

# The Prayer of Faith Starts Here

## Psalms 1 & 2

Pastor Guy Gray

### **The Book of Psalms and the Life of Faith**

At the very center of the Bible, you will find the Book of Psalms. That's perfect because the Book of Psalms is the book of prayer and praise for God's people. It is literally at the heart of our experience of knowing and following Christ. It is the book of faith, love, hope, confession, trust, joy, repentance, worship, petition and celebration of both the sovereign majesty and the tender mercy of God. In Psalms all of this is put to music. All of it is expressed, not just in logical words of doctrinal teaching, but in the deep personal words of prayer and worship poured out to God through the life struggles of real people. No wonder the Book of Psalms has been such a central part of the life of believers through the ages. In the midst of all this prayer and worship, you will find the most beautiful revelation of God and the Gospel of Christ imaginable. You will learn to pray. You will learn to open your heart to God in faith. You will learn to trust in the Lord as never before and you will be given a vision of Jesus Christ that will capture your heart and cause you to love and trust Him more than ever. The Hebrew title of the Book of Psalms is "Tehillim," which means "Songs of Praise." May our study in Psalms cause you to sing. May it cause you to lift up your heart to God with passion. May it cause you to see, love and follow Jesus our Risen Lord!

### **The Prayer of Faith Starts Here**

Where do we start when it comes to praying in faith or worshiping God from the depths of our hearts? As you read The Book of Psalms you may notice that the first two psalms in the "book of prayer and praise" are not really prayers at all! This is because the first two psalms actually set the stage for all that follows. Psalms 1 and 2 are actually the doorway through which we enter into the realm of genuine prayer and praise. We learn that there are two basic realities that set the stage for all true prayer and praise.

#### **Psalm 1 - "This is God's Word"**

The first reality that sets the stage for all true prayer and praise is the Word of God. This is the message of Psalm 1. The rich language of faith and prayer that we find in the Psalms are all shaped by the revelation of God's Word. The first affirmation of the Book of Psalms is that it is the person whose mind and heart are filled with God's Word, who will be ready to pray and praise in genuine faith. Remember, God always speaks first! Our prayers are always our answer of faith to the promise of God's revealed Word.

#### **Psalm 2 - "This is God's World"**

The second reality that sets the stage is the Sovereignty of God. This is the message of Psalm 2. Psalm 2 is a "Messianic Psalm." It is all about how God will set up His sovereign rule in this world through His Son—the Messiah, Jesus Christ. It reminds us that God is ultimately in control of all things, working His purpose and plan in this fallen world. The second affirmation of the Book of Psalms is that we must recognize, trust in and bow before the Sovereign God of all things. When we do, we are ready to pray and praise in genuine faith!

### **Bringing Your Life to God in Faith**

After the first two psalms, which give the gateway of all true prayer and praise, we are launched into a catalogue of real life struggles, failures and victories. We are immediately launched into the life of prayer. Psalm 3 is street level. David struggles with incredible pain and troubles. Yet he prays in faith to God. How can he do this? The answer, as with all the Psalms goes back to Psalms 1 and 2. He knows and believes the Word of God. He affirms and worships the Sovereign God who is above all things and who has a purpose and plan for his life. May we, through the Psalms, learn to live this same life of faith, hope, and love in Christ!

## Questions for Reflection & Discussion

Read Psalm 1 and 2 again.

### “Lord, teach us to pray”

Why or how do we learn to pray from the Psalms? What has been your personal experience with the Psalms? Are they mostly confusing? Too “touchy feely”? Or do you identify with them and find that they express what you are going through? Is there a particular Psalm that is meaningful to you? Why?

This week, consider making one of the Psalms your personal prayer. Spend time reading, writing and praying over that Psalm. (Potential Psalms include Psalms 3, 9, 51, 62, 103, 104, 111)

## WEDNESDAY 7/4

Happy Independence Day!  
River West Offices Closed

## SATURDAY 7/7

20 Somethings River Day  
@ The Hamiltons  
Contact John Warren for  
Details

## MONDAY 7/9-

## FRIDAY 7/13

Vacation Bible School  
9:00am-noon @ RWGT  
See Lindsie for Details

## FRIDAY 7/13

High School Swim & Movie  
Night, 6:30-11:00pm @ The  
Greentree Pool & RWGT  
See Josh for Details

## SATURDAY 7/15

Night Out...an Evening of  
River West Stories,  
7-8:30pm @ RWLG  
See Adam for Details.

## MONDAY 7/16-

## FRIDAY 7/20

Jr. High Summer Camp  
@ Camp Bradley  
See Josh for Details

## FRIDAY 7/20-

## SATURDAY 7/21

Women's Raft Trip on  
the Deschutes, See  
Carey Chmarny for  
Details in the Lobby  
today or call her @  
830-4633

