

# Psalm 5

The Psalms are prayers that you can use to express yourself to God; they are inspired prayers of real people facing real problems! Today we will look at Psalm 5!

1. Psalm 5 teaches us to turn to the Lord in \_\_\_\_\_.
2. Prayer is a gift of \_\_\_\_\_ that Christ has earned for you through His life, death, and resurrection.
3. Psalm 5 addresses the Father in Heaven as \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
4. In Psalm 5 teaches us that King David prayed to the Lord the \_\_\_\_\_.
5. "For into Your hands I \_\_\_\_\_ myself, my body and soul, and all things." Martin Luther's "Morning Prayer"
6. You don't need a "Super Pastor" to say your prayers! Prayer is a \_\_\_\_\_ talk with God — talk to Him about what is going on in your life!
7. Prayer brings a \_\_\_\_\_ to your life; a \_\_\_\_\_ to your heart, and \_\_\_\_\_ to your spirit. You have \_\_\_\_\_ to the Lord, the King, and your God!

The Lord invites you,  
though Christ,  
to come before Him  
in prayer!  
Prayer deepens  
your confidence in God;  
and prayer brings  
the peace of God  
into your life!

## Family Talk Time

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This take home tool is designed for parents/grandparents and children to discover the blessing in repenting and receiving forgiveness in Jesus Christ! Use this tool for family faith discussions, adapting for age levels.  
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I acknowledged my sin to you,  
and I did not cover my iniquity;  
I said, "I will confess my transgressions to the Lord,"  
and you forgave the iniquity of my sin. Psalm 32:5

**In different words:** I admitted to the Lord what I did wrong. I didn't try to hide my bad thoughts, words, actions. Instead I told God that I knew I was wrong and that my sin hurt Him. And the Lord forgave me through what Jesus did on the cross!

**What is sin?** Sin is every thought, word, or deed that is against the Law of God. It is our selfish nature that put ourselves before God. **Think of an example of a sinful thought, word, and deed.**

### Discuss the damage that sin does.

It is like yucky mud on a white shirt. Or a broken pot.  
It is like a white board that has scratches & scribbles all over it.  
**We cannot fix sin by ourselves. We NEED JESUS to RESCUE US!**

### How can you use objects to describe Jesus taking away our sin?

Like letting everyone scribble on a white board (or paper).  
Then erase or show a new clean blank paper.

OR On a light colored cloth, use a permanent marker to scribble! Ask children to wash it off. (Of course, **they** can't)  
**On another white cloth, use washable markers to scribble. Add a little dish soap to the water, and wash the "sin away!"**

### Putting God's Word in our Hearts: Memorize as a Family

Blessed is the one whose transgression is forgiven,  
whose sin is covered. Psalm 32:1

Mon: Psalm 32:1    Tues: Psalm 32:1-2    Wed: Isaiah 53:4-6  
Thurs: Romans 4:6-7    Fri: Isaiah 1:18    Sat: Acts 2:38

# Psalm 5

1 Give ear to my words, O LORD;  
Consider my groaning.

2 Listen to my cry for help, my King and my God,  
for to You do I pray.

3 O LORD, in the morning 1) You hear my voice;  
in the morning 2) I lay my requests before you  
3) and wait in expectation.

4 For You are not a God who delights in wickedness;  
evil may not dwell with You.  
5 The boastful shall not stand before Your eyes;  
You hate all evildoers.  
6 You destroy those who speak lies;  
the LORD abhors the bloodthirsty and deceitful man.

7 But I, through the abundance of your *steadfast love*,  
I will *enter your house*.  
I will *bow down* toward your Holy Temple in the fear of You.

8 Lead me, O LORD, in Your righteousness because of my enemies;  
make Your way straight before me.

9 For there is no truth in their mouth;  
their inmost self is destruction;  
their throat is an open grave;  
they flatter with their tongue.  
10 Make them bear their guilt, O God;  
let them fall by their own counsels;  
because of the abundance of their transgressions cast them out,  
for they have rebelled against you.

