

Prayer Discussion Guide

Week 5—Feb 5th

Praying the Psalms—Psalm 145:8-9,13-21

- ⁸ The Lord is gracious and merciful,
slow to anger and abounding in steadfast love.
- ⁹ The Lord is good to all,
and his compassion is over all that he has made.
- ¹³ Your kingdom is an everlasting kingdom,
and your dominion endures throughout all generations.
The Lord is faithful in all his words,
and gracious in all his deeds.
- ¹⁴ The Lord upholds all who are falling,
and raises up all who are bowed down.
- ¹⁵ The eyes of all look to you,
and you give them their food in due season.
- ¹⁶ You open your hand,
satisfying the desire of every living thing.
- ¹⁷ The Lord is just in all his ways,
and kind in all his doings.
- ¹⁸ The Lord is near to all who call on him,
to all who call on him in truth.
- ¹⁹ He fulfills the desire of all who fear him;
he also hears their cry, and saves them.
- ²⁰ The Lord watches over all who love him,
but all the wicked he will destroy.
- ²¹ My mouth will speak the praise of the Lord,
and all flesh will bless his holy name forever and ever.

Response Questions

1. Make a list of things you could thank God for:
2. Now, look for and circle several things in Psalm 145 that the Lord is given credit for doing or actions that describe the Lord's work. Compare your list above with what you circled in the Psalm.
3. Spend several minutes re-reading the scripture, marking parts that you're interacting with. What words bring you comfort? What words are surprising? What raises questions? What brings answers? What do you agree with? What don't you like? Praying the Psalms can be difficult because it pushes us toward deeper intimacy with God. Challenge yourself to share your thoughts with God in prayer.

Challenges for Groups

“All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work.” (2 Tim 3:16-17)

When the verse above was written, the New Testament including the Gospels and Paul’s letters, weren’t considered scripture. The Torah (Genesis-Deuteronomy), the Prophets (many Old Testament books), and The Psalms were considered scripture. Psalms are frequently quoted in the New Testament. They’re vital to a rich life of faith in our Triune God.

The Psalms we are mainly exposed to are filled with praise toward God. It will benefit us to be exposed to ALL of the Psalms. There are many Psalms that are long laments and Psalms that are angry and contain curses. “The point of the shocking psalms is not to sanctify what is shameful (for example, the desire for sweet revenge) or to make us feel better about parts of ourselves that stand in need of change. Rather, the Psalms teach us that profound change happens always in the presence of God.”¹

1. Read Psalm 6 aloud. Share how the Psalm makes you feel when you hear it. To whom is the psalmist praying? To whom do you lament? Reread verse 9; what does it teach us?
2. To get an idea of Psalm 109, read vs 1-20. Share how it makes you feel when you hear it? Have you ever had these feelings? Have you shared these feelings with God? It’s good to remember that God is just and doesn’t like evil. It’s good to remember that God is merciful. And, we need to be careful not to assume that our enemies are God’s enemies. Is Psalm 109 honest? How does honesty help bring healing?
3. How can your group support you this week? Close by going around the group allowing each person to choose a verse or two from any of the Psalms to read aloud as your departing prayer.

Practice this week—Pray the Psalms

Using the accompanying “Where to Get Help in the Book of Psalms” guide, choose a Psalm to pray and pray it often this week. Practice being honest with yourself and honest with God.

¹From *Getting Involved with God: Rediscovering the Old Testament* by Ellen F. Davis