

"...David's life is the most exuberant life story in all the scriptures, maybe the most exuberant in all world history...the person in Scripture that has the most extensively told story is the same person who is shown to be most at prayer. The outside of his life is told in story, the inside is told in prayer." – Eugene Peterson

➤ **The route to prayer is through trouble/hardship/suffering.**

Psalm 18:4-6

4 The cords of death entangled me; the torrents of destruction overwhelmed me.

5 The cords of the grave coiled around me; the snares of death confronted me.

6 In my distress I called to the LORD; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears.



➤ **The shape of prayer is understanding who you are speaking to.**

Psalm 18:2

The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold.

Psalm 18:9-10

9 He parted the heavens and came down; dark clouds were under his feet. 10 He mounted the cherubim and flew; he soared on the wings of the wind.

Psalm 18:12-13

12 Out of the brightness of his presence clouds advanced, with hailstones and bolts of lightning. 13 The LORD thundered from heaven; the voice of the Most High resounded.

Psalm 18:16-17

16 He reached down from on high and took hold of me; he drew me out of deep waters.

17 He rescued me from my powerful enemy, from my foes, who were too strong for me.

Psalm 18:30-31

30 As for God, his way is perfect; the word of the LORD is flawless. He is a shield for all who take refuge in him. 31 For who is God besides the LORD? And who is the Rock except our God?

➤ **The changes through prayer are a gift and a mystery.**

v. 3 – saved from my enemies

v. 16 – drew me out of deep waters

v. 19 – brought me into a spacious place

v. 32 – arms me with strength

v. 33 – makes my feet like the feet of a deer, enables me to stand on the heights

v. 35 – shield of victory, right hand sustains me

v. 36 – broadens the path beneath me so that my ankles do not turn



David prayed...

Psalm 18:28-29

28 You, O LORD, keep my lamp burning; my God turns my darkness into light.

29 With your help I can advance against a troop; with my God I can scale a wall.

AND David prayed...

Psalm 13:1

How long, O LORD? Will you forget me forever? How long will you hide your face from me?

Mystery isn't the absence of meaning but the presence of more meaning than we can comprehend.

"...the soundtrack beneath the life of every saint, is a defiant and courageous choice in the face of the dark experience of God's absence and silence: 'I choose trust.'" – Tyler Staton