

## *Everyday Prayers for Everyday Life*

### PSALM 4

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For the director of music. With stringed instruments. A psalm of David.

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| 1 Answer me when I call to you,<br>O my righteous God.<br>Give me relief from my distress;<br>be merciful to me and hear my prayer. | when you are on your beds,<br>search your hearts and be silent. Selah                               |
| 2 How long, O men, will you turn my glory into<br>shame?<br>How long will you love delusions and seek false<br>gods? Selah          | 5 Offer right sacrifices<br>and trust in the LORD.  |
| 3 Know that the LORD has set apart the godly for<br>himself;<br>the LORD will hear when I call to him.                              | 6 Many are asking, "Who can show us any good?"<br>Let the light of your face shine upon us, O LORD. |
| 4 In your anger do not sin;   | 7 You have filled my heart with greater joy<br>than when their grain and new wine abound.           |
|   | 8 I will lie down and sleep in peace,<br>for you alone, O LORD,<br>make me dwell in safety.         |

1. Read Psalm 4. What does David ask God to do? (vs. 1)
2. David talks of loving delusions and seeking false gods (vs. 2). This may seem foreign to us, but look at your own heart and how you live. What does loving delusions and seeking false gods actually look like in our world?
3. Do you think it's possible to be angry and not sin (vs. 4)? What do you usually do when you are angry? What does Paul say about this in Ephesians 4:25–27?
4. How does David deal with his anger? (vss. 1, 3) What do you think David means when he says to “search your hearts and be silent” (vs. 4)?
5. How can knowing the joy of the Lord (vss. 6–7) help you to deal with anger and face times of uncertainty? (Recall vs. 3b; see also John 16:33.)

### PSALM 69

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For the director of music. Of David.

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| 1 Save me, O God, for the waters have come up to my<br>neck.   | many are my enemies without cause, those who seek to<br>destroy me.  |
| 2 I sink in the miry depths, where there is no foothold.<br>I have come into the deep waters; the floods engulf<br>me. | I am forced to restore what I did not steal.   |
| 3 I am worn out calling for help; my throat is parched.<br>My eyes fail, looking for my God.                           | 5 You know my folly, O God; my guilt is not hidden from you.   |
| 4 Those who hate me without reason outnumber the<br>hairs of my head;  | 6 May those who hope in you not be disgraced because of<br>me, O Lord, the LORD Almighty;<br>may those who seek you not be put to shame because<br>of me, O God of Israel. |

- 7 For I endure scorn for your sake, and shame covers my face.
- 8 I am a stranger to my brothers, an alien to my own mother's sons;
- 9 for zeal for your house consumes me, and the insults of those who insult you fall on me.
- 10 When I weep and fast, I must endure scorn;
- 11 when I put on sackcloth, people make sport of me.
- 12 Those who sit at the gate mock me, and I am the song of the drunkards.
- 13 But I pray to you, O LORD, in the time of your favor; in your great love, O God, answer me with your sure salvation.
- 14 Rescue me from the mire, do not let me sink; deliver me from those who hate me, from the deep waters.
- 15 Do not let the floodwaters engulf me or the depths swallow me up or the pit close its mouth over me.
- 16 Answer me, O LORD, out of the goodness of your love; in your great mercy turn to me.
- 17 Do not hide your face from your servant; answer me quickly, for I am in trouble.
- 18 Come near and rescue me; redeem me because of my foes.
- 19 You know how I am scorned, disgraced and shamed; all my enemies are before you.
- 20 Scorn has broken my heart and has left me helpless; I looked for sympathy, but there was none, for comforters, but I found none.
- 21 They put gall in my food and gave me vinegar for my thirst.
- 22 May the table set before them become a snare; may it become retribution and a trap.
- 23 May their eyes be darkened so they cannot see, and their backs be bent forever.
- 24 Pour out your wrath on them; let your fierce anger overtake them.
- 25 May their place be deserted; let there be no one to dwell in their tents.
- 26 For they persecute those you wound and talk about the pain of those you hurt.
- 27 Charge them with crime upon crime; do not let them share in your salvation.
- 28 May they be blotted out of the book of life and not be listed with the righteous.
- 29 I am in pain and distress; may your salvation, O God, protect me.
- 30 I will praise God's name in song and glorify him with thanksgiving.
- 31 This will please the LORD more than an ox, more than a bull with its horns and hoofs.
- 32 The poor will see and be glad— you who seek God, may your hearts live!
- 33 The LORD hears the needy and does not despise his captive people.
- 34 Let heaven and earth praise him, the seas and all that move in them,
- 35 for God will save Zion and rebuild the cities of Judah. Then people will settle there and possess it;
- 36 the children of his servants will inherit it, and those who love his name will dwell there.

6. Read Psalm 69. List a few adjectives that describe David's emotions. Why is he feeling this way? (vss. 4–12)
7. What has David endured as a follower of God? (vss. 7–12, 19–21) Who endured far worse than this? (John 2:17; Matthew 27:34, 48) Has fear of what might happen to you kept you from sharing your faith or even kept you from believing that what God says is true?
8. Read David's prayer of desperation in verses 13–18. List all of his requests that end with the word "me."
9. Verses 19–29 have been described as a "scream" to God—a visceral cry against his enemies. What are some of the wrongs of this world that make you want to scream? How has God answered David's cry for justice? (Romans 5:6–11)
10. After Jesus' death and resurrection how are we to respond to our enemies? (See Romans 12:14–21.)
11. Ultimately in his desperation David believes that God will rescue him. Do you believe that God will rescue you? How does God promise to rescue us? (Titus 3:4–7)