

5 Daily Activities That Will Benefit Us  
(Psalm 68:19)

Introduction:

1. According to the title, David wrote Psalm 68.
2. Throughout this psalm, David called upon God's people to bless Him and to praise Him.
3. David listed a number of ways in which God had blessed His people and delivered them from their enemies.
4. We are especially interested in David's statement in vs.19 -- David said that the Lord loads His people daily with benefits.
5. Included in the benefits that the Lord gives His people are certain activities.
6. In our lesson we are examining "5 daily activities that will benefit us."
7. These activities are especially helpful during times of discouragement.

Discussion:

- I. LET US TAKE UP OUR CROSSES DAILY (Luke 9:23)
  - A. Jesus wants us to come to Him (Matthew 11:28-30).
  - B. However, in coming to Him we must deny ourselves and take up our crosses daily.
  - C. In this passage "cross" refers to a burden that must be carried to follow Christ.
  - D. Jesus continued in Luke 9:24-26 by explaining why we must meet these requirements.
  - E. Taking up our crosses daily will benefit us.
- II. LET US DEPEND UPON GOD FOR DAILY PROVISIONS (Luke 11:3)
  - A. We learn from vs.1 that the Lord's disciples asked Him to teach them to pray.
  - B. He responded with "the model prayer" (vs.2-4).
  - C. Included is a request for God to provide daily needs.
  - D. As David said in Psalm 68:19, the Lord loads His people daily with benefits.
  - E. Let us remember to give thanks to Him every day (Ephesians 5:20).
  - F. Depending upon God for our daily provisions will benefit us.
- III. LET US CONTINUE DAILY WITH ONE ACCORD (Acts 2:46-47a)
  - A. In vs.41 Luke showed how these people in Jerusalem became Christians.
  - B. He continued in vs.42-47 by describing this new congregation.
  - C. One characteristic is that these Christians were united as they worshiped and served the Lord (John 13:35).
  - D. Continuing daily with one accord will benefit us.
- IV. LET US SEARCH THE SCRIPTURES DAILY (Acts 17:10-11)
  - A. Paul and Silas left Thessalonica and went to Berea where they preached in the synagogue.
  - B. The people in Berea were commended because they examined the preaching of Paul and Silas by searching the Scriptures daily.
  - C. Our bodies need food daily -- our souls need spiritual food daily.
  - D. Searching the Scriptures daily will benefit us.
- V. LET US EXHORT ONE ANOTHER DAILY (Hebrews 3:13)
  - A. This letter was written to Christians who were in danger of falling away.
  - B. A strong warning is given in vs.12.
  - C. Daily encouragement will help prevent falling away.
  - D. Exhorting one another daily will benefit us.

Conclusion:

1. We began with David's statement that the Lord loads His people daily with benefits.
2. We have examined 5 daily activities that the Lord has given us for our benefit.
3. Will you make a commitment to participate in these 5 activities every day this week?