

PSALMS OF HOPE

THE SPIRITUAL DISCIPLINE OF ASCRIBING GREATNESS TO GOD

WHICH DO YOU THINK IS MORE IMPORTANT,
MORE POSITIVE THINKING
OR
LESS NEGATIVE THINKING?

1 Chronicles 16:7, 28-29

7 That day David first appointed Asaph and his associates to give praise to the Lord **in this manner**:. . . 28 **Ascribe to the LORD**, O families of nations, **ascribe to the LORD glory and strength**, 29 **ascribe to the LORD the glory due his name**. Bring an offering and come before him; worship the LORD in the splendor of his holiness.

Psalm 29:1, Psalm 96:7

Ascribe to the LORD, O mighty ones, ascribe to the LORD glory and strength 2 Ascribe to the LORD the glory due his name; worship the LORD in the splendor of his holiness.

If we have the heart of a free person
but the mind of a slave
we will not live like overcomers

THE OATH TO ABRAHAM

Genesis 15:7-8

7 He also said to him, “I am the Lord, who brought you out of Ur of the Chaldeans to give you this land to take possession of it.”⁸ But Abram said, “Sovereign Lord, how can I know that I will gain possession of it?”

GOD REMEMBERED HIS OATH

Exodus 3:16-17

16 “Go, assemble the elders of Israel and say to them, . . . 17 And **I have promised** to bring you up out of your misery in Egypt into the land . . . a land flowing with milk and honey.’

Exodus 13:5 - the land **he swore** to your ancestors to give you

Exodus 32:13 - this land **I promised** them

Numbers 14:30 - the land **I swore** with uplifted hand to make your home

Deuteronomy 1:8 - the land **the Lord swore** he would give to your fathers

Deuteronomy 6:10 - the land **he swore** to your fathers to give you

Deuteronomy 7:13 - in the land **he swore** to your ancestors to give you.

Deuteronomy 10:11 - the land **I swore** to their ancestors to give them

Deuteronomy 11:21 - in the land **the Lord swore** to give your ancestors

Deuteronomy 26:3 - the land **the Lord swore** to our ancestors to give us

Deuteronomy 28:11 - in the land **he swore** to your ancestors to give you

Deuteronomy 30:20 - in the land **he swore** to give to your fathers

Deuteronomy 31:7 - the land that **the Lord swore** to their ancestors

AT THE RED SEA

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AT REPHIDIM WHEN THEY HAD NO WATER TO DRINK	Exodus 17:3 But the people were thirsty for water there, and they grumbled against Moses. They said, "Why did you bring us up out of Egypt to make us and our children and livestock die of thirst?"

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2ND TIME AT REPHIDIM WHEN THEY HAD NO WATER TO DRINK	Numbers 20:3 And the people contended with Moses and spoke, saying: "If only we had died when our brethren died before the LORD! 4 Why have you brought up the assembly of the LORD into this wilderness, that we and our animals should die here?"

AT MOUNT HOR
WHEN THEY HAD TO
TAKE THE LONG WAY

Numbers 21:5 they spoke against God and against Moses, and said, "**Why have you brought us up out of Egypt to die in the desert?** There is no bread! There is no water! And we detest this miserable food!"

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AT HOREB AFTER THE SPIES REPORTED BACK	Deuteronomy 1:27 and you complained in your tents, and said, 'Because the Lord hates us, He has brought us out of the land of Egypt to deliver us into the hand of the Amorites, to destroy us.

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THEIR PERSISTENT UNBELIEF TESTED GOD	Numbers 14:22 not one of those who saw my glory and the signs I performed in Egypt and in the wilderness but who disobeyed me and tested me ten times— 23 not one of them will ever see the land I promised on oath to their ancestors. No one who has treated me with contempt will ever see it.

