

**The Prayers of the Psalms
Let's Be Honest
Discover Church
Mark Phillips
8/4/24**

Five Categories of Psalms

- Thanksgiving
- Royalty
- Wisdom
- Lament
- Praise

Five Stages of Grief

1. **Denial** – This can't be happening to me!
2. **Anger** – Why is this happening? Who is to blame?
3. **Bargaining** – Make this not happen and in return I will _____.
4. **Depression** – I'm too sad to do anything.
5. **Acceptance** – I'm at peace with what has happened.

WHAT TO DO WHEN I CAUSED MY SUFFERING

“Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge.” Psalm 51:1-4

- Examine your **excuses**
- Show true **sorrow**

“Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Then I will teach transgressors your ways, so that sinners will turn back to you.” Psalm 51:10-13

- Offer sincere **confession** and **repentance**

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

- Share your **story** of God’s forgiveness and restoration

“Deliver me from the guilt of bloodshed, O God, you who are God my Savior, and my tongue will sing of your righteousness. Open my lips, Lord, and my mouth will declare your praise.” Psalm 51:14-15

WHAT TO DO WHEN SOMEONE ELSE CAUSED MY SUFFERING

“I cry aloud to the Lord; I lift up my voice to the Lord for mercy. I pour out before him my complaint; before him I tell my trouble. When my spirit grows faint within me, it is you who watch over my way. In the path where I walk people have hidden a snare for me. Look and see, there is no one at my right hand; no one is concerned for me. I have no refuge; no one cares for my life. I cry to you, Lord; I say, “You are my refuge, my portion in the land of the living.” Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.” Psalm 142

- No one **cares** about me and my pain

“Look and see, there is no one at my right hand; no one is concerned for me. I have no refuge; no one cares for my life.” Psalm 142:4

- I am in **desperate** need

“for I am in desperate need; rescue me from those who pursue me, for they are too strong for me.” Psalm 142:6

- **Cry out** to God to **rescue** you

“I cry to you, Lord; I say, “You are my refuge, my portion in the land of the living.” Psalm 142:5

- Be **honest** about how you **feel**

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WHAT TO DO WHEN I CAUSED MY SUFFERING

- Examine your _____
- Show true _____
- Offer sincere _____ and _____
- Share your _____ of God's forgiveness and restoration

WHAT TO DO WHEN SOMEONE ELSE CAUSED MY SUFFERING

- No one _____ about me and my pain
- I am in _____ need
- _____ to God to _____ you
- Be _____ about how you _____

Scripture: Psalm 51; Psalm 142