

# July 18

## TODAY'S BIBLE STUDY & MEDITATION

**KEY IDEAS:** Do I recognize that my unwillingness to trust God with my problems dooms me to create spiritual conflict in my soul? Do I see myself as God sees me, as one that He has redeemed from sin and will deliver from trouble? Do I understand that the Lord takes pleasure in delivering His children? Do I recognize He will see me through my struggles?

**1** **God delivers His own out of their troubles** — *1 Kings 1:29 And the king swore, and said, As the LORD liveth, that hath redeemed my soul out of all distress....*

What bondage can I trigger for my soul when I resist passing through turmoil?

What examples of God's deliverance can I praise Him for?

**2** **I am redeemed** — *Lamentations 3:57 Thou drewest near in the day [that] I called upon thee: thou saidst, Fear not. 58 O Lord, thou hast pleaded the causes of my soul; thou hast redeemed my life.*

How does the concept of deliverance point to the fact that I will face trouble?

How does the devil benefit if I ignore the truth that God delivers His own?

**3** **I am to seek to pursue trusting God in faith** — *Psalms 37:40 And the LORD shall help them, and deliver them: he shall deliver them from the wicked, and save them, because they trust in him.*

What crisis or difficulties do I need to trust the Lord with?

What actions can I take to lay hold of God's promise to deliver me?

Spirit of Truth, how do you want to apply these verses in my life today?

## OPTIONAL BIBLE READINGS

Morning: Acts 21:1-17

Evening: Psalms 20, 21, 22