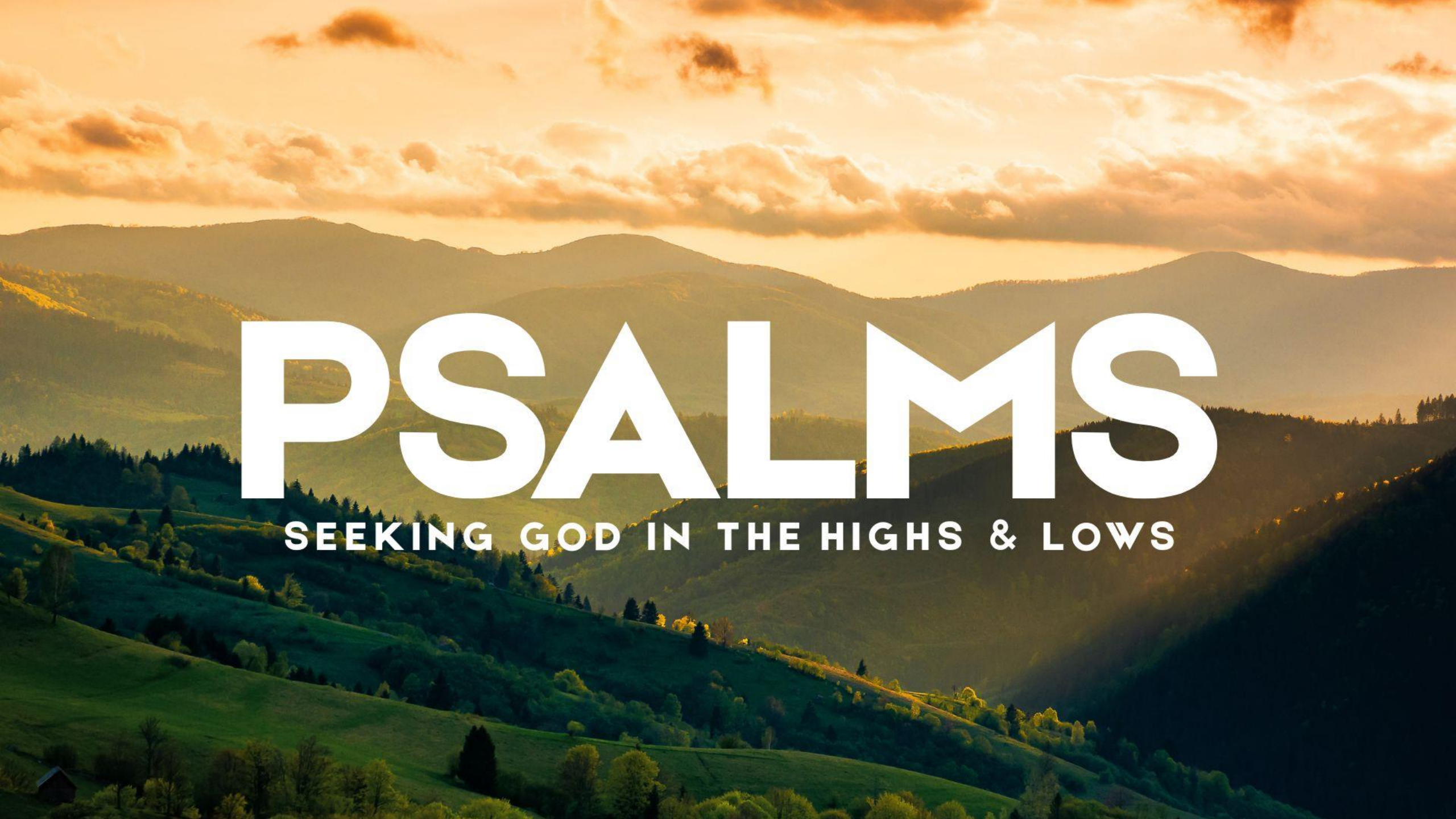




PSALMS

SEEKING GOD IN THE HIGHS & LOWS

Psalm 86

A Prayer of David (Vs. 1)

A Psalm of Individual Lament (vs 1, vs 14)

Chiastic structure - ABBA / ABCBA

(The text moves outward from personal distress to universal praise of God at its core, and then returns to personal petitions)

Mark 2:27

Jesus said to them, "The Sabbath was made for man,
and not man for the Sabbath.

Psalm 86

Key Words/Names: verses

Answer - 1, 7

Call/Cry - 3, 5, 7

Mercy - 5, 13, 15, 16

Servant - 2, 4, 16

Soul - 2, 4, 13

You/Your - 25 + times

Psalm 86

Key Names: verses

Y^hōvâ = LORD (6,510x), GOD (4x), JEHOVAH (4x) 1, 6, 11, 17

God's personal, covenant, and intimate family name, often connected to His self-existence and faithfulness

Ēlōhîm = God, plural (2,346x), god (244x), judge(s) (5x) 2, 8, 10, 12, 14

'Ădōnāy = my lord, exhibits reverent submission to Master, 3, 4, 5, 8, 9, 12,15

'Ādōnāy = my lord, exhibits reverent submission to Master, 3, 4, 5, 8, 9, 12, 15

Verse 3: "Take pity on me, **Adonai**, for I cry to you all day."

Verse 4: "Fill your servant's heart with joy, for to you, **Adonai**, I lift my heart."

Verse 5: "**Adonai**, you are kind and forgiving..."

Verse 8: "There is none like you among the gods, **Adonai**..."

Verse 9: "All the nations you have made will come and bow before you, **Adonai**..."

Verse 12: "I will thank you, **Adonai** my God, with my whole heart..."

Verse 15: "But you, **Adonai**, are a merciful, compassionate God..."

