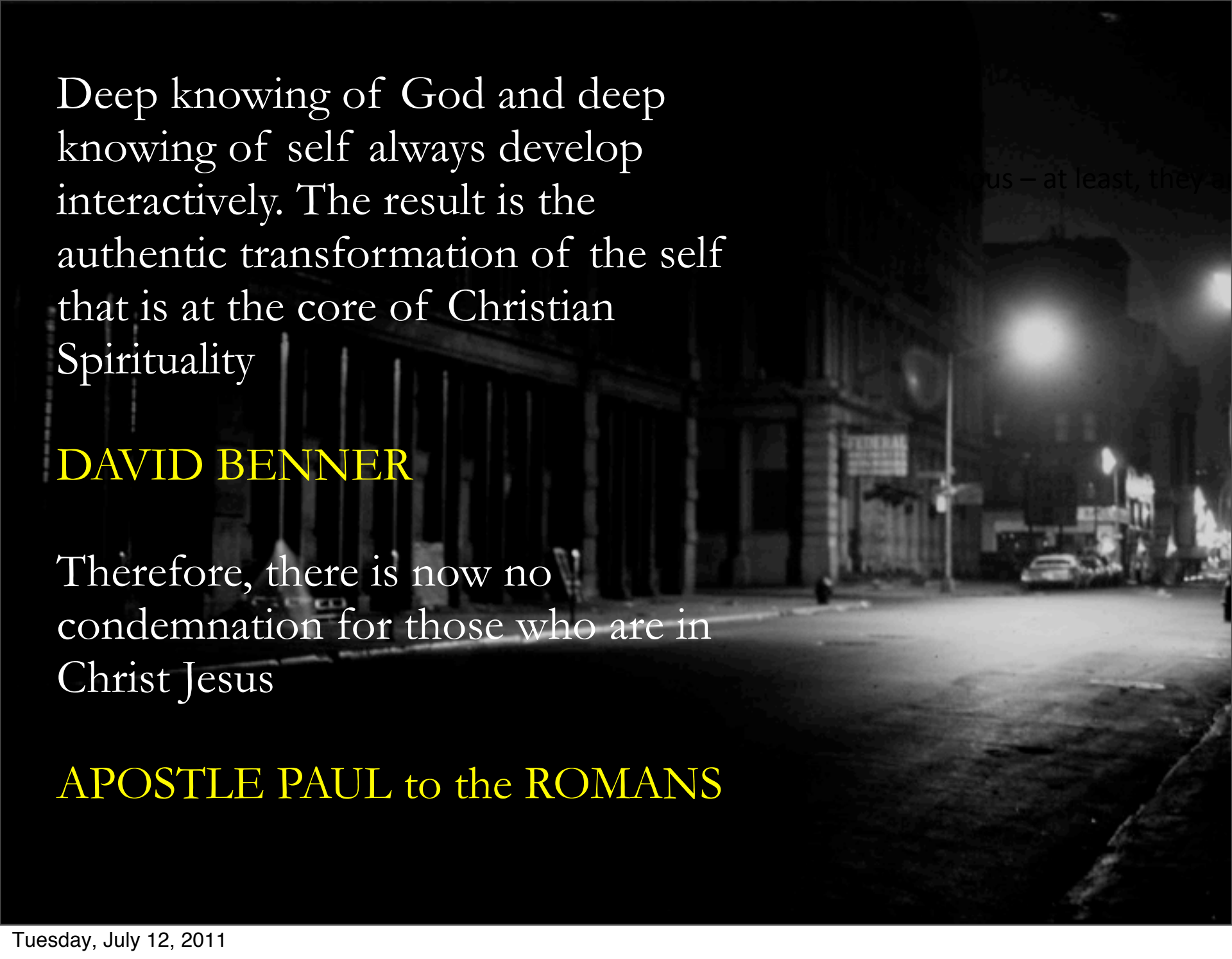




# CRIES OF THE HEART

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*WRESTLING WITH GOD  
THROUGH THE PSALMS*

