

# ON YOUR KNEES: Praying<sup>+</sup> with the Psalmist!

**What** does this **mean**? **What** does this **look like**?

Introductory thoughts:

- We are **not only** reading, analyzing, and trying to understand...the Psalms....
- We are learning, rejoicing, singing, praying, lamenting, & giving thanks<sup>+</sup> ... **with** the Psalmist!
- We are on a journey called **life** → **with** the Psalmist!
- We are experiencing God, God's word, and life **with** the Psalmist!
- We are in the co-pilot sea of this jet – flying **with** the pilot!
- Dialogue, dialogue, dialogue...

## 1. Praying with the Psalmist – **Help!**

**Psalm 12:1 Help, LORD; for** the godly man ceaseth; **For** the faithful fail from among the children of men.

**Psalm 3:7 Arise, O LORD; save me, O my God: For** thou hast smitten all mine enemies upon the cheek bone; Thou hast broken the teeth of the ungodly.

**Psalm 6:4 Return, O LORD, deliver** my soul: **Oh save me for** thy mercies' sake.

**Psalm 54:1 Save me, O God, by thy name, And judge me** by thy strength. **Psalm 54:2 Hear** my prayer, O God; **Give ear** to the words of my mouth.

## 2. Learning with the Psalmist – **Hmmm!**

I didn't know that!

That's new!

That helps me!

That gives me insight!

**Psalm 1:1-6**

**Psalm 19:7** The law of the LORD is perfect, converting the soul: The testimony of the LORD is sure, making wise the simple. **Psalm**

**19:8** The statutes of the LORD are right, rejoicing the heart: The commandment of the LORD is pure, enlightening the eyes. **Psalm 19:9**

The fear of the LORD is clean, enduring for ever: The judgments of the LORD are true and righteous altogether. **Psalm 19:10** More to be desired are they than gold, yea, than much fine gold: Sweeter also than honey and the honeycomb. **Psalm 19:11** Moreover by them is thy servant warned: And in keeping of them there is great reward.

**Psalm 27:13** I had fainted, unless I had believed To see the goodness of the LORD in the land of the living. **Psalm 27:14** Wait on the LORD: Be of good courage, and he shall strengthen thine heart: Wait, I say, on the LORD.

**Psalm 119:11** Thy word have I hid in mine heart, That I might not sin against thee.

**Psalm 119:18** Open thou mine eyes, That I may behold wondrous things out of thy law.

**Psalm 119:24** Thy testimonies also are my delight And my counsellors.

**Psalm 119:45** And I will walk at liberty: For I seek thy precepts.

**Psalm 119:105** Thy word is a lamp unto my feet, And a light unto my path.

**Psalm 119:130** The entrance of thy words giveth light; It giveth understanding unto the simple.

## 3. Giving thanks with the Psalmist – **Thanks!**

**Psalm 100:1** Make a joyful noise unto the LORD, all ye lands. **Psalm 100:2** Serve the LORD with gladness: Come before his presence with singing. **Psalm 100:3** Know ye that the LORD he is God: It is he that hath made us, and not we ourselves; We are his people, and the sheep of his pasture. **Psalm 100:4** Enter into his gates with thanksgiving, And into his courts with praise: Be thankful unto him, and bless his name. **Psalm 100:5** For the LORD is good; his mercy is everlasting; And his truth endureth to all generations.

## 4. Confessing &/ repenting with the Psalmist –

- I'm sorry
- Forgive me!
- Cleanse me!

**Psalm 130:3** If thou, LORD, shouldst mark iniquities, O Lord, who shall stand? **Psalm 130:4** **But there is forgiveness with thee, That** thou mayest be feared.

**Psalm 51:1** Have mercy upon me, O God, according to thy lovingkindness: According unto the multitude of thy tender mercies blot out my transgressions. **Psalm 51:2** Wash me thoroughly from mine iniquity, And cleanse me from my sin. **Psalm 51:3** For I acknowledge my transgressions: And my sin is ever before me. **Psalm 51:4** Against thee, thee only, have I sinned, And done this evil in thy sight: That thou mightest be justified when thou speakest, And be clear when thou judgest. **Psalm 51:5** Behold, I was shapen in iniquity; And in sin did my mother conceive me. **Psalm 51:6** Behold, thou desirest truth in the inward parts: And in the hidden part thou shalt make me to know wisdom. **Psalm 51:7** Purge me with hyssop, and I shall be clean: Wash me, and I shall be whiter than snow. **Psalm 51:8** Make me to hear joy and gladness; That the bones which thou hast broken may rejoice. **Psalm 51:9** Hide thy face from my sins, And blot out all mine iniquities. **Psalm 51:10** Create in me a clean heart, O God; And renew a right spirit within me. **Psalm 51:11** Cast me not away from thy presence; And take not thy holy spirit from me. **Psalm 51:12** Restore unto me the joy of thy salvation; And uphold me with thy free spirit.

## 5. Lamenting with the Psalmist – How long?

**Psalm 13:1** How long wilt thou forget me, O LORD? for ever? How long wilt thou hide thy face from me?

**Psalm 13:2** How long shall I take counsel in my soul, Having sorrow in my heart daily? How long shall mine enemy be exalted over me?

