

Praying the Psalms

Praying the Psalms with Jesus

1. Prayer is at the heart of the Psalms, and the book of Psalms is at the heart of prayer. How instructive that the **Incarnate Word** trusted in and lived on the *Inspired Word*! The **Living Word** believed in and relied on the *Written Word*.
2. When the disciples asked Jesus to teach them to pray, he gave them what we call *The Lord's Prayer* or the *Our Father*.
 - a. The requests of this prayer are found in the Psalms.
 - b. The Psalms were the prayer book of Jesus.
3. How instructive for us that the *Incarnate Word* trusted and relied on the *inspired Word*.
4. Prayer is not getting God to give us what we want. Prayer is God's means to give us what he wants!
5. To pray the Psalms is to be breathed on by God's Spirit. To pray the Psalms is:
 - a. To feel what God feels
 - b. To want what God wants
 - c. To allow the Spirit of God to breathe in you

Romans 8:26 (ESV) *Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.*

6. To pray the Psalms is:
 - a. to know the heart of God
 - b. to want the will of God
 - c. to be the instrument of God
 - d. to harmonize us with the Divine will
 - e. to synthesize us with the Divine Word
7. To pray our will is to try to get our wants to penetrate heaven. To pray the Psalms is to seek to get heaven's will to penetrate earth.

Praying Psalm 62 for God's Grace

1. This section will teach us how to meditate on the Psalms for an infusion of grace from God. *Effective meditation leads to transformation*. A transaction actually occurs as you "cast our burdens upon the Lord" (**1 Peter 5:7**).
2. David is writing about a practical process that I have personally used over the years to find rest in God in the midst of trouble. This teaching can serve as a template that you can overlay on the different difficulties, troubles, trials, and attacks that you encounter in life.

Ps 62:1-8 (NIV)

1 My soul finds rest in God alone;
my salvation comes from him.

2 He alone is my rock and my salvation;
he is my fortress, I will never be shaken.

3 How long will you assault a man?
Would all of you throw him down —
this leaning wall, this tottering fence?

4 They fully intend to topple him
from his lofty place;
they take delight in lies.

With their mouths they bless,
but in their hearts they curse.

Selah

5 Find rest, O my soul, in God alone;
my hope comes from him.

6 He alone is my rock and my salvation;
he is my fortress, I will not be shaken.

7 My salvation and my honor depend on God; he is my mighty rock, my refuge.

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

Let's look at some **PRACTICAL THINGS** you can do that will teach you **HOW TO RUN INTO** this fortress and there how to **REST IN** and **RELY ON God**.

I. TURN TO GOD AS A FIRST RESPONSE

Psalms 62:1-2 *My soul finds rest in God alone; my salvation comes from him.
(2) He alone is my rock and my salvation; he is my fortress; I will never be shaken.*

1. Many times we see God as a LAST RESORT rather than a FIRST RESPONSE.
Without this pursuit of God our flesh takes over.

2 Timothy 1:7 *God does not give us a spirit of fear, but a spirit of power, love and a sound mind.*

2. POWER, LOVE, and a SOUND MIND -- these things come from God. *"My soul FINDS rest in God ALONE."*

II. TALK OVER OFFENSES WITH GOD FIRST, NOT OTHERS

Psalms 62:3-4 *How long will you assault a man? Would all of you throw him down-- this leaning wall, this tottering fence? {4} They fully intend to topple him from his lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse.*

1. When someone is offended at me, if I don't run to God first, I usually get offended at their offense! I end up committing the same sin against them that they are committing against me.

III. REHEARSE THE TRUTH

Psalms 62:5-8 *Find rest, O my soul, in God alone; my hope comes from him.
{6} He alone is my rock and my salvation; he is my fortress, I will not be shaken.
{7} My salvation and my honor depend on God ; he is my mighty rock, my refuge.
{8} Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. <Selah>*

1. The psalmist rehearses the truth in v.1-2, 5-8, 11-12. Rehearse these things, call them to the forefront of your mind, emotions, and will. Let your spirit rise up to lead you under the inspiration of the TRUTH and not the self-centeredness of the flesh.

IV. TALK TO YOURSELF

Psalms 62:5 *Find rest, O my soul, in God alone; my hope comes from him.*

1. The psalmist talks to himself, commands himself...*"FIND REST, O my soul, in God alone."*

Psalm 57 David is in trouble, surrounded by enemies. But we see in verses 7 and 8 his heart is steadfast. His condition is secure. He talks to himself.

Psalms 57:7-8 *My heart is steadfast, O God, my heart is steadfast; I will sing and make music. (8) Awake, my soul! Awake, harp and lyre! I will awaken the dawn.*

In **Psalm 42** we find another example of David talking to himself. Do you see how he REHEARSES THE TRUTH? He talks to himself, to his condition rather than allowing his condition to talk to him?

Psalms 42:5 *Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and God.*

Psalm 31:21-22: *Praise be to the LORD, for he showed his wonderful love to me WHEN I was in a besieged city. (22) In my alarm I said, "I am cut off from your sight!" YET you heard my cry for mercy when I called to you for help.*

2. When in the midst of trouble rehearse the truth, talk to your self...we must stir ourselves up to maintain our holy position in God.

V. RELEASE YOUR REPUTATION TO GOD

Psalms 62:7 *My salvation and my honor depend on God ; he is my mighty rock, my refuge.*

1. "My HONOR" depends upon God. Listen to Jesus warning to Pharisees:

John 5:44 *How can you believe if you accept praise from one another, yet make no effort to obtain the praise that comes from the only God?*

2. Look at **verse 7** closely, *"My SALVATION and my HONOR depend on God."* If we are trusting God with our ETERNAL SALVATION, surely we can trust him with our TEMPORARY, EARTHLY HONOR.

VI. DEVELOP CONTINUAL TRUST

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

1. "Trust in him...(when) AT ALL TIMES." Not just the good times, but all times

Psalms 46:1-3 *God is our refuge and strength, an ever-present help in trouble.*

2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea (3) though its waters roar and foam and the mountains quake with their surging.

2. We must not treat God like an emergency kit. *If we only seek him during times of trouble, that is not a relationship, it is pure selfishness.* Faith is an abiding relationship, a perpetual privilege. **ADVERSITY is a fit season for faith; so is PROSPERITY.**

VII. TALK TO GOD DEEPLY

v. 8b *Pour out your hearts to him, for God is our refuge.*

1. He has chosen to reveal himself to you; you ought to reveal yourself to him. He knows anyway; but it will do you a world of good to get it all out in the light. Stay before God until your heart is empty of flesh and self and sin and then begins to be filled with truth and light and love. *Turn the vessel of your soul upside down in his secret presence.* Unburden your soul to the Lord.

PSALMS TO LEARN AND LOVE

The psalms we know and love are the ones that come into our minds when we need them. They inspire us, comfort us, or correct us just when we need a word from the Lord. If you want to begin memorizing psalms, start with some of these favorites. Memorize the whole psalm or just the verses that speak most directly to you. Or read the psalm aloud several times a day until it is part of you.

Psalms to bring us into God's presence

29; 95:1-7a; 96; 100

Psalms about goodness

1; 19; 24; 133; 136; 139

Psalms of praise

8; 97; 103; 107; 113; 145; 150

Psalms of repentance and forgiveness

32:1-5; 51; 103

Psalms for times of trouble

3; 14; 22; 37:1-11; 42; 46; 53; 116:1-7

Psalms of confidence and trust

23; 40:1-4; 91; 119:11; 121; 127

Psalms for loving God through his Word

19 and 119