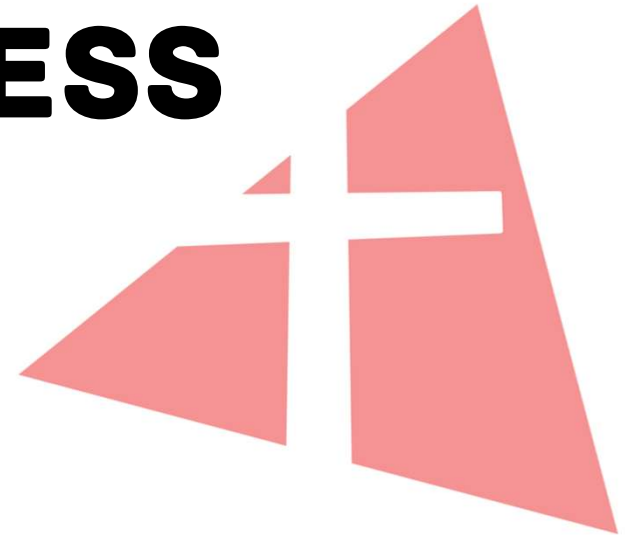


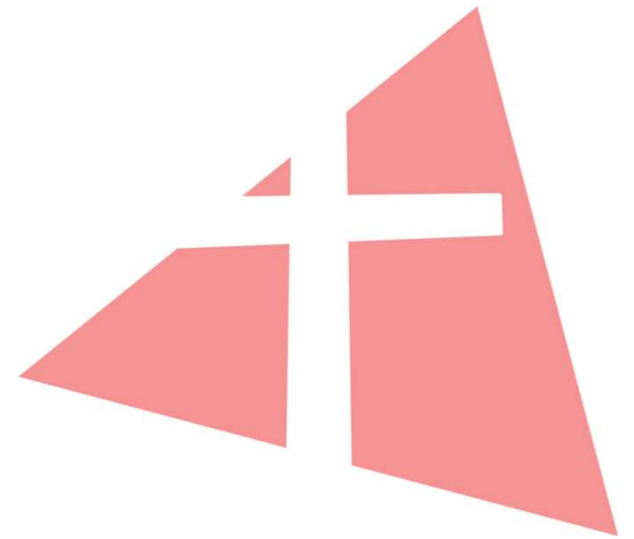
PRAYING IN DISTRESS

April 05th 2020



OUR SERIES

- **Prayer is for God's Glory**
- **Praying in crisis**



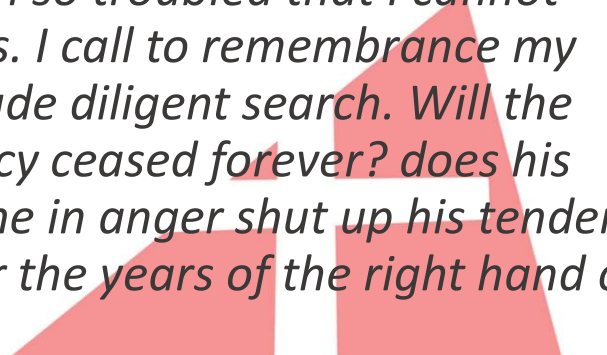
CRISIS PRAYER

- **Some of the Psalms are written in great distress**
- **From these Psalms we can learn how to relate to God in time of distress**



