

Theme: The psalms teach us to experience and utilize the full breadth of prayer as we encounter the full range of life.

I. Intro - The Psalms: A Manual for Prayer

- A. The book of Psalms is the model of prayer
 - 1. Quote about Augustine
 - 2. Quote by Hughes Oliphant Olds
- B. Statistics on the Psalms and Prayer
 - 1. Five titled as prayers (17; 86; 90; 102; 142)
 - 2. pray* cry crying crie* 105 times in Psalms
 - 3. More than total of next two books combined!
- C. We will be looking at the psalms and prayer

II. The Breadth of Prayer in Psalms

- A. Prayer involves every part of the one praying
 - 1. Intellect (19:14; 39:1-3; 48:9; 77:12)
 - 2. Emotions (6:3,6; 28:7; 38:9; 42:1-2)
 - 3. Will (103:1-2; 42:5)
- B. Prayer includes the full range of life experiences
 - 1. Bad times (laments - 13)
 - 2. Good times (thanksgiving and praise - 30)

- 3. Weakness (questions - 73)
- 4. Strength (confidence - 23)
- 5. Anger (137)
- 6. Sorrow (51)
- 7. Brueggemann – orientation, disorientation, reorientation

C. There are many types of prayer (ACTS)

- 1. Adoration/praise – who God is (23)
- 2. Confession – we have sinned (51)
- 3. Thanksgiving – we are grateful (30)
- 4. Supplication – we have needs (most of them)

D. Prayer includes both God and man (Ps 12)

- 1. Prayer is dialogue – not monologue! (Ps 12)
- 2. Mans word to God (12:1-4)
- 3. God's word to man (12:5)
- 4. Our response of faith (12:6-7)
- 5. Why we meditate on Word & God's acts!

III. Experiencing the Breadth of Prayer Today

- A. Does your prayer include all of you?

1. Intellect – prayer plan; research; thought?
 2. Emotions – passionate or detached?
 3. Will – speak to yourself! Self-control!
- B. Do you pray in all times and circumstances?
1. Prayer flows from real life!
 2. Pray about everything!
 3. Pray at set times
 4. Pray all the time!
- C. Do you listen or just talk?
1. Learn to meditate
 2. Begin with Scripture or reading
 3. Ask God to speak to you
 4. Slow down and be quiet

Psalms: The Breadth of Prayer

Psalm 116:1-2

February 8, 2004

Response: Congregational prayer????

Benediction: Psalm 20:1-5 paraphrase

The Psalms “summed up, for Augustine, the one true way in which every human being should talk to God, as this had been shown by King David at his prayers. Impassioned, insistent, even downright argumentative, **the words of David were those of the one, divinely inspired master of prayer known to Augustine.**” – Peter Brown, Intro to Augustine’s *Confessions*, xii. 10/12/03

David was among other things a champion of prayer. Those who want to learn to pray have only to follow his example. The prayers of David are the “type” of the prayers of the people. The life of prayer becomes an imitation of the life of David. David prayed for Israel, and Israel prayed for David; even more Israel prayed in David....In the book of Acts we see how the primitive church developed this idea. **Since David was understood as the type of Christ, the prayers of David, the prayers for David, and the prayers for David’s kingdom were adopted as the prayers of Christ and His church (Acts 4:23-31).**

Hughes Oliphant Old, *Worship Reformed According to Scripture*, 95.

¹⁴ May the words of my mouth and **the meditation of my heart** be pleasing in your sight, O LORD, my Rock and my Redeemer.
Psalm 19:14

I said, "I will watch my ways and keep my tongue from sin; I will put a muzzle on my mouth as long as the wicked are in my presence."² But when I was silent and still, not even saying anything good, my anguish increased.
³ **My heart grew hot within me, and as I meditated, the fire burned; then I spoke with my tongue:**
Psalm 39:1-3

Within your temple, O God, we meditate on your unfailing love.
Psalm 48:9

¹² I will meditate on all your works and consider all your mighty deeds.
Psalm 77:12

My soul is in anguish. How long, O LORD, how long?... ⁶ **I am worn out from groaning; all night long I flood my bed with weeping** and drench my couch with tears.
Psalm 6:3,6

⁷ The LORD is my strength and my shield; my heart trusts in him, and I am helped. **My heart leaps for joy and I will give thanks to him in song.**
Psalm 28:7

⁹ All my **longings** lie open before you, O Lord; my sighing is not hidden from you.
Psalm 38:9

As the deer pants for streams of water, so **my soul pants for you, O God.** ² **My soul thirsts for God,** for the living God. When can I go and meet with God?
Psalm 42:1-2

¹ Praise the LORD, O my soul; all my inmost being, praise his holy name. ² Praise the LORD, O my soul, and forget not all his benefits--
Psalm 103:1-2

⁵ **Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him,** my Savior and my God
Psalm 42:5

Help, LORD, for the godly are no more; the faithful have vanished from among men. ² Everyone lies to his neighbor; their flattering lips speak with deception. ³ May the LORD cut off all flattering lips and every boastful tongue ⁴ that says, "We will triumph with our tongues; we own our lips-- who is our master?"
Psalm 12:1-4

⁵ "Because of the oppression of the weak and the groaning of the needy, I will now arise," says the LORD. "I will protect them from those who malign them."
Psalm 12:5

⁶ And the words of the LORD are flawless, like silver refined in a furnace of clay, purified seven times. ⁷ O LORD, you will keep us safe and protect us from such people forever.
Psalm 12:6-7

Benediction:

May the Lord answer you when you are in distress;
may the Name of our God protect you;
may He send you help when you ask;
May He remember your prayers and answer them;
May He give you the desire of your heart,
And grant you all your requests
In Jesus’ name. Amen!
Based on Psalm 20:1-5