

MEDITATIONS  
ON THE  
PSALMS



# Psalm 86

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A PRAYER OF DAVID.

- 1 Incline your ear, O LORD, and answer me,  
for I am poor and needy.
- 2 Preserve my life, for I am godly;  
save your servant, who trusts in you—you are my God.
- 3 Be gracious to me, O Lord,  
for to you do I cry all the day.



## Psalm 86

- 4 Gladden the soul of your servant,  
for to you, O Lord, do I lift up my soul.
- 5 For you, O Lord, are good and forgiving,  
abounding in steadfast love to all who call upon you.
- 6 Give ear, O LORD, to my prayer;  
listen to my plea for grace.
- 7 In the day of my trouble I call upon you,  
for you answer me.



## Psalm 86

- 8 There is none like you among the gods, O Lord,  
nor are there any works like yours.
- 9 All the nations you have made shall come  
and worship before you, O Lord,  
and shall glorify your name.
- 10 For you are great and do wondrous things;  
you alone are God.



## Psalm 86

- 11 Teach me your way, O LORD,  
that I may walk in your truth;  
unite my heart to fear your name.
- 12 I give thanks to you, O Lord my God, with my whole heart,  
and I will glorify your name forever.
- 13 For great is your steadfast love toward me;  
you have delivered my soul from the depths of Sheol.



## Psalm 86

- 14 O God, insolent men have risen up against me;  
a band of ruthless men seeks my life,  
and they do not set you before them.
- 15 But you, O Lord, are a God merciful and gracious,  
slow to anger and abounding in steadfast love and faithfulness.
- 16 Turn to me and be gracious to me;  
give your strength to your servant,  
and save the son of your maidservant.



## Psalm 86

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<sup>17</sup> Show me a sign of your favor,  
that those who hate me may see and be put to shame  
because you, LORD, have helped me and comforted me.



## Psalm 86 Repeats Other Psalms

<b>Ps 86:1</b>	I am poor and needy	<b>Ps 40:17</b>
<b>Ps 86:4</b>	to you, O Lord, do I lift up my soul	<b>Ps 25:1</b>
<b>Ps 86:11</b>	Teach me your way, O LORD	<b>Ps 27:11</b>
<b>Ps 86:14</b>	insolent men have risen up against me; a band of ruthless men seeks my life, and they do not set you before them	<b>Ps 54:3</b>



**Psalm 86:11**

Teach me your way, O LORD,  
that I may walk in your truth;  
**unite my heart to fear your name.**



**1. The prayers we pray should emphasize our hearts.**

**Psalm 86:11**

Unite my heart to fear your name.



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**Proverbs 4:23:** Keep your heart with all vigilance, for from it flow the springs of life.



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**Matthew 12:34:** “Out of the abundance of the heart the mouth speaks.”



# 1. The prayers we pray should emphasize our hearts.

**Proverbs 4:23:** Keep your heart with all vigilance, for from it flow the springs of life.

**Matthew 12:34:** “Out of the abundance of the heart the mouth speaks.”

**Matthew 15:18:** “For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander.”



**2. The pressures of life can distort our hearts.**

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## 2. The pressures of life can distort our hearts.

- **Our minds get decentered.**

*Psalm 86:8–10:* <sup>8</sup> There is none like you among the gods, O Lord, nor are there any works like yours. <sup>9</sup> All the nations you have made shall come and worship before you, O Lord, and shall glorify your name. <sup>10</sup> For you are great and do wondrous things; you alone are God.



## 2. The pressures of life can distort our hearts.

- **Our hopes get deflated.**

*Psalm 86:16:* Turn to me and be gracious to me...



## 2. The pressures of life can distort our hearts.

- **Our souls get depressed.**

*Psalm 86:4:* Gladden the soul of your servant, for to you, O Lord, do I lift up my soul.



## 2. The pressures of life can distort our hearts.

- **Our desires get distorted.**

*Psalm 86:11:* Teach me your way, O LORD, that I may walk in your truth...



**3. Our deepest need in trials is a united heart.**

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### 3. Our deepest need in trials is a united heart.

- <sup>11</sup> Teach me your way, O LORD,  
that I may walk in your truth;  
**unite my heart to fear your name.**
- <sup>12</sup> I give thanks to you, O Lord my God,  
**with my whole heart,**  
and I will glorify your name forever.



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