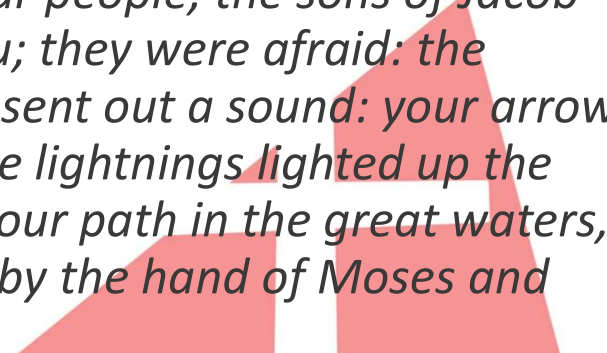
PSALM 77

Psalms 77:1-20 I cried unto God with my voice, even unto God with my voice; and he gave ear unto me. In the day of my trouble I sought the Lord: my sore ran in the night, and ceased not: my soul refused to be comforted. I remembered God, and was troubled: I complained, and my spirit was overwhelmed. Selah. You hold my eyes from closing: I am so troubled that I cannot speak. I have considered the days of old, the years of ancient times. I call to remembrance my song in the night: I commune with my own heart: and my spirit made diligent search. Will the Lord cast off forever? and will he be favorable no more? Is his mercy ceased forever? does his promise fail forevermore? Has God forgotten to be gracious? has he in anger shut up his tender mercies? Selah. And I said, This is my infirmity: but I will remember the years of the right hand of the most High.



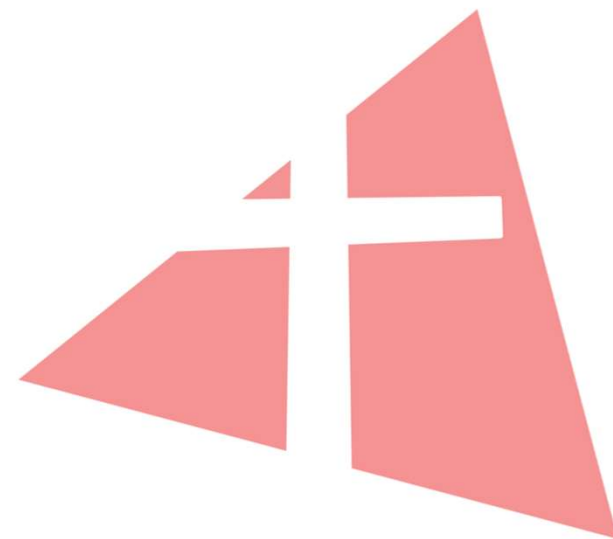
PSALM 77

I will remember the works of the LORD: surely I will remember your wonders of old. I will meditate also on all your work, and talk of your doings. Your way, O God, is in the sanctuary: who is so great a God as our God? You are the God that does wonders: you have declared your strength among the people. You have with your arm redeemed your people, the sons of Jacob and Joseph. Selah. The waters saw you, O God, the waters saw you; they were afraid: the depths also were troubled. The clouds poured out water: the skies sent out a sound: your arrows also went abroad. The voice of your thunder was in the heaven: the lightnings lighted up the world: the earth trembled and shook. Your way is in the sea, and your path in the great waters, and your footsteps are not known. You led your people like a flock by the hand of Moses and Aaron.