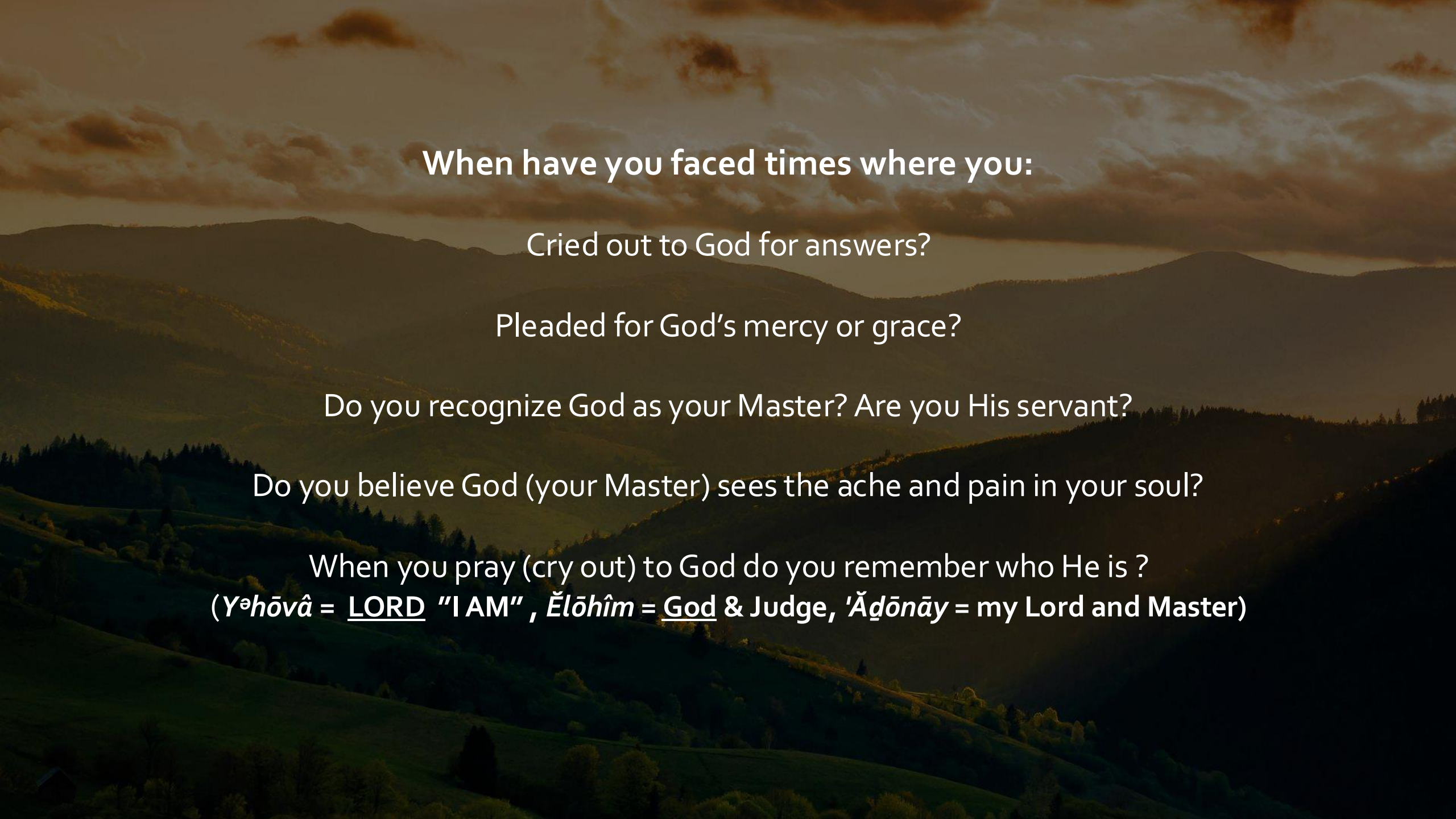
Hebrew - The Number 7

The Biblical Symbolism of Seven

In Hebrew literature and biblical numerology, the number **seven represents completeness, perfection, and fullness**. Repeating *Adonai* exactly seven times is a structural design used to signify that God possesses *perfect* lordship and *total* sovereignty over the psalmist's life and the entire universe

Complete Submission and Ownership

The word *Adonai* defines a relationship of ownership and authority. By repeating this title seven times, David highlights his status as a dedicated servant crying out to his rightful Master. Throughout Psalm 86, David explicitly calls himself God's "servant" or the "son of your handmaid" multiple times to match this theme.



When have you faced times where you:

Cried out to God for answers?

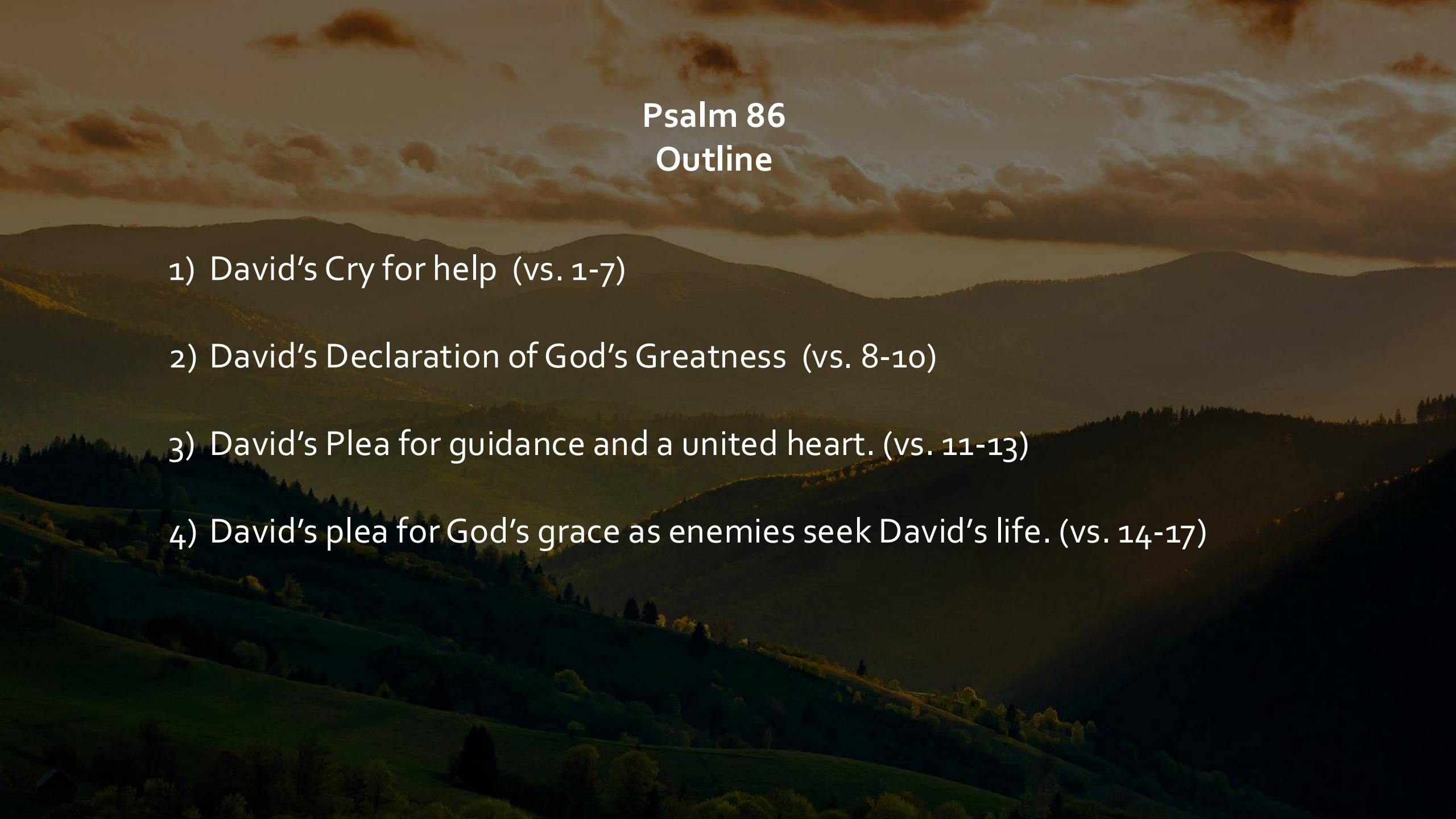
Pleaded for God's mercy or grace?

Do you recognize God as your Master? Are you His servant?

Do you believe God (your Master) sees the ache and pain in your soul?

When you pray (cry out) to God do you remember who He is ?

(*Y^əhōvâ* = LORD "I AM" , *Ēlōhîm* = God & Judge, '*Ădōnāy* = my Lord and Master)

The background of the slide is a photograph of a vast, rolling landscape under a dramatic sky. The sky is filled with large, textured clouds in shades of orange, brown, and grey, suggesting a sunset or sunrise. Below the sky, there are several layers of rolling hills and mountains. The hills in the foreground are covered in green vegetation, with some trees visible. The hills in the distance are more muted and hazy. The overall tone of the image is warm and atmospheric.

Psalm 86 Outline

- 1) David's Cry for help (vs. 1-7)
- 2) David's Declaration of God's Greatness (vs. 8-10)
- 3) David's Plea for guidance and a united heart. (vs. 11-13)
- 4) David's plea for God's grace as enemies seek David's life. (vs. 14-17)

Psalm 86 (NIV)

A prayer of David.

¹ Hear me, LORD, and answer me, for I am poor and needy.

² Guard my life, for I am faithful to you; save your servant who trusts in you. You are my God; ³ have mercy on me, Lord, for I call to you all day long.

⁴ Bring joy to your servant, Lord, for I put my trust in you.

⁵ You, Lord, are forgiving and good, abounding in love to all who call to you.