11 But let all who take *refuge* in you *rejoice*;  
let them ever sing for *joy*, and spread your *protection* over them,  
that those who love your name may *exult* in you.

12 For You bless the righteous, O LORD;  
You cover him with favor as with a *shield*.

# PRAYER REVIEW

*After a lifetime in the faith, prayer happens so fast and naturally that you might not break it down; you are so used to praying that you may have forgotten the steps that get you to your knees and why you are there. Here is what happens in your heart, mind and soul before you even utter your first word in prayer:*

## God the Father

invites you to pray and promises that He cares, He will listen, and He will answer. You believe that He has the power to change things.

## God the Son

Jesus Christ is your Great High Priest who has given you access to the Father through His work as your mediator. You believe that your sins are forgiven, and that you can boldly approach the throne of grace to receive mercy and find help in times of trouble.

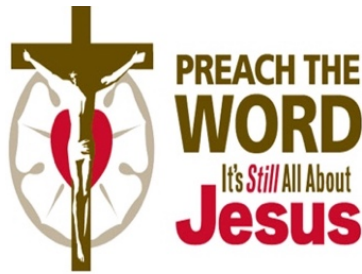
## God the Holy Spirit

dwells within you and moves you to pray for yourself and for others.

You understand that your hidden, godly vocation is to pray for others. You use your access to the Father through Christ for the benefit of others; prayer is a good work.

God's Word invites, encourages, & teaches you to pray. In humility, you speak to God with confidence, in "Jesus' Name", and with a bold statement of faith:

**AMEN!**



# Psalm 5

Psalm 5 Romans 8:26-30 Mark 1:35-39

March 29, 2020

Pastor Dave Bolte

**Who** do you talk to about your deepest needs and your immediate concerns?

**What** do you do when you are discouraged, depressed or brokenhearted?

**When** do you need to slow down and refocus your life?

**Where** do you go when you need a safe place – mentally, emotionally and spiritually?

**Why** can't you find peace, hope or joy in this world?

**How** do you deal with the stress, the worries, and the problems that you face?

**TO ANSWER ALL THESE QUESTIONS,** *Psalm 5* teaches us to turn to the Lord in prayer. King David turned to the Lord in prayer when he was facing discouragement and depression; when he was “down in the dumps” as we might say. The Psalms are prayers that you can use to express yourself to God; ***they are inspired prayers of real people facing real problems.***

As we continue our Lenten journey, *Psalm 5* will help us keep the Good Lord in the center of our lives. *Psalm 5* teaches us how to handle discouragement and stress through God's gift of prayer. Take a look at *Psalm 5* on the handout. We want to focus on v. 1-2.

1 Give ear to my words, O **LORD**, consider my groaning.

2 Listen to my cry for help, my **King** and my **God**, for to you I pray. Psalm 5:1-2

This is King David's heartfelt prayer to God. *Prayer is a gift of salvation that Christ has earned for you through His life, death, and resurrection.* God invites you to come before Him because your sin has been atoned for, and it is no longer a barrier separating you from God. The blood of Christ sanctifies and purifies you so that you can stand before God. You now have peace with God through faith in the Lord Jesus Christ, and you are welcome in God's presence. *Prayer is a gift of salvation that Christ has earned for you through His life, death, and resurrection.*

Prayer is a heart to heart talk with God. It is a way to thank God for His goodness in your life; and it is way that God has given you to disperse and diffuse stress, discouragement, depression, and anxiety in your life.

Notice that *Psalm 5* addresses the Father in Heaven as **Lord, King and God**. These are words of faith – words that trust in the **Lord**, words that know the **King** will use His power on your behalf; words that believe that **God** your Creator cares about you and will help you. We pray to our **Lord, King and God** through faith in our Savior Jesus Christ!