PSALM 77

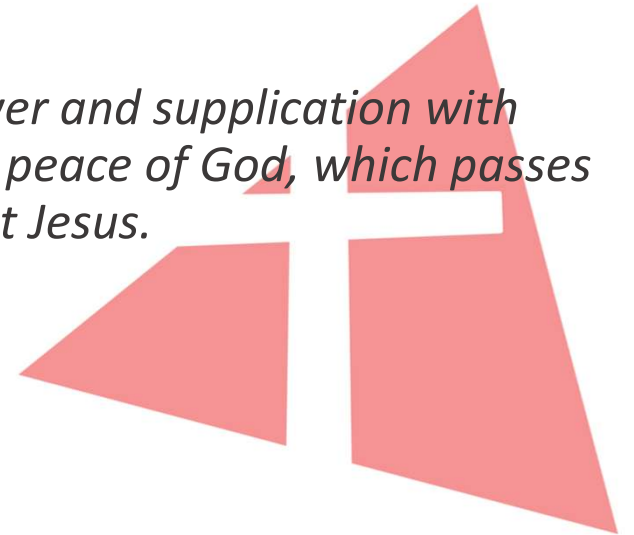
- Distress is real



PSALM 77

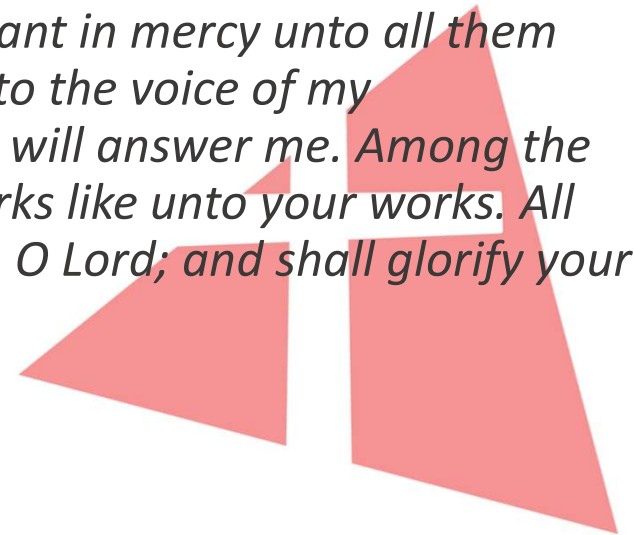
- **We can cope with our distress when we remember God's goodness in the past**

Philippians 4:6-7 Be anxious for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.



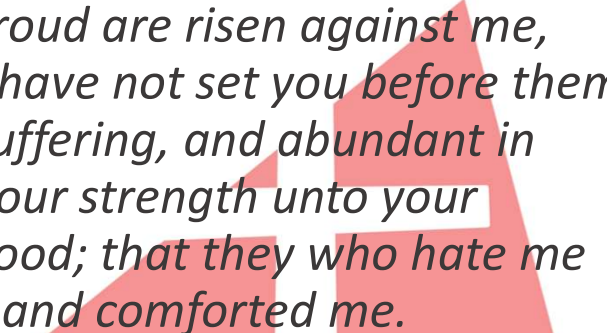
PSALM 86

Psalms 86:1-17 Bow down your ear, O LORD, hear me: for I am poor and needy. Preserve my soul; for I am holy: O you my God, save your servant that trusts in you. Be merciful unto me, O Lord: for I cry unto you daily. Rejoice the soul of your servant: for unto you, O Lord, do I lift up my soul. For you, Lord, are good, and ready to forgive; and abundant in mercy unto all them that call upon you. Give ear, O LORD, unto my prayer; and attend to the voice of my supplications. In the day of my trouble I will call upon you: for you will answer me. Among the gods there is none like unto you, O Lord; neither are there any works like unto your works. All nations which you have made shall come and worship before you, O Lord; and shall glorify your name.



PSALM 86

For you are great, and do wondrous things: you are God alone. Teach me your way, O LORD; I will walk in your truth: unite my heart to fear your name. I will praise you, O Lord my God, with all my heart: and I will glorify your name forevermore. For great is your mercy toward me: and you have delivered my soul from the depths of sheol. O God, the proud are risen against me, and the assemblies of violent men have sought after my soul; and have not set you before them. But you, O Lord, are a God full of compassion, and gracious, longsuffering, and abundant in mercy and truth. O turn unto me, and have mercy upon me; give your strength unto your servant, and save the son of your handmaid. Show me a sign for good; that they who hate me may see it, and be ashamed: because you, LORD, have helped me, and comforted me.



