



PRAYER SERVICE WEDNESDAY, May 5th, 2021

Join us at 7pm in the Sanctuary or on [Facebook](#) and use this guide to pray along with us.

• INTRO

Welcome to Prayer Service! We're about 1/5 of the way finished with our journey through the Psalms. It's been great—and there's still much more to come. Eugene Peterson has some profound things to say about the Psalms that reflect what we've been learning so far: *"The impulse to pray is deep within us, at the very center of our created being, and so practically anything will do to get us started—'Help' and 'Thanks!' are our basic prayers. But honesty and thoroughness don't come quite as spontaneously. Faced with the prospect of conversation with a holy God who speaks worlds into being, it is not surprising that we have trouble. We feel awkward and out of place... Untutored, we tend to think that prayer is what good people do when they are doing their best. It is not. Inexperienced, we suppose that there must be an 'insider' language that must be acquired before God takes us seriously in our prayer. There is not. Prayer is elemental, not advanced, language. It is the means by which our language becomes honest, true, and personal in response to God. It is the means by which we get everything in our lives out in the open before God... The Psalms in Hebrew are earthy and rough. They are not genteel. They are not the prayers of nice people, coached in a cultured language... only as we develop raw honesty and detailed thoroughness in our praying do we become whole, truly human in Jesus Christ, who also prayed the Psalms."* The Psalms are the prayer book of the Bible, and as we read, think about, meditate on, pray through, and live these inspired words of God and his Covenant People, we'll learn how to pray together, step by step. The Bible says that God's Spirit is like *water* and God's Word is like *food* for our souls. Tonight, let's be refreshed again in God's presence and nourished in God's Word. *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." (Pete Greig, Lectio365)

"Jesus, I give everything and everyone to you. I give everything and everyone to you, God."
(John Eldredge, Daily Pause)

Pause and pray.

As we read **Psalm 31** together, be open with the parts that confuse or challenge you; meditate on the parts that stand out to you:

"1 In you, LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness. 2 Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. 3 Since you are my rock and my fortress, for the sake of your name lead and guide me. 4 Keep me free from the trap that is set for me, for you are my refuge. 5 Into your hands I commit my spirit; deliver me, LORD, my faithful God. 6 I hate those who cling to worthless idols; as for me, I trust in the LORD. 7 I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. 8 You have not given me into the hands of the enemy but have set my feet in a spacious place. 9 Be merciful to me, LORD, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief..."

...¹⁰ My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak. ¹¹ Because of all my enemies, I am the utter contempt of my neighbors and an object of dread to my closest friends—those who see me on the street flee from me. ¹² I am forgotten as though I were dead; I have become like broken pottery. ¹³ For I hear many whispering, ‘Terror on every side!’ They conspire against me and plot to take my life. ¹⁴ But I trust in you, LORD; I say, ‘You are my God.’ ¹⁵ My times are in your hands; deliver me from the hands of my enemies, from those who pursue me. ¹⁶ Let your face shine on your servant; save me in your unfailing love. ¹⁷ Let me not be put to shame, LORD, for I have cried out to you; but let the wicked be put to shame and be silent in the realm of the dead. ¹⁸ Let their lying lips be silenced, for with pride and contempt they speak arrogantly against the righteous. ¹⁹ How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you. ²⁰ In the shelter of your presence you hide them from all human intrigues; you keep them safe in your dwelling from accusing tongues. ²¹ Praise be to the LORD, for he showed me the wonders of his love when I was in a city under siege. ²² In my alarm I said, ‘I am cut off from your sight!’ Yet you heard my cry for mercy when I called to you for help. ²³ Love the LORD, all his faithful people! The LORD preserves those who are true to him, but the proud he pays back in full. ²⁴ Be strong and take heart, all you who hope in the LORD.”

