

2. Some application from Psalm 88

i. keep trying to turn to God (not away from Him)

"The bible teaches us that faith grows out of the tension between divine promise and worldly reality. We must acknowledge our tendency to want to resolve this tension by either downplaying the promises of God or downplaying reality. People can go either way". (Matthew Jacoby, *Deeper Places*, p.87)

ii. find friends for support

Ecc 4:9 Two are better than one, because they have a good return for their labor: 10 If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

iii. "fix your eyes on Jesus"

Heb 12:1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.



"A song for every situation"
5. When I'm alone and afraid



"A song for every situation"	Psalm	Geoff's Top Tips for reading Psalms for all they're worth
1. Any time	Ps 1, Ps 150	Contextually
2. Under attack	Ps 2, Ps 3	Messianically
3. After I've sinned	Ps 51	Theologically
4. In the good times	Ps 116, Ps 128	Poetically
5. When I'm alone and afraid	Ps 88, Ps 136	C _____
6. In transit	Ps 73, Ps 27	O _____

"The highest moments of happiness in the Psalms are not found in the exuberant praise Psalms but in the Psalms that are clearly written in times of severe vulnerability and need. These were moments of profound discovery". (Matthew Jacoby, *Deeper Places*, p.111)

Psalm 88

A song. A psalm of the Sons of Korah. For the director of music.

According to mahalath leannoth. A maskil of Heman the Ezrahite.

1 LORD, you are the God who saves me;

day and night I cry out to you.

2 May my prayer come before you;

turn your ear to my cry.

3 I am overwhelmed with troubles

and my life draws near to death.

4 I am counted among those who go down to the pit;

I am like one without strength.

5 I am set apart with the dead,

like the slain who lie in the grave,

whom you remember no more,

who are cut off from your care.

6 You have put me in the lowest pit,

in the darkest depths.

7 Your wrath lies heavily on me;

you have overwhelmed me with all your waves.

8 You have taken from me my closest friends

and have made me repulsive to them.

I am confined and cannot escape;

9 my eyes are dim with grief.

I call to you, LORD, every day;

I spread out my hands to you.

10 Do you show your wonders to the dead?

Do their spirits rise up and praise you?

11 Is your love declared in the grave,

your faithfulness in Destruction?

12 Are your wonders known in the place of darkness,

or your righteous deeds in the land of oblivion?

13 But I cry to you for help, LORD;

in the morning my prayer comes before you.

14 Why, LORD, do you reject me

and hide your face from me?

15 From my youth I have suffered and been close to death;

I have borne your terrors and am in despair.

16 Your wrath has swept over me;

your terrors have destroyed me.

17 All day long they surround me like a flood;

they have completely engulfed me.

18 You have taken from me friend and neighbor—

darkness is my closest friend.

1. Some reflections on Psalm 88

i. Heman's devastating experience

ii. The underlying theological problem

Mk 15:33 At noon, darkness came over the whole land until three in the afternoon. 34 And at three in the afternoon Jesus cried out in a loud voice, “Eloi, Eloi, lema sabachthani?” (which means “My God, my God, why have you forsaken me?”).

iii. Answers (or not)

Psalm 89

A maskil of Ethan the Ezrahite.

1 I will sing of the LORD's great love forever;

with my mouth I will make your faithfulness known through all generations.

2 I will declare that your love stands firm forever,

that you have established your faithfulness in heaven itself.

3 You said, “I have made a covenant with my chosen one,

I have sworn to David my servant,

4 ‘I will establish your line forever

and make your throne firm through all generations.’”