



PRAYER SERVICE WEDNESDAY, SEPTEMBER 16TH, 7PM

Join us outside in the pavilion or on [Facebook](#) and use this Guide to pray with us.

- **INTRO**

Welcome to the Prayer Service! Tonight we continue to pray through the Psalms with Psalm 6, as we seek to immerse ourselves in God's presence, God's word, and God's people so that we can thrive in Christ. Psalm 6 is a deep lament, a heart cry from a place of multi-layered suffering. It begins by plumbing the depths of this sorrow and venting to God; it ends, as the Psalms often do, with a sense of hope and trust in God's goodness. Let's press into this Scripture tonight as we pray: whether we ourselves are in the midst of anguish, or we are burdened with the anguish of others, let's give this all to God and journey towards hope. We may have to wait and trust, but hope in God will never be disappointed. Let's pray.

- **PAUSE**

"As I enter prayer now, I pause to be still; to breathe slowly; to re-center my scattered senses upon the presence of God." (Lectio365)

Pause and pray

As we read **Psalm 6** together, be open with the parts that confuse or challenge you; meditate on the parts that stand out to you:

"¹ LORD, do not rebuke me in your anger or discipline me in your wrath. ² Have mercy on me, LORD, for I am faint; heal me, LORD, for my bones are in agony. ³ My soul is in deep anguish. How long, LORD, how long? ⁴ Turn, LORD, and deliver me; save me because of your unfailing love. ⁵ Among the dead no one proclaims your name. Who praises you from the grave? ⁶ I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears. ⁷ My eyes grow weak with sorrow; they fail because of all my foes. ⁸ Away from me, all you who do evil, for the LORD has heard my weeping. ⁹ The LORD has heard my cry for mercy; the LORD accepts my prayer. ¹⁰ All my enemies will be overwhelmed with shame and anguish; they will turn back and suddenly be put to shame."

- **SONG**

“Sinking Deep” Click Here - <https://youtu.be/UruRQwI8pRE>

VERSE 1

Standing here in Your presence
In a grace so relentless
I am won by perfect love
Wrapped within the arms of heaven
In a peace that lasts forever
Sinking deep in mercy's sea

VERSE 2

When I'm lost You pursue me
Lift my head to see Your glory
Lord of all so beautiful
Here in You I find shelter
Captivated by the splendour of Your face
My secret place

CHORUS

I'm wide awake drawing close
Stirred by grace and all my heart is Yours
All fear removed
I breathe You in I lean into Your love
Oh Your love

BRIDGE

Your love so deep is washing over me
Your face is all I seek You are my
ev'rything
Jesus Christ You are my one desire
Lord hear my only cry to know You all my
life

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- **Psalm 6:1-4**

“¹ LORD, do not rebuke me in your anger or discipline me in your wrath. ² Have mercy on me, LORD, for I am faint; heal me, LORD, for my bones are in agony. ³ My soul is in deep anguish. How long, LORD, how long? ⁴ Turn, LORD, and deliver me; save me because of your unfailing love.”

Hear the depth of emotion in this prayer; it is an unfiltered cry of anguish. The pain here has multiple layers: a sense of guilt over sin and discipline from God (v. 1), some kind physical suffering or sickness (v. 2), a soul-deep anguish (v. 3), and assault from enemies (v. 7-8). Life can have a way of either making us dwell on our pain, or pushing it deep down to avoid it. There is freedom in simply acknowledging where we are hurting, and sometimes the biggest step is truly airing your grief to the Lord without holding back. He is listening.

Place your hand on your heart, and pray these words: **“Have mercy on me, Lord...My soul is in deep anguish... Turn, Lord, and deliver me; save me because of your unfailing love.”** Ask God’s Spirit to help you name if there is unidentified hurt you have been carrying. Pause and pray.

“Save me because of your unfailing love.” During these challenging times, we can think of many who are suffering physically, financially, relationally, and emotionally. Pray for someone you know, of either personally or otherwise, who is in deep anguish.

- **Psalm 6:5-10**

“⁵ Among the dead no one proclaims your name. Who praises you from the grave? ⁶ I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears. ⁷ My eyes grow weak with sorrow; they fail because of all my foes. ⁸ Away from me, all you who do evil, for the LORD has heard my weeping. ⁹ The LORD has heard my cry for mercy; the LORD accepts my prayer. ¹⁰ All my enemies will be overwhelmed with shame and anguish; they will turn back and suddenly be put to shame.”

The Psalmist continue to plumb the depths of his suffering until reaching the bottom: “I am worn out from my groaning.” Have you ever known sorrow like this? Do you know others who have? We are blessed to know that we have a Great High Priest in heaven who identifies with our sorrow (Hebrews) and a God who dwells near to the broken-hearted (Psalm 34). But the Psalm finally ends with confidence in God’s goodness. In releasing all this pain and anguish to God, we remember *who it is we are praying to*. “The Lord has heard my cry for mercy; the Lord accepts my prayer.” What is your prayer tonight? What is your heart’s cry? For yourself? For another? Lift it up until you feel a confidence that God has heard. Pause and pray.

- **SONG**

“New Wine” Click Here - https://youtu.be/QbJaM_EneMw

VERSE

In the crushing in the pressing
You are making new wine
In the soil I now surrender
You are breaking new ground
(You are breaking new ground)

(God) I came here with nothing
But all You have given me
Jesus bring new wine out of me

TAG

Jesus bring new wine out of me
Jesus bring new wine out of me

PRE-CHORUS

So I yield to You and to Your careful hand
When I trust You I don't need to understand

BRIDGE

'Cause where there is new wine
There is new power
There is new freedom
And the kingdom is here
I lay down my old flames
To carry Your new fire today

CHORUS

(So) Make me Your vessel
Make me an offering
Make me whatever You want me to be

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- **Closing**

***“Father, help me to live this day to the full, being true to you in every way.
Jesus, help me to give myself away to others, being kind to everyone I meet.
Spirit, help me to love the lost, proclaiming Christ in all I do and say. Amen.”***
(Lectio365)