PSALMS
THE LANGUAGE of PRAYER

Praying to the Lord of the Oppressed

Psalm 146 says: "Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God, who made heaven and earth, the sea, and all that is in them, who keeps faith forever; who executes justice for the oppressed, who gives food to the hungry. The Lord sets the prisoners free; the Lord opens the eyes of the blind. The Lord lifts up those who are bowed down; the Lord loves the righteous. The Lord watches over the sojourners; he upholds the widow and the fatherless, but the way of the wicked he brings to ruin."

These are all things that are clearly true about the God we worship. But how should these truths shape our prayers? In at least a few ways:

- Praise God - The psalm starts and ends with "Praise the Lord", it is very appropriate to praise God that he is one who cares for the oppressed.
- Confess your Lack of Care - Where have you overlooked or failed to care for or bring justice to those who are oppressed and hungry and foreigners in your life? Honestly confess your heart to God.
- Thank God - We were all once outcasts in God's eyes, those on the wrong end of God's justice, those with no way to gain his favor, those on the outside of his kingdom - Praise God he has rescued us!
- Intercede - Pray for the prisoner, the blind, the downcast, the widow, the fatherless. Pray in general, and pray by name for those you know.
- Ask For Your One - Ask God to show you one hurting person who you can reach out to, care for, love in Jesus' name this week.

THIS WEEK'S PSALMS

Monday, Nov 11_____*Morning*—Psalm 58 | *Evening*—Psalm 99

Tuesday, Nov 12_____*Morning*—Psalm 137 | *Evening*—Psalm 126

Wednesday, Nov 13_____*Morning*—Psalm 40 | *Evening*—Psalm 42

Thursday , Nov 14_____*Morning*—Psalm 100 | *Evening*—Psalm 83

Friday, Nov 15_____*Morning*—Psalm 23 | *Evening*—Psalm 128

Saturday, Nov 16_____*Morning*—Psalm 29 | *Evening*—Psalm 101

Sunday, Nov 17_____*Morning*—Psalm 97 | *Evening*—Psalm 91

QUESTIONS to CONSIDER about EACH PSALM

1) What is this Psalm about?
2) What is felt?
3) What is requested?
4) What is declared?

PHRASES about GOD or PETITIONS to GOD WORTH REMEMBERING or MEMORIZING

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