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WHAT IS YOUR PSALM?

Psalms are composed of sacred songs, or of sacred poems meant to be sung.

Psalms were written with a general structure:

ADDRESS - A CALL OUT TO GOD.

¹ Shout with joy to the Lord, all the earth! ² Worship the Lord with gladness. Come before him, singing with joy. ³ Acknowledge that the Lord is God! He made us, and we are his. We are his people, the sheep of his pasture. **Psalm 100:1-3 NLT**

¹ I cry out to God; yes, I shout. Oh, that God would listen to me! **Psalm 77:1 NLT**

¹ I cry out to the Lord; I plead for the Lord's mercy. ² I pour out my complaints before him and tell him all my troubles. **Psalm 142:1-2 NLT**

DISTRESS - THE PROBLEM OR CRISIS YOU ARE FACING.

³ When I am overwhelmed, you alone know the way I should turn. Wherever I go, my enemies have set traps for me. **Psalm 142:3 NLT**

² But as for me, I almost lost my footing. My feet were slipping, and I was almost gone. ³ For I envied the proud when I saw them prosper despite their wickedness. **Psalm 73:2-3 NLT**

⁹ Have mercy on me, LORD, for I am in distress. Tears blur my eyes. My body and souls are withering away. ¹⁰ I am dying from grief; my years are shortened by sadness. Sin has drained my strength; I am wasting away from within. **Psalm 31:9-10 NLT**

APPEAL – TELLING GOD WHAT YOU NEED.

⁴ The one thing I ask of the Lord – the thing I seek the most – is to live in the house of the LORD all the days of my life, delighting in the LORD's perfections and meditating in his Temple. **Psalm 27:4 NLT**

¹ O God, do not be silent! Do not be deaf. Do not be quiet, O God. **Psalm 83:1 NLT**

¹⁶ So I tried to understand why the wicked prosper. But what a difficult task it is! **Psalm 73:16 NLT**

DELIVERANCE – HOW GOD HELPED YOU.

¹⁷ Then I went into your sanctuary, O God, and I finally understood the destiny of the wicked. **Psalm 73:17 NLT**

¹⁷ The LORD hears his people when they call to him for help. He rescues them from all their troubles. ¹⁸ The LORD is close to the brokenhearted; he rescues those whose spirits are crushed. **Psalm 34:17-18 NLT**

⁷ We escaped like a bird from a hunter's trap. The trap is broken, and we are free! **Psalm 124:7 NLT**

TESTIMONY – ACKNOWLEDGMENT AND PRAISE FOR GOD'S HELP.

⁸ Our help is from the LORD, who made heaven and earth. **Psalm 124:8 NLT**

²³ Yet I still belong to you; you hold my right hand. ²⁴ You guide me with your counsel, leading me to a glorious destiny. **Psalm 73:23-24 NLT**

¹⁷ O my Strength, to you I sing praises, for you, O God, are my refuge, the God who shows me unfailing love. **Psalm 59:17 NLT**

Next Steps:

Write out your Psalm!

Address: _____

Distress: _____

Appeal: _____

Deliverance: _____

Testimony: _____