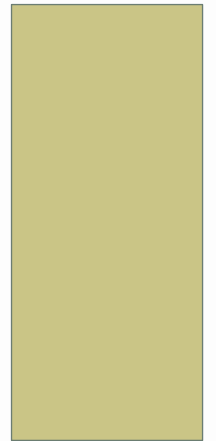


Sweet Hour Of Prayer

PSALMS 28



The Value of “Staying in Touch”

- Some of us a little more independent than others, but we still see the value of staying in touch with family, friends, **brothers and sisters in Christ**.
- And we sure have a lot of ways to do it, besides face to face—phone calls (face time), texts, emails, various messaging apps, etc.
- Long before any of this technology was created, we already had the absolute most superior form of communication.

Why So Superior?

- Because we are talking to...
 - Our “Rock” (v. 1)
 - Our “strength and shield” (v. 7)
 - Our helper (“my heart trusted in Him, and I am helped” v. 7).
 - Our “saving refuge” (“stronghold of salvation”—ASV) (v. 8).
 - Our “Shepherd” (v. 9).

What Makes It So Sweet?

- It reminds us how **helpless** we are without it.
 - Verse 1.
 - “Pray without ceasing” (1 Thessalonians 5:17)—implies we are constantly in need of HIM.
 - “Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need” (Hebrews 4:16).
 - “In seasons of distress and grief my soul has often found relief, and oft escaped the tempter’s snare...”

What Makes It So Sweet?

- It reassures us that the LORD is **listening**.
 - Verses 2, 6.
 - A small child lifting His hands toward his father.
 - When prayers are offered in the assembly, when families give thanks at the dinner table, when cries for help come from waiting rooms, emergency rooms, and every back bedroom.
 - He who created the entire world cares about what's going on in mine. He listens to me!

What Makes It So Sweet?

- It reminds us that God **can** do what we **cannot**.
 - Verse 7 (and all those other descriptions in this text).
 - No way David can successfully deal with all his enemies, with all those who oppose God. But God can!
 - 1 Samuel 17: God delivered him from the lion and bear who went after his sheep. And from Goliath!
 - No matter how difficult/desperate the situation, or how bleak the diagnosis...this is still our Father's world. Trust Him to do what we (and others) cannot.

What Makes It So Sweet?

- It enables us to express our **deepest cares**.
 - Verses 3–5.
 - “Sweet hour of prayer! That calls me from a world of care, and bids me at my Father’s throne, **make all my wants and wishes known**...And since He bids me seek His face, believe His word, and trust His grace, I’ll cast on Him **my every care**, and wait for thee...”
 - As a word of caution, observe this contrast in “deepest cares”: James 4:1–4 vs. Romans 10:1.

Conclusion



- “Hear my cry, O God; attend to my prayer. From the end of the earth I will cry to You when my heart is overwhelmed; lead me to the rock that is higher than I. For You have been a shelter for me, a strong tower from the enemy. I will abide in Your tabernacle forever; I will trust in the shelter of Your wings” (Psalms 61:1–4).
- “I love the LORD, because He has heard my voice and my supplications, because He has inclined His ear to me, therefore I will call upon Him as long as I live” (Psalms 116:1–2).