

Thursday January 11

Oh, Restore Us Again-

SEEING THE HEART OF GOD RESTORES US

Ryan- Psalms help us when we don't know what to pray

Shelly-Psalms remind us God gives us freedom of speech

Daniel- psalms teach us that Jesus is able to bring us through the most difficult times

Jill-psalms teach us its okay to have emotion

THE LESSON SAYS:

Read Psalm 60:1–5. For what occasions do you think this psalm would be a suitable prayer? How can we benefit from the Psalms of lament even in joyous seasons of life?

1 O God, thou hast cast us off, thou hast scattered us, Thou hast been displeased; O turn Thyself to us again.

2 Thou hast made the earth to tremble; Thou hast broken it: heal the breaches thereof; for it shaketh.

3 Thou hast shewed Thy people hard things: Thou hast made us to drink the wine of astonishment.

4 Thou hast given a banner to them that fear thee, that it may be displayed because of the truth. Selah.

5 That Thy beloved may be delivered; save *with* Thy right hand, and hear me.

Psalms of lament are generally understood as prayers of people living through trying times whether physical, psychological, or spiritual. Or all three.

However, this does not mean that we should avoid these Psalms, even in good times. Sometimes there may be a total disjunction between the words of the psalm and the worshiper's present experience. That is,

Psalms of lament can be beneficial to worshipers who are not in distress.

First, they can make us more aware that suffering is part of the general human experience, and that it happens to both the righteous and the wicked. The Psalms assure us that God is in control and provides strength and solutions in times of trouble. Even in this psalm, even amid the trouble ("You have made the earth tremble," *Ps. 60:2, NKJV*), the psalmist displays his ultimate hope in God's deliverance.

Second, the lament Psalms teach us compassion toward the sufferers. When expressing our happiness and gratitude to God, especially in public, we must be mindful of the less fortunate. Sure, we might have things good right now, but who doesn't know of people, all around us, who are suffering terribly? Praying such Psalms can help us not forget those who are going through tough times. The Psalms should evoke in us compassion and a desire to minister to the suffering as Jesus did.

THIRD AND PERHAPS MOST IMPORTANT OF ALL - LAMENT PSALMS REMIND US THAT THE GOD OF HEAVEN, CREATOR OF ALL, REDEEMER OF ALL- THE ALL- KNOWING INFINITE ALMIGHTY GOD KNOWS

AND SEES ALL THE PAIN OF ALL PEOPLE ALL THE TIME.
AS David laments in Psalm 56:

8 Thou tellest my wanderings: put Thou my tears into thy bottle: *are they not in Thy book?*

YES GOD SEES AND RECORDS DAVIDS SUFFERING.
BUT TRY NOT TO MISS THIS POINT - GOD SEES AND
RECORDS ALL HUMAN SUFFERING.

NOT ONLY SO BUT THIS SAME GOD STEPPED INTO
THE HUMAN RACE, NOT FOR A MERE 33 YEARS BUT
FOR ALL ETERNITY BECOMING FOREVER THE SON OF
MAN, SO THAT HE COULD BE TOUCHED WITH THE
FEELINGS OF OUR LAMENTS. AS NOTED IN PSALM 22:

1 My God, my God, why hast Thou forsaken me?
*why art Thou so far from helping me, and from the
words of my roaring?*

2 O my God, I cry in the daytime, but Thou hearest
not; and in the night season, and am not silent.

16 For dogs have compassed me: the assembly of
the wicked have inclosed me: they pierced my hands
and my feet.

THE NAILS PRINTS, THE PHYSICAL SUFFERING OF
CHRIST UPON CALVARY WERE HARDLY FELT
WHEN COMPARED TO THE MENTAL ANGUISH.
PSALM 88 SAYS THAT CHRIST COULD NOT SEE
THROUGH THE PORTALS OF THE TOMB:

3 For my soul is full of troubles: and my life draweth nigh unto the grave.

4 I am counted with them that go down into the pit: I am as a man *that hath* no strength:

5 Free among the dead, like the slain that lie in the grave, whom thou rememberest no more: and they are cut off from thy hand.

6 Thou hast laid me in the lowest pit, in darkness, in the deeps.

7 Thy wrath lieth hard upon me, and thou hast afflicted *me* with all thy waves. Selah.

8 Thou hast put away mine acquaintance far from me; thou hast made me an abomination unto them: *I am* shut up, and I cannot come forth.

THE BIBLE INDICATES THAT CHRIST WILL BEAR THE SCARS OF THE CRUCIFIXION FOR ALL ETERNITY. THE REDEEMED WILL BE FULLY MADE NEW BUT ONCE REMINDER WILL REMAIN FOREVER OF THE PAIN THAT SIN HAS BROUGHT TO THE HEART OF GOD - JOHN. 20:25-27:

25 The other disciples therefore said unto him, We have seen the Lord. But he said unto them, Except I shall see in His hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into His side, I will not believe.

26 And after eight days again His disciples were within, and Thomas with them: *then* came Jesus, the

doors being shut, and stood in the midst, and said, Peace be unto you.

