

Theme: 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.

I. Intro - Jon Amphibious Exercises

- A. Reserve units have to go to the field to practice
- B. The ultimate thing is not head knowledge but putting what we learn into practice
- C. The same thing is true in prayer!
- D. Today - putting the Psalms in practice in our prayers

II. An Unshakeable Life

- A. The goal: trusting God at all times
Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. Selah Psalm 62:8
 - 1. The goal is not prayer; it is trusting God
 - 2. The goal is not just to trust in good times; it is to trust at all times
 - 3. We were created to walk with God, and this is always done by faith
 - 4. A life that is lived apart from walking with God in trust will lack a firm foundation and will be rocked by the unpredictability and fluctuations of life.
- B. The means: pour out your hearts to God in prayer
Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. Selah Psalm 62:8
 - 1. Trust in God in the midst of the difficulties of life does not develop in a vacuum; it is rooted and nourished by prayer.

- 2. Those who learn to pour out their hearts to God in every circumstance and season of life will develop and sustain a faith that trusts God at all times.

C. The reality: God is our refuge!

Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. Selah Psalm 62:8

- 1. This is why we should trust God - He is our refuge!
- 2. This is why we should pour out our hearts to Him!
- 3. The more we understand that God is our refuge in this storm-tossed world, the more we will find ourselves drawing near to Him in prayer.

III. The Psalms: Pouring Out Our Hearts to God

- A. The Psalms should be a big part of our lives of prayer
 - 1. The Psalms are God's Word to us
 - a. The Psalms contain God's promises to us which call us to prayer and which we recount in our prayers
 - b. The Psalms contain God's commands for us, and prayer includes aligning our lives with God's Word and will.
 - 2. The Psalms are a believer's words to God
 - a. The Psalms contain the prayers of God's people
 - b. They give us words we can pray as we commune with God, confess our sin, pour out our hearts to Him, worship Him, thank Him, and lay our requests before Him.
 - c. We know these prayers are in accord with God's will for they are inspired and approved by the Spirit of God and are part of Scripture.

3. The Psalms give our prayers breadth
 - a. One of the reasons believers struggle to pray is we reduce prayer down to one or two areas.
 - b. We need to pour out our hearts to God in all times and situations so that we can trust Him in all times and situations.
 - c. A Listing of Various Types of Psalms (Handout)
 - d. We have covered many of these types of Psalms in this series - let it guide you to grow in the breadth of your prayer life!
 - e. Let the Psalms guide you into pouring out your hearts to God in all times and seasons of life!

4. The Psalms give our prayers depth
 - a. Another reason believers struggle in prayer is we lack emotion - we sanitize our prayers and hide what we are truly feeling
 - b. The Psalms are full of deep emotions and strong language! David tells God what is going on in his heart and soul!
 - c. "Can I really talk to God this way?"
 - d. Let the Psalms guide you into pouring out your heart to God with real emotion and truthful expressions of what is happening in your soul!

5. The Psalms teach us how to pray
 - a. The Psalms are a master handbook of prayer!
 - b. If I do not know how or what to pray - the Psalms are a master course in prayer!

- B. Praying the Psalms today
 1. Pray them verbatim as an introduction to your prayer time
 2. Pray them verbatim to express your needs/desires in a certain situation
 3. Model your own prayers after the psalms, either using select phrases in your own prayers or paraphrasing the entire psalm
 4. Use old hymn versions of the psalms as a prayer
 5. Sing a song based on a psalm as a prayer to God

IV. Applying the Word

- A. The Lord's Table
 1. This Table is prepared for us by the Lord Himself
 2. Come and receive from our Shepherd!
- B. Sing "Your Mercy and Kindness"

The Psalms - Pouring Out Our Hearts To God

Psalm 62:8
 September 4, 2022
 O Lord You Are My Shepherd/Communion
 Psalm 20:1-5
 Teaching keywords: Prayer

May the LORD answer you when you are in distress; may the name of the God of Jacob protect you. ² May he send you help from the sanctuary and grant you support from Zion... ⁴ May the LORD give you the desire of your heart, make all your plans succeed. ⁵ and grant all your requests. Psalm 20:1-5

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