

THE LORD IS MY
STRENGTH AND MY
SHIELD;
MY HEART TRUSTS
IN HIM, AND I AM
HELPED;
THEREFORE MY HEART
EXULTS,
AND WITH MY
SONG I SHALL
THANK HIM. PSALM 28:7

Studies in the Psalms

PSALM 28

EFFECTUAL PRAYER

QUICK REVIEW

LESSON ONE

- » Prayer is real

LESSON TWO

- » Prayer lifts up our focus

LESSON THREE

- » Prayer helps our perspective

ABOUT THIS PSALM

Psalms 28 is all about the subject of prayer. The word prayer means: “a petition or request for assistance, that a person would make to God.” Prayer is a natural and basic way for us as humans to communicate with God. Prayer does not require a person to learn a special language, it simply means for one to talk to God about whatever we want to say to Him. James 5:12 says, “The prayer of a righteous man is powerful and effective.”

AUTHOR

We are informed in the title that the author of Psalm 28 is David, the son of Jesse from Bethlehem. It is very difficult to determine any particular time, place, or situation as to the exact event that caused David to pen this prayer. It does seem obvious however by the psalm itself that it was written at a point of great need.

THEME

Psalms 28, as has already been mentioned is about prayer. The subject of prayer can be very interesting when you consider the fact that there are so many different denominations, Christian colleges, varying authors and ministries that can and do have differing approaches to the subject of prayer. Some aspects for instance can be: repeating written prayers a number of times as a point of confession, publishing a prayer in the newspaper, silent prayer, public prayer, written prayers, etc. Prayer itself being prayed can have no end of types and versions.

It would seem that David probably did not have too many of these possible influences to choose from in his day. It is very evident however that prayer was a significant part of David's relationship with God. David's prayers in the various psalms seem to all be personal heart-felt expressions of a varying nature, depending of course on his present circumstances. Praying in every circumstance however, is the one thing for sure that we learn from David. He prayed from asking out of desperation, all the way through to dancing with joy out of appreciation for God's answers to his prayers, and just about everything in between. There are at least three lessons we learn from Psalm 29:

- » ONE: Prayer is real.
- » TWO: Prayer lifts our focus up to God.
- » THREE: Prayer helps us to see things from a proper perspective.

PERSONAL APPLICATIONS//PSALM 28

EFFECTUAL PRAYER

PSALM 28:1-2: “To You I call, O LORD my Rock; do not turn a deaf ear to me. For if You remain silent, I will be like those who have gone down to the pit. Hear my cry for mercy as I call to You for help, as I lift up my hands toward Your Most Holy Place.”

QUESTIONS

In verse 1, David is essentially saying that without the ability to have an open dialogue with God, we are like dead people. Do you agree with this perspective? Why or why not?

On the subject of perspective, have a discussion about your own varying backgrounds and what kind of teachings and experience with the subject of prayer that you grew up with.

PSALM 28:3-5: “Do not drag me away with the wicked, with those who do evil, who speak cordially with their neighbors but harbor malice in their hearts. Repay them for their deeds and for their evil work; repay them for what their hands have done and bring back upon them what they deserve. Since they show no regard for the works of the LORD and what His hands have done, He will tear them down and never build them up again.”

QUESTIONS

What is the difference between praying against another person and praying against evil activities?

It can be very frustrating as a follower of God to see people who can live so hypocritically. They come to services and people esteem them, yet we know that their hearts are full of darkness and evil. Who is responsible for bringing people or situations like this to justice?

What should our own response be towards these people and types of situations?

PSALM 28:6-9: “Praise be to the LORD, for He has heard my cry for mercy. The LORD is my strength and my shield; my heart trusts in Him, and I am helped. My heart leaps for joy and I will give thanks to Him in song. The LORD is the strength of His people, a fortress of salvation for his anointed one. Save Your people and bless Your inheritance; be their Shepherd and carry them forever.”

QUESTIONS

What is more important: seeking God privately in our own heart or corporately with other fellow believers?

From these scriptures, it is apparent that God has answered David's prayer. You and I have every reason to trust in God and to bring Him our needs and requests. Today, are there issues or problems you are currently going through that you have not lifted up before God in prayer?

CLOSING SCRIPTURES

- » Matthew 6:6-8: “But when you pray, go into your room, close the door and pray to Your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you openly. And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard because of their many words. Do not be like them, for your Father knows the things you need before you ask Him.”
- » Matthew 6:9-13: “Our Father in heaven, hallowed be Your name, Your kingdom come, Your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also forgive our debtors. And lead us not into temptation, but deliver us from evil, for Yours is the kingdom and the power and the glory forever. Amen.”
- » James 5:16: “Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.”