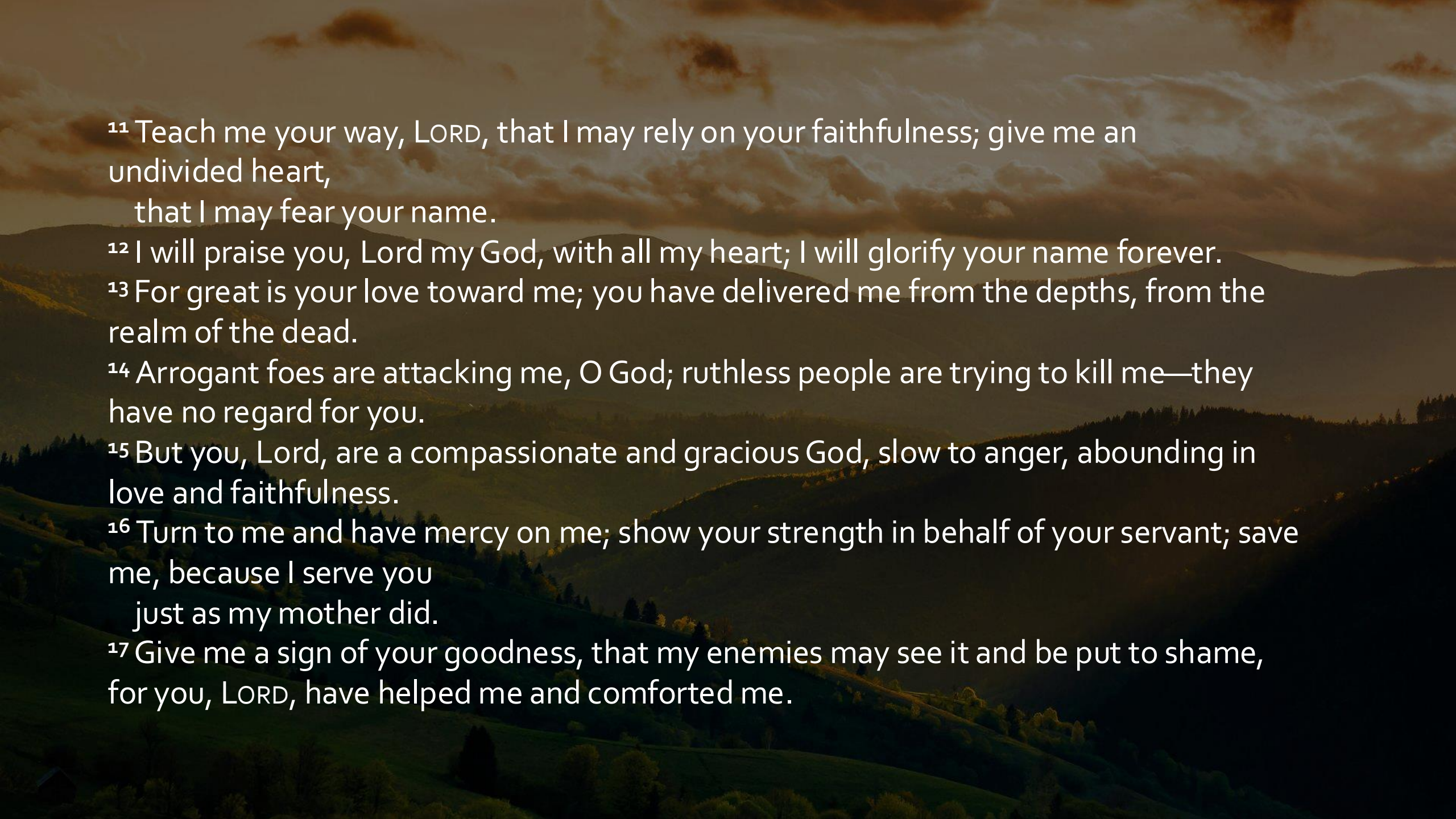
⁶ Hear my prayer, LORD; listen to my cry for mercy.

⁷ When I am in distress, I call to you, because you answer me.

⁸ Among the gods there is none like you, Lord; no deeds can compare with yours.

⁹ All the nations you have made will come and worship before you, Lord; they will bring glory to your name.

¹⁰ For you are great and do marvelous deeds; you alone are God.

The background of the image is a scenic landscape of rolling hills under a dramatic, cloudy sky. The sky is filled with large, dark, and textured clouds, with a warm, golden light from the sun low on the horizon. The hills are covered in green grass and some trees, with the light creating a strong contrast between the illuminated slopes and the deep shadows in the valleys.

¹¹ Teach me your way, LORD, that I may rely on your faithfulness; give me an undivided heart,
that I may fear your name.

¹² I will praise you, Lord my God, with all my heart; I will glorify your name forever.

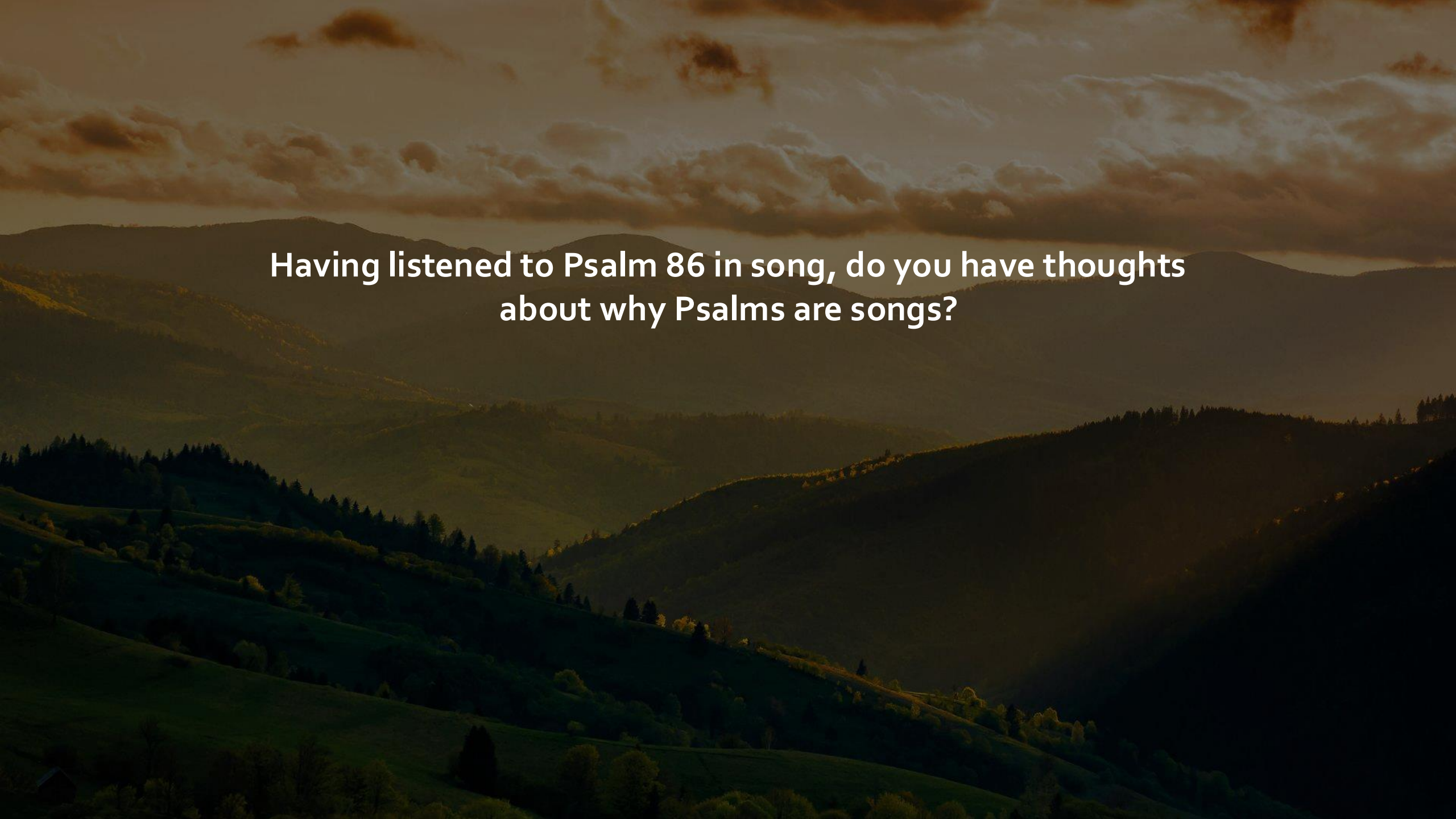
¹³ For great is your love toward me; you have delivered me from the depths, from the realm of the dead.