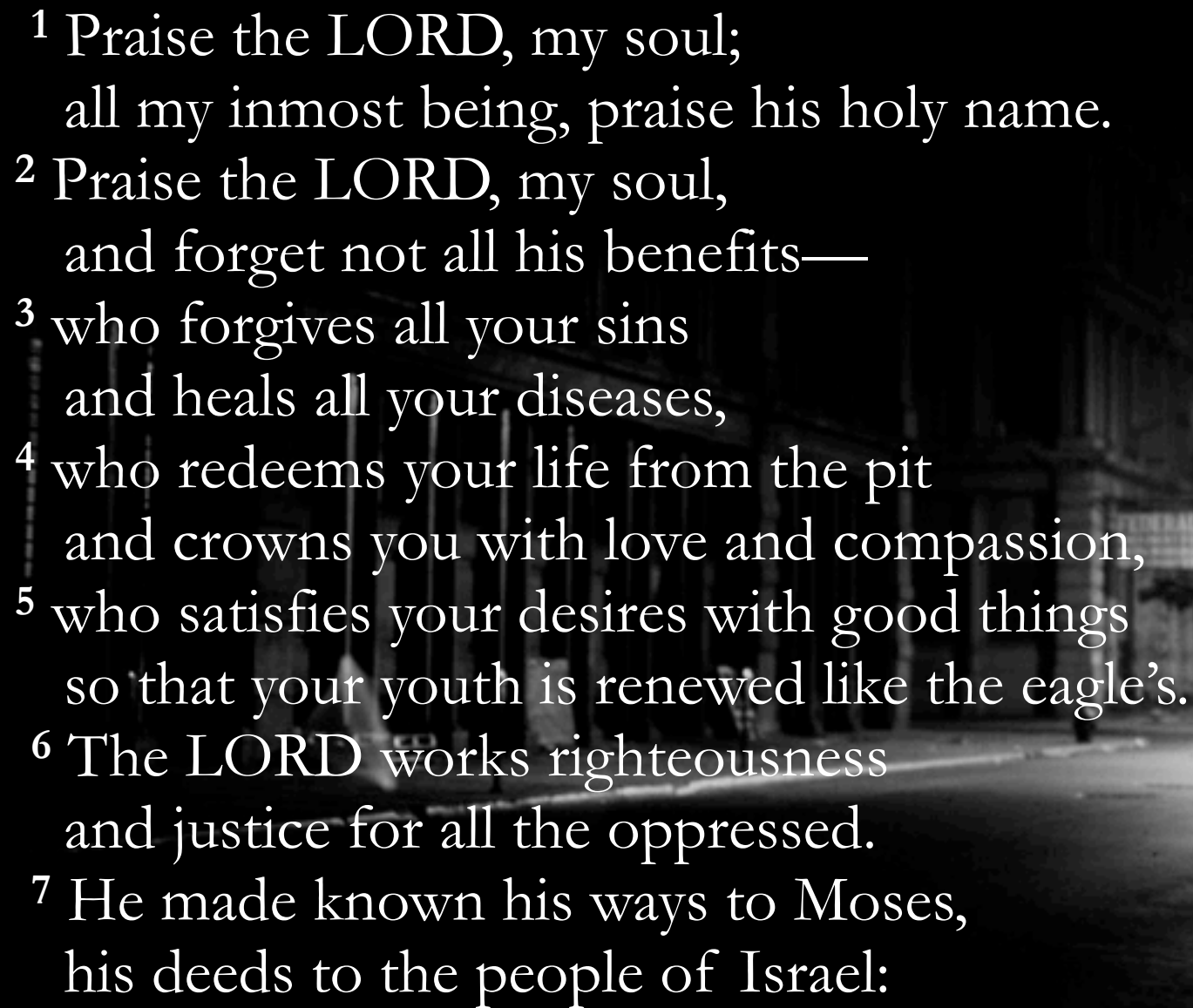


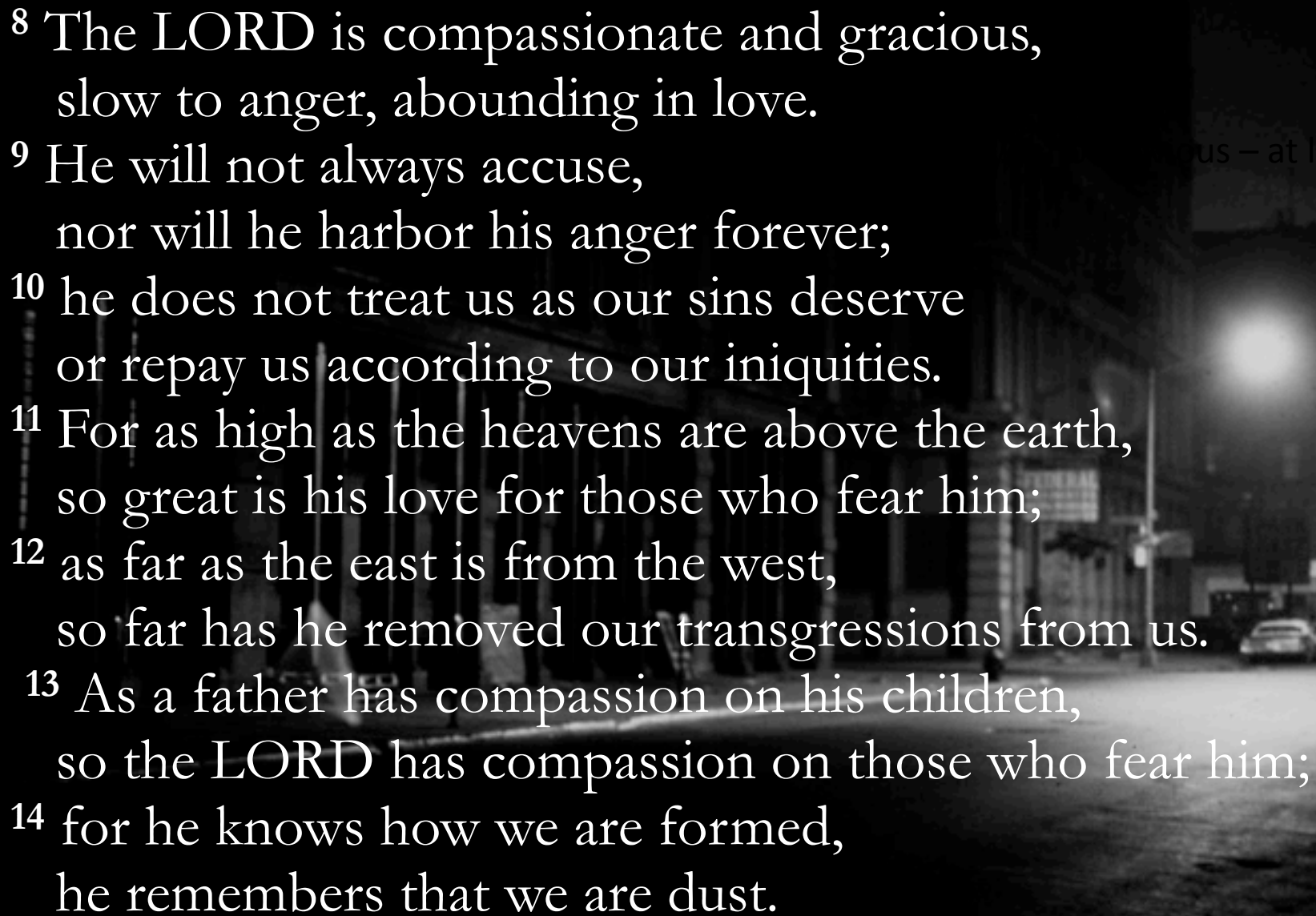
Deep knowing of God and deep knowing of self always develop interactively. The result is the authentic transformation of the self that is at the core of Christian Spirituality

**DAVID BENNER**

Therefore, there is now no condemnation for those who are in Christ Jesus

**APOSTLE PAUL to the ROMANS**

- 
- <sup>1</sup> Praise the LORD, my soul;  
all my inmost being, praise his holy name.
- <sup>2</sup> Praise the LORD, my soul,  
and forget not all his benefits—
- <sup>3</sup> who forgives all your sins  
and heals all your diseases,
- <sup>4</sup> who redeems your life from the pit  
and crowns you with love and compassion,
- <sup>5</sup> who satisfies your desires with good things  
so that your youth is renewed like the eagle's.
- <sup>6</sup> The LORD works righteousness  
and justice for all the oppressed.
- <sup>7</sup> He made known his ways to Moses,  
his deeds to the people of Israel:



<sup>8</sup> The LORD is compassionate and gracious,  
slow to anger, abounding in love.

