

## 3rd Week of November

### A Prayer for Help

- **Text:** Psalm 70:1~5 (November 13 text)
- **Bottom line:** When I suffer, I remember and rely on God to help me.

#### ≡ 1. Praise

(Hymn 488) 이 몸의 소망 무연가

#### ≡ 2. Prayer

Heavenly Father, we let go of our busy mind and come to You. Please make this place of worship a blessed place where You are the Lord, and a time of grace to draw close to You.

#### ≡ 3. The Word

Read Psalm 70:1~5 together (read the verse 3 times).

\* Reading the Word over and over again in different translations will help you to deepen your understanding of the material.

##### <ESV>

- 1 Make haste, O God, to deliver me! O Lord, make haste to help me!
- 2 Let them be put to shame and confusion who seek my life! Let them be turned back and brought to dishonor who delight in my hurt!
- 3 Let them turn back because of their shame who say, "Aha, Aha!"
- 4 May all who seek you rejoice and be glad in you! May those who love your salvation say evermore, "God is great!"
- 5 But I am poor and needy; hasten to me, O God! You are my help and my deliverer; O Lord, do not delay!

##### <NASB>

- 1 God, hurry to save me; Lord, hurry to help me!
- 2 May those who seek my life Be put to shame and humiliated; May those who delight in my harm Be turned back and dishonored.
- 3 May those who say, "Aha, aha!" be turned back Because of their shame.
- 4 May all who seek You rejoice and be glad in You; And may those who love Your salvation say continually, "May God be exalted!"
- 5 But I am afflicted and needy; Hurry to me, God! You are my help and my savior; Lord, do not delay.

## Understanding Text

The psalmist was troubled by attacks and threats from his enemies. He knew that God was the only one who could help him and deliver him, so he asked God for help in a desperate voice. The enemies are strong, and the psalmist is poor and weak. But if God helps the psalmist, the enemy will be put to shame and will shrink back.

### Understanding the text for leaders

Psalm 70 is a prayer asking for deliverance from the threat of the enemy, and it repeats a similar message to Psalm 40, verses 13~17. It is also naturally connected to Flight 71. The enemies ridiculed and mocked the psalmist and tried to take his life. In the midst of severe suffering, he calls on God's name and longs for God's salvation. I know that God is the only one who can help me and deliver me, so I ask for God's help with an urgent voice. God is the one who hears prayers. He is bigger than any of our problems. "Those who seek my soul" (verse 2) and "all those who seek the Lord" (verse 4) show us the behavior of the wicked and the righteous and teach us what kind of attitude of faith we should adopt. God will put to shame the enemies who try to hurt the psalmist. And God will save the psalmist who has found God so that he will rejoice and sing.

## 4. Sharing

1) What challenges did the psalmist urgently ask God to help him? (verses 2~3)

### Upper Grades

What did the psalmist pray for God to do? (verse 1).

### Lower Grades

Who is the psalmist praying for God to help him? (verses 2~3)

### Question Guide

Consider the circumstances in which the psalmist pleaded for God's help. Imagine the psalmist's urgency and fear.

### Comments for Leaders

"God, deliver me! Please help me quickly!" The psalmist is in a very urgent situation. According to the title of Psalm 70 ("Psalm of David"), it was David who wrote this psalm. David was always harassed by the adversary. Before he became king, he was chased by King Saul and fled, and after he became king, he was in great danger because of the rebellion of his son Absalom. Whenever David faced a dangerous and difficult situation, he clung to God, and each time God defeated the enemy and made the enemy feel ashamed. He knew very well that those who relied on God would eventually rejoice in the joy of victory. So, even though he couldn't feel God at all, he prayed urgently, believing that God would surely help him.

2) What is the prayer I offer in faith to God who is with me and helps me?

### Upper Grades

What is my prayer to the God who lives and is with me?

### Lower Grades

What do you want to pray to God who is with you and hears your prayers?

#### □ Question Guide

God lives, and He hears my prayers and helps me. Remembering this will change the way we pray. Share your prayer requests to God who hears our prayers, and commit to pray as fervently as the psalmist did.

#### □ Comments for Leaders

The prayers of those who believe that the living God will help them are different. In his desperate situation, the psalmist prayed by calling on the name of God, the only helper. If we have confidence in God's help, our attitude of prayer will change. Think about what you should pray to with confidence to God who will surely help you, and organize it into prayer requests. If you pray together as a family every day and see how God answers, it will be a valuable asset of faith.

#### ≡ 5. Be grateful

Thank the living God for knowing our needs and help and answering our prayers.

#### ≡ 6. Prayer

God, we realize that suffering is a signal to come before you. Whenever we encounter obstacles big or small, we want to be the first people of faith to run before God. Lead us to pray fervently with confidence of an answer.

- End the family worship service with the "Lord's Prayer"

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