¹⁴ Arrogant foes are attacking me, O God; ruthless people are trying to kill me—they have no regard for you.

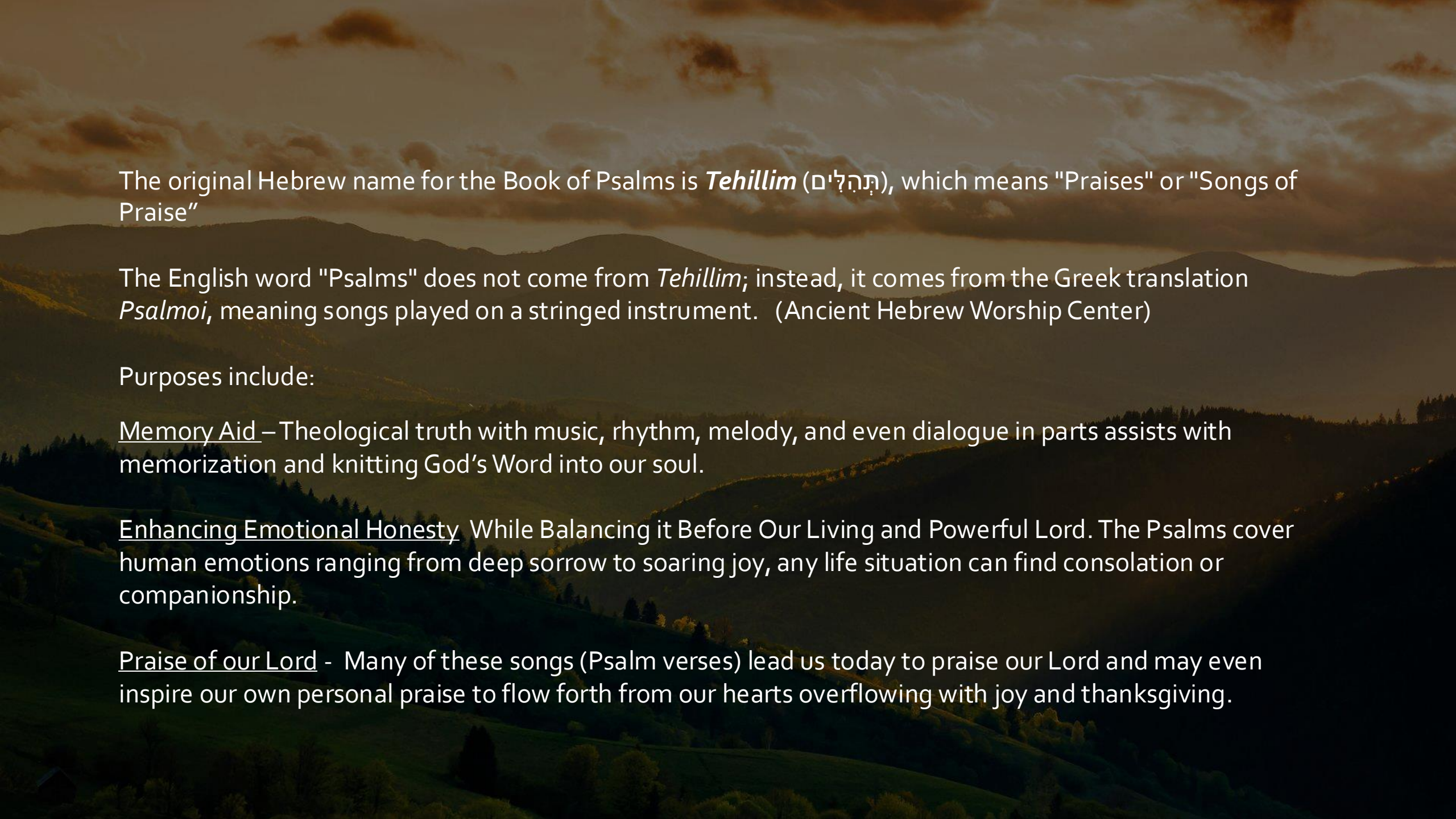
¹⁵ But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.

¹⁶ Turn to me and have mercy on me; show your strength in behalf of your servant; save me, because I serve you
just as my mother did.

¹⁷ Give me a sign of your goodness, that my enemies may see it and be put to shame, for you, LORD, have helped me and comforted me.

The background image is a landscape photograph. It shows a series of rolling hills and mountains. The foreground hills are covered in green grass and some trees. The hills in the distance are more hazy and have a golden-brown hue, suggesting they are covered in autumn foliage. The sky is filled with large, dramatic clouds, and the overall lighting is warm, with a golden glow from the sun, which is not directly visible but its light illuminates the scene. The text is centered in the upper half of the image.

Having listened to Psalm 86 in song, do you have thoughts
about why Psalms are songs?



The original Hebrew name for the Book of Psalms is *Tehillim* (תְּהִלִּים), which means "Praises" or "Songs of Praise"

The English word "Psalms" does not come from *Tehillim*; instead, it comes from the Greek translation *Psalmoi*, meaning songs played on a stringed instrument. (Ancient Hebrew Worship Center)

Purposes include:

Memory Aid – Theological truth with music, rhythm, melody, and even dialogue in parts assists with memorization and knitting God's Word into our soul.

Enhancing Emotional Honesty While Balancing it Before Our Living and Powerful Lord. The Psalms cover human emotions ranging from deep sorrow to soaring joy, any life situation can find consolation or companionship.

Praise of our Lord - Many of these songs (Psalm verses) lead us today to praise our Lord and may even inspire our own personal praise to flow forth from our hearts overflowing with joy and thanksgiving.

Songs in the Bible

Approximately 185 in total incl. Psalms

150 Psalms

Longest Song is Psalm 119 – 1,732 words

Solomon wrote 1,005 songs – His favorite... “The Song of Solomon”

Jeffrey Kranz – 2014

<https://overviewbible.com/bible-songs/>

Additional songs in the Bible (about 35ish in total)

The song of Moses and Miriam - Exodus 15:1-18, 21

The first song in the Bible happens after one of its greatest miracles. God parts the Red Sea...

The song of wells in the wilderness. - Numbers 21:17-18

Song of Moses and Joshua. - Deuteronomy 31:19-22, 30, 32:1-43

Moses recommissions the nation of Israel to love and obey the Lord when they enter the promised land. Then Moses sums it all up in a song, which he and Joshua teach to the people. It's a covenant song of God's faithfulness: "He is the righteous Rock of Israel".

