

# Walking in Prayer: Old Testament

## Lesson 7: Prayers of David

*A Psalm writing workshop*

### Part II: More Psalms!

#### Vocabulary:

|                 |                 |             |                             |
|-----------------|-----------------|-------------|-----------------------------|
| conflict        | to envy         | to count on | to slip                     |
| passion         | to disappear    | orphan      | to desert                   |
| to rejoice      | enemy           | to tremble  | to despise                  |
| to mourn        | to turn against | loyal       | to afflict (adj. afflicted) |
| to flourish     | constantly      | awesome     | to comfort                  |
| miserable       | brutal          | pit         | generation                  |
| for the sake of | to hunt down    | destruction |                             |
| annoyed         | distress        | muddy       |                             |

#### Discussion:

In Part I of this lesson, we saw how David used Psalms to express his praise and thanksgiving toward God.

Share one way that your life or relationship with God was impacted from the last lesson.

In this study, we will see David's heart and concerns that he had, as we explore the Psalms he wrote. David wrote about many subjects: God's identity, David's own sins, his **conflicts** with people, his **passion** for justice, his need for healing, and his desire for God's power in his life. David took time to **rejoice** when his prayers were answered, and, like us, he **mourned** when his prayers were not answered in the way he wanted. We often see David ending his prayers with a promise to God: that he will share his walk with God with others so they can experience God's goodness! Once again, we will write Psalms of our own that we can pray over and over again, just like David did.

#### *Psalms of Identity*

**Psalm 52** – <sup>8</sup> But I am like an olive tree **flourishing** in the house of God; I trust in God's unfailing love for ever and ever. <sup>9</sup> For what you have done, I will always praise you in the presence of your faithful people. And I will hope in your name, for your name is good.

Here David is praying the truths about who he is to God and who God is to him. Write a prayer about your true identity in Christ. For ideas, review the attached *Identify in Christ* handout.

#### *Psalms of Confession*

**Psalm 32** – <sup>3</sup> Lord, I prayed to you again and again, but I did not talk about my sins. So, I only became weaker and more **miserable**. <sup>4</sup> Every day you made life harder for me. I became like a dry land in the hot summertime... <sup>5</sup> But then I decided to confess my sins to the LORD. I stopped hiding my guilt and told you about my sins. And you forgave them all! <sup>11</sup>...All you who want to do right, rejoice! (ERV)

David learned the joy of being honest with God about his sins, instead of hiding them or running away. Are there any sins in your life this week or in your past that you need to confess? Take a minute to write a prayer of confession and express the joy you find in Christ's forgiveness. Share your confession with a Christian friend you trust.

**Psalm 25** – <sup>4</sup>Show me your ways, Lord, teach me your paths. <sup>5</sup>Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long... <sup>9</sup>He guides the humble in what is right and teaches them his way... <sup>11</sup>For the sake of your name, Lord, forgive my [sin], though it is great. (NIV)

What was David's attitude about his sin? What does he ask God to do for him?

Write a prayer about how you feel about your sin. What do you want God to do for you?

**Psalm 37** – <sup>1</sup>Don't be annoyed by anyone who does wrong, and don't envy them. <sup>2</sup>They will soon disappear like grass without rain. <sup>3</sup>Trust in the Lord and live right! [Live on your land and feed on God's faithfulness]<sup>1</sup> <sup>4</sup>Do what the Lord wants, and he will give you your heart's desire. <sup>5</sup>Let the Lord lead you and trust him to help you... <sup>7</sup>Be patient and trust the Lord. Don't let it bother you when all goes well for those who do sinful things. <sup>8</sup>Don't be angry... Anger can lead to sin. (CEV)

David also confesses to God his frustration and anger over the sins of others. How does David speak to his own heart about these problems?

Confess to God any anger you have toward others. Write a prayer to your own heart that will lead your heart to do and feel what is right and good.

### *Psalms of Conflict*

**Psalm 3** – <sup>2</sup>Lord, I have so many enemies. So many people have turned against me... <sup>3</sup>But you, Lord, protect me. You bring me honor; you give me hope. <sup>4</sup>I will pray to the Lord, and he will answer me from his holy mountain. <sup>5</sup>I can lie down to rest and know that I will wake up, because the Lord covers and protects me. (ERV)

As a ruler, David constantly faced people trying to attack his land or take his crown. What does David pray about?

Do you need protection from people in your life? Are you having any conflicts with others? Write a prayer for God's help in the situations you are facing. How do you want God to help you?

