

Largs Church of the Nazarene

LargsNaz Online listening guide: 1 August 2021



Psalm 39 (NRSV)

To the leader: to Jeduthun. A Psalm of David.

1 I said, 'I will guard my ways that I may not sin with my tongue; I will keep a muzzle on my mouth as long as the wicked (*rasha*) are in my presence.'

2 I was silent and still; I held my peace to no avail; my distress grew worse,

3 my heart became hot within me. While I mused, the fire burned; then I spoke with my tongue:

4 'Lord, let me know my end, and what is the measure of my days; let me know how fleeting my life is. 5 You have made my days a few handbreadths, and my lifetime is as nothing in your sight. Surely everyone stands as a mere breath (*hebel*). *Selah*

6 Surely everyone goes about like a shadow. Surely for nothing they are in turmoil; they heap up, and do not know who will gather.

7 'And now, O Lord, what do I wait for? My hope is in you. 8 Deliver me from all my transgressions. Do not make me the scorn of the fool. 9 I am silent; I do not open my mouth, for it is you who have done it. 10 Remove your stroke from me; I am worn down by the blows of your hand.

11 'You chastise mortals in punishment for sin, consuming like a moth what is dear to them; surely everyone is a mere breath. *Selah*

12 'Hear my prayer, O Lord, and give ear to my cry; do not hold your peace at my tears. For I am your passing guest, an alien, like all my forebears. 13 Turn your gaze away from me, that I may smile again, before I depart and am no more.'

O God Our Help in Ages Past

Isaac Watts

O God, our help in ages past,
our hope for years to come,
our shelter from the stormy blast,
and our eternal home;

Under the shadow of Thy throne
Thy saints have dwelt secure.
Sufficient is Thine arm alone,
And our defense is sure.

Before the hills in order stood,
Or earth received its frame,
From everlasting Thou art God,
To endless years the same.

A thousand ages in your sight
Are like an evening gone,
Short as the watch that ends the night
Before the rising sun.

O God, our help in ages past,
Our hope for years to come,
Be Thou our guard while life shall last,
And our eternal home.

What a Friend We Have in Jesus

Joseph Medlicott Scriven

What a friend we have in Jesus, all our sins and griefs to bear!
What a privilege to carry everything to God in prayer!
O what peace we often forfeit, O what needless pain we bear,
All because we do not carry everything 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 every weakness; take it to the Lord in prayer!

Psalm Beach Phrasebook

Tehillim: "praises;" the Hebrew name for the book of Psalms

Rasha: wicked

Ruach: breath, wind, spirit

Hebel: breath, vapour; vanity, futility

Selah: likely a musical instruction to pause between sections of a psalm; literally "to lift up"

Jeduthun: one of David's key musicians; mentioned in the Psalms and in 1 Chronicles

Psalm Beach: Lamentation Day (Psalm 39)

- **Introduction: Lament and the cost of its loss**

- **Psalm 39: Lamentation Day**
 - **Disorientation**

- **1) Lament is cathartic**
 - **Silence and speech**
 - **The Blues**
 - **Buddy Guy: “Funny thing about the blues—you play ‘em ‘cause you got ‘em, but when you play ‘em, you lose ‘em.”**
 - **Jeduthun**

- **2) Lament demonstrates our relationship with God**
 - **breath in v5: not *ruach* but *hebel***
 - ***Selah***
 - **Reminding God of the obligations of the covenant**

- **3) Lament changes things, because prayer changes things**
 - **Not just complaining**
 - **Moving forward, progressing**
 - **Psalm 40 is coming**
 - **You won't always be singing the blues; one day you'll sing a new song.**

40*
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I waited patiently for the Lord.
He inclined and heard my cry.
He lifted me up out of the pit
Out of the miry clay.

[Refrain] I will sing, sing a new song.
I will sing, sing a new song.
How long to sing this song? How long to sing this song?
How long, how long, how long, How long to sing this song?

He set my feet upon a rock
And made my footsteps firm.
Many will see, many will see and fear. [Refrain]

Doxology
Thomas Ken

Praise God from Whom all blessings flow
Praise Him all creatures here below
Praise Him above ye heavenly host
Praise Father, Son, and Holy Ghost

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