The Song of Deborah and Baruk - Judges 5

A song of victory

Song of David's Victory - 1 Samuel 18:7

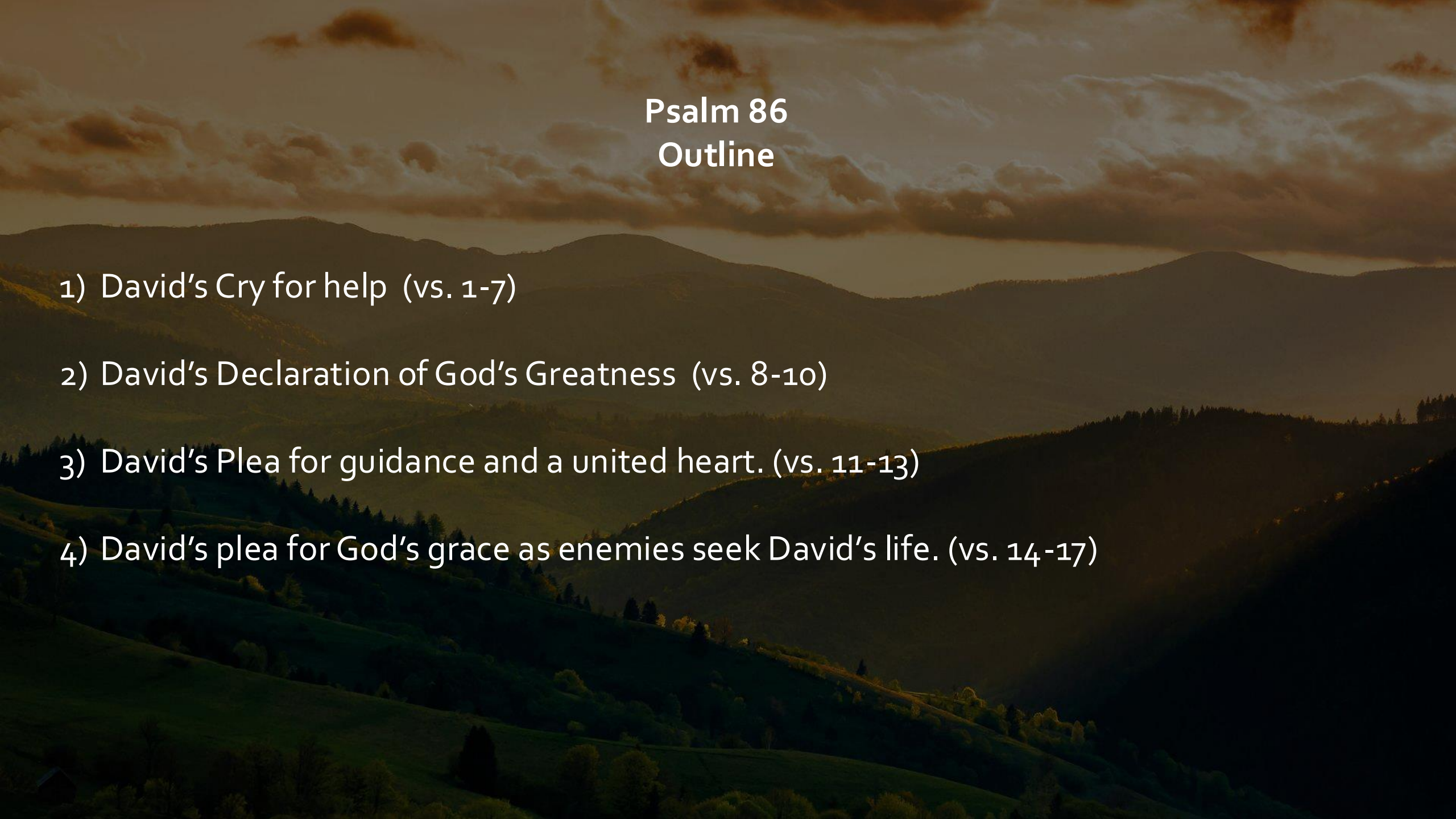
After young David kills Goliath, he and king Saul triumphantly return from the battle.

*"Saul has slain his thousands,
And David his ten thousands."*

All the songs in the Bible

[Jeffrey Kranz](#) | Jul 2, 2014 | [Bible facts](#)

<https://overviewbible.com/bible-songs/>



Psalm 86 Outline

- 1) David's Cry for help (vs. 1-7)
- 2) David's Declaration of God's Greatness (vs. 8-10)
- 3) David's Plea for guidance and a united heart. (vs. 11-13)
- 4) David's plea for God's grace as enemies seek David's life. (vs. 14-17)

Psalm 86:1-7
David's Cry for help (vs. 1-7)

A Prayer of David.

- 1** Incline Your ear, O LORD, *and* answer me;
For I am afflicted and needy.
- 2** Preserve my soul, for I am a godly man;
O You my God, save Your servant who trusts in You.
- 3** Be gracious to me, O Lord,
For to You I cry all day long.
- 4** Make glad the soul of Your servant,
For to You, O Lord, I lift up my soul.
- 5** For You, Lord, are good, and ready to forgive,
And abundant in lovingkindness to all who call upon You.
- 6** Give ear, O LORD, to my prayer;
And give heed to the voice of my supplications!
- 7** In the day of my trouble I shall call upon You,
For You will answer me.

Psalm 86:1

A Prayer of David.

1 Incline (*nāṭâ*) Your ear, O LORD (*y^əhōvâ*), and answer me;
For I am afflicted and needy. (poor and needy)

1st biblical usage of LORD (*y^əhōvâ*): Genesis 2:4

“This is the account of the heavens and the earth when they were created, in the day that the **LORD** (*y^əhōvâ*):
God (*’ēlōhîm*) made earth and heaven.”

John 1:1-4

In the beginning was the Word, and the Word was with God, and the Word was God. **2** He was in the beginning with God. **3** All things came into being through Him, and apart from Him nothing came into being that has come into being. **4** In Him was life, and the life was the Light of men.

Note: Jesus’ “I AM” statements in the Gospel of John

Psalm 86:2-4

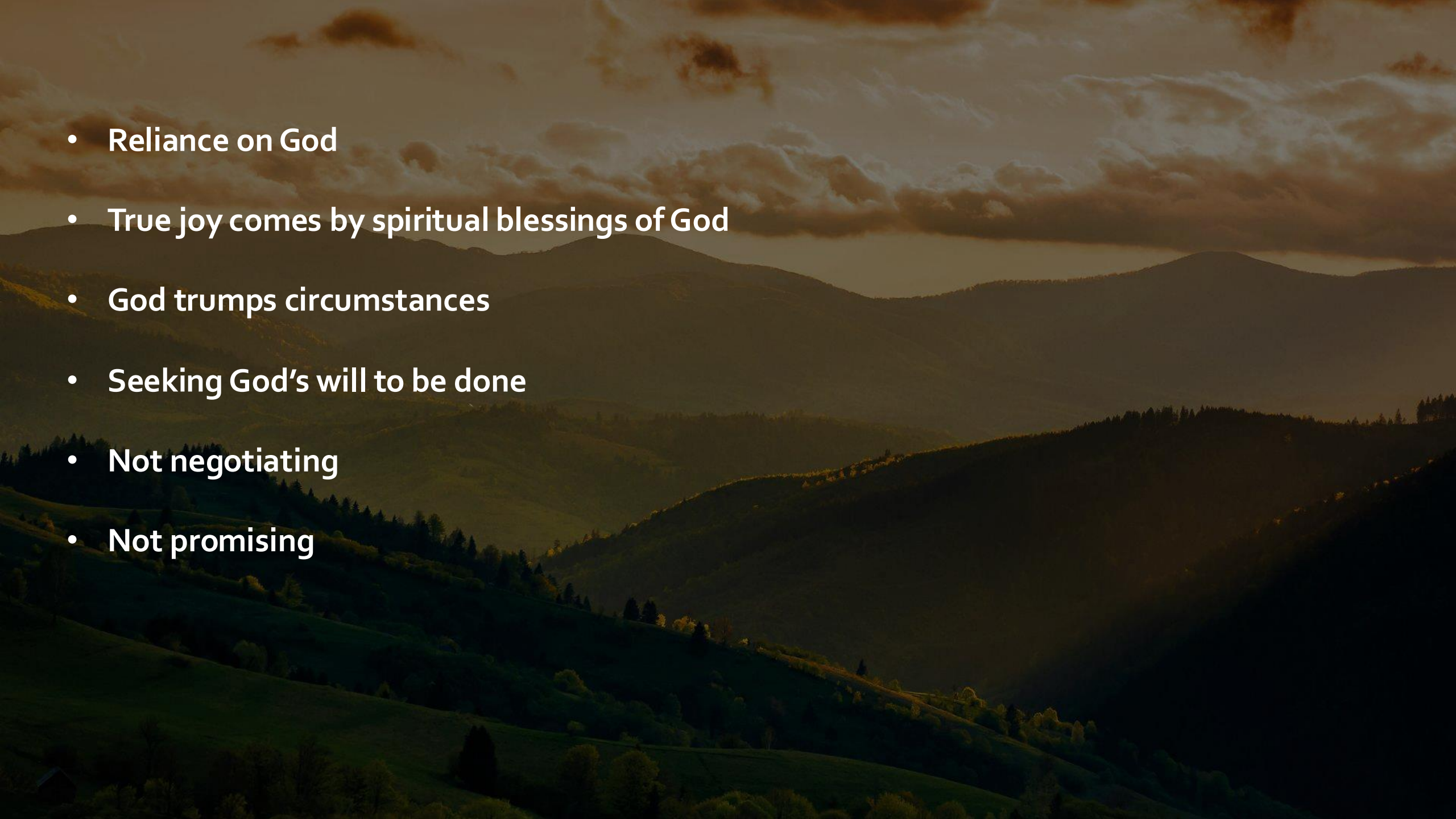
² Preserve (*šāmar*) my soul, for I am a godly man (*ḥāsîḏ*); O You my God (*'ēlōhîm*), save Your servant (*eḇeḏ*) who trusts in You.