PSALM 86

- Acknowledging our dependence on God
- Acknowledging God's greatness

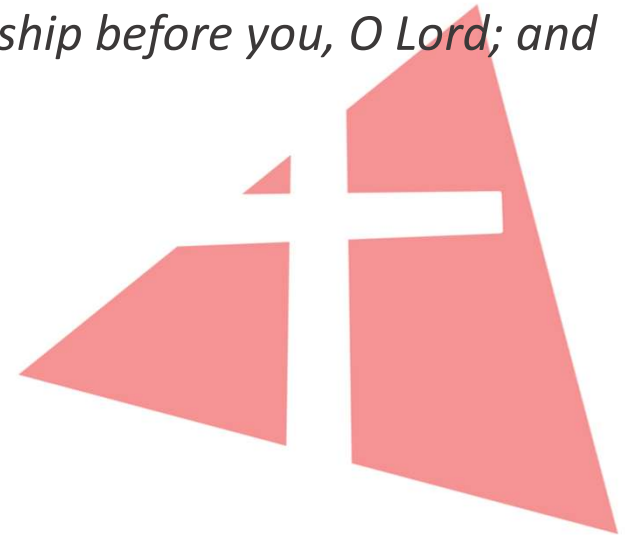


PSALM 86

- Looking at “the final outcome”

Psalms 86:9 All nations which you have made shall come and worship before you, O Lord; and shall glorify your name.

- Seeking God’s plans and purposes



PSALM 86

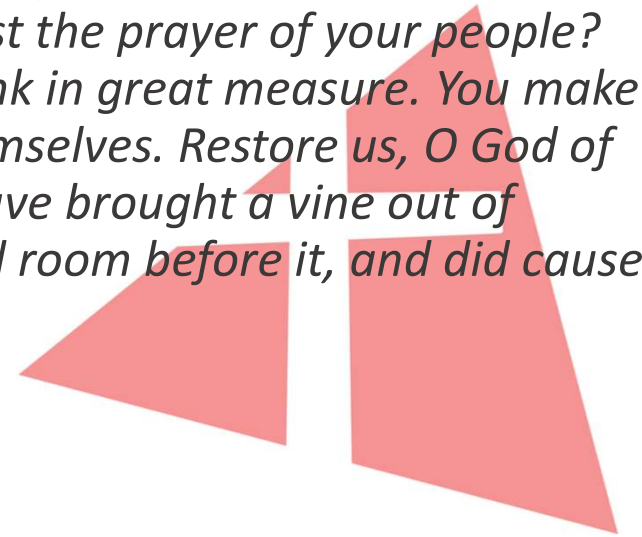
- **Praise and worship**

Psalms 86:12-13 I will praise you, O Lord my God, with all my heart: and I will glorify your name forevermore. For great is your mercy toward me: and you have delivered my soul from the depths of sheol.



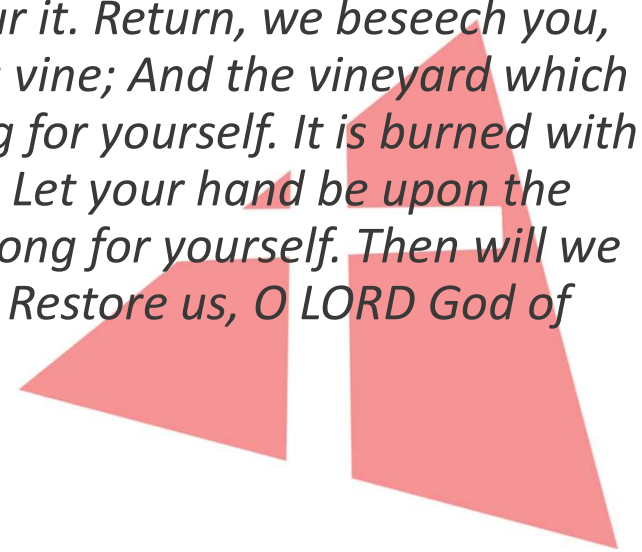
PSALM 80

Psalms 80:1-19 Give ear, O Shepherd of Israel, you that lead Joseph like a flock; you that dwell between the cherubim, shine forth. Before Ephraim and Benjamin and Manasseh stir up your strength, and come and save us. Restore us, O God, and cause your face to shine; and we shall be saved. O LORD God of hosts, how long will you be angry against the prayer of your people? You feed them with the bread of tears; and give them tears to drink in great measure. You make us a strife unto our neighbors: and our enemies laugh among themselves. Restore us, O God of hosts, and cause your face to shine; and we shall be saved. You have brought a vine out of Egypt: you have cast out the nations, and planted it. You prepared room before it, and did cause it to take deep root, and it filled the land.



