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

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;

will have no part in it. 4 The perverse of heart shall

5 Whoever LaElAS Deip A S TO Rery for help come

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

Psalnt 102

A prayer of an afflicted person who has grown

2 Do not hide your face

7 The Lord reigns forever; he has established his throne for judgment. 8 He rules the world in righteousness

and judges the peoples

Psalm 102

3 For my days vanish like smoke;

12 But you, Lord, sit enthroned forever; your renown endures

through all generations. 13 You will arise and have

9 For I eat ashes as my

and mingle my drink

10 because of your great

up and thrown me aside.

11 My days are like the

evening shadow;

for you have taken me

I wither away like grass.

food

with tears

wrath,

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 ill revere your glory

my bones burn like glowing embers. 4 My heart is blighted and withered like grass; I forget to eat my food. becor li viral ne coa 8 ll y m ny e mies taunt me; cities even the memory of

them has perished.

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Psalnt 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. 2 Do not hide your face

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.

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the appointed time has come.

14 For her stones are dear to your servants;

her very dust moves them to pity.

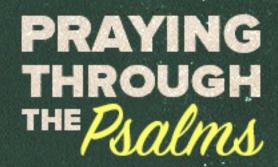
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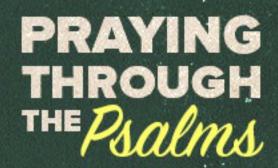
Email us at mystory@communitybible.net

STORY

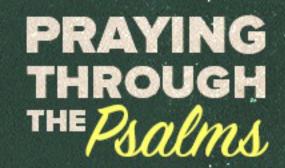
General Social Society Happiness Poll
"Very happy"
2018 = 31%
2021 = 19%



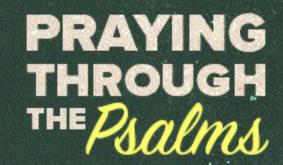
General Social Society Happiness Poll
"Not too happy"
2018 = 13%
2021 = 24%



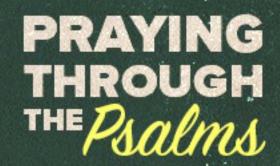
God can handle hearing about your pain no matter how raw.



...Praying 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



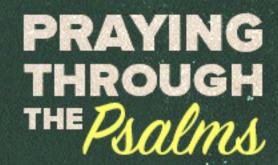
2) Repent - remove obstacles so prayer is heard



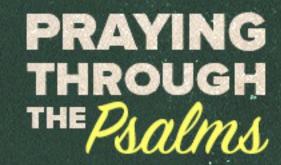
3) Commit - my life for God's will

PRAYING THROUGH THE Psalms 4) Lament – tell God how you feel

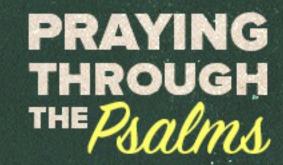
PRAYING THROUGH THE Psalms My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise. PSALM 51:17



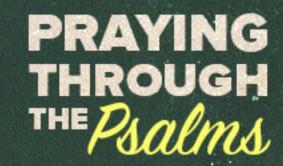
My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning?



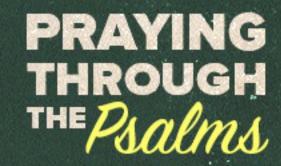
2 O my God, I cry by day, but you do not answer, and by night, but I find no rest. 3 Yet you are holy, enthroned on the praises of Israel.



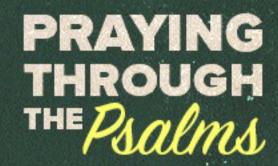
4 In you our fathers trusted; they trusted, and you delivered them. 5 To you they cried and were rescued; in you they trusted and were not put to shame.



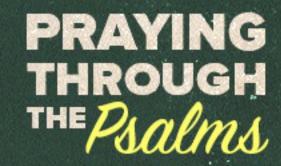
6 But I am a worm and not a man, scorned by mankind and despised by the people. 7 All who see me mock me; they make mouths at me;



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

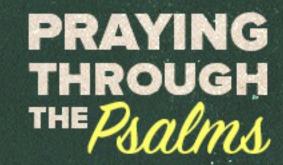


9 Yet you are he who took me from the womb; you made me trust you at my mother's breasts. 10 On you was I cast from my birth,

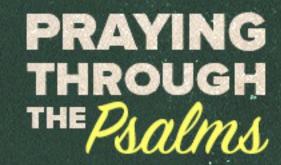


and from my mother's womb you have been my God.

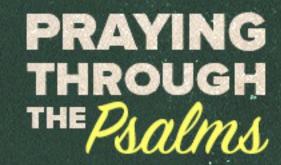
11 Be not far from me, for trouble is near, and there is
none to help.



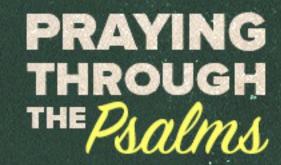
12 Many bulls encompass me; strong bulls of Bashan surround me;13 they open wide their mouths at me, like a ravening and roaring lion.