“And those who know Your name will put their trust in You, For You, O LORD, have not forsaken those who seek You.” Psalm 9:10

³ Be gracious (*ḥānan*) to me, O Lord (*'ăḏōnāy*), For to You I cry all day long.

⁴ Make glad (*śāmaḥ*) the soul of Your servant, For to You, O Lord (*'ăḏōnāy*), I lift up my soul.

What do these verses teach us about David's relationship with God?

- 
- Reliance on God
 - True joy comes by spiritual blessings of God
 - God trumps circumstances
 - Seeking God's will to be done
 - Not negotiating
 - Not promising

Psalm 86:5-7

⁵ For You, Lord ('ăḏōnāy), are good, and ready to forgive, And abundant (*raḇ*) in lovingkindness (*ḥesed*) to all who call upon You.

Consider Psalm 51:1-5, 2 Chronicles 7:14

⁶ Give ear, O LORD (*y^ehōvâ*), to my prayer; And give heed to the voice of my supplications (*taḥănnûn*)!

⁷ In the day of my trouble I shall call upon You, For You will answer me.

How has David's focus shifted in these verses?

Psalm 86:8-10

2) David's Declaration of God's Greatness

⁸There is no one like You among the gods, O Lord (*'ăḏōnāy*), Nor are there any works like Yours.

"What have the false gods ever made or unmade? What miracles have they wrought? When did they divide a sea or march through the wilderness scattering bread from the skies?" C.H. Spurgeon

⁹All nations whom You have made shall come and worship before You, O Lord (*ăḏōnāy*), And they shall glorify Your name.

¹⁰For You are great and do wondrous deeds; You alone are God.

**How would this bless your prayer life if you regularly prayed or sang to the Lord,
"For You are great and do wondrous deeds; You alone are God"?**

Psalm 86:11-13

3) David's Plea for guidance and a united heart

¹¹ Teach me Your way, O LORD (y^ehōvâ); I will walk in Your truth; Unite my heart to fear Your name.

The covenant God

*"God, furthermore, said to Moses, "Thus you shall say to the sons of Israel, '**The LORD** (y^ehōvâ), the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you.' This is My name forever, and this is My memorial-name to all generations." Exodus 3:15*

Ezekiel 11:17-21

¹⁷ Therefore say, 'Thus says the Lord GOD, "I will gather you from the peoples and assemble you out of the countries among which you have been scattered, and I will give you the land of Israel."' ¹⁸ When they come there, they will remove all its detestable things and all its abominations from it. ¹⁹ And I will give them one heart, and put a new spirit within them. And I will take the heart of stone out of their flesh and give them a heart of flesh, ²⁰ that they may walk in My statutes and keep My ordinances and do them. Then they will be My people, and I shall be their God. ²¹ But as for those whose hearts go after their detestable things and abominations, I will bring their conduct down on their heads," declares the Lord GOD.

David A Man after God's own Heart

1 Samuel 13:14

But now your kingdom shall not continue. The Lord has sought for Himself a man after His own heart, and the Lord has commanded him *to be* commander over His people, because you have not kept what the Lord commanded you."

Acts 13:22

And when He had removed him, He raised up for them David as king, to whom also He gave testimony and said, 'I have found David the *son* of Jesse, a man after My *own* heart, who will do all My will.'

1 Samuel 17:33-36

³³ Then Saul said to David, "You are not able to go against this Philistine to fight with him; for you are *but* a youth while he has been a warrior from his youth." ³⁴ But David said to Saul, "Your servant was tending his father's sheep. When a lion or a bear came and took a lamb from the flock, ³⁵ I went out after him and attacked him, and rescued *it* from his mouth; and when he rose up against me, I seized *him* by his beard and struck him and killed him. ³⁶ Your servant has killed both the lion and the bear; and this uncircumcised Philistine will be like one of them, since he has taunted the armies of the living God."

David: A Man after God's Heart?

Psalm 16:1-2 Preserve me, O God, for I take refuge in You. ² I said to the LORD, "You are my Lord; I have no good besides You."

Psalm 17:3 You have tried my heart; You have visited *me* by night; You have tested me and You find nothing; I have purposed that my mouth will not transgress.

Psalm 18:1-3 "I love You, O LORD, my strength." ² The LORD is my rock and my fortress and my deliverer, My God, my rock, in whom I take refuge; My shield and the horn of my salvation, my stronghold. ³ I call upon the LORD, who is worthy to be praised, And I am saved from my enemies.

