

“Save me, O God, for the floodwaters are up to my neck. Deeper and deeper I sink into the mire; I can’t find a foothold. I am in deep water, and the floods overwhelm me. I am exhausted from crying for help; my throat is parched. My eyes are swollen with weeping, waiting for my God to help me.” Psalms 69:1-3 NLT

## lectio // Psalm 69:1-5

This is one of those emotionally honest prayers I’ve been writing about. As you can see, he is over his head and in trouble, and I don’t think he is exaggerating. This is the kind of raw honesty about his situation and his comfortableness in expressing that to God. Currently, leaders are talking about naming the feeling to tame the feeling. Expressing what your feeling is a great way to not let things build up over time and become so overwhelming that we behave poorly and do something stupid. One commentary noted that David could have gotten himself in hot water over finances, “Psalm 69 (NBC): David was heavily involved with plans (1 Ch. 28:11–21) and financial provision (29:2–5) for the temple. Wealth excites jealousy and there could have been those in the land who felt that the needs of the poor and other national interests were being impoverished by what seemed to them to be a royal obsession. Charges of misappropriation would have been easy to make and not always as easy to rebut, bringing with them the sort of character assassination the psalm suggests.

## oratio

Dad,

Whether it was David’s own fault or not, he was definitely in a bad place and was crying out to you for help. Maybe it doesn’t matter who’s at “fault.” The situation and emotions are very real and it is good and proper for him to cry out to you for help. I hope that I would do the same. I have been in few circumstances that I felt trapped by my decision or that of another. Either way, my desperation for help was very real and I needed to be comforted and steadied by your peace.

## contemplatio

rest in the presence of God, allowing the words revealed to take root