

Theme: The psalms teach us that prayer includes a depth of intimacy with God and intensity for God and the requests we are laying before Him.

## I. Intro – Psalms and Prayer

- A. Intro quotes – Augustine and Olds
- B. Last week – breadth of prayer
- C. This week – depth of prayer (Calvin)
  - 1. We cry from depths of life experience
  - 2. We cry from depths of our souls (Calvin)

## II. Prayer In Psalms – Depth of Intensity

- A. Ps 130:1-2 – Out of the depths I cry to you!
  - 1. This is the depths of life experience!
  - 2. This is real life, producing real emotions!
- B. The depth of intensity in prayer in Psalms
  - 1. Laments – intensity of grief (6:3,6; 13:1-3)
  - 2. Praise – intensity of gratitude (9:1-2; 150)
  - 3. Imprecation – intensity of anger (137:5-9; 69:22-24)
  - 4. Confidence – intensity of faith (18:29)
  - 5. Desire – intensity of desire for God (63:1; 143:6)

## C. Psalms: the language of intimacy

- 1. To talk like this requires intimacy
- 2. The psalmist was close to God!
- 3. Without intimacy there is no depth to prayer

## III. Developing Depth in Our Prayer Today

- A. Does your prayer life have depth?
  - 1. Do you express intensity with God?
  - 2. Are your prayers *real*?
- B. Developing intimacy through meditation
  - 1. This requires sustained undivided attention
    - a. Sustained - we can't do this in 2 minutes
    - b. Undivided – we can't do this while multitasking
  - 2. Intimacy through meditation
    - a. Be quiet before God – 131:2 – tough today!!
      - i. We must be quiet to grow close to God
      - ii. This is counter cultural
    - b. Meditate – 48:9; 119:48 – not like TM; Word/acts
      - i. Focus on God
      - ii. Not like TM – not some mantra!

iii. Focus on Word and acts of God

C. Practical steps to meditation

1. Have a set time & place (quiet)
2. Have a plan – reading and prayer
3. Read Scripture or book to focus
4. Talk and listen to God about what you read
5. If praying for others – let meditation guide prayer

The Psalms: The Depth of Prayer

Psalms 130:1-2

February 15, 2004

Response: Hungry (Falling On My Knees)

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.

**David was among other things a champion of prayer. Those who want to learn to pray have only to follow his example.** Hughes Oliphant Old, *Worship Reformed According to Scripture*, 95.

The book of Psalms is “the anatomy of all the parts of the soul, for not an affection will anyone find in himself whose image is not reflected in this mirror. All the griefs, sorrows, fears, misgivings, hopes, cares, anxieties, in short all the disquieting emotions with which the minds of men are wont to be agitated, the Holy Spirit hath here pictured exactly.” - John Calvin

**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

How long, O LORD? Will you forget me forever? How long will you hide your face from me? **2** How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?  
Psalm 13:1-2

I will praise you, O LORD, **with all my heart;** I will tell of all your wonders.  
<sup>2</sup> I will be **glad** and **rejoice** in you; I will sing praise to your name, O Most High.  
Psalm 9:1-2

**5** If I forget you, O Jerusalem, **may my right hand forget its skill.** **6 May my tongue cling to the roof of my mouth** if I do not remember you, if I do not consider Jerusalem my highest joy. **7** Remember, O LORD, what the Edomites did on the day Jerusalem fell. "Tear it down," they cried, "tear it down to its foundations!" **8** O Daughter of Babylon, doomed to destruction, happy is he who repays you for what you have done to us-- **9 he who seizes your infants and dashes them against the rocks.**  
Psalm 137:5-9

**22** May the table set before them become a snare; may it become retribution and a trap. **23** May their eyes be darkened so they cannot see, and their backs be bent forever. **24 Pour out your wrath on them; let your fierce anger overtake them.**  
Psalm 69:22-24

With your help I can advance against a troop; with my God I can scale a wall.  
Psalm 18:29

O God, you are my God, **earnestly** I seek you; **my soul thirsts for you, my body longs for you,** in a dry and weary land where there is no water.  
Psalm 63:1

I spread out my hands to you; **my soul thirsts for you like a parched land.**  
Psalm 143:6

But I have **stilled and quieted my soul;** like a weaned child with its mother, **like a weaned child is my soul within me.**  
Psalm 131:2

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

I lift up my hands to your commands, which I love, and **I meditate on your decrees.**  
Psalm 119:48

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