

## DARKNESS MY OLD FRIEND

### PSALM 88

6/30/24

#### I. CONTEXT OF THE PSALM

- A. Written by Heman – One of the smartest men on the earth
- B. The most depressing of all the Psalms

#### II. THE EMOTION OF THE PSALM

*Psalm 88:3-5 - “For my soul is full of troubles, and my life draws near to Sheol. I am counted among those who go down to the pit; I am a man who has no strength, like one set loose among the dead, like the slain that lie in the grave, like those whom you remember no more, for they are cut off from your hand.”*

- A. Heman is in a bad place
- B. Guard against subtly adopting a prosperity mindset in troubles

#### III. THE ACTIONS OF THE PSALM

*Vs. 1b- “I cry out.”      Vs. 2 - “Let my prayer come before you...”      Vs. 9 - “I call upon you...”      Vs. 13 - “I cry to you...”*

- A. Heman “cries out” to God in Prayer
  - ~ He runs to...not away from God
- B. God feels silent
  - ~ He demonstrates his faith by continuing to pray
- C. True faith is forged in our trials

#### IV. THE TRUTH OF THE PSALM

*Vs. 6 - “You have put me...”      Vs 7 - “Your wrath...”      Vs.8 - “You have caused...you have made...”  
Vs. 16 - “Your wrath...your dreadful assaults...”      Vs. 18 - “You have caused...”*

- A. Heman declares that God is Sovereign
  - ~ God is even sovereign over our pain
- B. God’s sovereignty over suffering was most evident in Jesus

#### V. THE HOPE OF THE PSALM

*Psalm 88:1 - “O Lord, God of my salvation”*

- A. Hemans hope was in a God who saves
- B. Suffering is temporary if you know Jesus
- C. The only way to experience God’s salvation from suffering is through Jesus

## COMMUNITY GROUP DISCUSSION QUESTIONS

1. What did you think about the message this week? What stood out to you or challenged your thinking?
2. The Bible is teaching us who God is...What is something you learned about God in this Psalm?
3. How has prayer been encouraging to you as you have walked through dark seasons?
4. Why does it become hard for us to pray when we encounter trouble?
5. How does it encourage you that God is sovereign over our pain?

READ AS A GROUP 1 PETER 1:6-7

6. How have difficulties and suffering in your life deepened your faith in God?
7. Why is the body of Christ and community important in difficult seasons?
8. What is one point of application from this message that you can take with you and apply this week?

## **PRAYING THE PSALM**

- Thank God that He is sovereign over everything you are going through and dealing with!
- Thank God that He has given us prayer to lean on Him when we are suffering!
- Thank God that He inspired the words of Heman to give us hope and words to pray as we endure suffering and pain.
- Thank God that He is our hope in the midst of trials and suffering.
- Thank God that He is a God of salvation...and that He provides salvation for you!