Chat with the Children
- Songs, music that expresses how we feel?
  - get folk to give examples...
  - pop music...

- Play beginning of Queen "Under Pressure"...
  - see who recognises it first...

Introduction
- Fragmented world, and perhaps fragmented lives?
  - how does life hang together?

- Don't know who Cush was, but Saul (who was himself a Benjamite) surrounded himself with his own tribe...
  - someone from Saul's camp at the time before David was king?
  - when David was at times pursued by Saul for his life...?
  - asking himself, "why me, I'm the good guy?"

- *What is the clear centre to a good and fruitful life?*
  - (see structure diagram for Psalm 7, on projector...)

Under pressure (v.1-2)
- *Present shelter and prayer...*
- David gives us a graphic image of being under pressure
  - some of us are more poetic than others - this is not how I'd put it!!
  - but we certainly get a sense of how David was feeling!
  - pursued... frightened for his life... feeling like he's about to be ripped apart... without hope of rescue...
  - so seeks refuge and protection from God

Under conviction (v.3-5)
- Recognising that to call on God is to be in relationship with God:
  - and that that is impossible with sin undealt with...
  - even unknowing sin
- For sin brings its own reward...
  - echoed in vs.14-16, with again very graphic imagery...

Under his judgement (v.6-8a, 10-13)
- For God is supreme fount of righteousness and justice...
- He is the God of Justice

Under his forgiveness (v.8b-9)
- A clear conscience stands at the centre...

- Comes throught the Cross, and our putting our trust and faith in him
  - putting it on like a cloak...

Under his care (v.17)
- Final conclusion is thematically related to the opening section, but more full articulates an answer to the feeling of being under pressure...
  - God will answer, and David will give thanks
  - his life is centred again where it should be - on right relationship with God
  - and the rest may still be tricky - but its in perspective, in its place now