

## **Make your life a Prayer...**

The Book of Psalms is undoubtedly one of the most poignant books in the Old Testament that encourages us in hard times, rebukes us in a backslidden state, builds us up at our lowest point and teaches us to praise the Lord at all times. Growing up and sitting my school exams, I remember often reading a Psalm before entering into the exam room and feeling a sense of calm and peace, knowing that the Lord is my strength and my shield and that it is Him in whom I trust.

Christians throughout the ages have often sung the Psalms in worship to the Lord, and many have put melodies to the words written in this book as it edifies each and every one of us in our individual circumstances. Ephesians 5v19 says **Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;**

While reading through the Psalms again this time around it really stood out to me just how much David loved the Lord. Prayer, it seems, was as natural to him as breathing; he poured his heart out to the Lord in good times and through the bad. Everything he went through in his life he went through with the Lord, from his appointment as King of Israel to his failures and sins later on, and this reminded me that this is what our lives *should* be like, like a prayer unto the Lord, just like the song Keith Green wrote.

The Scriptures say that David was a man after God's own heart (1 Samuel 13v14) and throughout the Book of Psalms we see what David's heart was like too. Although he made mistakes, just like we all do which we can take encouragement from, and was consumed by sin and pride at times, he sought after the Lord's will above his own and always aimed to tear down any barriers he put up between him and the Lord, being in complete surrender to Him.

This was a real challenge to me as it convicted me of my own prayer life and of the time I spend throughout the day talking to the Lord. Not just general prayer and thanking the Lord for what he is doing and has given me, but a real sincere heartfelt outpour to the Lord. David seemed to do this so often and yet, looking at our own lives, can we say the same about ourselves? What time do we spend in prayer and when was the last time we got down on our hands and knees and spent an hour with the Lord? **...and David fasted, and went in, and lay all night upon the earth.** 2 Samuel 12v16

In the society we live in today it is easy to get used to the things we have around us, here in England most of us want for nothing and there are not many physical provisions we are seeking the Lord for. The comfort and provisions we have are all luxuries we shouldn't take for granted and yet even though I thank the Lord often for these things and appreciate the blessings in my life, can I really say that I am constantly pouring out thanks and praise to the Lord from the depths of my heart for it in the way that David seemed to in the Psalms? And long and how often do I spend doing it? I do not mean this in pretence making long prayer (Matthew 23v14) nor as vain repetition (Matthew 6v7) but in true deep communion to the Lord.

Below, I have gone through the book of Psalms and taken the first verse from each chapter that begins with a prayer unto God. David asks the Lord for help, to be judged, for mercy, to be delivered from his enemies, to be heard etc. and they are prayers of times of happiness and of sadness and struggle too.

4v1 - **Hear me when I call, O God of my righteousness**

43v1 - **Judge me, O God, and plead my cause**

59v1 - **Deliver me from mine enemies, O my God**

5v1 - **Give ear to my words, O LORD**

51v1 - **Have mercy upon me, O God**

61v1 - **Hear my cry, O God**

6v1 - **Help, LORD**

54v1 - **Save me, O God**

64v1 - **Hear my voice, O God**

16v1 - **Preserve me, O God**

55v1 - **Give ear to my prayer, O God**

69v1 - **Save me, O God**

26v1 - **Judge me, O LORD**

56v1 - **Be merciful unto me, O God**

70v1 - **Make haste, O God, to deliver me**

35v1 - **Plead my cause, O LORD**

57v1 - **Be merciful unto me, O God**

80v1 - **Give ear, O Shepherd of Israel**

83v1 - **Keep not thou silence, O  
God**

86v1 - **Bow down thine ear, O  
LORD**

102v1 - **Hear my prayer, O LORD**

109v1 - **Hold not thy peace**

140v1 - **Deliver me, O LORD**

143v1 - **Hear my prayer, O LORD**

These verses are not tokens or empty words but a human being just like the rest of us pouring his heart out to his God. We should be doing the same in our lives too!

The Lord is coming back very, very soon and when we stand in front of Him face to face we don't want to think that we didn't know Him well enough or didn't spend the time with Him as we should. If we really believe from our hearts that we are living in the last days we need to ensure our actions fall in line with what we believe.

Colossians 4v2 - **Continue in prayer, and watch in the same with thanksgiving;**

I Peter 4v7 - **But the end of all things is at hand: be ye therefore sober, and watch unto prayer.**