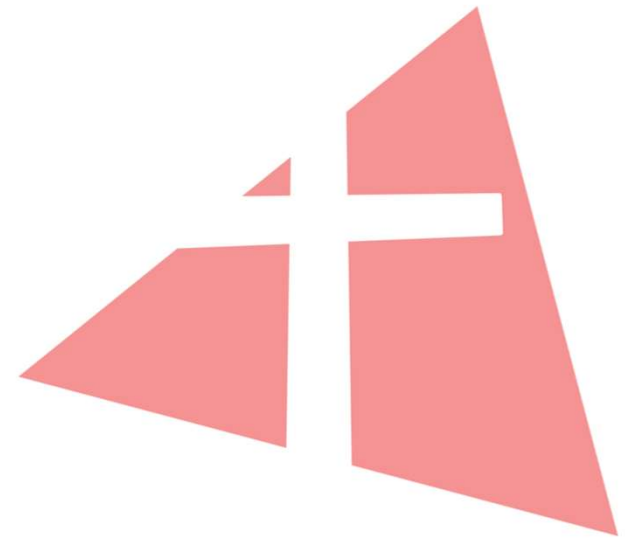
PSALM 80

The hills were covered with the shadow of it, and the boughs thereof were like the goodly cedars. It sent out its boughs unto the sea, and its branches unto the river. Why have you then broken down its hedges, so that all they who pass by the way do pluck its fruit? The boar out of the wood does waste it, and the wild beast of the field does devour it. Return, we beseech you, O God of hosts: look down from heaven, and behold, and visit this vine; And the vineyard which your right hand has planted, and the branch that you made strong for yourself. It is burned with fire, it is cut down: they perish at the rebuke of your countenance. Let your hand be upon the man of your right hand, upon the son of man whom you made strong for yourself. Then will we not go back from you: revive us, and we will call upon your name. Restore us, O LORD God of hosts, cause your face to shine; and we shall be saved.



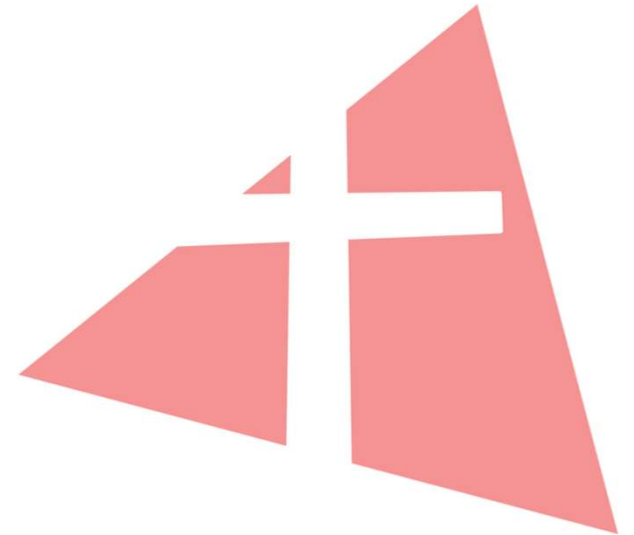
PSALM 80

- Confession
- Forgiveness
- Deliverance



ELEMENTS OF CRISIS PRAYER

- **Acknowledging the situation**
- **Confession**
- **Looking back at God's Faithfulness**
- **Praise**
- **Expressing trust in God's deliverance**



CORONA

- **Our circumstances are different**
- **But during our crisis, our hearts should have the same focus as the hearts of the Psalmists**

Hebrews 13:8 Jesus Christ the same yesterday, and today, and forever.



IN CONCLUSION

- **We are not the first people in the history of mankind who go through such a crisis**

