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*Your Bounce Back Song*

The Bounce Back – Part 10

II Samuel 22

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Q. If your life had a theme song, what would it be?

From Lifehack.org – 30 Life Songs

1. Stronger (What Doesn’t Kill You) – Kelly Clarkson

2. Don’t Stop Believing – Journey

3. Ain’t No Mountain High Enough – Marvin Gaye & Tammi Terrell

4. Save the World – Swedish House Mafia

5. Skyscraper – Demi Lovato

6. Get up Stand up – Bob Marley

7. You’re Beautiful – James Blunt

8. It’s My Life – Bon Jovi

9. Beautiful – Christina Aguilera

10. Tubthumping – Chumbawumba

11. Where is the Love? – Black Eyed Peas

12. You Gotta Be – Des Ree

13. We are the Champions – Queen

14. Not Afraid – Eminem

15. Walking on Sunshine – Katrina and the Waves

16. Harder, Better, Faster – Daft Punk

17. Human – The Killers

18. Lust For Life – Iggy Pop

19. Remember the Name – Fort Minor

20. What a Feeling – Irene Cara

21. Imagine – John Lennon

22. Perfect Day – Lou Reed

23. Teardrop – Massive Attack

24. Don’t Worry be Happy – Bobby McFerrin

25. Always Look on the Bright Side of Life – Monty Python

26. Here Comes the Sun – The Beatles

27. Beautiful Day – U2

28. Lovely Day – Bill Withers

29. Stand By Me - Ben E. King

30. What a Wonderful World – Louis Armstrong

II Samuel 22:1 *And David spoke the words of this song to the LORD in the day that the LORD delivered him from the hand of all his enemies and from the hand of Saul.*

Themes of the Best Bounce Back Song: II Samuel 22

1. God \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (Vs. 2-7)

II Samuel 22:2-7 *He said, "The LORD is my rock and my fortress and my deliverer; 3 My God, my rock, in whom I take refuge, My shield and the horn of my salvation, my stronghold and my refuge; My savior, You save me from violence. 4 I call upon the LORD, who is worthy to be praised, And I am saved from my enemies. 5 For the waves of death encompassed me; The torrents of destruction overwhelmed me; 6 The cords of Sheol surrounded me; The snares of death confronted me. 7 In my distress I called upon the LORD, Yes, I cried to my God; And from His temple He heard my voice, And my cry for help came into His ears.”*  (NAU)

* Repetition of “my.” - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* What David was saved from. - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. God was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (Vs. 8-20)
2. David says that God appeared in power and judgment. (Vs. 10-11)

II Samuel 22:10-11 *"He bowed the heavens also, and came down With thick darkness under His feet. 11 And He rode on a cherub and flew; And He appeared on the wings of the wind.”*

1. David says God appeared in deliverance from trouble. (vs. 16-18)

II Samuel 22:16-18 *"Then the channels of the sea appeared, The foundations of the world were laid bare By the rebuke of the LORD, At the blast of the breath of His nostrils. 17 He sent from on high, He took me; He drew me out of many waters. 18 He delivered me from my strong enemy, From those who hated me, for they were too strong for me.”*

1. God’s grace made me \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (Vs. 21-28)

II Samuel 22:21-25 *"The LORD has rewarded me according to my righteousness; According to the cleanness of my hands He has recompensed me. 22 For I have kept the ways of the LORD, And have not acted wickedly against my God. 23 For all His ordinances were before me, And as for His statutes, I did not depart from them. 24 I was also blameless toward Him, And I kept myself from my iniquity. 25 Therefore the LORD has recompensed me according to my righteousness, According to my cleanness before His eyes…*

1. God \_\_\_\_\_\_\_\_\_\_\_\_. (Vs. 29-51)

II Samuel 22:30 *"For by You I can run upon a troop; By my God I can leap over a wall.”*

Verses 33-36 *"God is my strong fortress; And He sets the blameless in His way. 34 He makes my feet like hinds' feet, And sets me on my high places. 35 He trains my hands for battle, So that my arms can bend a bow of bronze. 36 You have also given me the shield of Your salvation, And Your help makes me great.”*

Verses 40-41 *"For You have girded me with strength for battle; You have subdued under me those who rose up against me. 41 You have also made my enemies turn their backs to me, And I destroyed those who hated me.”*

Point:

Doggy Bag: Something to take home and chew on! 

1. What is your life song? Is God the hero of your life song?
2. Do you know God as a fortress, shield, a rock, a refuge when you are in trouble in life? When you are overwhelmed by the world do you know that you can turn to God as a shield against the attacks of life? What difference does that make?
3. When it feels like life is falling apart, do you know that God is with you? When you feel like you are being attacked on every side, do you know the comfort that God is with you?
4. Do you know God as the One who empowers you to do far beyond your natural abilities? Could that be part of your life song?