

INQUIRE GOD'S TRUTH



PRECEPT _____

Psalm 88

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?...

PROMISE _____

The Bible does not ignore the battles that you have in your mind. In fact, when we read Scripture carefully, we discover that even great men of God walked through dark valleys, too. Men who loved God, served God, and were used mightily by God, yet they still experienced moments of deep despair and emotional struggles. 1 Kings 19:4, Elijah said, "I have had enough, Lord... Take my life." Jeremiah 20:18, Jeremiah said, "Why was I ever born? My entire life has been filled with trouble, sorrow, and shame." They were great servants of God, yet every one of them walked through deep emotional valleys. The stories of these men ended with hope and restoration; Elijah was restored, and Jeremiah held on to God's mercy. Struggling in your mind does not mean you are far from God. Even faithful believers can walk through seasons of darkness.

Psalm 88 is often called by Bible scholars "The darkest psalm in the entire Book of Psalms." Because almost every psalm that begins in sorrow eventually ends in hope, but Psalm 88 begins with pain and ends with darkness. Heman the Ezrahite was a temple worship leader and musician during the time of King David, who wrote the darkest prayer in Scripture. He was faithfully serving God, but in Psalm 88:18, the last verse, Heman said, "You have taken away my companions and loved ones. Darkness is my closest friend." This is the shocking ending of Psalm 88. There is no resolution, no celebration, no visible breakthrough, and no victory statement, just darkness. And still, God included this prayer in the Bible because God wants us to know that you and I don't have to hide our pain from Him. Even when Heman felt abandoned and alone in the valley of darkness, he didn't stop praying. Psalm 88 shows us something powerful, that even when our mind feels surrounded by darkness, we can still bring that darkness to God.

When we go through a season of darkness, we should run to God, not away from God. We don't need to hide our emotions from Him. We can bring our confusion, our exhaustion, our questions, our darkness and our sadness to Him, and He will welcome it. The God who hears our prayers in the darkness is the same God who brings light into our lives. The cross proves that God understands our pain, and the empty tomb proves that darkness doesn't win.

PRACTICE _____

- 1. Truth.** What are your biggest feelings right now? When are you most happy? When are you most sad?
- 2. Silent battles.** Have you ever asked God, "God, where are you in this?" How did you navigate through that season of your life? And how can we pray/encourage you regarding this?

PRAYER _____

- I. Life Groups**
 - Pray for the formation of more life groups for God's glory.
- II. Circles**
 - Pray for the Manalo couple as they lead our young pros & youth closer to God.
- III. South Life Groups**
 - Pray for the Drapeza couple as they lead the South group.
- IV. West Life Groups**
 - Pray for these couples as they lead; Oliveros, Fabregas & Padilla.
- V. North Life Groups**
 - Pray for these couples as they lead; Ocampo, Ico & Imperial.
- VI. East Life Groups**
 - Pray for these couples as they lead the East groups: Domingo & Torres.
- VII. Unity**
 - Help us to work together, supporting one another as we seek to do God's will.