

Psalms: Pathway to Intimacy and Alignment, May 7 to 10, 2026

WHY LEARNING COMMUNITIES? **Circle Two Opportunity...**

To become better and better disciples of Christ TOGETHER so we can face **anything** through...

1. Deeper learning of Biblical truth and 2. Stronger “iron sharpening iron” relationships

Ephesians 4:12–16 (ESV)

➔ From Sermon: intro to Psalms and an example of experiencing God through Psalm 34

PSALMS: “Psalms” means “songs.” They... † provide understanding of God’s character and actions

† are to be read as poems expressing content in poetic forms: image, metaphor, simile, personification, etc.

LAYOUT: 150 songs by many authors, about half by David. Ps 1-2 Intro; 3-145 are 5 sections; 146-150 Conclusion

USE TO CHRIST-FOLLOWERS: † model of authentic conversation with God

† a way to slow down to allow God to pull us into deeper connection

Bible Recap Readings: 2 Samuel 5, 1 Chronicles 11-16, (1010-1003 B.C.) and assorted Psalms

THEME 1: David, the Ark, Davidic Covenant, David’s prayer of response

Application: why are these chapters important? how do they move “His-Story” along?

2 Sam 5 David Anointed King of Israel

1 Ch 11 David Anointed King, Takes Jerusalem, David’s Mighty Men

1 Ch 12 The Mighty Men Join David

1 Ch 13 The Ark Brought from Kiriath-Jearim, Uzzah and the Ark

1 Ch 14 David’s Wives and Children, Philistines Defeated

1 Ch 15 The Ark Brought to Jerusalem (2 Samuel 6 tells same story with additional details)

2 Samuel 6:20–23 (ESV)

1 Ch 16 Ark Placed in Tent, David’s Song of Thanks, Worship Before the Ark

2 Sam 6 The Ark Brought to Jerusalem, Uzzah and the Ark, David and Michal

2 Sam 7 The Lord’s Covenant with David, David’s Prayer of Gratitude

2 Samuel 7:18–29

1 Ch 17 The Lord’s Covenant with David, David’s Prayer

THEME 2: Psalm 22 – How to Pray Through Your Pain

Credit to The Bible Project 4-part series on Psalms, Rev. Tim Mackie

<https://bibleproject.com/podcasts/psalms-language-prayer-part-2-praying-through-our-pain/>

Psalms teach importance of emotions - not denying or allowing them to drive life. They provide God’s pattern of a reflective, intentional processing before God, understanding the source of emotions, sorting through their cause and effect and doing it all with God. There is every kind of emotion in the 150 Psalms

Psalm 22 – PRAYING THROUGH OUR PAIN, a way to pray through our pain, grief and suffering

Dilemma: God is good AND God allows pain He could remove

Challenge: Hold on to God as a Loving Father Who is close or conclude God is distant and less than loving

Psalms doesn’t try to intellectually answer the question of evil in the world but rather points to what God is **doing** about evil in the world by leading us to **pray through the times of pain and suffering**. Almost 50 Psalms are prayers generated out of pain and anguish using **LAMENT** and **PROTEST**, not denying the feelings of abandonment nor giving up on following God. Instead, they guide us to pray **through** the pain **with** God to experience intimacy, alignment and contentment.

Psalm 22 provides a big picture of what it means to lament and protest

Lament: express to God what I am going through and how I feel about it

Protest: express to God what I feel about God and what He is or is not doing while in the pain

The nature of Biblical lament is that God is most interested in hearing me describe what I’m going through and how I feel about it, Him and anything else that is inside me than in requests I might make. This gets at our common, subconscious assumption **that God doesn’t care what is happening or how I feel about it**.

Default, USD mode is request – “Help me!” based on the belief that when I am in pain God already knows what is happening, knows how we feel and all we need to do is **tell Him** precisely what He needs to do about it.

Correct, RSU mode is lament and protest: God already knows exactly what He needs to do and doesn’t need us to tell Him, rather, He wants to help us in our pain. That requires we pour ourselves out to Him authentically, transparently, emotionally as a dearly loved child to a Loving Father.

Prayers of lament and protest do request, but only a small bit. In Psalm 22: 18 verses are expressions of anguish, 3 verses are requests, 9 verses are praise.

Because we are not taught how to lament well, we don't know how to pray well during times of suffering and hardship. These 50 Psalms of lament are here to teach us how to do it.

Psalm 22 (ESV) - David prays through his pain, modeling lament and protest for us, by...

1. Lament and Protest, vs. 1-18

- ➔ what he's going through, how he feels, what he thinks God should be doing
- ➔ reminds God of His past faithfulness, asks why God is not doing it now
- ➔ takes deep dive into isolation - comes during times of sickness, grief, suffering
- ➔ reminds God of His mother-like care, but asks where He is now
- ➔ states dangers, pain, fears he is facing
 - life is out of control: vicious animals = most out of control beings depict the out of control parts of his life
 - life is falling apart – forced down into the dirt, no energy of life within, no vitality
 - people closing in to take advantage of him as he is isolated and alone

2. Requests, vs. 19-21 - after detailed description of what he's going thru and how feels, he asks God to address those

- † let me know You are near
- † help me quickly
- † deliver me from the dangers and feelings that all is out of control and I am going to die

The priority for God is to open us to God and His work. Pain and hardship can do so as nothing else.

3. Praise, vs. 22-30 - David experiences God. No indication conditions changed but he turns from pain to praise.

- † celebrates God with others – doesn't just internalize but shares it with others.
- † recognizes his life as a small example of the bigger story of God on the other side of suffering
- † sees God's ultimate, guaranteed purposes to save people in coming generations

Over 20 places where Gospel writers make connections between Jesus on the cross and this prayer. Jesus even spoke words from this Psalm from the cross in v. 1. In doing so, Jesus states that He, too, enters the suffering of mankind by feeling it, facing it, expressing it to His Father even as He trusted in the pain.

What would it look like for you to pray this way when in pain, hardship, difficulties?

Other Psalms in Bible Recap this week

Ps 102 Do Not Hide Your Face from Me
Ps 103 Bless the Lord oh my Soul
Ps 104 Oh Lord my God, You are Very Great
Ps 133 When Brothers Dwell in Unity
Ps 106 Give Thanks to the Lord, for He Is Good
Ps 107 Let the Redeemed of the Lord Say So
Ps 1 The Way of the Righteous and the Wicked
Ps 2 The Reign of the Lord's Anointed
Ps 15 Who Shall Dwell on Your Holy Hill?
Ps 22 Why Have You Forsaken Me?

Ps 23 The Lord Is My Shepherd

Ps 24 The King of Glory
Ps 47 God Is King over All the Earth
Ps 68 God Shall Scatter His Enemies
Ps 89 I Will Sing of the Steadfast Love of the Lord
Ps 96 Worship in the Splendor of Holiness
Ps 100 His Steadfast Love Endures Forever
Ps 101 I Will Walk with Integrity
Ps 105 Tell of All His Wondrous Works
Ps 132 The Lord Has Chosen Zion

Chronological Guide: pages p. 53

Takeaways: