

# Poems, Prayers & Promises



## The Psalms - Pouring Out Our Hearts To God

### Key idea:

God has given the book of Psalms to teach believers how to pray in all circumstances of life so that they might learn to trust God at all times.

### Key text:

Psalm 62:8

Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.

Selah

### Key points:

1. The more I understand that God is my refuge in this storm-tossed world, the more I will find ourselves drawing near to Him in prayer.
2. The Psalms are the prayer and worship book God has given to me to teach me how to pray.
3. The Psalms should be a big part of my life of prayer because:
  - The Psalms are God's Word to me
  - The Psalms are a believer's words to God in prayer and worship
  - The Psalms give my prayers breadth
  - The Psalms give my prayers depth and intensity
  - The Psalms teach me how to pray!
4. There are several ways we can weave the Psalms into my prayer life today:
  - Pray them verbatim as an introduction to my prayer time
  - Pray them verbatim to express my needs/desires in a certain situation
  - Model my own prayers after the psalms, either using select phrases in my own prayers or paraphrasing the entire psalm
  - Use old hymn versions of the psalms as a prayer
  - Sing a song based on a psalm as a prayer to God

### **Questions for discussion/application:**

1. What part of Sunday's teaching stood out most to you? Why?
2. As I look back at this whole series, what did I learn the most about prayer? How does this impact my prayer life?
3. There are many types of Psalms - praise; lament; thanksgiving; confidence; remembrance; wisdom/instruction; Kingship; desire for God; creation; confession and forgiveness; imprecatory; and blessing. As I consider these, which type do I pray the most? Which type do I pray the least? Why?
4. When I consider the great variety of types of Psalms (see question 3), what does that teach me about prayer? How much variety do I see in my own times of prayer? How can I grow in this area?
5. When I consider the intensity of many Psalms, does it make me uncomfortable to think of praying this way? How do I think God responds to such intense expressions of emotions of joy, abandonment, desire, fear, etc.?
6. What prayer practices have I found most helpful in my own prayer life? Are there practices that I have NOT found helpful?
7. How can I grow in my prayer life in the coming months? What specific practices do I plan to implement to help me pray more biblically, consistently, and passionately?
8. Who will I call or see to encourage this week? How will I work to share life with them this week?