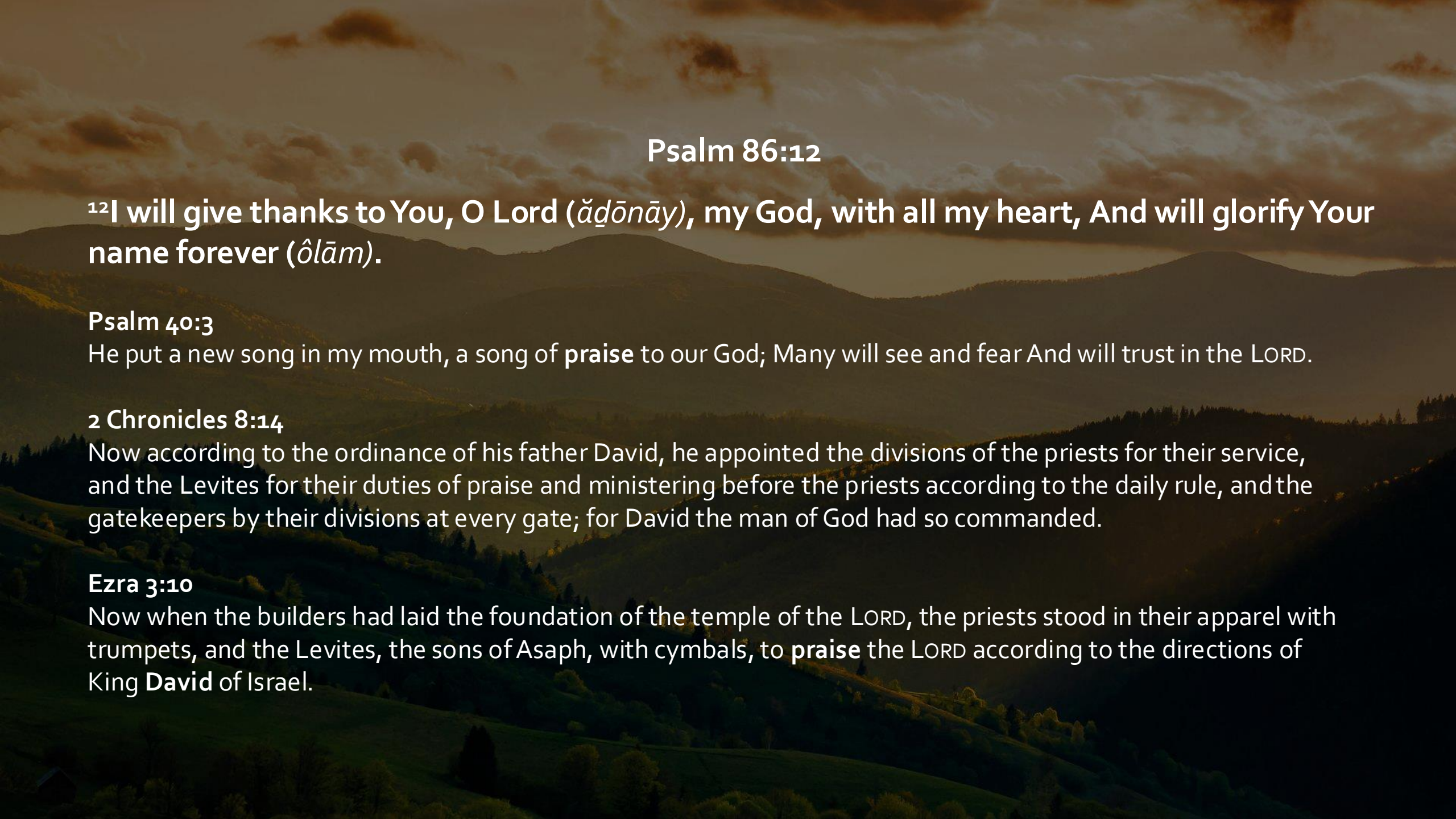
Psalm 26:2-3

² Examine me, O LORD, and try me; Test my mind and my heart. ³ For Your lovingkindness is before my eyes, And I have walked in Your truth.

Psalm 27:1a The LORD is my light and my salvation; Whom shall I fear?

Psalm 27:4 One thing I have asked from the LORD, that I shall seek: That I may dwell in the house of the LORD all the days of my life, To behold the beauty of the LORD And to meditate in His temple.

God made David a man after His own heart because David asked God to do so, and was willing to submit to God



Psalm 86:12

¹²**I will give thanks to You, O Lord (*ăḏōnāy*), my God, with all my heart, And will glorify Your name forever (*ôlām*).**

Psalm 40:3

He put a new song in my mouth, a song of **praise** to our God; Many will see and fear And will trust in the LORD.

2 Chronicles 8:14

Now according to the ordinance of his father David, he appointed the divisions of the priests for their service, and the Levites for their duties of praise and ministering before the priests according to the daily rule, and the gatekeepers by their divisions at every gate; for David the man of God had so commanded.

Ezra 3:10

Now when the builders had laid the foundation of the temple of the LORD, the priests stood in their apparel with trumpets, and the Levites, the sons of Asaph, with cymbals, to **praise** the LORD according to the directions of King **David** of Israel.

Psalm 86:13

¹³) For Your lovingkindness toward me is great, And You have delivered my soul from the depths of Sheol.

Psalm 49:15

But God will redeem my soul from the power of Sheol, For He will receive me. *Selah*.

Ephesians 2:4-5

But God, being rich in mercy, because of His great love with which He loved us, ⁵ even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved).

What previous experience of God's lovingkindness towards you has made the biggest impact on your walk/testimony?

Psalm 86:14

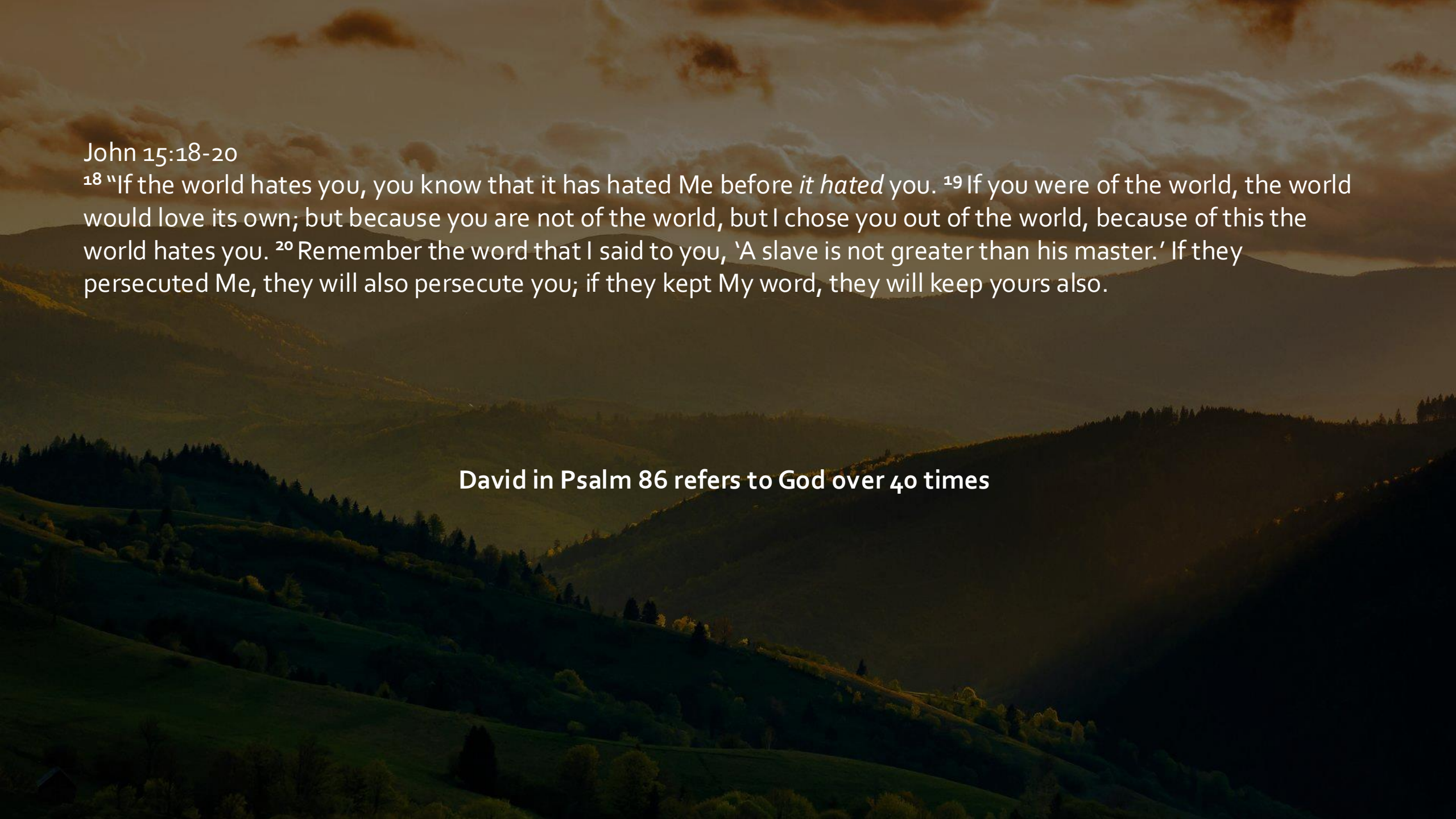
4) David's plea for God's grace as enemies seek David's life

¹⁴ O God, arrogant men have risen up against me, And a band of violent men have sought my life,
And they have not set You before them.

