



Psalms 88

11/1/20 PM

HELP LORD!

Introduction:

Superscription: "A Song. A Psalm of the sons of Korah. For the choir director; according to Mahalath Leannoth. A Maskil of Heman the Ezrahite."

I. SUFFERING AND DESPERATION (vs. 1-9a)

A. His Petition (vs. 1-2)

"O LORD, the God of my salvation, I have cried out by day and in the night before You"

"let my prayer come before You; incline Your ear to my cry!"

B. His Plight (vs. 3-9a)

1) His Distress (vs. 3)

"for my soul has had enough troubles"

"and my life has drawn near to Sheol"

2) His Depression (vs. 4-6)

"I am reckoned among those who go down to the pit"

"I have become like a man without strength, forsaken among the dead, like the slain who lie in the grave whom You remember no more, and they are cut off from Your hand"

"You have put me in the lowest pit, in dark places, in the depths"

3) His Desertion (vs. 7-9a)

"Your wrath has rested upon me, and You have afflicted me with all Your waves. Selah."

"You have removed my acquaintances far from me; You have made me an object of loathing to them"

"I am shut up and cannot go out. My eye has wasted away because of affliction."

II. SHADOW OF DEATH (vs. 9b-12)

A. His Petition (vs. 9b)

"I have called upon You every day, O LORD; I have spread out my hands to You"

B. His Plight (vs. 10-12)

1) His Helplessness (vs. 10)

“Will You perform wonders for the dead?”

“Will the departed spirits rise and praise You? Selah.”

2) His Hopelessness (vs. 11-12)

“will Your lovingkindness be declared in the grave?”

will “Your faithfulness [be declared] in Abaddon?”

“will Your wonders be made known in the darkness?”

will “Your righteousness [be made known] in the land of forgetfulness?”

III. SUPPLICATION FROM DARKNESS (vs. 13-18)

A. His Petition (vs. 13)

“But I, O LORD, have cried out to You for help, and in the morning my prayer comes before You”

B. His Plight (vs. 14-18)

1) His Abandonment (vs. 14)

“O LORD, why do You reject my soul?”

“Why do You hide Your face from me?”

2) His Affliction (vs. 15-17)

“I was afflicted and about to die from my youth on; I suffer Your terrors”; I am overcome.”

“Your burning anger has passed over me; Your terrors have destroyed me.”

“they have surrounded me like water all day long; they have encompassed me altogether”

3) His Alienation (vs. 18)

“You have removed lover and friend far from me; my acquaintances are in darkness”

Conclusion:

- 1) Go the the Lord always. Don't give up your faith.
- 2) Honestly defend your cause before the Lord.
- 3) Wait for the Lord's answer.

Food for Thought:

- 1) Why would someone write a “song” like this and include it in the Psalter?
- 2) Explain the references t darkness (vs. 6, 12, 20).
- 3) What do we learn from this psalm about death, the grave, and hell? How does “Sheol” factor in?
- 4) What will you do the next time you feel yourself going into a deep depression?