

Praying the Psalms –A Holy Communion

I. GOD’S HEART FOR THE BROKEN

- A. The most important part of our prayer life is understanding the beauty, majesty, and magnificence of God. The foundation for all prayer is to gaze on the beauty of God (Ps. 27:4). It is out of this reality that we realize how God feels toward human beings.
- B. When we begin to realize how God feels about us we are motivated and alive on the inside. It is then that we do things out of abundance, not lack; out of love, not fear; in the light, not darkness. Become familiar with God’s plans and promises for the New Testament Church.
- C. We set our eyes on who God says He is. Now we will begin to see how God feels towards us.
- D. The easiest way to know that we are truly thinking about God in a right way is by praying and meditating on His Word. We know that His Word is a perfect showing of who He is. Gaining insight into how God feels towards us must come from His Word. If there is any other opinion, it is not reality.

II. THE PSALMS

- A. The history of the Psalms is the history of a prayer book. This book of the Bible is a particularly important one to people of prayer. There is no other book in all the Bible which is strictly prayers. It is also a song book.
- B. Up until the early 1600’s the only worship songs the church had were the Psalms. Even then most of what was sung by the body of Christ was primarily based out of the Psalms. Hernhutt spoke the Psalms for over 100 years as one of the greatest prayer movements in modern history.
- C. The early apostles certainly would have sung Psalms out loud as a form of prayer. (*Ephesians 5:19, Col. 3:16, James 5:13*). Also, the first book to ever be published in America was a prayer book of Psalms by the puritans. It is only recently that we have lost the reverence and power of the Psalms.
- D. The Bible gives us several keys into what God looks and feels like. It is out of this foundation all things within the reality of who He is are revealed. The Psalms give us, not just facts about God, but His deep feelings for His people in their weakness.
- E. This set of prayers and songs has a unique insight into how God feels towards weak and broken people. It also gives us a template for personal prayers. We will take these next week and focus on developing dialogue between us and Jesus using His word.

III. PRAYING THE WORD

- A. Every person desiring a deeper relationship with God has been driven to the place of prayer. Prayer is talking with God, whether in heart or voice. When we desire a deeper relationship with anyone we long to know them better, more intimately.

- B. Throughout human history men and women of God have prayed His Word. For thousands of years it has been the foundation stone of prayer, after all it is Gods very Words. Today is no different. The Word of God brings life and praying it brings life to our life.
- C. The early apostles gave themselves exclusively to praying and the ministry of the Word (**Acts 6**). They understood the power of praying the Word as well. God did not give us the Bible so that we could know fact alone, but so that we could communicate [pray] with Him.
- D. We are going to do the same by reading through the selected scriptures. We will then begin to talk to God about how He feels toward us with it. Use the words from the Psalms and put “I” or “me” in place of names or characters. This is going to be uncomfortable at first but it will grow on you.
1. Example: ***They confronted me in the day of my calamity, But the LORD was my support. He also brought me out into a broad place; He delivered me because He delighted in me.***
 2. take this and say:

“The enemy confronts me in the day of my calamity, but You are my support. You bring me out of the trials and set me in broad places; You deliver me because You delight in me.”
- E. As you can see, you take His word and develop dialogue with Him. Remember, He wrote it, not you. So when you say things like “You delivered me because you like me” and feel uncomfortable with how you are talking to God, remember that it is He who said it, not you! It is a religious spirit that wants to keep us from intimacy by exalting God to a place that is unapproachable. We followers of Jesus are the only ones on the planet which are invited to God not drawn away from Him.
- F. Fight this religious spirit by drawing as close as a son with His Father!

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. 15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. 16 Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. (Heb 4:14)
- G. Take your time when doing this. This is not a race and our goal is to get to know God more at a heart level; this takes time. So slow down and take your time.
- H. The goal of this week is to have your own psalm as a personal prayer between you and Jesus. Ask Holy Spirit to highlight a particular psalm/prayer before you begin this 3-month season. He desires to bring one to you. One of the main roles of the Holy Spirit is to be our “Counselor” by giving revelation and wisdom of Jesus and the Father through the Word.

- I. I encourage you to study the background behind each psalm if it lists it. This will give you a particular insight into the background of the author; including the time of their life, the people involved, and why they are praying.