Take another look at *Psalm 5*; especially v.3:

<p>In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation. Psalm 5:3</p>
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The idea is that **FIRST THING EACH DAY**, David prayed to the Lord. The image behind the phrase *laying his requests before God*, is that David is taking an inventory of all the things that are troubling him, all the stress and all the problems, as well as all the things that lie before him that day, and he is commending them into the Lord's hands, knowing the Lord cares about him and that He will help him. **David starts his day in prayer!**

*Is that how you start your day?*

Each morning, do you take an inventory of what's going on in your life and commend it all into the **Lord's** hands? Do you take all the things that trouble and worry you to your Heavenly **King**? Do you ask your **God** and Creator to guide you and lead you as you go about your daily activities? When is it that you pray?

**Psalm 5** teaches us that when you begin each day in prayer it focuses your life; it sets the tone for the day; it acknowledges God's place in your life. Prayer calms your heart, your mind and your spirit with the peace of God. Prayer brings balance to your life. Prayer gives you the certainty that you are not alone, and that God's strength will be with you throughout the day.

The New Testament teaches us the same thing. Even Jesus started His day in prayer:

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. Mark 1:35

This idea of laying your heart out before the Lord each morning is captured well in Martin Luther's "Morning Prayer":

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. **For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen!**

**"For into Your hands I commend myself, my body and soul, and all things."** That is exactly what King David teaches you to do in **Psalm 5**. Whatever is on your heart, whatever is in your life, talk to the Lord about it! Ask Him to help you, guide you, and to lead you through it. God invites you, through Christ, to come before Him in prayer! Prayer deepens your confidence in God; and prayer brings the peace of God into your life!



*Psalm 5* reminds us that God wants us to pray. *Prayer is a gift of salvation that Christ has earned for you through His life, death, and resurrection.* You are forgiven, holy and righteous. You yourself can approach the **Lord** with confidence. Your sin has been dealt with and is no longer an issue between you and **God**. Your Heavenly **King** cares about you and wants you to bring your needs to Him. One way to think about prayer is that the Good Lord wants to hear your voice and your needs. God is not looking for your eloquent prayer – He wants to hear what is on your heart, in your own words.

How pertinent is prayer these days? We are in virtual lockdown because of this coronavirus; we are bombarded by statistics that spin us in circles and creates fear; the world seems to be in near panic -- NOW IS CERTAINLY THE TIME TO PRAY!

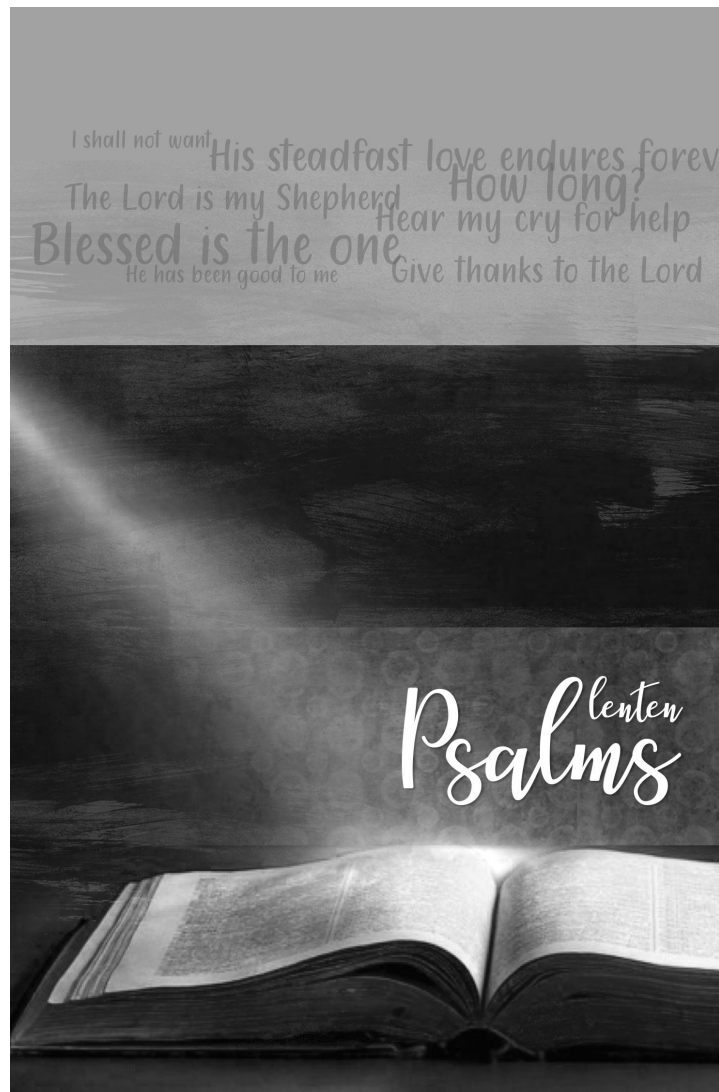
Pray brings peace to us --- even in the midst of this coronavirus pandemic. We take our concerns and worries to our Lord, our God who created us; to our King who protects and defends us. Use this unique time in our lives to strengthen your prayer life; bring your needs to the Lord; trust that your God cares about you; and depend on your King to use His power in your life! NOW IS CERTAINLY THE TIME TO PRAY!

