

When Life is Prayer

C. S. Lewis once said that taken together, the sum total of any person's prayer life would amount to that person's autobiography. If any of us could listen to all of the prayers of a given person, we would learn a tremendous amount about that person. We would come to know what brings her joy, what brings her sorrow. We would understand where her anxieties in life are located and just what it is that brings her the most shame and guilt. Our prayer lives represent our autobiography, our story, our character, our inmost being. That is why the Book of Psalms has been the prayer book of God's people for millennia. Across the sweep of these

ancient Hebrew poems we can see reflected most every season of human life: joy and sorrow, thanksgiving and repentance, praise and lament. No matter where a person may be at any given moment of life, there is a psalm to give voice to that moment. The people of God recite and sing the psalms not only because of their lyric beauty and poetry but because they ring true. They reflect real life. What's more, they remind us that there is no part of life that cannot be brought to speech before our loving, understanding and compassionate God.

CICW Website

Living Worship



Petition

A Trusting Heart

Psalm 86

Bend your ear down this way,
Lord! Do you hear me?
For I seem hemmed in all
around and miserably don't
know where to turn.
Take care of me! For I am
faithful.
You are my God! Send your
servant some help who trusts
in you.
O my Lord, be gracious to
me-
I've spent the whole day
bawling to you-
Could you cheer me up a bit,
your servant?
It's to **you** I extend my heart,
Lord!
You are good, my Lord,
forgiving willingly;
so rich is your grace to all
those blurting out their
troubles to you.
Pay attention to my prayer,
LORD!
Bend over and really listen to
me, my rather vocal requests:
Whenever I'm stuck, I cry for
you, Lord,
Because I know you will
answer me.

There is not a one among the
gods like you, Lord.
Nobody does things like you!
All the nations of people you
made shall come someday
and fall down before your
face, Lord, pay honor to your
name,
For you are great, doing
extraordinarily wonderful
things!
You are God! Only you are
God-

O Lord God, teach me **your**
way so that I may walk in
your truth;
Pull my heart together till it
fear only **your** name.
O Lord, my God! I want to
acknowledge you with my
whole heart!
I want to praise your name
forever and ever
because your covenantal love
has been so overwhelming to
me:
You saved me out of the
worst dead-ends.

O God, malicious, arrogant
men are rising up against me!
A whole crowd of violent
troublemakers are out to get
me and they don't have you
in mind at all.
But you, my Lord, are a
gentle God, merciful, long-
suffering, full of covenanting
love and truth:
come here by me; cover me
with your grace;
lend me, your servant, some
of your power!
Help! Save me who was your
child from very birth!
Perform some wonderful
thing on me that turns out for
good so that my enemies may
see it and be shamed,
surprised that you, Lord God!
are the one standing by me,
comforting me...

Psalm 86
Voicing God's Psalms
Calvin Seerveld

Daily Scripture Readings to teach us about petition “Lord, Help Me”

September 2011

				1 <i>Phil 4:4-7</i>	2 <i>Psalms 5</i>	3 <i>Matt 7:7-12</i>
4 <i>Psalms 54</i>	5 <i>Jer. 29:1-11</i>	6 <i>Psalms 62</i>	7 <i>Mark 9:14-32</i>	8 <i>Psalms 70</i>	9 <i>Colossians 4:2-6</i>	10 <i>Psalms 107</i>
11 <i>Luke 11:1-13</i>	12 <i>Psalms 27</i>	13 <i>I Thess. 5:16-18</i>	14 <i>Mark 11:20-25</i>	15 <i>Psalms 46</i>	16 <i>I Kings 18:16-46</i>	17 <i>Daniel 9:17-19</i>
18 <i>Psalms 86</i>	19 <i>I John 5:14-15</i>	20 <i>James 1:2-6</i>	21 <i>Revelation 4</i>	22 <i>Isaiah 66:1,2</i>	23 <i>Exodus 9:29-35</i>	24 <i>I Sam. 1:9-18</i>
25 <i>Matt 26:36-39</i>	26 <i>2 Chron 7:14-16</i>	27 <i>Acts 4:23-31</i>	28 <i>I Kings 8:22-30</i>	29 <i>James 5:13-20</i>	30 <i>Matthew 6:1-15</i>	

Why do Christians need to pray?

Because prayer is the most important part of the thankfulness God requires of us. And also because God gives his grace and Holy Spirit only to those who pray continually and groan inwardly, asking God for these gifts and thanking him for them.

How does God want us to pray so that he will listen to us?

First, we must pray from the heart to no other than the one true God, who has revealed himself in his Word, asking for everything he has commanded us to ask for.

Second, we must acknowledge our need and misery, hiding nothing, and humble ourselves in his majestic presence.

Third, we must rest on this unshakable foundation: even though we do not deserve it, God will surely listen to our prayer because of Christ our Lord. This is what he promised us in his Word.

What did God command us to pray for?

Everything we need, spiritually and physical, as embraced in the prayer Christ our Lord himself taught us.

THE HEIDELBERG CATECHISM

LORD’S DAY 45

Is it easy to ask for help for ourselves?

When is it difficult to ask for help?

What does your prayer life say about who you are?



Lord, Help Me

This, then, is how you should pray:

*Our Father who art in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done
On earth as it is in heaven.*

Give us today our daily bread.

Forgive us our debts, as we also have forgiven our debtors.

And lead us not into temptation, but deliver us from the evil one.

*For yours is the kingdom and the power and the glory forever.
Amen*