27 Then saith he to Thomas, Reach hither thy finger, and behold My hands; and reach hither thy hand, and thrust it into My side: and be not faithless, but believing.
ZECHARIAH 13:6-

6 And *one shall say* unto Him, What *are these wounds* in Thine hands? Then He shall answer, *Those with which I was wounded in the house of My friends.*

POEM - LOVE SCARS - SEE BELOW

3 But Thou *art holy, O Thou that inhabitest the praises of Israel.*

PSALM 22 HELPED JESUS TO PREPARE FOR WHAT WAS AHEAD. IT ALSO GUIDED HIS ACTIONS WHILE ON HIS WAY TO THE CROSS - READ MATTHEW 26:30 —PS 22:3

PSALM 23- ONE OF THE BEST KNOWN PSALMS
MINGLING LAMENT - VERSE 4 - WITH HOPE - WALKING THROUGH - KEEP WALKING.

THIS PSALM TOOK ME THROUGH A DIFFICULT YEAR IN 2020 - IT KEPT TELLING ME TO KEEP ON WALKING -

Lazar house quote and Gods heart —

“This world is a vast lazar house, but Christ came to heal the sick, to proclaim deliverance to the captives of Satan. He was in Himself health and strength. He imparted His life to the sick, the afflicted, those possessed of demons. He turned away none who came to receive His healing power. He knew that those who petitioned Him for help had brought disease upon themselves; yet He did not refuse to heal them. And when virtue from Christ entered into these poor souls, they were convicted of sin, and many were healed of their spiritual disease, as well as of their physical maladies. The gospel still possesses the same power, and why should we not today witness the same results?”
—Ellen G. White, *Welfare Ministry*, pp. 24, 25.

Whom do you know, right now, who needs not only your prayers but your ministering touch, as well?

HIS SPIRIT “MAKETH INTERCESSION FOR US WITH GROANINGS WHICH CANNOT BE UTTERED.” AS THE “WHOLE CREATION GROANETH AND TRAVAILETH IN PAIN TOGETHER” (ROMANS 8:26, 22), THE HEART OF THE INFINITE FATHER IS PAINED IN SYMPATHY. OUR WORLD IS A VAST LAZAR HOUSE, A SCENE OF MISERY THAT WE DARE NOT ALLOW EVEN OUR THOUGHTS TO DWELL UPON. DID WE REALIZE IT AS IT IS, THE BURDEN WOULD BE TOO TERRIBLE. YET GOD FEELS IT ALL. IN ORDER TO DESTROY SIN

AND ITS RESULTS HE GAVE HIS BEST BELOVED, AND HE HAS PUT IT IN OUR POWER, THROUGH CO-OPERATION WITH HIM, TO BRING THIS SCENE OF MISERY TO AN END. "THIS GOSPEL OF THE KINGDOM SHALL BE PREACHED IN ALL THE WORLD FOR A WITNESS UNTO ALL NATIONS; AND THEN SHALL THE END COME." MATTHEW 24:14. . ED 263.2

Love Scars

James Rafferty

**IN TIME ETERNAL THEY WILL ASK,
UNKNOWNING OF THE COUNTLESS SAVED
WALKING WITH HIM BY THAT RIVER
ABOUT THOSE MARKS SO DEEP AND GRAVE**

**LOVINGLY THE SAVIOR TELLS THEM
AGAPE LOVE FOR ALL MANKIND
AND AS THEY WONDER IN AMAZEMENT
FROM THEIR GAZE A TEAR HE HIDES**

**THE CALL OF DEATH HE CHOSE TO ANSWER
YES IF ONLY JUST FOR ONE
YET NOW HE LOOKS WITH GREATEST PLEASURE
A COUNTLESS HOST ADORE THE SON**

WE MAY FORGET OUR CLOSEST LOVED ONES

**IN ETERNAL TIMELESS JOY
LOVE SCARS HE BEARS, HIS MIND REFLECTIVE
BRING MEMORIES OF THIS GIRL THAT BOY**

**A LOOK TO US BRINGS SATISFACTION
PRECIOUS BURDEN CARRIED HOME
HIS LABOR REAPED, HIS GRIEF REWARDED
THE MAN WHO TROD THE PRESS ALONE**

**YET NOW HE WAITS WITH EARNEST LONGING
EVERY MOMENT OF EACH DAY
FOR ONE MORE SON, FOR ONE MORE DAUGHTER
ONE LESS TEAR TO HIDE AWAY**

**RESTORED BY GRACE INTO HIS IMAGE
TO ALL THE WORLD CONSTRAINED PROCLAIM
WHAT WONDROUS LOVE IS THIS PRESENTED
FOR HIM THE WOE, FOR US THE GAIN**

**YOU MAY DOUBT THE GIFTS BEEN GIVEN
PURCHASED BY THE LIFE SO DEAR
THEN LOOK BEYOND THE STARRY HEAVEN
FOR THE SOURCE OF EVERY TEAR**

**ALL LOVE, ALL FEELINGS, ALL COMPASSION
FIND THEIR SOURCE IN HIS OWN HEART
THE PAIN WE ALL ARE EVER FEELING
HAVE THERE BEEN CARRIED FROM THE START**

WHEN YOU WONDER IF OUR EVIL

**CAN CAUSE HIS LOVE FOR US TO CHANGE
CONSIDER THIS ETERNAL GOSPEL
CEASELESS STUDY OF THE SAVED**