

## PRAYING THROUGH OUR LOSSES

Psalm 34; 57; 142

### What Does the 23<sup>rd</sup> Psalm Say About the Person Who Wrote It?

Was there any key or pivotal time in David's life that shaped him to be the person he came to be? (If you could point to any key time in your own spiritual growth process, when would it be?)

Quickly list what David is most known for:

How did David become the King of Israel after his start as a lowly shepherd boy?

### David's In-Between Years: Orientation → Disorientation → Re-Orientation (1 Sam 18-22:2)

In an instant, from a lowly shepherd boy, David has everything going for him:

Yet, as quickly as David rose to fame . . .

David loses his \_\_\_\_\_ with King Saul (1 Samuel 19:10)

David loses his \_\_\_\_\_ who betrayed him (19:11-17)

David loses his spiritual \_\_\_\_\_ and \_\_\_\_\_ (19:18-23)

David loses his \_\_\_\_\_, Jonathan (1 Sam 20)

David loses his \_\_\_\_\_ . (1 Sam. 21)

### The Cave Experience: When There's Nowhere Else To Go

22:1: *"David left Gath and escaped to the cave of Adullam."*

David was at his lowest point. (Wouldn't it be nice if David kept a journal we can read?)

### From David's Disorientation To New Orientation

Charles Swindoll: *"Since we believe in a Sovereign God, we are convinced that when He brings us to nothing, it is to reroute our lives, not to end our lives."*

22:1-2 *"When his brothers and his father's household heard about it, they went down to him there. All those who were in distress or in debt or discontented gathered around him, and David became their leader. About four hundred men were with him."*

Any more journal entries?

### **Psalm 142.**

*“With my voice I cry out to the LORD; with my voice I plead for mercy to the LORD. <sup>2</sup> I pour out my complaint before him; I tell my trouble before him. <sup>3</sup> When my spirit faints within me, you know my way! In the path where I walk they have hidden a trap for me. <sup>4</sup> Look to the right and see: there is none who takes notice of me; no refuge remains to me; no one cares for my soul. <sup>5</sup> I cry to you, O LORD; I say, “You are my refuge, my portion in the land of the living.” <sup>6</sup> Attend to my cry, for I am brought very low! Deliver me from my persecutors, for they are too strong for me! <sup>7</sup> Bring me out of prison, that I may give thanks to your name! The righteous will surround me, for you will deal bountifully with me.”*

### **Psalm 57**

*“Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by. <sup>2</sup> I cry out to God Most High, to God who fulfills his purpose for me. <sup>3</sup> He will send from heaven and save me; he will put to shame him who tramples on me. God will send out his steadfast love and his faithfulness! <sup>4</sup> My soul is in the midst of lions; I lie down amid fiery beasts—the children of man, whose teeth are spears and arrows, whose tongues are sharp swords. <sup>5</sup> Be exalted, O God, above the heavens! Let your glory be over all the earth! <sup>6</sup> They set a net for my steps; my soul was bowed down. They dug a pit in my way, but they have fallen into it themselves. <sup>7</sup> My heart is steadfast, O God, my heart is steadfast! I will sing and make melody! <sup>8</sup> Awake, my glory! Awake, O harp and lyre! I will awake the dawn! <sup>9</sup> I will give thanks to you, O Lord, among the peoples; I will sing praises to you among the nations. <sup>10</sup> For your steadfast love is great to the heavens, your faithfulness to the clouds. <sup>11</sup> Be exalted, O God, above the heavens! Let your glory be over all the earth!”*

### **Psalm 34**

*“I will bless the LORD at all times; his praise shall continually be in my mouth. <sup>2</sup> My soul makes its boast in the LORD; let the humble hear and be glad. <sup>3</sup> Oh, magnify the LORD with me, and let us exalt his name together! <sup>4</sup> I sought the LORD, and he answered me and delivered me from all my fears. <sup>5</sup> Those who look to him are radiant, and their faces shall never be ashamed. <sup>6</sup> This poor man cried, and the LORD heard him and saved him out of all his troubles. <sup>7</sup> The angel of the LORD encamps around those who fear him, and delivers them. <sup>8</sup> Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him! <sup>9</sup> Oh, fear the LORD, you his saints, for those who fear him have no lack! <sup>10</sup> The young lions suffer want and hunger; but those who seek the LORD lack no good thing. <sup>11</sup> Come, O children, listen to me; I will teach you the fear of the LORD. <sup>12</sup> What man is there who desires life and loves many days, that he may see good? <sup>13</sup> Keep your tongue from evil and your lips from speaking deceit. <sup>14</sup> Turn away from evil and do good; seek peace and pursue it. <sup>15</sup> The eyes of the LORD are toward the righteous and his ears toward their cry. <sup>16</sup> The face of the LORD is against those who do evil, to cut off the memory of them from the earth. <sup>17</sup> When the righteous cry for help, the LORD hears and delivers them out of all their troubles. <sup>18</sup> The LORD is near to the brokenhearted and saves the crushed in spirit. <sup>19</sup> Many are the afflictions of the righteous, but the LORD delivers him out of them all. <sup>20</sup> He keeps all his bones; not one of them is broken. <sup>21</sup> Affliction will slay the wicked, and those who hate the righteous will be condemned. <sup>22</sup> The LORD redeems the life of his servants; none of those who take refuge in him will be condemned.”*