

V. 149 - Basis of his prayer – God’s love (KJV “lovingkindness”) (chesed)
This is why we pray! Because of Who _____ is!

V. 145 - “I call”; V. 146 – “I call out” Pray _____ .

I. A LOOK AT HIS PRAYER LIFE

- A. He prayed with all his _____ (mind, will, emotions) – v. 145
- B. He prayed for deliverance – v. 146 “save (deliver) me”
- C. He prayed “without ceasing” – v. 147, 148 (cf. I Thess. 5:17 – “persistent cough” praying.)
When you can’t _____ – meditate on God’s Word!
- D. He prayed for refreshing – “preserve” – v. 149
- E. He prayed in faith – v. 151, 152
 - 1) The enemy is near, but _____ is even nearer! James 4:8 – draw near to God and He will draw near to you.
 - 2) God’s Word is eternal – v. 152

II. PRAYER GIVES US STRENGTH FOR THE JOURNEY – v. 153 - 160

- A. v. 153 – “look on me” to see, observe, give attention to – my suffering; affliction; misery; depression
- B. v. 153 – deliver me – can mean 2 things!
 - 1) rescue me
 - 2) equip me; make me _____
- C. v. 154 – defend me. The language of the courtroom. “Plead my cause.”
Rom. 8:33-35: – Message: And who would dare tangle with God by messing with one of God’s chosen? Who would dare even to point a finger? The One who died for us—who was raised to life for us!—is in the presence of God at this very moment sticking up for us. Do you think anyone is going to be able to drive a wedge between us and Christ’s love for us? There is no way!

D. v. 154 – _____ me – “pay the price” (Kinsman-Redeemer - Ruth)
“Redeem” - “to buy back; to ransom or redeem by paying the price.”
Col. 1:13,14 says, “He has rescued us from the dominion of darkness and brought us into the kingdom of the Son He loves, in Whom we have redemption, the forgiveness of sins.”

Rom. 8:32 - He who did not spare his own Son, but gave him up for us all—how will he not also, along with Him, graciously give us all things?

E. v. 154, 156, 159 – preserve me – refresh me; revive me

F. v. 153, 157, 159, 160 – help me stay obedient to Your Word
v. 160 - I know Your Word can be _____.

CONCL. In these sections, the Psalmist is teaching us that we can keep hope alive and stay spiritually refreshed in the midst of struggles as we keep praying. What keeps us praying is our trust in and obedience to God’s Word.