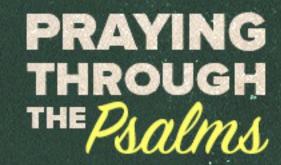
14 I am poured out like water, and all my bones are out of joint; my heart is like wax; it is melted within my breast;



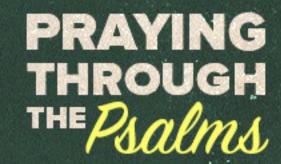
15 my strength is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death. 16 For dogs encompass me;



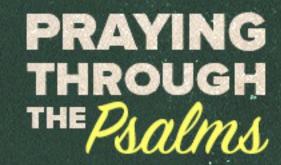
a company of evildoers encircles me; they have pierced my hands and feet 17 I can count all my bones — they stare and gloat over me;



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,

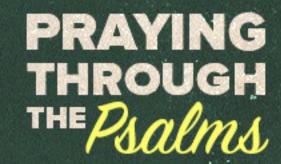


come quickly to my aid! 20 Deliver my soul from the sword, my precious life from the power of the dog! 21 Save me from the mouth of the lion!

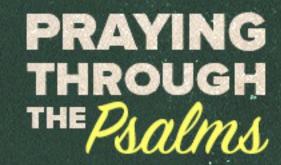


You have rescued me from the horns of the wild oxen!

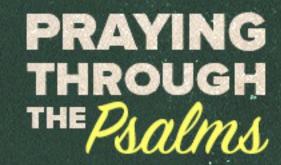
22 I will tell of your name to my brothers; in the midst
of the congregation I will praise you:



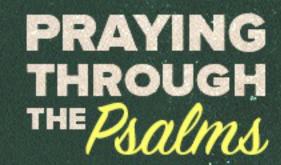
23 You who fear the Lord, praise him! All you offspring of Jacob, glorify him, and stand in awe of him, all you offspring of Israel!



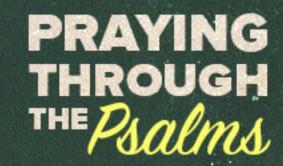
24 For he has not despised or abhorred the affliction of the afflicted, and he has not hidden his face from him, but has heard, when he cried to him.



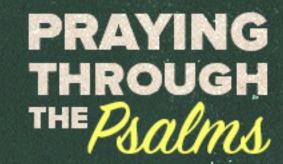
25 From you comes my praise in the great congregation; my vows I will perform before those who fear him.



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



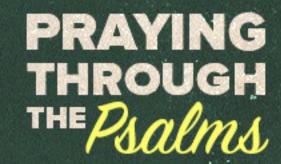
27 All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall worship before you.



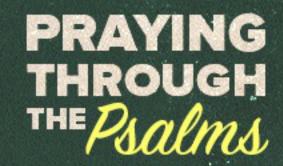
28 For kingship belongs to the Lord, and he rules over the nations. 29 All the prosperous of the earth eat and worship;



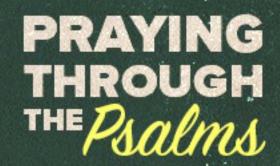
before him shall bow all who go down to the dust, even the one who could not keep himself alive. 30 Posterity shall serve him;



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



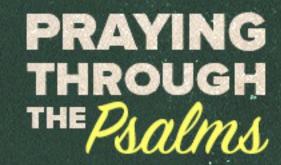
his righteousness to a people yet unborn, that he has done it. PSALM 22:1-31



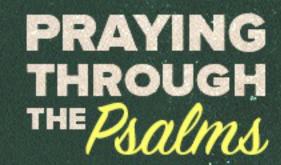
A Biblical lament is both raw and right.

PRAYING THROUGH THE Psalms 1) Prayer of lament expresses emotion.

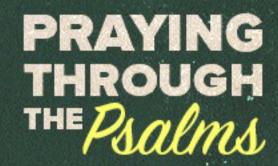
PRAYING THROUGH THE Psalms My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning?



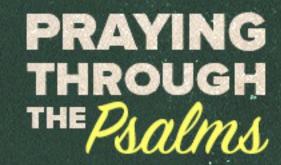
2 O my God, I cry by day, but you do not answer, and by night, but I find no rest. PSALM 22:1,2



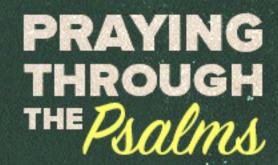
...Your iniquities have made a separation between you and your God, and your sins have hidden his face from you so that he does not hear. ISAIAH 59:2



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

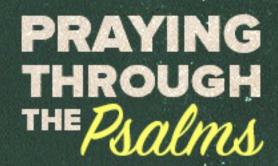


"God forsaking God. What man can understand this? Earth has rejected him and heaven has given him up.



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

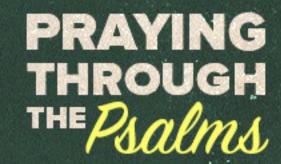
- Martin Luther



...He has said, "I will never leave you nor forsake you."

