

Learning to Pray From the Psalms

The **P.S.A.L.M.S.** Acronym (1)
Praise

Lesson 3
April 23

An acronym is a word formed by the first letters of a group of words that helps us easily remember a phrase or idea (think ASAP or DIY or FOMO). Can you think of a few other acronyms?

We started this study with a focus on the God who hears our prayers. He is our Creator, our King, our Judge, and he wants to be our Rock and our Shepherd. In Lesson 2, we turned the focus to us. We are created with God-given hearts, we are poor and needy, and we are unworthy sinners. All of these truths ought to drive us toward prayer, but praying can be a challenging thing for most of us to do. So let's spend our next several lessons learning and memorizing a simple acronym - **P.S.A.L.M.S.** - that can provide a framework for prayer:

- **P**raise: "God, I praise you for..."
- **S**atisfaction: "God, if I have you, it is enough; I am satisfied because..."
- **A**cknowledgement: "God, please be merciful and gracious; I..."
- **L**earning: "God, I need you; lead me in..."
- **M**aking: "God, I surrender to you; make me..."
- **S**upplication: "God, I humbly ask..."

Let's start with the first letter: **PRAISE**.

Creation exists to glorify—to praise the glory of—God.

O LORD, our Lord,
how majestic is your name in all the earth!
You have set your glory above the heavens. (Psa 8:1)

I will tell of your name to my brothers;
in the midst of the congregation I will praise you:
You who fear the LORD, praise him! All you offspring of Jacob, glorify him,
and stand in awe of him, all you offspring of Israel! (22:22-23)

There is none like you among the gods, O Lord,
nor are there any works like yours...

All the nations you have made shall come
and worship before you, O Lord, and shall glorify your name.
For you are great and do wondrous things;
you alone are God.
Teach me your way, O LORD, that I may walk in your truth;
unite my heart to fear your name.
I give thanks to you, O Lord my God, with my whole heart,
and I will glorify your name forever. (86:8-12)

Not to us, O LORD, not to us, but to your name give glory,
for the sake of your steadfast love and your faithfulness! (115:1)

Praise the LORD! Praise the LORD, O my soul!
I will praise the LORD as long as I live;
I will sing praises to my God while I have my being. (146:1-2)

Praise the LORD! Praise God in his sanctuary;
praise him in his mighty heavens!
Praise him for his mighty deeds;
praise him according to his excellent greatness! (150:1-2)

- “Praise” is used 136 times in the book of Psalms. It’s how the entire book ends: “Let everything that has breath praise the LORD! Praise the LORD!” So let’s make sure we understand. In your own words, what does it mean to “praise” the LORD and why is that a very appropriate place to begin any prayer?
- Let’s take the time to read Psalm 148 together. What do you notice in this psalm? How can it shape our prayers and help us begin with praise?
- When Jesus taught us to pray in Matthew 6:9, he began with, “Our Father in heaven, hallowed be your name.” What does that mean and why is it a great note on which to begin any prayer?
- Let’s do a little bit of brainstorming together: God is worthy of our praise for...