

How to Ask God for Help Psalm 119:145-152

Introduction

All through the Bible we read that when we face impossible problems we can call upon God through Jesus Christ, and receive all the help we need.

But not only does the Bible tell us that we can call upon God, it helps us understand how to call upon God. That's the point of Psalm 119:145-152 –

What situation was the author facing? (vv.146, 147, 150)

Wicked men, who persecuted him and slandered him and were seeking to kill him, were drawing near.

What does he do when he faces this massive problem? (vv.145-147, 149)

He turns to God and cries for help.

How does he pray and ask God for help? (vv.145-152)

He cries out with his whole heart (145).

He directly asks God for help (145-146).

He tells God his motives for why God should respond (145-146).

He sets aside times that are devoted to prayer (147-148).

As he prays he strengthens his faith by meditating on God's promises (148).

He appeals to God's steadfast love as a reason God should answer (149).

He appeals to God's justice as a reason God should answer (149).

He reminds himself of who God is (151-152).



HOME GROUP DISCUSSION OF SUNDAY'S TEACHING

(Sometimes in our home groups we talk about Sunday's teaching, so we can work together on responding to God's Word — asking questions, sharing insights, talking together.)

Think of a recent problem you faced. How much was prayer a part of your response?

What is it that encourages you to pray, or discourages you from praying, when you face problems?

What do these eight verses say to those things that discourage you from praying?

When we face huge problems, what is it that keeps us from crying out to God with a whole heart? Can you think of a time when you cried out to God with your whole heart? What was the outcome?

When you pray, do directly ask God for what you need? Or do you beat around the bush a little? Why do we hesitate to ask God directly?

Why is it important to tell God your motives? Is that a regular part of your prayer? Why or why not?

Do you have times that you have specially devoted to prayer? What are the pros and cons of doing it? Can the cons be overcome?

Do you tend to think you are too sinful for God to answer you? Or that you are so righteous that God is obligated to answer you? Can you see how it would help to appeal to God's mercy as a reason he should answer? Why or why not?

Do you sprinkle your prayers with reminders of who God is? Can you see how this would help?

How is this passage shaping your prayers?

Maybe you would be good to share with each other what problems you're facing, and then pray for each other using some of the same approaches the psalmist used.

