



### **Series: Summer of Psalms**

The Psalms reflect just about every emotion and mood of our human experience, from shouts of praise to wrestling with the hardest questions about suffering. Their voice is refreshingly spontaneous in conversation with the divine through poetry, prayer, and of course, song. This summer, we will celebrate the rich diversity of the Psalms, exploring major themes and how they can help us draw into closer relationship with an ever-present God. Come, let us join with God's people throughout the ages in singing praise and heartfelt prayer as we experience a Summer of Psalms.

“Here at the very center of the Bible are songs, rising up like a tune from its heart.  
They capture the innermost thoughts and prayers of Old Testament people –  
and they still speak directly to our needs”  
(*NRSV Student Bible* with notes by Philip Yancey and Tim Stafford)

### **Message description:**

The psalms make space for all people to pray the most honest prayers God will ever hear. Whether we know how to pray or not, whether we are just beginning or have been praying for several years; the psalms are for anyone who wishes to grow in their prayer life with God. The psalms are here to teach us to pray. The psalms show us the nature of faithful prayer: praying to a specific God, modeling a call a response rhythm, observing faithful silence, inviting us to express all emotions to God, and challenging us to pray for our neighbors and the world in addition to our personal concerns.

Two of the main types of prayers found in psalms are considered (1) prayers for help and deliverance and (2) prayers of trust and confidence in the faithfulness of God. the psalms reveal God's loving character to us and teach us that God can be our refuge, fortress, strength, light and salvation.

**The psalms show us the nature of faithful prayer by:**

1. inviting us into conversation with a particular God, not a generic deity.

2. Modeling a rhythm of call and response.

3. Modeling the dialogue of individual and communal prayer.

4. Inviting us to observe faithful silence.

The goal of the psalms is not only to be trained in faithful speech and faithful words, but also in faithful silence. The Hebrew word, *Selah*, functions as a kind of pause, both in the text and as an invitation to the reader to listen, meditate, and to not rush on.

5. Inviting us to say all kinds of things to God...

You are holy. (Psalm 22)

We love you. (Psalm 31)

Help us. (Psalm 12)

I have sinned. (Psalm 51)

Forgive me. (Psalm 25)

Why? (Psalm 22)

How long? (Psalm 13)

I am alone. (Psalm 88)

Defend me. (Psalm 43)

Have mercy. (Psalm 57)

You are good. (Psalm 100)

We shout for joy. (Psalm 98)

Remember what you have done. (Psalm 105)

Come again. (Psalm 6)

Be gracious to us. (Psalm 123)

Be the God you say you are. (Psalm 4)

We praise you. (Psalm 66)

Bless us. (Psalm 67)

Lead me. (Psalm 31)

Thank you. (Psalm 100)

6. Inviting us to pray for the whole world.

**Examples:**

**Prayers for Help and Deliverance** (Psalms 6-7, 10, 12, 13, 17, 22, 28, 31, 34, 35, 38, 40-43, 54, 58, 60, 64, 70, 73, 83, 86, 88, 94, 109, 140-143)

**Prayers of Trust and Confidence** (Psalms 3, 4, 5, 11, 16, 23, 27, 37, 56, 62, 91, 139, 145)