Finally . . . look at how **Psalm 5** ends. Notice words of Comfort in v.11-12:

But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you.  
For surely, O LORD, you bless the righteous; you surround them with your favor as with a shield.  
**Psalm 5:11-12**

Prayer brings a balance to your life; a joy to your heart, and comfort to your spirit. You have direct access to **the Lord, the King, and your God**. *Prayer is a gift of salvation that Christ has earned for you through His life, death, and resurrection.*

May you find the balance, joy, and comfort of prayer! Amen!



**Trinity Lutheran Church  
Traditional Service  
March 29, 2020**

***Call To Worship***

**Worship Focus**

***How Firm A Foundation (LSB-728)***

How firm a foundation, O saints of the Lord,  
Is laid for your faith in His excellent Word!  
What more can He say than to you He has said  
Who unto the Savior for refuge have fled?

"Fear not! I am with you, oh, be not dismayed,  
For I am your God and will still give you aid;  
I'll strengthen you, help you and cause you to stand,  
Upheld by My righteous, Omnipotent hand.

"The soul that on Jesus has leaned for repose  
I will not, I will not, desert to his foes;  
That soul, though all hell should endeavor to shake,  
I'll never, no never, no never, forsake!

"When through fiery trials Your pathway will lie,  
My grace, all sufficient, will be your supply.  
The flames will not hurt you; I only design  
Your dross to consume and your gold to refine.

"Throughout all their lifetime My people will prove  
My sov'reign, eternal, unchangeable love;  
And then, when gray hairs will their temples adorn,  
Like lambs they will still in My bosom be borne."

**Invocation**

**Pastor:** In the Name of the Father, and of the Son, and of the Holy Spirit  
**People:** Amen!

**Confession of Sin**

**Pastor:** O Lord, our King and God,  
**People:** We are troubled and burdened by many things in this life; we fear and worry rather than trust in You and Your promises to us. Please forgive our weak faith, our poor prayers, and our wavering trust in You.

*Please take a moment of silence to reflect  
on your sinfulness and your need for a Savior.*

**Words of Absolution**

**Pastor:** The Good News is that because of Jesus' death and resurrection, your sins are forgiven in the Name of the Father, and of the Son, and of the Holy Spirit!  
**People:** Amen!

**The Scripture Lessons**

**Psalm 5**

<sup>1</sup> Give ear to my words, O LORD, consider my sighing. <sup>2</sup> Listen to my cry for help, my King and my God, for to you I pray. <sup>3</sup> In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation.



<sup>4</sup> You are not a God who takes pleasure in evil; with you the wicked cannot dwell. <sup>5</sup> The arrogant cannot stand in your presence; you hate all who do wrong. <sup>6</sup> You destroy those who tell lies; bloodthirsty and deceitful men the LORD abhors.