<sup>9</sup> He will not always accuse,  
nor will he harbor his anger forever;

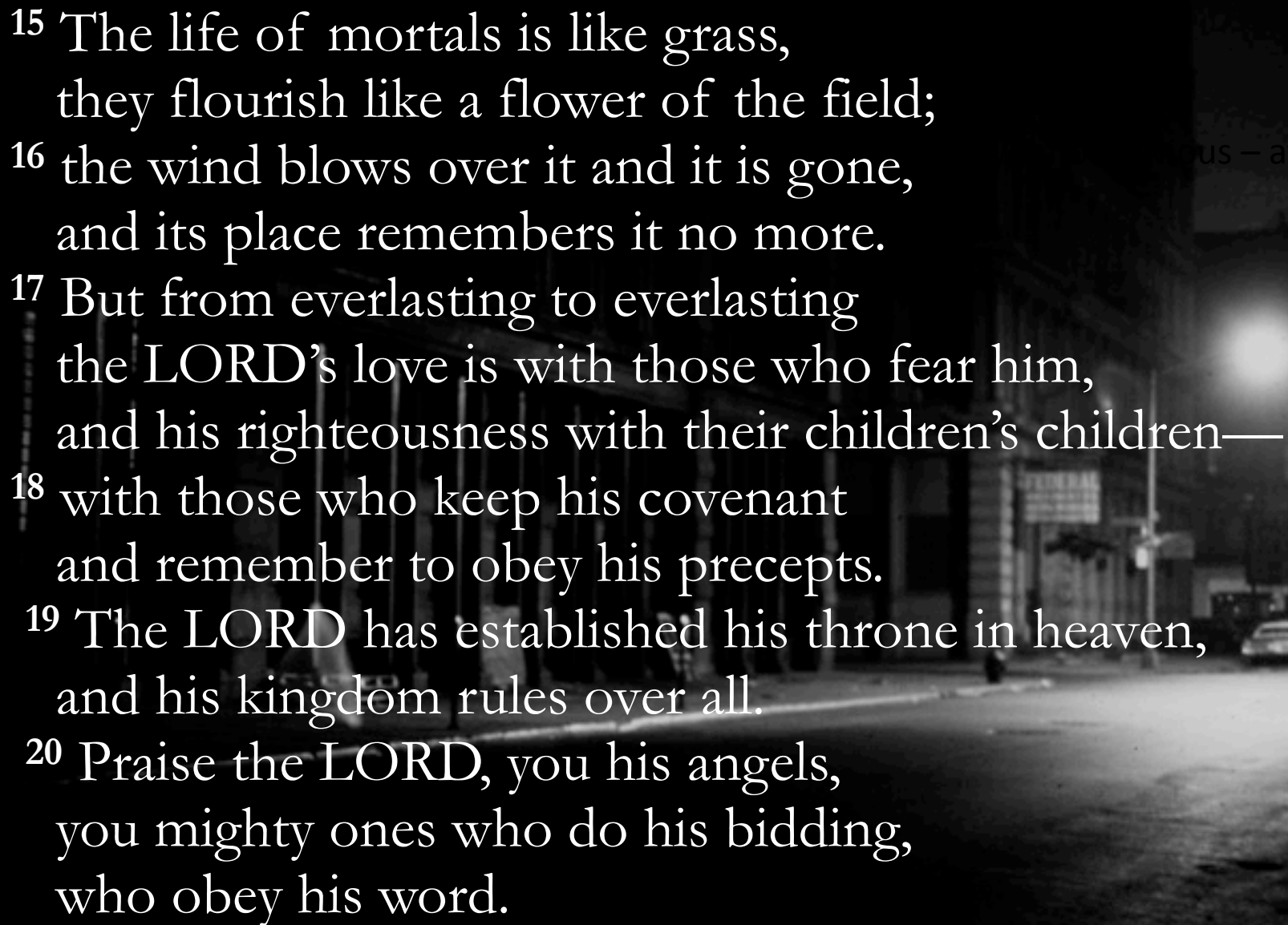
<sup>10</sup> he does not treat us as our sins deserve  
or repay us according to our iniquities.

<sup>11</sup> For as high as the heavens are above the earth,  
so great is his love for those who fear him;

<sup>12</sup> as far as the east is from the west,  
so far has he removed our transgressions from us.

<sup>13</sup> As a father has compassion on his children,  
so the LORD has compassion on those who fear him;

<sup>14</sup> for he knows how we are formed,  
he remembers that we are dust.