<sup>1</sup> This is the Hebrew translation according to Westminster Leningrad Codex. See also parallel verses in the International Standard Version and American Standard Version. "Psalm 37:3," *Interlinear Bible*, Biblehub.com, 2004-2021, accessed Dec. 4, 20210, <<https://biblehub.com/interlinear/psalms/37-3.htm>>.

*Psalms of Justice*

**Psalm 10** – <sup>1</sup>Why are you far away, Lord? Why do you hide yourself when I am in trouble? <sup>2</sup>Proud and brutal people hunt down the poor. But let them get caught in their own evil plans!... <sup>12</sup>Do something, Lord God, and use your powerful arm to help those in need... <sup>14</sup>But you see the trouble and the distress, and you will do something. The poor can count on you, and so can orphans. (CEV)

What is David concerned about in this Psalm?

What areas of justice are you concerned about? Consider your family, communities, nation, or other parts of the world. Write a prayer of your own about justice.

*Psalms of Healing*

**Psalm 6** – <sup>2</sup>Lord, be kind to me. I am sick and weak. Heal me, Lord! My bones are shaking. <sup>3</sup>I am trembling all over. Lord, how long until you heal me? <sup>4</sup>Lord, come back and make me strong again. Save me because you are so loyal and kind. (ERV)

Here we see David praying over his health. Where do you need healing in your heart mind or body? Write a prayer of healing for yourself.

Make a list of others who are sick. Write a prayer for the healing of others.

*Psalms of Power*

**Psalm 68** – <sup>28</sup>God, show us your power! Show us the power you used for us in the past... <sup>34</sup>Tell everyone how powerful he is!...His power fills the skies. <sup>35</sup>God, you are awesome in your Temple! The God of Israel is the one who gives strength and power to his people. (NIV)

We see here that David expects God to answer his prayers, even in impossible situations. Are there some impossible situations where you need God to move powerfully? Pray with passion for God's power to do the impossible!

*Psalms of Answered Prayers*

**Psalm 40** – <sup>1</sup>I waited patiently for the Lord, and he heard me. He heard my cries. <sup>2</sup>He lifted me out of the pit of destruction. He lifted me from that muddy place. He picked me up, put me on solid ground, and kept my feet from slipping. <sup>3</sup>He put a new song in my mouth, a song of praise to our God. Many will see what he did and worship him. They will put their trust in the Lord. (ERV)

Here we see that David take time to recognize and celebrate God's answers to his prayers. He doesn't just move on to the next request. Write a prayer of celebration for ways God has answered your prayers.

*Psalm of Unanswered Prayers*

**Psalm 22** – <sup>1</sup>My God, my God, why have you deserted me? What are you so far away?... <sup>2</sup>I cry out day and night, but you don't answer, and I can never rest...<sup>22</sup>When your people meet, I will praise you, Lord. <sup>23</sup>All who worship the Lord, now praise him!... (CEV)

<sup>24</sup> For he has not **despised**... the suffering of the **afflicted** one; he has not hidden his face from him but has listened to his cry for help. <sup>25</sup> [I will praise you when the people come together to worship]...(NIV)

David also takes time to mourn over prayers that God has not answered. What are some prayers you have been praying but God has not been answering? Write a prayer of mourning over these unanswered needs.

**Psalm 71** – <sup>20</sup> You have let me see troubles and hard times, but you will give me new life; you will lift me up from this pit of death! <sup>21</sup> You will help me do even greater things. You will **comfort** me again!

How does David help his heart to overcome sadness when God does not answer his prayers? Write a prayer that comforts or strengthens your heart when God says “No” or “Wait.”

#### *Psalms of Sharing with Others about God*

**Psalm 71** – <sup>8</sup> I praise and honor you all day long... <sup>15</sup> All day long I will tell the wonderful things you do to save your people... <sup>16</sup> I will praise you, Lord God, for your mighty [acts] and your power to save... <sup>18</sup> Don't leave me when I am old and my hair turns gray. Let me tell future **generations** about your mighty power.

David often finishes his prayers by vowing to praise God throughout the day and tell others about the Lord's faithfulness. How do you want to share God's goodness with others?

#### This Week:

Write in your journal:

1. Commit a time regularly to pray through the Psalms you wrote.
2. As you grow and change during your life, revise your Psalms to reflect your life's journey. Make Psalm writing a part of your regular walk with the Lord.