

“A Cry for Help”

Psalm 143

Todd Coogan - June 3, 2018

David is in a state of desperation; his soul is not feeling restored. So he cries out to God for mercy.

David knows he needs help that he doesn't deserve.

David is at the end of his rope.

David pleads with God for help.

David is confident God will answer His prayer.

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Life Group Discussion Questions:

Psalm 143

Discuss the Text

1. How would you summarize the big idea v1-2?
 - 1a. What is he doing in v 1?
 - 1b. What does faithfulness and righteousness have to do with the prayer?
 - 1c. How does he view himself in relationship to God? Why connect that idea to his plea for mercy?
2. How would you summarize the big idea v3-6?
 - 2a. How did David describe his circumstances in v3? Who are those enemies? And in what way are they enemies of his soul?
 - 2b. What does David mean in v4 by saying “my heart within me is appalled”?
 - 2c. What are the days of old referring to?
 - 2d. According to v 5, what is David pondering and meditating on? What is it about God’s character that makes David confident that God respond?
 - 2e. Reflecting back to the idea of Psalm 145, how does v5-6 relate to what David feels even after mediating on the works of God? Explain.
3. How would you summarize the big idea v7-10?
 - 3a. What does answer me quickly oh lord mean?
 - 3b. How would you describe his experience? What would you base that on?
 - 3c. What does “hide not your face” and “let me hear your steadfast love” mean?
 - 3d. What does “the pit” in v7 refer to?
 - 3e. What are the two ideas that David is going back and forth between in 7-10?
 - 3f. What does “for in you I trust” mean, though it appears he’s wrestling with trusting?
 - 3g. What does David mean by, “make known to me the path I should go”
4. How would you summarize the big idea in v11-12?
 - 4a. When David has expressed feeling disconnected between his head and heart what does he do? What does his acknowledgement and plea for help look like?
 - 4b. Does David share the same tensions between confidence and desperation in v11-12? Explain.
 - 4c. What does David ask for in v11? What does David believe is his benefit when God is glorified?
 - 4d. In v11, what does David mean by “in your righteousness bring my soul out of trouble”?

Apply the Text:

1. Have you ever been in this place? When was it and how did you get out?
2. What are some truths you have come to know about God more deeply because of the challenging circumstances you were confronted with?
3. Can someone learn these same things, without going through challenging circumstances themselves? Explain.
4. Who have you known that modeled a confident trust in God after experiencing a desperation for God in the midst of their challenging circumstances?

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