15 The life of mortals is like grass,  
they flourish like a flower of the field;  
16 the wind blows over it and it is gone,  
and its place remembers it no more.  
17 But from everlasting to everlasting  
the LORD's love is with those who fear him,  
and his righteousness with their children's children—  
18 with those who keep his covenant  
and remember to obey his precepts.  
19 The LORD has established his throne in heaven,  
and his kingdom rules over all.  
20 Praise the LORD, you his angels,  
you mighty ones who do his bidding,  
who obey his word.

21 Praise the LORD, all his heavenly hosts,  
you his servants who do his will.

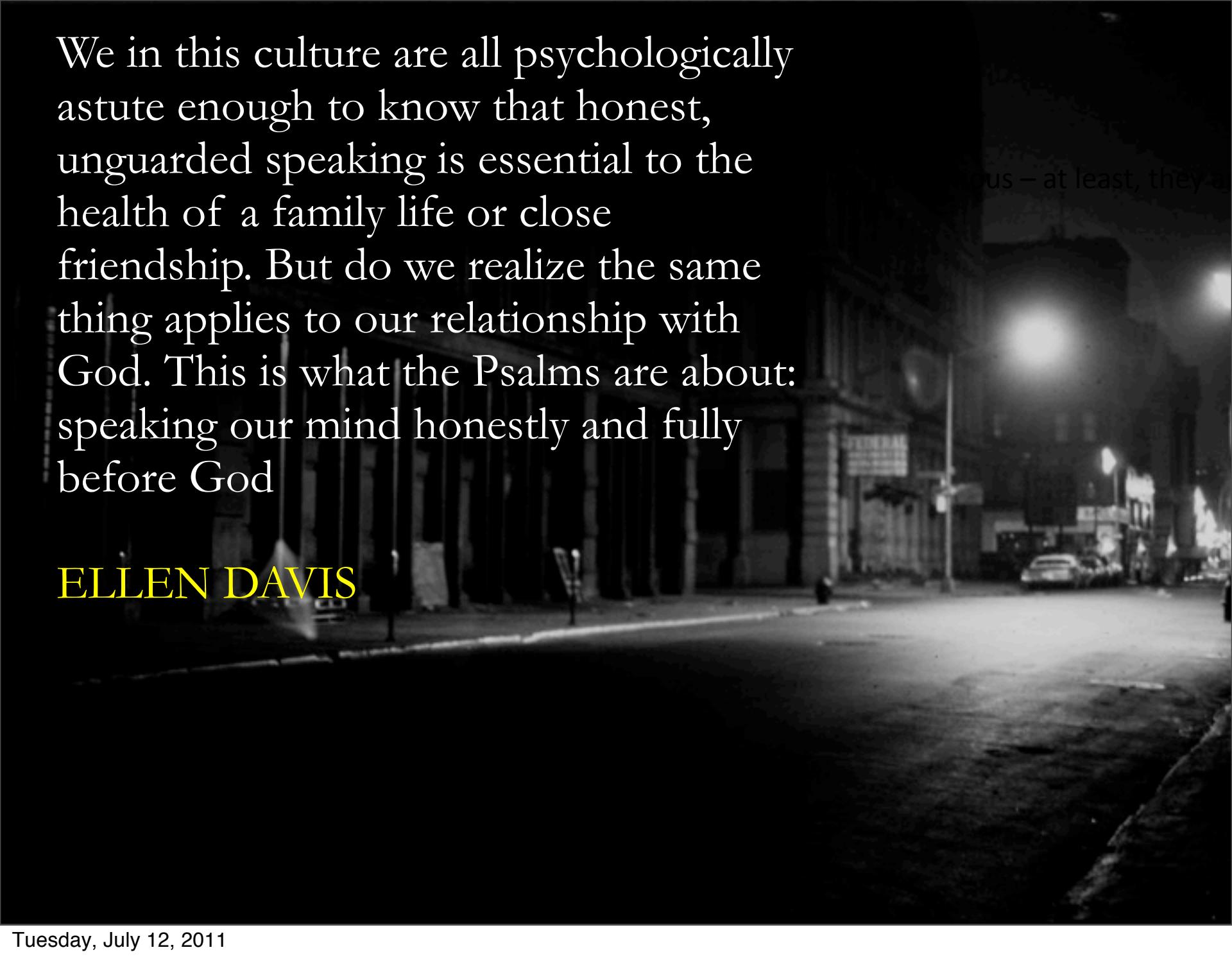
22 Praise the LORD, all his works  
everywhere in his dominion.

