

Songs of forgiveness
5. How can we have hope? (Psalm 143)

John Percival

Introduction

- *“Whatever you do...”*
- **Five lessons** for when we are feeling hopeless:

Be humble (v1-2)

- Acknowledge our need of God

Be real (v3-4)

- Pour out your heart to God

Be mindful (v5-6)

- Remember what God has done

Be reliant (v7-12)

- Pray in dependence on God

Be confident (v11-12)

- Hope in God’s righteousness and his unfailing love

Conclusion

Psalm 143 (NIV)

A psalm of David.

- ¹ LORD, hear my prayer,
listen to my cry for mercy;
in your faithfulness and righteousness
come to my relief.
- ² Do not bring your servant into judgment,
for no one living is righteous before you.
- ³ The enemy pursues me,
he crushes me to the ground;
he makes me dwell in the darkness
like those long dead.
- ⁴ So my spirit grows faint within me;
my heart within me is dismayed.
- ⁵ I remember the days of long ago;
I meditate on all your works
and consider what your hands have done.
- ⁶ I spread out my hands to you;
I thirst for you like a parched land.
- ⁷ Answer me quickly, LORD;
my spirit fails.
Do not hide your face from me
or I will be like those who go down to the pit.
- ⁸ Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go,
for to you I entrust my life.
- ⁹ Rescue me from my enemies, LORD,
for I hide myself in you.
- ¹⁰ Teach me to do your will,
for you are my God;
may your good Spirit
lead me on level ground.
- ¹¹ For your name’s sake, LORD, preserve my life;

in your righteousness, bring me out of trouble.

¹² In your unfailing love, silence my enemies;
destroy all my foes,
for I am your servant.