sup>10</sup> The lions may grow weak and hungry,  
but those who seek the Lord lack no good thing.  
<sup>11</sup> Come, my children, listen to me;  
I will teach you the fear of the Lord.  
<sup>12</sup> Whoever of you loves life  
and desires to see many good days,  
<sup>13</sup> keep your tongue from evil  
and your lips from telling lies.  
<sup>14</sup> Turn from evil and do good;  
seek peace and pursue it.  
<sup>15</sup> The eyes of the Lord are on the righteous,  
and his ears are attentive to their cry;  
<sup>16</sup> but the face of the Lord is against those who do  
evil,  
to blot out their name from the earth.  
<sup>17</sup> The righteous cry out, and the Lord hears them;  
he delivers them from all their troubles.  
<sup>18</sup> The Lord is close to the brokenhearted  
and saves those who are crushed in spirit.  
<sup>19</sup> The righteous person may have many troubles,  
but the Lord delivers him from them all;  
<sup>20</sup> he protects all his bones,  
not one of them will be broken.  
<sup>21</sup> Evil will slay the wicked;  
the foes of the righteous will be condemned.  
<sup>22</sup> The Lord will rescue his servants;  
no one who takes refuge in him will be  
condemned

## Psalm 27

New International Version

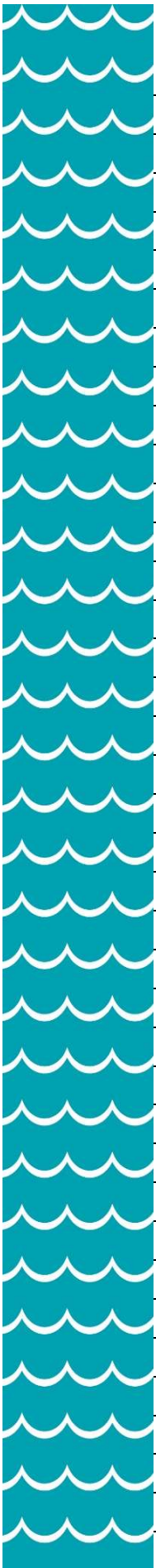
The Lord is my light and my salvation—  
whom shall I fear?  
The Lord is the stronghold of my life—  
of whom shall I be afraid?  
<sup>2</sup> When the wicked advance against me  
to devour<sup>a</sup> me,  
it is my enemies and my foes  
who will stumble and fall.  
<sup>3</sup> Though an army besiege me,  
my heart will not fear;  
though war break out against me,  
even then I will be confident.  
<sup>4</sup> One thing I ask from the Lord,  
this only do I seek:  
that I may dwell in the house of the Lord  
all the days of my life,  
to gaze on the beauty of the Lord  
and to seek him in his temple.  
<sup>5</sup> For in the day of trouble  
he will keep me safe in his dwelling;  
he will hide me in the shelter of his sacred tent  
and set me high upon a rock.  
<sup>6</sup> Then my head will be exalted  
above the enemies who surround me;  
at his sacred tent I will sacrifice with shouts of joy;  
I will sing and make music to the Lord.  
<sup>7</sup> Hear my voice when I call, Lord;  
be merciful to me and answer me.  
<sup>8</sup> My heart says of you, “Seek his face!”  
Your face, Lord, I will seek.  
<sup>9</sup> Do not hide your face from me,  
do not turn your servant away in anger;  
you have been my helper.  
Do not reject me or forsake me,  
God my Savior.  
<sup>10</sup> Though my father and mother forsake me,  
the Lord will receive me.  
<sup>11</sup> Teach me your way, Lord;  
lead me in a straight path  
because of my oppressors.  
<sup>12</sup> Do not turn me over to the desire of my foes,  
for false witnesses rise up against me,  
spouting malicious accusations.  
<sup>13</sup> I remain confident of this:  
I will see the goodness of the Lord  
in the land of the living.  
<sup>14</sup> Wait for the Lord;  
be strong and take heart  
and wait for the Lord.

# Psalm 27



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# Psalm 27



A series of horizontal lines for writing, spanning the width of the page below the title.

# *Prayer Requests - Praises - Connections*



*For in the day of trouble he will keep me safe in his dwelling;  
he will hide me in the shelter of his sacred tent  
and set me high upon a rock.  
Psalm 27:5 (NIV)*

