

**Series:** *Praying and Living through the Psalms*

**Sermon:** *Praying When Brokenness is too Much to Bear*

**Text:** *Psalm 41*

**Preacher:** *Gustavo Formenti*

### **Introductory questions -**

The book of Psalms is part of the biblical wisdom literature, 5 books (Psalms, Proverbs, Ecclesiastes, Song of Solomon, and Job) that deal with our human struggles and real-life experiences in light of God's Salvation History. It takes wisdom to live righteous lives before God. A good definition for wisdom is "skills in the art of godly living." In other words, as we immerse ourselves in the Psalms, we engage in the activity of living well before the Lord.

A clear example of a song of wisdom is Psalm 1. Read Psalm 1.1-6.

- 1) What are the two kinds of men described in this Psalm?
- 2) How is the Lord present in this song?
- 3) The Psalmist presents the reader with 2 options. What are they? What should the wise man do?

### **Read Psalm 41 and consider -**

- 1) The God of Grace -
- 2) The Troubled Believer -
- 3) The Happy Man -

### **Reflection questions -**

- 1) How is it significant that this Psalm starts with the formula: "Blessed is the man" (v.1)?
- 2) What words and images David uses to describe the character of God (v.1-3)?
- 3) How does David depict his own condition (vv.4-9)? Can you relate to any of his experiences?
- 4) The Lord meets David in his place of brokenness. We find the development of David's experience with God in verses 10-12. What's David's request (v.10)? What's David's confidence (v.11)? What's David's conclusion (v.12)?
- 5) We read in verse 12 that David credits his favor with God to "his integrity"? What's David referring to?
- 6) Read 2 Cor 5.21. How does the integrity of Jesus place us in a position of favor before God?
- 7) How does the "blessed man" reflect the heart of God?

### **Prayer -**

*"Lord, you are acquainted with the human struggle. You took on flesh and dwelt among us. You are a man of sorrows, familiar with afflictions. Our brokenness is not alien to you. I pray, from the midst of my struggle, that you would enable my eyes to look up and see you face. From the midst of my struggle I pray that you would train my afflicted heart to wait with confidence for your salvation. From the midst of it all, I pray that you would show me Jesus and restore me to a place where I can again reflect your heart to others. Amen.*