<sup>7</sup> But I, by your great mercy, will come into your house; in reverence will I bow down toward your holy temple. <sup>8</sup> Lead me, O LORD, in your righteousness because of my enemies – make straight your way before me.

<sup>9</sup> Not a word from their mouth can be trusted; their heart is filled with destruction. Their throat is an open grave; with their tongue they speak deceit. <sup>10</sup> Declare them guilty, O God! Let their intrigues be their downfall. Banish them for their many sins, for they have rebelled against you.

<sup>11</sup> But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you. <sup>12</sup> For surely, O LORD, you bless the righteous; you surround them with your favor as with a shield.

### **Romans 8:26–30**

<sup>26</sup> In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. <sup>27</sup> And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.

<sup>28</sup> And we know that in all things God works for the good of those who love him, who have been called according to his purpose. <sup>29</sup> For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers. <sup>30</sup> And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

### **Please Rise For The Holy Gospel**

#### **Mark 1:35–39**

<sup>35</sup> Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. <sup>36</sup> Simon and his companions went to look for him, <sup>37</sup> and when they found him, they exclaimed: "Everyone is looking for you!"

<sup>38</sup> Jesus replied, "Let us go somewhere else – to the nearby villages – so I can preach there also. That is why I have come." <sup>39</sup> So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

### **The Apostles' Creed**

**Pastor:** We remember back to our own Baptism as we confess the Creed together. Do you renounce the devil and all of his evil works and all of his wicked ways?

**People:** **I do renounce them!**

**Pastor:** In whom do you believe?

**People:** **I believe in God, the Father Almighty, maker of heaven and earth.**

**And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. The third day He rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. From thence He will come to judge the living and the dead.**

**I believe in the Holy Spirit, the Holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

### ***Beneath The Cross Of Jesus***

Beneath the cross of Jesus I long to take my stand  
The shadow of a mighty rock within a weary land  
A home within a wilderness, a rest upon the way  
From the burning of the noon-tide heat and burdens of the day

Upon the cross of Jesus, my eye at times can see  
The very dying form of one who suffered there for me  
And from my contrite heart, with tears, two wonders I confess  
The wonder of His glorious love and my unworthiness

I take, O cross, Your shadow for my abiding place  
I ask no other sunshine than the sunshine of His face  
Content to let the world go by, to know no gain nor loss  
My sinful self my only shame, my glory all, the cross

### **Today's Message**

By Pastor Dave Bolte

*Past sermons are available online at [www.trinitylcs.org](http://www.trinitylcs.org)*

### **The Lord's Prayer**

Our Father, who art in heaven, hallowed be Thy Name. Thy kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation, but deliver us from evil, for Thine is the Kingdom, and the Power and the Glory forever and ever. Amen.

### **Blessing**

**Pastor:** The Lord bless you and keep you. The Lord make His face to shine on you and be gracious to you. The Lord look upon you with favor and give you peace.

**People:** **Amen!**

### ***What A Friend We Have In Jesus (LSB-770)***

What a friend we have in Jesus, all our sins and griefs to bear!  
What a privilege to carry ev'ry thing to God in prayer!  
Oh, what peace we often forfeit; oh, what needless pain we bear—  
All because we do not carry ev'rything to God in prayer!

Have we trials and temptations? Is there trouble anywhere?  
We should never be discouraged—take it to the Lord in prayer.  
Can we find a friend so faithful who will all our sorrows share?  
Jesus knows our ev'ry weakness—take it to the Lord in prayer.

Are we weak and heavy laden, cumbered with a load of care?  
Precious Savior, still our refuge—take it to the Lord in prayer.  
Do thy friends despise, forsake thee? Take it to the Lord in prayer.  
In His arms He'll take and shield thee; Thou wilt find a solace there.

***God the Father has given you God the Holy Spirit to make you  
a Biblically-literate, Doctrinally-sound, Mission-minded, and  
Passionately-engaged disciple of God the Son Jesus Christ!***