



PSALM 8 1. O LORD, our Lord, how majestic is Your name in all the earth. Who have displayed Your splendor above the heavens. 2. Through the praise of children and infants You have established a stronghold against Your enemies, to silence the foes and the avenger. 3. When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained. 4. What is mankind (**e-nosh frail and helpless creature**) that You take thought of him, And the son of man that You care for him? 5. Yet, You have made him a little lower than angels/God, and You have crowned him with glory and honor. 6. You have made him to rule over the works of Your hands; You put all things under his feet.

PSALM 8: 3-4 *When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, ⁴ what is mankind that you are mindful of them, human beings that you care for them?*

David is in a reflective mood as he writes about the majestic God of the universe. He possibly revisits his childhood where he was rejected by his father Jesse, and his older brothers. As a teenager he served as armourbearer to King Saul. When he thought he had found a caring father-figure, Saul sent David back to his father. Jesse sent David back to the sheep pen. It is clear David's childhood rejections were at the root of his insecurities.

David writes in verse 8:4: *What is mankind (**E-nosh – Hebrew word for frail and helpless**) that YOU take thought of *him, and the son of man that you care for *him?*

Personalized 8:4 – *Who am *I that You take thought of *me, and that You care for *me?*

David's self-imagined takes on a whole new identity once he experienced God's love and saving grace. After slaying a lion and a bear; killing a giant and defeating King Saul, David's *insecurity* is transformed to the *security* of God's love and protection.

David writes in Psalm verse 8:5-6: *Yet, You have made *him a little lower than God/angels, and crowned *him with glory and honor! You make *him ruler over the works of Your hands; You have put all things under *his feet.*

Personalized 8:5-6 – *You have made **me a little lower than God/angels and crowned **me with glory and honor! You make **me ruler over the works of Your hands; You have put all things under **my feet.*

**3rd person (scripture) **1st person (personalized)*

HOW TO RECOGNIZE HIDDEN INSECURITIES

1. Critical of body type and physical looks.
2. Overly conscious of dress and appearance.
3. Overspending to impress others.
4. Secretly jealous of the success of people close to you.
5. Questions the love and loyalty of mate/dates and friends.
6. On-going sibling rivalry and bouts with family members.
7. Overachieving to get attention and recognition

DAILY AFFIRMATIONS (I AM- I CAN- I WILL) THAT HEAL HIDDEN INSECURITIES. Fill in the blanks and post this on your mirror or frig.

I AM

PSALM 139:14 I AM fearfully and _____.

ROMANS 8:37 I AM more than a _____.

EPHESIANS 2:10 I AM His workmanship, _____.

I CAN

PHILIPPIANS 4:13 I CAN do all things through _____.

PSALM 18:29 I CAN run through a troop; _____.

MARK 9:23 IF I CAN believe, _____.

I WILL

JOB 9:27 I WILL forget my complaint. I WILL change my expression _____.

PSALM 16:8 I WILL keep my eyes always on the LORD. I WILL _____.

PSALM 71:14 I WILL always have hope; I WILL _____.

I accept Jesus Christ as Lord and Savior of my life. Name _____ Date _____