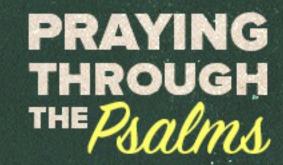
HEBREWS 13:5

PRAYING THROUGH THE Psalms 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

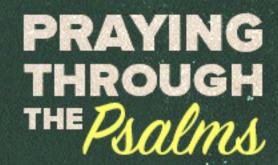


2) Prayer of lament proclaims truth.

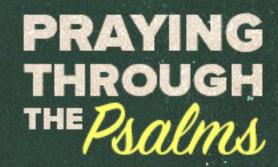
PRAYING THROUGH THE Psalms Yet you are holy, enthroned on the praises of Israel. 4 In you our fathers trusted; they trusted, and you delivered them.



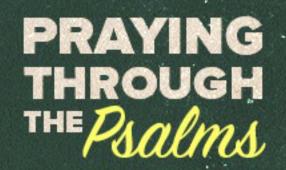
5 To you they cried and were rescued; in you they trusted and were not put to shame. PSALM 22:3-5



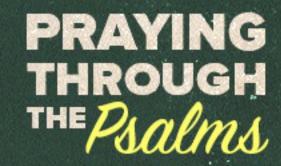
On you was I cast from my birth, and from my mother's womb you have been my God. PSALM 22:10



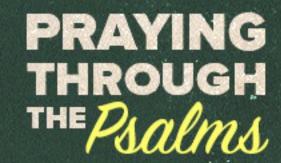
3) Prayer of lament conveys personal perspective.



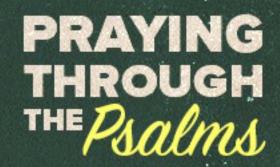
But I am a worm and not a man, scorned by mankind and despised by the people. 7 All who see me mock me; they make mouths at me;



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

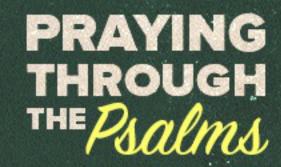


"The mass of men lead lives of quiet desperation..."
- Henry David Thoreau

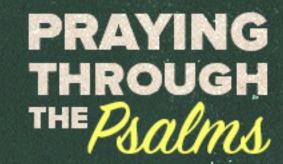


4) Prayer of lament lands with hope.

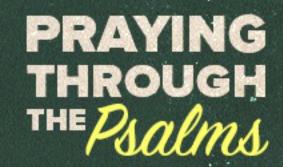
PRAYING THROUGH THE Psalms The afflicted shall eat and be satisfied; those who seek him shall praise the Lord! May your hearts live forever!



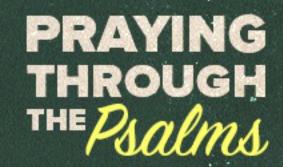
27 All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall worship before you.



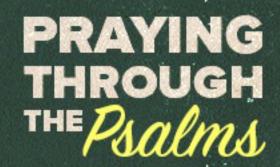
28 For kingship belongs to the Lord, and he rules over the nations. PSALM 22:26-28



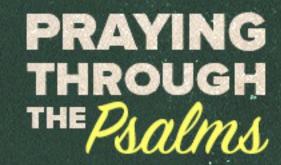
"Yet once emphasizing desperation is romanticized as authentic, unconventional, and brave,



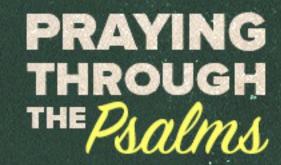
people do not easily let go of their desperation..."
- Iddo Landau



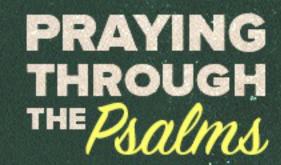
Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely,



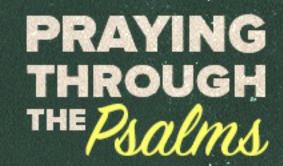
whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. PHILIPPIANS 4:8



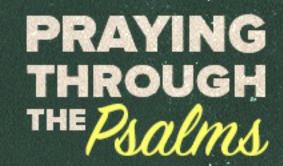
"If you were of the world, the world would love you as its own; but because you are not of the world,



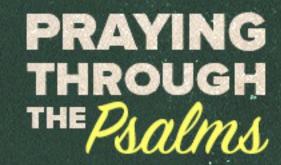
but I chose you out of the world, therefore the world hates you." JOHN 15:19



"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.



PRAYING THROUGH THE Psalms

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Psalnt 102

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1 Hear my prayer, Lord;
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2 Do not hide your face

Psalm 102

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my bones burn like glowing embers.

4 My heart is blighted and withered like grass;

I formet to eat my food.

and bones.

I a li es tol, lil a complete la lil a complete

7 I lie awake; I have

becor li dirighte sta 8 ll y in me chies taunt me; cities;

even the memory of them has perished.

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8 He rules the world in righteousness and judges the peoples

9 For I eat ashes as my food

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10 because of your great wrath,

for you have taken me up and thrown me aside.

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I wither away like grass.

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