

Penitential Lament

Psalms of David · Book V · The Seven Penitential Psalms

“A Psalm by David.”

IN ONE SENTENCE



o one living is righteous, so I thirst for the LORD, ask rescue from enemies, and ask him to teach me.

Remember it: One forty-three: my soul is parched ground, thirsting for the LORD's rain.

MEMORY VERSE

I spread out my hands to you. My soul
thirsts for you, like a parched land. Selah.

Psalm 143:6 · World English Bible

HEBREW WORD

עֵיֶפָה

“weary” · verse 6

In the Psalms: twice, in 2 psalms

עֵיֶפָה means “weary” or faint, used of a tired, thirsty traveler and of dry, exhausted ground. David says his soul thirsts for God like such a land. Cracked earth cannot water itself; it can only wait for rain.

HOW THE PSALM MOVES

1–2 Hear me, but don't judge me, for no one is righteous

3–6 Crushed by enemies, I remember and thirst for God

7–10 Answer quickly, show me the way, teach me your will

11–12 Revive me and deal with my enemies for your name

MY NOTES



Listen. Hear Psalm 143 sung in the **Psalm Song** app, or free at ispress.de/psalms/143.

Cantillated. Sung: chanted back and forth between a leader and the people.

Forgiveness & Repentance

Crying Out in Distress

Waiting on God

FILL IN THE BLANKS

No one living is _____, so I _____ for the LORD, ask rescue from enemies, and ask him to _____ me.

CHECK YOURSELF

1. Why does the psalmist ask the LORD not to enter into judgment with him?

- ☐ (A) Because he is a king ☐ (B) Because his enemies are worse
☐ (C) Because he has offered a sacrifice ☐ (D) Because no man living is righteous in God's sight

2. His soul thirsts for God like...

- ☐ (A) a parched land ☐ (B) a deer for water
☐ (C) a desert flower ☐ (D) a dry well

3. When does he ask to hear the LORD's loving kindness?

- ☐ (A) At night ☐ (B) In the morning
☐ (C) At noon ☐ (D) On the Sabbath

TALK IT OVER

1. What does David remember in verse 5, and why might that help him?

2. What does verse 2 teach about our standing before God?

3. Which request in verses 8-10 do you most need to pray this week?

IN YOUR OWN WORDS: WHAT DOES PSALM 143 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 6 by heart

☐ I know the picture word

Answers: Blanks: righteous · thirst · teach · Check yourself: 1. D (v. 2) · 2. A (v. 6) · 3. B (v. 8)