

Psalm 101

Of David. A psalm.

1 I will sing of your love and justice;

to you, Lord, I will sing praise.

2 I will be careful to lead a blameless life—

when will you come to me?

I will conduct the affairs of my house

with a blameless heart.

3 I will not look with approval

on anything that is vile.

I hate what faithless people do;

I will have no part in it.

4 The perverse of heart shall be far from me;

STEVE BAKER

5 Whoever blasphemes their neighbor in secret,

I will put to silence;

7 No one who practices deceit will dwell in my house; no one who speaks falsely will stand in my presence.

8 Every morning I will put to silence

from the city of the Lord

Psalm 102

A prayer of an afflicted person who has grown weak and pours out a

1 Hear my prayer, Lord, let my cry for help come to you.

2 Do not hide your face from me

Psalm 102

3 For my days vanish like smoke;

my bones burn like glowing embers.

4 My heart is blighted and withered like grass;

I forget to eat my food.

5 My bones are like grass, and my skin and bones.

6 I am like a bird on a bare tree.

7 I lie awake; I have become

like a bird alone on a bare tree.

8 All day long my enemies taunt me; cities,

even the memory of them has perished.

7 The Lord reigns forever; he has established his throne for judgment.

8 He rules the world in righteousness and judges the peoples

9 For I eat ashes as my food

and mingle my drink with tears

10 because of your great wrath,

for you have taken me up and thrown me aside.

11 My days are like the evening shadow;

I wither away like grass.

12 But you, Lord, sit enthroned forever;

your renown endures through all generations.

13 You will arise and have compassion on Zion,

for it is time to show favor to her;

the appointed time has come.

14 For her stones are dear to your servants;

her very dust moves them to pity.

15 The nations will fear the name of the Lord,

all the kings of the earth will reverence your glory.

LEAD PASTOR

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Psalm 102

A prayer of an afflicted person who has grown weak and pours out a lament before the Lord.

1 Hear my prayer, Lord; let my cry for help come to you.

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3 For my days vanish like smoke;

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PRAYING THROUGH THE Psalms

Email us at mystory@communitybible.net



TELL
YOUR
STORY

General Social Society Happiness Poll

“Very happy”

2018 = 31%

2021 = 19%

General Social Society Happiness Poll

“Not too happy”

2018 = 13%

2021 = 24%

**God can handle hearing about your pain no matter
how raw.**

**PRAYING
THROUGH
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**...Praying at all times in the Spirit, with all prayer and
supplication. EPHESIANS 6:18**

Categories of prayer

1) Praise - invite God's presence and blessing

2) Repent - remove obstacles so prayer is heard

3) Commit - my life for God's will

4) Lament – tell God how you feel

My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise. PSALM 51:17

**My God, my God, why have you forsaken me? Why are
you so far from saving me, from the words of my
groaning?**

**2 O my God, I cry by day, but you do not answer, and
by night, but I find no rest. 3 Yet you are holy,
enthroned on the praises of Israel.**

4 In you our fathers trusted; they trusted, and you delivered them. 5 To you they cried and were rescued; in you they trusted and were not put to shame.

**6 But I am a worm and not a man, scorned by
mankind and despised by the people. 7 All who see
me mock me; they make mouths at me;**

they wag their heads; 8 “He trusts in the Lord; let him deliver him; let him rescue him, for he delights in him!”

9 Yet you are he who took me from the womb; you made me trust you at my mother's breasts. 10 On you was I cast from my birth,

**and from my mother's womb you have been my God.
11 Be not far from me, for trouble is near, and there is
none to help.**

12 Many bulls encompass me; strong bulls of Bashan surround me; 13 they open wide their mouths at me, like a ravening and roaring lion.

