



Prayer: A heart of humility

July 19th 2026 | Text: Psalm 86

"Prayer is a sincere, sensible, affectionate, pouring out of the heart to God through Christ, in the strength and assistance of the Holy Spirit for such things that God has promised, or that are according to God's Word for the good of the church, with submission in faith to the will of God. Sincerity opens its heart to God and tells him the case plainly. True prayer feels, sighs, groans, and bubbles out of the heart as some heavy burden lies upon it or some sweet sense of mercy received is appreciated." John Bunyan

"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." 2 Chron. 7: 13- 14

1. Bow down Your ear, O LORD, hear me; for I *am* poor and needy.
 - a. "Blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matt. 5: 3)
 - b. Dependence: Jesus said, "without me, you can do nothing!" (Jn. 15: 5) (see also, Matt. 19: 17; Isa. 64: 6; Rom. 14: 23; Gal. 5: 16)
 - c. *"I need thee every hour"* – Annie Sherwood Hawks 1872 -*"I need Thee, oh, I need Thee; Every hour I need Thee; Oh, bless me now, my Savior! I come to Thee."*
 - d. Hinderance – Pride. If I think I can do it myself. I don't need God.
2. Preserve my life, for I *am* holy; You are my God; Save Your servant who trusts in You!
 - a. Hinderance – Identity-
 - b. SAINT- "holy one," "set apart ones." Eph. 1: 1
 - c. Does how we feel, change what God says about us? Or do we change based on what God says about us?
 - d. "You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him."- Rom. 8: 9
 - e. And behold, I send the promise of My Father upon you; but tarry ye in the city of Jerusalem until ye be endued with **power from on high.**" Luke 24: 49
 - f. "But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us." 2 Cor. 4: 7
 - g. "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being." Eph. 3: 16 (*see also 1: 18-23)
 - h. "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline." 2 Tim. 1: 7
3. Be merciful to me, O Lord, for I cry to You all day long.
 - a. Luke 18: 10 – 14 -And the publican, standing afar off, would not so much as lift up his eyes unto heaven, but smote upon his breast, saying, 'God, be merciful to me a sinner!' 14. I tell you, this man went down to his house justified, rather than the other; for every one that exalteth himself shall be abased, and he that humbleth himself shall be exalted."
 - b. "And I thank Christ Jesus our Lord, who hath enabled me, that He counted me faithful, putting me into the ministry—¹³I, who was once a blasphemer and a persecutor and injurious. But I obtained mercy, because I did it ignorantly in unbelief;¹⁴ and the grace of our Lord was exceedingly abundant with faith and love, which are in Christ Jesus.¹⁵ This is a faithful saying and worthy of all acceptance: that Christ Jesus came into the world to save sinners, of whom I am chief.¹⁶ Nonetheless, for this cause I obtained mercy, that in me first Jesus Christ might show forth all longsuffering as a pattern for those who should hereafter believe in Him to life everlasting." 1 Tim. 1: 12- 16
 - c. "He who is forgiven much, loves much." Luke 7: 47

4. Rejoice the soul of Your servant, for to You, O Lord, I lift up my soul. 5. For You, Lord, *are* good, and ready to forgive, and abundant in mercy to all those who call upon You.
 - a. "Make my heart glad, O my Master, for I count it my honour to call myself again and again thy servant, and I reckon thy favor to be all the wages I could desire." Spurgeon
 - b. "I know that the nearer I am to thee the greater is my joy, therefore be pleased to draw me nearer while I am laboring to draw near." Spurgeon
 - c. Exodus 34: 6- 7- "The Lord descended in the cloud and stood with him there, and proclaimed the name of the Lord. 6. The Lord passed before him and proclaimed, 'The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, 7. keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation.'"
 - d. Zeph. 3: 17 – "The Lord thy God in the midst of thee is mighty, He will save, he will rejoice over thee with joy, He will rest in his love, He will joy over thee with singing." – If you are facing trouble, facing hardship, just remember this truth to get you in the heart of prayer and praise.
5. Give ear, O LORD, to my prayer; And attend to the voice of my supplications. In the day of my trouble I will call upon You, For You will answer me. Among the gods *there is* none like You, O Lord; Nor *are there any works* like Your works. All nations whom You have made Shall come and worship before You, O Lord, And shall glorify Your name. For You *are* great, and do wondrous things; You alone *are* God.
 - a. "There can be no reason for praying if there be no expectation of the Lord's answering." There's no reason to pray if you don't think God will answer. "Who would make a conscience [effort] of pleading with the winds, or find a solace in supplicating the wave?" It would be Futile! Why bother! "The mercy seat is a mockery if there be no hearing nor answering. David, as the following verses show, believed the Lord to be a living and potent God, and indeed to be 'God alone,' and it was on that account that he resolved in every hour of trouble to call upon him." -Spurgeon
 - b. Isaiah 46:9-10: "I am God, and there is no other; I am God, and there is none like me.
 - c. "Alone wast thou God before thy creatures were; alone in godhead still art thou now that thou hast given life to throngs of beings; alone for ever shalt thou be, for none can ever rival thee." – Spurgeon
6. Teach me Your way, O LORD; I will walk in Your truth; Unite my heart to fear Your name. I will praise You, O Lord my God, with all my heart, And I will glorify Your name forevermore. For great *is* Your mercy toward me, And You have delivered my soul from the depths of Sheol. O God, the proud have risen against me, And a mob of violent *men* have sought my life, And have not set You before them. But You, O Lord, *are* a God full of compassion, and gracious, Longsuffering and abundant in mercy and truth.
 - a. "Instruct me thus as all times, let me live in thy school." – Spurgeon
 - b. "[This] is a petition to understand the way that is pleasing to the Lord, coupled with a firm resolve that, as soon as the way is known, it will be followed." H.C. Leupold
 - c. James 1: 5- 8 -"If any of you lack wisdom, let him ask of God, who giveth to all men liberally and upbraideth not, and it shall be given him. But let him ask in faith, never wavering; for he that wavereth is like a wave of the sea, driven and tossed by the wind. For let not that man think that he shall receive anything of the Lord. A doubleminded man is unstable in all his ways.
 - d. "A man of divided heart is weak, the man of one object is the man." – Spurgeon
 - e. If anything can make a man pray and praise, it is the knowledge that the Lord is his God...God has never done blessing us, let us never have done blessing him. As he ever gives us grace, let us ever render to him the glory of it." – Spurgeon
7. Oh, turn to me, and have mercy on me! Give Your strength to Your servant, And save the son of Your maidservant. Show me a sign for good, That those who hate me may see *it* and be ashamed, Because You, LORD, have helped me and comforted me.
 - a. "My grace is sufficient for thee... my strength is made perfect in weakness." 2 Cor. 12: 9
 - b. "When the Lord gives us his own strength we are sufficient for all emergencies, and have no cause to fear any adversaries." - Spurgeon
 - c. I Pet. 3: 14-17 (ESV) 16 having a good conscience, so that, when you are slandered, those who revile your good behavior in Christ may be put to shame.–

- d. "Fill their faces with shame; that they may seek thy name, O Lord....That men may know that thou, whose name alone is Jehovah, art the most high over all the earth." Psalm 83: 15, 18
- e. The power of your prayers - does not lie in your power, but in the object of them.