

## *Prayer in Times of Trouble (Psalm 86)*

**Introduction: Does God hear my cry for help?** Psalm 86 gives us an answer – YES, God hears the cries of His children. Because He is our God and we are His people He hears us. **The prayers of the righteous are heard by God and He will answer them.**

Illus. - 911 emergency system

### **What prayer is not: A demand list**

- Getting our own wants and desires.
- God is not a vending machine for our ‘prayer tokens’.

### **What prayer is: Communion with our Lord**

- Prayer is the best armor against all trials.
- When life is rough – Pray; When life is great – Pray

**Theme: The prayers of the righteous are heard by God and He will answer them.**

#### **1. Supplications and the Supplicant (Psalm 86:1-7, NLT)**

<i>Supplication (What)</i>	<i>Supplicant (Why)</i>
<sup>1</sup> Bend down, O LORD, and hear my prayer; answer me,	for I need your help.
<sup>2</sup> Protect me, Save me,	for I am devoted to you. for I serve you and trust you. You are my God.
<sup>3</sup> Be merciful to me,	O Lord, for I am calling on you constantly.
<sup>4</sup> Give me happiness,	O Lord, for I give myself to you.

**Illus: Prayer is not a ‘spare wheel’ that you pull out when you are in trouble, but it is a ‘steering wheel’ that directs the right path throughout.**

- **Verse 5: When praying we call upon God not because we are worthy but because He is merciful!**
- **Verses 6-7: Recognize your need! Be confident that God hears you!**

#### **2. Praise and Devotion (Psalm 86:8-12, NLT)**

**“True prayer means being concerned about God’s will, not our own wants, and claiming God’s promises in the Word.” Warren Weirsbe, *Be Authentic*.**

- **Verses 8-10: When praying we call upon God who alone can act because He is God Almighty!**
- **Verses 11-12: A teachable and pure heart that is full of praise will honor and glorify God forever!**
- **A big part of answered prayer is our changed heart and lives.**

### 3. Grant Me Mercy and Strength (Psalm 86:13-17, NLT)

- *Verses 13-14: God's love for us is great! Troubles will come – however ‘...your love for me is very great.’*
- **What are the troubles that you are facing right now?**
- *Verse 15: When praying we call upon God who always acts according to His character!*
- *Verse 16: Do you ask for mercy and strength when you face trouble?*
- *Verse 17: Do you ask for God's favor when you call on Him for help? Do you see His comfort and help as you pray for it?*

*Prayer Illus (anonymous):*

*Lord, I bring to you my burdens and you know my situation.*

*You know that I can't make it without you.*

*Comfort my heart, give me strength and help me to carry on. Amen.*

*Jesus is interceding for us in heaven and we can take our requests into the inner sanctum as NT believers – Heb. 4:16*

#### *Applications:*

- ❖ *Hear me, O God – call on God as your covenant God.*
- ❖ *I need you, O God – confess your humble dependence.*
- ❖ *You are good, O God – praise God who alone can answer.*
- ❖ *Answer me, O God – call on God for covenant blessings (mercy and strength).*