**Psalm 13:3** Consider and hear me, O LORD my God: Lighten mine eyes, lest I sleep the sleep of death;

**Psalm 13:4** Lest mine enemy say, I have prevailed against him; And those that trouble me rejoice when I am moved.

**Psalm 13:5** But I have trusted in thy mercy; My heart shall rejoice in thy salvation.

**Psalm 13:6** I will sing unto the LORD, because he hath dealt bountifully with me.

**Psalm 80:4** O LORD God of hosts, **How long** wilt thou be angry against the prayer of thy people?

**Psalm 82:2** **How long** will ye judge unjustly, And accept the persons of the wicked? Selah.

**Psalm 89:46** **How long**, LORD? wilt thou hide thyself for ever? Shall thy wrath burn like fire?

**Psalm 94:3** LORD, **How long** shall the wicked, **How long** shall the wicked triumph?

**Psalm 94:4** **How long** shall they utter and speak hard things? And all the workers of iniquity boast themselves?

### Facts:

- There are 150 Psalms
- 67 of them are Lament Psalms → the largest category
- This immediately puts you in touch with all of God's people:

Across cultures

Throughout time

In their skin

**Revelation 6:9** And when he had opened the fifth seal, I saw under the altar the souls of them that were slain for the word of God, and for the testimony which they held: **Revelation 6:10** And they cried with a loud voice, saying, **How long, O Lord, holy and true, dost thou not judge and avenge our blood on them that dwell on the earth?** **Revelation 6:11** And white robes were given unto every one of them; and it was said unto them, that they should rest yet for a little season, until their fellowservants also and their brethren, that should be killed as they were, should be fulfilled.

## 6. Praying for justice with the Psalmist – Justice!

**Revelation 16:4** And the third angel poured out his vial upon the rivers and fountains of waters; and they became blood.

**Revelation 16:5** And I heard the angel of the waters say, Thou art righteous, O Lord, which art, and wast, and shalt be, because thou hast judged thus. **Revelation 16:6** For they have shed the blood of saints and prophets, and thou hast given them blood to drink; for they are worthy. **Revelation 16:7** And I heard another out of the altar say, Even so, Lord God Almighty, true and righteous are thy judgments.

**Psalm 137:1** By the rivers of Babylon, there we sat down, yea, we wept, When we remembered Zion. **Psalm 137:2** We hanged our harps Upon the willows in the midst thereof. **Psalm 137:3** For there they that carried us away captive required of us a song; And they that wasted us required of us mirth, Saying, Sing us one of the songs of Zion. **Psalm 137:4** How shall we sing the LORD's song In a strange land? **Psalm 137:5** If I forget thee, O Jerusalem, Let my right hand forget her cunning. **Psalm 137:6** If I do not remember thee, Let my tongue cleave to the roof of my mouth; If I prefer not Jerusalem above my chief joy. **Psalm 137:7** Remember, O LORD, the children of Edom in the day of Jerusalem; Who said, Rase it, rase it, even to the foundation thereof. **Psalm 137:8** O daughter of Babylon, who art to be destroyed; Happy shall he be, that rewardeth thee As thou hast served us. **Psalm 137:9** Happy shall he be, that taketh And dasheth thy little ones against the stones.

## 7. Praising &/ singing with the Psalmist – Wow! Hallelujah! Amen!

**Psalm 96:1** O sing unto the LORD a new song: Sing unto the LORD, all the earth. **Psalm 96:2** Sing unto the LORD, bless his name; Shew forth his salvation from day to day. **Psalm 96:3** Declare his glory among the heathen, His wonders among all people. **Psalm**

**96:4** For the LORD is great, and greatly to be praised: He is to be feared above all gods. **Psalm 96:5** For all the gods of the nations are idols: But the LORD made the heavens. **Psalm 96:6** Honour and majesty are before him: Strength and beauty are in his sanctuary. **Psalm 96:7** Give unto the LORD, O ye kindreds of the people, Give unto the LORD glory and strength. **Psalm 96:8** Give unto the LORD the glory due unto his name: Bring an offering, and come into his courts. **Psalm 96:9** O worship the LORD in the beauty of holiness: Fear before him, all the earth. **Psalm 96:10** Say among the heathen that the LORD reigneth: The world also shall be established that it shall not be moved: He shall judge the people righteously. **Psalm 96:11** Let the heavens rejoice, and let the earth be glad; Let the sea roar, and the fulness thereof. **Psalm 96:12** Let the field be joyful, and all that is therein: Then shall all the trees of the wood rejoice **Psalm 96:13** Before the LORD: for he cometh, For he cometh to judge the earth: He shall judge the world with righteousness, And the people with his truth.

**Psalm 97:1** The LORD reigneth; let the earth rejoice; Let the multitude of isles be glad thereof.

**Psalm 97:6** The heavens declare his righteousness, And all the people see his glory.

**Psalm 98:1** O sing unto the LORD a new song; For he hath done marvellous things: His right hand, and his holy arm, hath gotten him the victory. **Psalm 98:4** Make a joyful noise unto the LORD, all the earth: Make a loud noise, and rejoice, and sing praise.

**Psalm 98:5** Sing unto the LORD with the harp; With the harp, and the voice of a psalm. **Psalm 145:3** Great is the LORD, and greatly to be praised; And his greatness is unsearchable.

**Psalm 145:4** One generation shall praise thy works to another, And shall declare thy mighty acts. **Psalm 145:5** I will speak of the glorious honour of thy majesty, And of thy wondrous works. **Psalm 145:6** And men shall speak of the might of thy terrible acts: And I will declare thy greatness. **Psalm 145:8** The LORD is gracious, and full of compassion; Slow to anger, and of great mercy. **Psalm 145:9** The LORD is good to all: And his tender mercies are over all his works. **Psalm 145:10** All thy works shall praise thee, O LORD; And thy saints shall bless thee. **Psalm 145:11** They shall speak of the glory of thy kingdom, And talk of thy power; **Psalm 145:12** To make known to the sons of men his mighty acts, And the glorious majesty of his kingdom. **Psalm 145:13** Thy kingdom is an everlasting kingdom, And thy dominion endureth throughout all generations.