



TIME OF GRACE®

Gracenotes

guides for personal Bible study

Here I Am, Lord: With My Problems

Psalm 25:16-22: ¹⁶“Turn to me and be gracious to me, for I am lonely and afflicted. ¹⁷Relieve the troubles of my heart and free me from my anguish. ¹⁸Look on my affliction and my distress and take away all my sins. ¹⁹See how numerous are my enemies and how fiercely they hate me! ²⁰Guard my life and rescue me; do not let me be put to shame, for I take refuge in you. ²¹May integrity and uprightness protect me, because my hope, LORD, is in you. ²²Deliver Israel, O God, from all their troubles!”

Points to Ponder

1. Like Psalm 25, there are lots of psalms that “sing the blues.” Why do you think that is? Does God promise that a Christian’s life will be easy or without trouble?
2. In Psalm 25, the psalmist, David, really lays everything out there before God. Do you do that when you pray or do you hold back, thinking that God doesn’t need to know the gory details? Does he know them anyway?
3. Since God knows what’s going on anyway, why does he still want us to be honest and truthful with him? Why does he want us to pray?
4. Read Psalm 25:20,21. Why did David know he could ask God for help? God is your refuge too!

5. Why do you think you can be a better witness for God when you've gone through trials in your life?

We will have struggles in this life, but like David, we can bring them all to God in prayer. We can put everything at his feet, and he promises to hear and answer us. In fact, the troubles in our lives are ways that God strengthens us and brings us closer to him.

What else does God say?

Psalm 102:1,2: Hear my prayer, LORD; let my cry for help come to you. Do not hide your face from me when I am in distress. Turn your ear to me; when I call, answer me quickly.

Isaiah 65:24: Before they call I will answer; while they are still speaking I will hear.