**14 I am poured out like water, and all my bones are
out of joint; my heart is like wax; it is melted within
my breast;**

**15 my strength is dried up like a potsherd, and my
tongue sticks to my jaws; you lay me in the dust of
death. 16 For dogs encompass me;**

**a company of evildoers encircles me; they have
pierced my hands and feet 17 I can count all my bones
— they stare and gloat over me;**

**18 they divide my garments among them, and for my
clothing they cast lots. 19 But you, O Lord, do not be
far off! O you my help,**

**come quickly to my aid! 20 Deliver my soul from the
sword, my precious life from the power of the dog! 21
Save me from the mouth of the lion!**

**You have rescued me from the horns of the wild oxen!
22 I will tell of your name to my brothers; in the midst
of the congregation I will praise you:**

**23 You who fear the Lord, praise him! All you
offspring of Jacob, glorify him, and stand in awe of
him, all you offspring of Israel!**

24 For he has not despised or abhorred the affliction of the afflicted, and he has not hidden his face from him, but has heard, when he cried to him.

**25 From you comes my praise in the great
congregation; my vows I will perform before those
who fear him.**

26 The afflicted shall eat and be satisfied; those who seek him shall praise the Lord! May your hearts live forever!

**27 All the ends of the earth shall remember and turn
to the Lord, and all the families of the nations shall
worship before you.**

**28 For kingship belongs to the Lord, and he rules over
the nations. 29 All the prosperous of the earth eat
and worship;**

**before him shall bow all who go down to the dust,
even the one who could not keep himself alive. 30
Posterity shall serve him;**

**it shall be told of the Lord to the coming generation;
31 they shall come and proclaim**

**his righteousness to a people yet unborn, that he has
done it. PSALM 22:1-31**

A Biblical lament is both raw and right.

1) Prayer of lament expresses emotion.

**My God, my God, why have you forsaken me? Why are
you so far from saving me, from the words of my
groaning?**

**2 O my God, I cry by day, but you do not answer, and
by night, but I find no rest. PSALM 22:1,2**

**...Your iniquities have made a separation between you
and your God, and your sins have hidden his face
from you so that he does not hear. ISAIAH 59:2**

**All we like sheep have gone astray; we have turned—
every one—to his own way; and the Lord has laid on
him the iniquity of us all. ISAIAH 53:6**

**“God forsaking God. What man can understand this?
Earth has rejected him and heaven has given him up.**

He cries out, 'My God, my God, why have you
forsaken me?'"

- Martin Luther

...He has said, “I will never leave you nor forsake you.”
HEBREWS 13:5

**For our sake he made him to be sin who knew no sin,
so that in him we might become the righteousness of
God. II CORINTHIANS 5:21**

2) Prayer of lament proclaims truth.

**Yet you are holy, enthroned on the praises of Israel. 4
In you our fathers trusted; they trusted, and you
delivered them.**

5 To you they cried and were rescued; in you they trusted and were not put to shame. PSALM 22:3-5

**On you was I cast from my birth, and from my
mother's womb you have been my God. PSALM 22:10**

3) Prayer of lament conveys personal perspective.

**But I am a worm and not a man, scorned by mankind
and despised by the people. 7 All who see me mock
me; they make mouths at me;**

**they wag their heads; 8 “He trusts in the Lord; let him
deliver him; let him rescue him, for he delights in
him!” PSALM 22:6-8**

“The mass of men lead lives of quiet desperation...”
- Henry David Thoreau

4) Prayer of lament lands with hope.

**The afflicted shall eat and be satisfied; those who
seek him shall praise the Lord! May your hearts live
forever!**

**27 All the ends of the earth shall remember and turn
to the Lord, and all the families of the nations shall
worship before you.**

**28 For kingship belongs to the Lord, and he rules over
the nations. PSALM 22:26-28**

“Yet once emphasizing desperation is romanticized as authentic, unconventional, and brave,

people do not easily let go of their desperation...”
- Iddo Landau

**Finally, brothers, whatever is true, whatever is
honorable, whatever is just, whatever is pure,
whatever is lovely,**

**whatever is commendable, if there is any excellence,
if there is anything worthy of praise, think about
these things. PHILIPPIANS 4:8**

“If you were of the world, the world would love you as its own; but because you are not of the world,

**but I chose you out of the world, therefore the world
hates you.” JOHN 15:19**

**“I have said all these things to you to keep you from
falling away.” JOHN 16:1**

**A great prayer of lament tells God what is going on,
how you feel about it, and that you trust Him to make
it all workout for good.**

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