- **SONGS**

“Holy Spirit”

VERSE 1

There's nothing worth more that will ever come close
No thing can compare You're our living hope
Your Presence

VERSE 2

I've tasted and seen of the sweetest of loves
Where my heart becomes free and my shame is undone
In Your Presence Lord

CHORUS

Holy Spirit You are welcome here
Come flood this place and fill the atmosphere
Your glory God is what our hearts long for
To be overcome by Your Presence Lord

BRIDGE

Let us become more aware of Your Presence
Let us experience the glory of Your goodness
(Lord)

CCLI Song # 6087919 Bryan Torwalt | Katie Torwalt © 2011 Capitol CMG Genesis

- **PSALM 31:1013**

“¹ In you, LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness. ² Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. ³ Since you are my rock and my fortress, for the sake of your name lead and guide me. ⁴ Keep me free from the trap that is set for me, for you are my refuge. ⁵ Into your hands I commit my spirit; deliver me, LORD, my faithful God. ⁶ I hate those who cling to worthless idols; as for me, I trust in the LORD. ⁷ I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. ⁸ You have not given me into the hands of the enemy but have set my feet in a spacious place. ⁹ Be merciful to me, LORD, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. ¹⁰ My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak. ¹¹ Because of all my enemies, I am the utter contempt of my neighbors and an object of dread to my closest friends—those who see me on the street flee from me. ¹² I am forgotten as though I were dead; I have become like broken pottery. ¹³ For I hear many whispering, ‘Terror on every side!’ They conspire against me and plot to take my life.”

Because this Psalm is longer, we're not going to look at it verse by verse this time. Instead, we'll break it into two main sections and give ourselves open-ended time to reflect on one specific part where we feel God might be speaking to us, allowing that to lead our prayers tonight.

Lectio Divina is an ancient way of reading Scripture that allows us to engage it not just rationally, but more deeply, personally, and prayerfully, so it can transform our hearts and lives. Reread the passage slowly, asking the Holy Spirit to draw your attention to where God wants to speak to you. See if there is one verse, phrase, or word that jumps out. Once you've found it, reread it a few times, slowly—if it's just a word, repeat it to yourself as you worship and pray. Savor it like a fine meal at a 5-star restaurant. Then pause and think about what it means. Ask God to show you what he wants for you to see. Repeat it again. Allow it to guide your prayer for yourself and for others. Remember: don't be afraid to pray raw, honest, vulnerable prayers. Be real, God is here. *Pause and Pray.*

- **PSALM 31:14-24**

"¹⁴ But I trust in you, LORD; I say, 'You are my God.' ¹⁵ My times are in your hands; deliver me from the hands of my enemies, from those who pursue me. ¹⁶ Let your face shine on your servant; save me in your unfailing love. ¹⁷ Let me not be put to shame, LORD, for I have cried out to you; but let the wicked be put to shame and be silent in the realm of the dead. ¹⁸ Let their lying lips be silenced, for with pride and contempt they speak arrogantly against the righteous. ¹⁹ How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you. ²⁰ In the shelter of your presence you hide them from all human intrigues; you keep them safe in your dwelling from accusing tongues. ²¹ Praise be to the LORD, for he showed me the wonders of his love when I was in a city under siege. ²² In my alarm I said, 'I am cut off from your sight!' Yet you heard my cry for mercy when I called to you for help. ²³ Love the LORD, all his faithful people! The LORD preserves those who are true to him, but the proud he pays back in full. ²⁴ Be strong and take heart, all you who hope in the LORD."

Once again, reread the passage above. What verse, phrase, or word stands out to you? Reread it and repeat it, slowly, meditatively. Savor it. Ask God to speak. Think about what it means and what God wants you to do with it. Let it guide your prayer for yourself and others. Or, just be still and soak in his presence and his truth. *Pause and Pray.*

- **SONG**

"Defender"

VERSE 1

You go before I know
That You've even gone to win my war
You come back with the head of my enemy
You come back and You call it my victory

VERSE 2

You go before I know
That You've even gone to win my war
Your love becomes my greatest defense
It leads me from the dry wilderness

PRE-CHORUS

All I did was praise
All I did was worship

All I did was bow down
All I did was stay still

CHORUS

Hallelujah You have saved me
So much better Your (this) way
Hallelujah great Defender
So much better Your (this) way

VERSE 3

You know before I do
Where my heart can seek to find Your truth
Your mercy is the shade I'm living in
You restore my faith and hope again

BRIDGE

When I thought I lost me
You knew where I left me
You reintroduced me to Your love
You picked up all my pieces
Put me back together
You are the defender of my heart

ENDING

All I did was praise
All I need to do is worship
Lord I will just bow down
I'm just gonna stay still

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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.” (Pete Greig, Lectio365)