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GOD LET THEIR ASCRPTIONS BECOME THEIR REALITY	Numbers 14: 27 I have heard the complaints of these grumbling Israelites. 28 So tell them, 'As surely as I live, declares the LORD, I will do to you the very things I heard you say: 29 In this desert your bodies will fall —every one of you twenty

David's Psalm Writing Secrets

Describe - Ascribe - Prescribe

- **DESCRIBE** - Write about the facts you are facing, your current circumstances
- **YOU**- This includes your fears, failures, frustrations, friends
- **THEM** - It also describes the actions, words and plans of those who would hurt you
- **HIM** - Sometimes it even voices concerns about the Lord

- **ASCRIIBE** - Give God the glory due His name - declare what you know the scriptures say about Him, try to exaggerate His goodness or greatness
- **HIS NATURE** - Declare who He is, focus on His attributes
- **HIS WORKS** - Remember what He has done for you, those you know, and those you've read about
- **HIS WORDS** - Remember what He has said and promised

- **PRESCRIBE** - This is a mixture of Petitions, prayers, memories of previous encounters, story telling, history lessons, declarations and testimonies
- **YOUR DESIRES** - Ask for hoped for outcomes
- **THOSE WHO OPPOSE YOU** - Prayer for them, blessings you can pronounce, that evil will fail, that the crisis will dissipate
- **HIS FAME** - Pray for an outcome that brings Him glory

PSALM 31

DESCRIBE - THE CIRCUMSTANCES

Psalm 31:9-13

9 Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. 10 My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak. 11 Because of all my enemies, I am the utter contempt of my neighbors and an object of dread to my closest friends— those who see me on the street flee from me. 12 I am forgotten as though I were dead; I have become like broken pottery. 13 For I hear many whispering, “Terror on every side!” They conspire against me and plot to take my life.

PSALM 31

ASCRIBE - GREATNESS TO GOD

Psalm 31:14-16, 19-20

14 But I trust in you, Lord; I say, “You are my God.” 15 My times are in your hands; deliver me from the hands of my enemies, from those who pursue me. 16 Let your face shine on your servant; save me in your unfailing love. . . . 19 How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you. 20 In the shelter of your presence you hide them from all human intrigues; you keep them safe in your dwelling from accusing tongues.

PSALM 31

PRESCRIBE - WHAT YOU KNOW

Psalm 31:1-8

1 In you, Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness. 2 Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. 3 Since you are my rock and my fortress, for the sake of your name lead and guide me. 4 Keep me free from the trap that is set for me, for you are my refuge. 5 Into your hands I commit my spirit; deliver me, Lord, my faithful God. 6 I hate those who cling to worthless idols; as for me, I trust in the Lord. 7 I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. 8 You have not given me into the hands of the enemy but have set my feet in a spacious place.

PSALM 3

DESCRIBE - THE CIRCUMSTANCES

Psalms 3:9 1-2

1 Lord, how many are my foes! How many rise up against me! 2 Many are saying of me, "God will not deliver him."

PSALM 3

ASCRIIBE - GREATNESS TO GOD

Psalm 3:3-6

3 But you, Lord, are a shield around me, my glory, the One who lifts my head high. 4 I call out to the Lord, and he answers me from his holy mountain. 5 I lie down and sleep; I wake again, because the Lord sustains me. 6 I will not fear though tens of thousands assail me on every side.

PSALM 3

PRESCRIBE - WHAT YOU KNOW

Psalm 3:7-8

7 Arise, Lord! Deliver me, my God! Strike all my enemies on the jaw; break the teeth of the wicked. 8 From the Lord comes deliverance. May your blessing be on your people.

HEBREWS 6:17-20

17 Because God wanted to make **the unchanging nature** of his purpose **very clear** to **the heirs** of what was promised, he **confirmed it with an oath**. 18 **God did this** so that, by two unchangeable things in which it is impossible for God to lie, **we who have fled to take hold of the hope** set before us **may be greatly encouraged**. 19 We have **this hope** as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, 20 where our forerunner, Jesus, has entered on our behalf. He has become a high priest forever, in the order of Melchizedek.