

Everyday Prayers for Everyday Life

PSALM 143

A psalm of David

1 O LORD, hear my prayer,
listen to my cry for mercy;
in your faithfulness and righteousness
come to my relief.

2 Do not bring your servant into judgment,
for no one living is righteous before you.

3 The enemy pursues me,
he crushes me to the ground;
he makes me dwell in darkness
like those long dead.

4 So my spirit grows faint within me;
my heart within me is dismayed.

5 I remember the days of long ago;
I meditate on all your works
and consider what your hands have done.

6 I spread out my hands to you;
my soul thirsts for you like a parched land.
Selah

7 Answer me quickly, O LORD;
my spirit fails.
Do not hide your face from me
or I will be like those who go down to the pit.

8 Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go,
for to you I lift up my soul.

9 Rescue me from my enemies, O LORD,
for I hide myself in you.

10 Teach me to do your will,
for you are my God;
may your good Spirit
lead me on level ground.

11 For your name's sake, O LORD, preserve my life;
in your righteousness, bring me out of trouble.

12 In your unfailing love, silence my enemies;
destroy all my foes,
for I am your servant.

1. Read Psalm 143. What things does the psalmist ask God for? How would you describe the emotional state of the writer?
2. What do you find out about God's character from this psalm?
3. What words does the psalmist use to describe the condition of his heart? (vss. 4, 7) What does he do about this? (vss. 5-6, 8-10)
4. Think about the condition of your heart. How does what the psalmist ask for change your own prayers?
5. Give a specific example from your own life where God helped you to trust him, to lift up your soul to him (verse 8), and to hide yourself in him (verse 9).

PSALM 91

- 1** He who dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
- 2** I will say of the LORD, "He is my refuge and my fortress,
my God, in whom I trust."
- 3** Surely he will save you from the fowler's snare
and from the deadly pestilence.
- 4** He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.
- 5** You will not fear the terror of night,
nor the arrow that flies by day,
6 nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
- 7** A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
- 8** You will only observe with your eyes
and see the punishment of the wicked.
- 9** If you make the Most High your dwelling—
even the LORD, who is my refuge—
10 then no harm will befall you,
no disaster will come near your tent.
- 11** For he will command his angels concerning you
to guard you in all your ways;
12 they will lift you up in their hands,
so that you will not strike your foot against a stone.
- 13** You will tread upon the lion and the cobra;
you will trample the great lion and the serpent.
- 14** "Because he loves me," says the LORD, "I will
rescue him;
I will protect him, for he acknowledges my name.
- 15** He will call upon me, and I will answer him;
I will be with him in trouble,
I will deliver him and honor him.
- 16** With long life will I satisfy him
and show him my salvation."

6. Read Psalm 91, paying close attention to the promises. Where do you have to live so that those promises will come true in your life? Who do you have to trust? (vss. 1–2)
7. What do verses 9 and 14 add to the thoughts presented in verse 1?
8. Describe in your own words what it means to have the kind of relationship with God that is pictured in verses 1, 2, 9, 14. How can you make God your dwelling, your refuge, and your fortress in times of trouble?
9. What do you think: Is the psalmist saying that God's people do not experience harsh circumstances or that God promises to be with his people whatever the circumstances? Explain your answer from the passage.
10. What is making you anxious today? Write out at least one thought from this psalm that helps you with your anxiety. Do you know that God is waiting for you to call on him?
11. Reread verses 14–16 and list each "I will ____." Who is speaking? How does Romans 8:28, 38–39 help you understand these verses?