

Urgent Lament

Psalms of David · Book II

"For the Chief Musician. By David. A reminder."

IN ONE SENTENCE

*short, urgent plea: God, hurry to rescue me, for I am poor and needy, and you are my help.***Remember it:** Seventy: a short prayer for a hurry-up God who will not delay.

MEMORY VERSE

But I am poor and needy. Come to me quickly, God. You are my help and my deliverer. Yahweh, don't delay.

Psalm 70:5 · World English Bible

HEBREW WORD

חֲשֵׁה

"hurry" · verse 1

In the Psalms: nine times, in 8 psalms

חֲשֵׁה means "hurry!" or "make haste!" It is a short, urgent command a person shouts when there is no time for a long prayer. The psalm opens and closes in that rush: "Hurry, God" and "Yahweh, don't delay." God welcomes even the shortest cry for help.

HOW THE PSALM MOVES

- 1-3 Hurry to help me; turn back those who mock.
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- 4-5 Let seekers rejoice; I am poor and needy, don't delay.
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MY NOTES

**Listen.** Hear Psalm 70 sung in the **Psalm Song** app, or free at ispress.de/psalms/70.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Crying Out in Distress

Refuge in Trouble

FILL IN THE BLANKS

A short, _____ plea: God, hurry to rescue me, for I am poor and _____, and you are my _____.

CHECK YOURSELF

1. What do the mockers say?

(A) "Where is your God?"

(B) "Aha! Aha!"

(C) "Run away!"

(D) "We have won!"

2. What do those who love God's salvation continually say?

(A) "Let God be exalted!"

(B) "How long, LORD?"

(C) "Save us now!"

(D) "Amen and amen!"

3. How does the psalmist describe himself?

(A) Strong and brave

(B) Old and gray

(C) Poor and needy

(D) Righteous and pure

TALK IT OVER

1. What two groups of people does this short psalm describe?

2. What does it say about God that he receives a prayer as short and urgent as this one?

3. Write your own five-line prayer for help in the pattern of Psalm 70.

IN YOUR OWN WORDS: WHAT DOES PSALM 70 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 5 by heart

☐ I know the picture word

Answers: Blanks: urgent · needy · help · Check yourself: 1. B (v. 3) · 2. A (v. 4) · 3. C (v. 5)