A Prayer for Help in Despondency

A Song. A Psalm of the sons of Korah. To the Chief Musician. Set to "Mahalath Leannoth." A Contemplation* of Heman the Ezrahite.

- 1.0 Yahweh Elohey (LORD), (God of) my salvation, I have cried out day and night before You.
- ² Let my prayer come before You; Incline Your ear to my cry.
- ³ For my soul is full of troubles, And my life draws near to the grave.
- ⁴I am counted with those who go down to the pit; I am like a man who has no strength,
- ⁵ Adrift among the dead, Like the slain who lie in the grave, Whom You remember no more, And who are cut off from Your hand.
- ⁶ You have laid me in the lowest pit, In darkness, in the depths.
- ⁷ Your wrath lies heavy upon me, And You have afflicted me with all Your waves.

Selah

- ⁸ You have put away my acquaintances far from me; You have made me an abomination to them; *I am* shut up, and I cannot get out;
- ⁹ My eye wastes away because of affliction. YAHWEH (LORD), I have called daily upon You; I have stretched out my hands to You.
- ¹⁰ Will You work wonders for the dead? Shall the dead arise and praise You?

Selah

- ¹¹ Shall Your lovingkindness be declared in the grave? *Or* Your faithfulness in the place of destruction?
- ¹² Shall Your wonders be known in the dark? And Your righteousness in the land of forgetfulness?
- ¹³ But to You I have cried out, O Yahweh (LORD), And in the morning my prayer comes before You.
- ¹⁴ YAHWEH (LORD), why do You cast off my soul? Why do You hide Your face from me?
- ¹⁵ I have been afflicted and ready to die from my youth; I suffer Your terrors; I am distraught.
- ¹⁶ Your fierce wrath has gone over me; Your terrors have cut me off.
- ¹⁷ They came around me all day long like water; They engulfed me altogether.
- ¹⁸ Loved one and friend You have put far from me, *And* my acquaintances into darkness.

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Facts Revealed:

❖ ·O Yahweh Elohey (LORD), (God of) my salvation, I have cried out day and night before You.

Let my prayer come before You; Incline Your ear to my cry.

For my soul is full of troubles, And my life draws near to the grave.

I am counted with those who go down to the pit; I am like a man who has no strength,

Adrift among the dead, Like the slain who lie in the grave, Whom You remember no more, And who are cut off from Your hand.

You have laid me in the lowest pit, In darkness, in the depths.

Your wrath lies heavy upon me, And You have afflicted *me* with all Your waves. [Psalm 88:1-7]

- ♦ The Psalmist asked Yahweh to hear his prayer which he has cried out day and night.
- ♦ He feels that he has been living on the verge of death and that the wrath of Yahweh lies heavily upon him.
- ★ You have put away my acquaintances far from me; You have made me an abomination to them; I am shut up, and I cannot get out;

My eye wastes away because of affliction. YAHWEH (LORD), I have called daily upon You; I have stretched out my hands to You.

Will You work wonders for the dead? Shall the dead arise and praise You? [Psalm 88:8-10]

- ♦ He feels like he has become an abomination to his acquaintances.
- ♦ He has called and stretched out his hands daily to Yahweh.
- ♦ He asked if Yahweh will work wonders for the dead and if the dead will arise and praise Him.
- ❖ Shall Your lovingkindness be declared in the grave? Or Your faithfulness in the place of destruction?
 - Shall Your wonders be known in the dark? And Your righteousness in the land of forgetfulness? [Psalm 88:11-12]
 - ♦ He questioned if there is any knowledge of Yahweh after death.
- But to You I have cried out, O Yahweh (LORD), And in the morning my prayer comes before You.

YAHWEH (LORD), why do You cast off my soul? Why do You hide Your face from me? I have been afflicted and ready to die from my youth; I suffer Your terrors; I am distraught.

Your fierce wrath has gone over me; Your terrors have cut me off.

They came around me all day long like water; They engulfed me altogether.

Loved one and friend You have put far from me, *And* my acquaintances into darkness. [Psalm 88:13-18]

- ♦ To Yahweh he has cried out and his morning prayers come before Yahweh.
- ♦ He has felt that Yahweh has cast off his soul and turned away from him.
- ♦ He has felt afflicted and ready to die from his youth, and is distraught sufferings terrors.
- ♦ He felt that the fierce wrath of Yahweh has engulfed him altogether like water.
- ♦ He feels that Yahweh has put far from him his loved ones, friends, and acquaintances.