



TALKING WITH GOD

USING THE PSALMS FOR PRAYER

Psalm 88

O Lord, God of my salvation,
I cry out day and night before you.
Let my prayer come before you;
incline your ear to my cry!
For my soul is full of troubles,
and my life draws near to Sheol.

Psalm 88

I am counted among those who go down to the pit; I am a man who has no strength, like one set loose among the dead, like the slain that lie in the grave, like those whom you remember no more, for they are cut off from your hand.

You have put me in the depths of the pit, in the regions dark and deep.

Your wrath lies heavy upon me, and you overwhelm me with all your waves.

Psalm 88

You have caused my companions to shun me; you have
made me a horror to them.

I am shut in so that I cannot escape; my eye grows dim
through sorrow.

Every day I call upon you, O Lord; I spread out my
hands to you.

Psalm 88

Do you work wonders for the dead?

Do the departed rise up to praise you?

Is your steadfast love declared in the grave,
or your faithfulness in Abaddon?

Are your wonders known in the darkness,
or your righteousness in the land of forgetfulness?

Psalm 88

But I, O Lord, cry to you;
in the morning my prayer comes before you.
O Lord, why do you cast my soul away?
Why do you hide your face from me?
Afflicted and close to death from my youth up,
I suffer your terrors; I am helpless.

Psalm 88

Your wrath has swept over me;
your dreadful assaults destroy me.

They surround me like a flood all day long;
they close in on me together.

You have caused my beloved and my friend to shun me;
my companions have become darkness.

Who is suffering in this Psalm?

- Heman the Ezrahite
- Grandson to Prophet Samuel
- was a prophet (seer) with King David
- Leader in vocal and instrumental group in the Tabernacle
- Had 14 sons and 3 daughters
- How could someone who has it all write Psalm 88?



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- Allow God to use the darkness to strengthen your faith v.18



Praying hope in the midst of desperation

- *Continually* reach out to God even when all seems lost
vv.1,13



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- Even when all feels against God, He is my only lifeline. vv.3-5, 9-12



Jesus experienced all of these emotions and yet did not sin...

- John 16:32 “Behold the hour is coming, indeed it has come when you will be scattered, each to his own home, and will leave me alone.”
- Matthew 26:39 “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.”
- Matthew 27:46 “My God My God why have you forsaken me...”

What better to live life with the God who has known and lived suffering in our context...

- Thank you, Jesus, for being willing to become human flesh to show me how to suffer well.
- Thank you, Jesus, for giving me an eternal perspective on hard times that will come in my life.
- Jesus, will you help me to grow in my faith in order to love you more?