

Learning to Pray From the Psalms

The **P.S.A.L.M.S.** Acronym (6)
Supplication

Lesson 8
May 28

We've been learning, discussing, 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 focus on the sixth and final letter: **SUPPLICATION**. While we may not use that word very often, it's a Bible word that means to humbly ask for something. A good New Testament passage to help us understand is Philippians 4:4-7:

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

- Other New Testament passages teach us that we shouldn't just ask for ourselves but to specifically pray for other people. Who else are we encouraged to pray for in Ephesians 6:18 and 1 Timothy 2:1-2? Why? Why do you think God teaches us to "make supplication" for others?
- Notice what the writer of *The Letter to the Hebrews* says about Jesus in Hebrews 5:7. Can you think of any times in Jesus' life when he offered up supplications to his Father in heaven? Matthew 26:39 and John 17 might be worth a look...

So what do supplications sound like in the Psalms? Psalm 25 is a great example. Let's read part of it and every time you see David humbly asking God for something, circle it.

To you, O LORD, I lift up my soul.

O my God, in you I trust;

let me not be put to shame;

let not my enemies exult over me. (25:1-2)

Make me to know your ways, O LORD;

teach me your paths.

Lead me in your truth and teach me,

for you are the God of my salvation;

for you I wait all the day long.

Remember your mercy, O LORD, and your steadfast love,

for they have been from of old.

Remember not the sins of my youth or my transgressions;

according to your steadfast love remember me,

for the sake of your goodness, O LORD! (25:4-7)

For your name's sake, O LORD,

pardon my guilt, for it is great. (25:11)

Turn to me and be gracious to me,

for I am lonely and afflicted.

The troubles of my heart are enlarged;

bring me out of my distresses.

Consider my affliction and my trouble,

and forgive all my sins.

Consider how many are my foes,

and with what violent hatred they hate me.

Oh, guard my soul, and deliver me!

Let me not be put to shame, for I take refuge in you.

May integrity and uprightness preserve me,

for I wait for you.

Redeem Israel, O God,

out of all his troubles. (25:16-22)

- Do any of us actually deserve to ask God for anything? If not, *should* we even ask him for anything? What did Jesus teach us in Matthew 7:7-11?
- As we put all of this together, what sort of things does the LORD want us to humbly ask for? Psalm 28:1-2, 86:1-7, and 141:1-4 might be helpful to get the conversation started.