Romans 1:18-25

¹⁸ For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men who suppress the truth in unrighteousness, ¹⁹ because that which is known about God is evident within them; for God made it evident to them. ²⁰ For since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through what has been made, so that they are without excuse. ²¹ For even though they knew God, they did not honor Him as God or give thanks, but they became futile in their speculations, and their foolish heart was darkened. ²² Professing to be wise, they became fools, ²³ and exchanged the glory of the incorruptible God for an image in the form of corruptible man and of birds and four-footed animals and crawling creatures.

²⁴ Therefore God gave them over in the lusts of their hearts to impurity, so that their bodies would be dishonored among them. ²⁵ For they exchanged the truth of God for a lie, and worshiped and served the creature rather than the Creator, who is blessed forever. Amen.



John 15:18-20

¹⁸ “If the world hates you, you know that it has hated Me before *it hated* you. ¹⁹ If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, because of this the world hates you. ²⁰ Remember the word that I said to you, ‘A slave is not greater than his master.’ If they persecuted Me, they will also persecute you; if they kept My word, they will keep yours also.

David in Psalm 86 refers to God over 40 times

Psalm 86:15-17

¹⁵ But You, O Lord (*ăḏōnāy*), , are a God merciful and gracious, Slow to anger and abundant in lovingkindness and truth.

Jonah 4:1-2

But it greatly displeased Jonah and he became angry. ² He prayed to the LORD and said, "Please LORD, was not this what I said while I was still in my *own* country? Therefore ^[b]in order to forestall this I fled to Tarshish, for I knew that You are a gracious and compassionate God, slow to anger and abundant in lovingkindness, and one who relents concerning calamity.

¹⁶ Turn to me, and be gracious to me; Oh grant Your strength to Your servant, And save the son of Your handmaid.

¹⁷ Show me a sign for good, That those who hate me may see *it* and be ashamed, Because You, O LORD (*y^ahōvâ*)), have helped me and comforted me.

Psalm 86

1) David's Cry for help (vs. 1-7)

Do you cry out to your covenant keeping God when you are poor and needy?

Are you able to recognize God as your Master who has the best intentions for your life?

2) David's Declaration of God's Greatness (vs. 8-10)

Do you worship God and recognize that there is no other God like Him, that all of His works are wonderful?

3) David's Plea for guidance and a united heart. (vs. 11-13)

David prayed for a "united" heart, undivided, and focused on God that he would "give thanks to you, O Lord my God, with my whole heart, and I will glorify your name forever." **May we have have that same heart!**

4) David's plea for God's grace as enemies seek David's life. (vs. 14-17)

David closed praying for God's grace and mercy to be rich and overflowing in his life so that even those who refused to acknowledge God would see it and be ashamed... and prayerfully them may come to repentance.

"Or do you despise the riches of His goodness, forbearance, and longsuffering, not knowing that the goodness of God leads you to repentance?" Romans 2:4

Psalm 86: Questions

Do you recognize the LORD *y^əhōvâ* ("the existing One"), the God who makes and keeps covenants and promises in your life today?

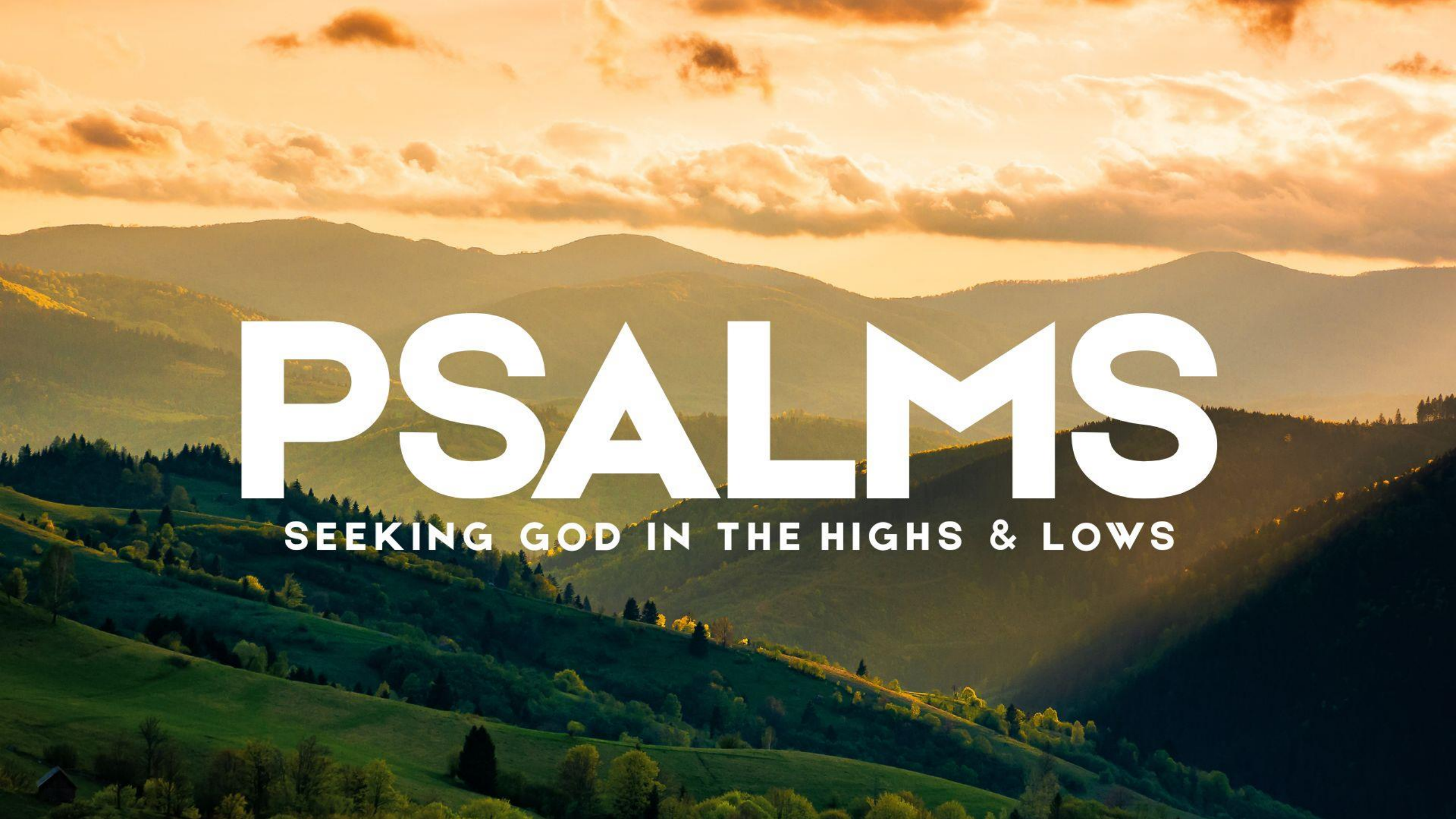
2 Corinthians 1:20

For as many as are the promises of God, in Him they are yes; therefore also through Him is our Amen to the glory of God through us.

Do you recognize the Lord (*'ăḏōnāy*) as "my lord" in a Master / servant relationship?

Psalm 86:2 ESV "Preserve my life, for I am godly; save your servant, who trusts in you—you are my God."

David prayed for a "united" heart, undivided, and focused on God that he would "give thanks to you, O Lord my God, with my whole heart, and I will glorify your name forever." May we have have that same heart!



PSALMS

SEEKING GOD IN THE HIGHS & LOWS