

## **Psalms - A Summer Sermon Series / Psalms 141:1-4 / Pt 9**

"Presence, Protection, & Pleasure" | August 17th, 2025

### **Review:**

The sermon explored Psalm 141, focusing on David's heartfelt prayer and its implications for our own prayer lives. We delved into the challenges many Christians face in maintaining a consistent and meaningful prayer practice, and how David's example can guide us towards a more fruitful relationship with God through prayer.

### **Sermon Outline:**

#### **I. Cry Out to the Lord | Psalm 141:1**

Urgency and vulnerability in David's cry for help.

We're always in need of God's assistance

#### **II. Petition for His Presence | Psalm 141:2**

Prayer is an act of worship.

We should pray for a desire God's presence

We respond to God's presence with surrender

#### **III. Plead for the Lord's Power to Protect the Tongue | Psalm 141:3**

Controlling words and speech

Connection between heart and speech

Praying for wisdom to address speech issues

#### **IV. Ask for the Lord to Safe-Guard & Satisfy Your Heart | Psalm 141:4**

There is a close connection between our heart and our mouth

Remember, God's sovereignty and human free will exist and do not contradict the teachings of Scripture.

#### **V. Jesus as the fulfillment of David's prayer**

Jesus is our perfect example and the transforming power we need to be saved and made holy is only found in Christ.

### **Key Takeaways:**

**1.** Prayer can be difficult, but it's essential for spiritual growth.

**2.** The Psalms provide a model for how to pray effectively.

**3.** David's prayer in Psalm 141 demonstrates four important aspects of prayer:

a. Crying out to the Lord

b. Petitioning for His presence

c. Pleading for protection over our speech

d. Asking for safeguarding and satisfaction of our hearts

### **Practical Applications:**

1. This week, try incorporating a Psalm into your daily prayers. Reflect on how this impacts your prayer experience.
2. Identify one area where you struggle with your speech. Commit to praying specifically about this area each day this week.
3. Practice "crying out to God" by setting aside time each day to express your urgent needs and dependence on Him.
4. Reflect on the "delicacies" of sin that tempt you. Ask God to help you find greater satisfaction in Him instead.

### **Questions for Reflection:**

1. How would you describe your current prayer life? What challenges do you face in maintaining a consistent prayer practice?
2. Why do you think many Christians struggle with prayer? How have you experienced this in your own life?
3. How would you honestly answer Jeff Lynn's question: 'Would you wish your life in Christ on anyone else?' What does your answer reveal about your spiritual journey?
4. The sermon connected the prayer for wisdom with the ability to control our speech. How have you seen wisdom impact your words and actions?
5. The sermon touches on finding satisfaction in God alone rather than in sin's temporary pleasures. What 'delicacies' of sin do you find most tempting, and how can you cultivate greater satisfaction in God?

### **A Note on Prayer ...**

Bro. Tony said one of the best ways to pray the Bible is to pray the Psalms. Using elements from Psalm 141 as a guide, find your voice to submit your own petitions for God's presence, protection, and the ability to find pleasure in Him.