Praise the LORD, my soul.

## PSALM 103

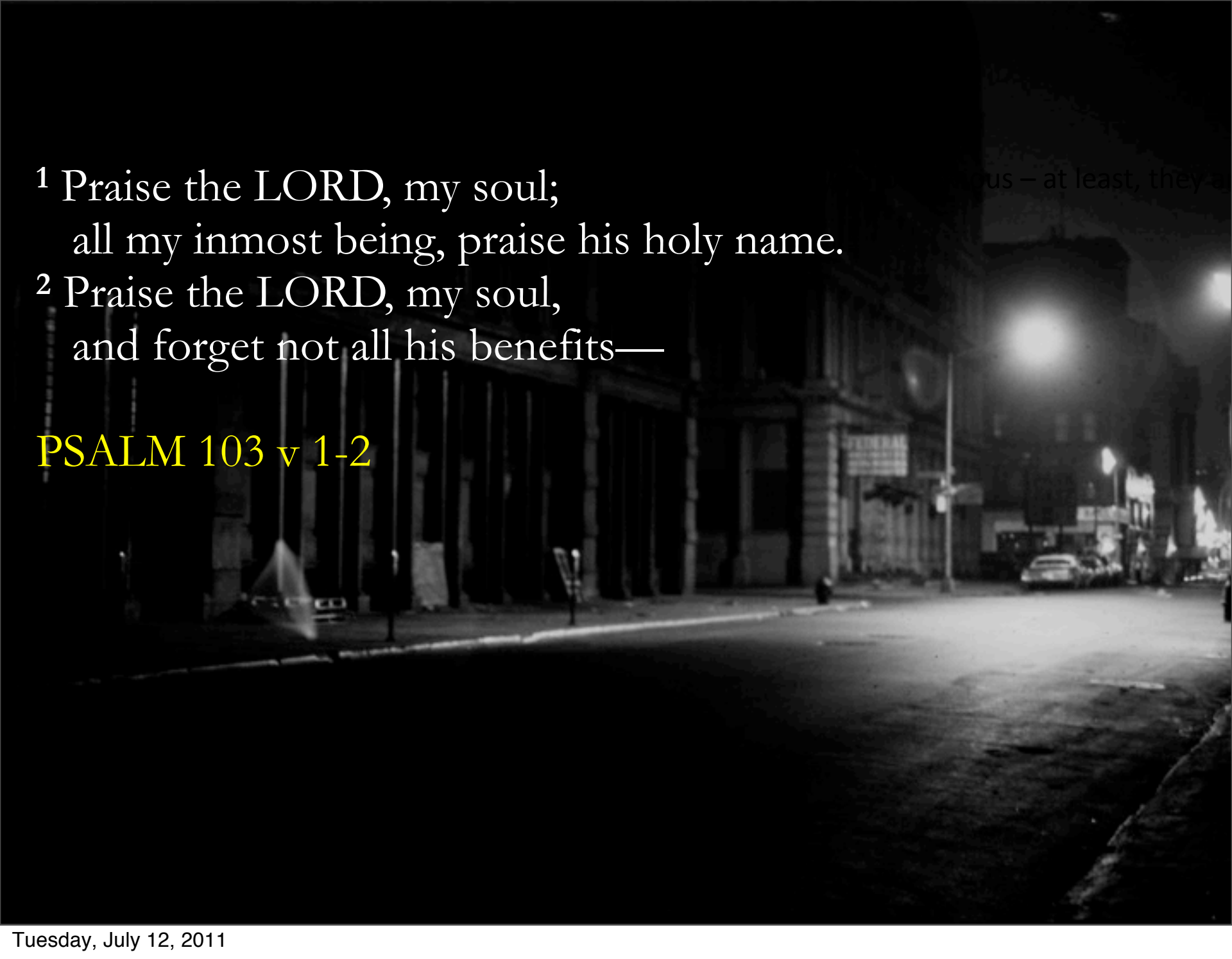
The Psalms are a guide to prayer, but they are also a corrective to a lot of common misconceptions about religion and prayer. If we read and pray the Psalms, and really listen to what they say, to what we are saying when we pray them, then our ideas about prayer will change. These biblical prayers expose the hollow sentimentality that often masquerades as prayer, the dangerous falsity of things we have heard – and maybe even thought ourselves about prayer...

us – at least, they



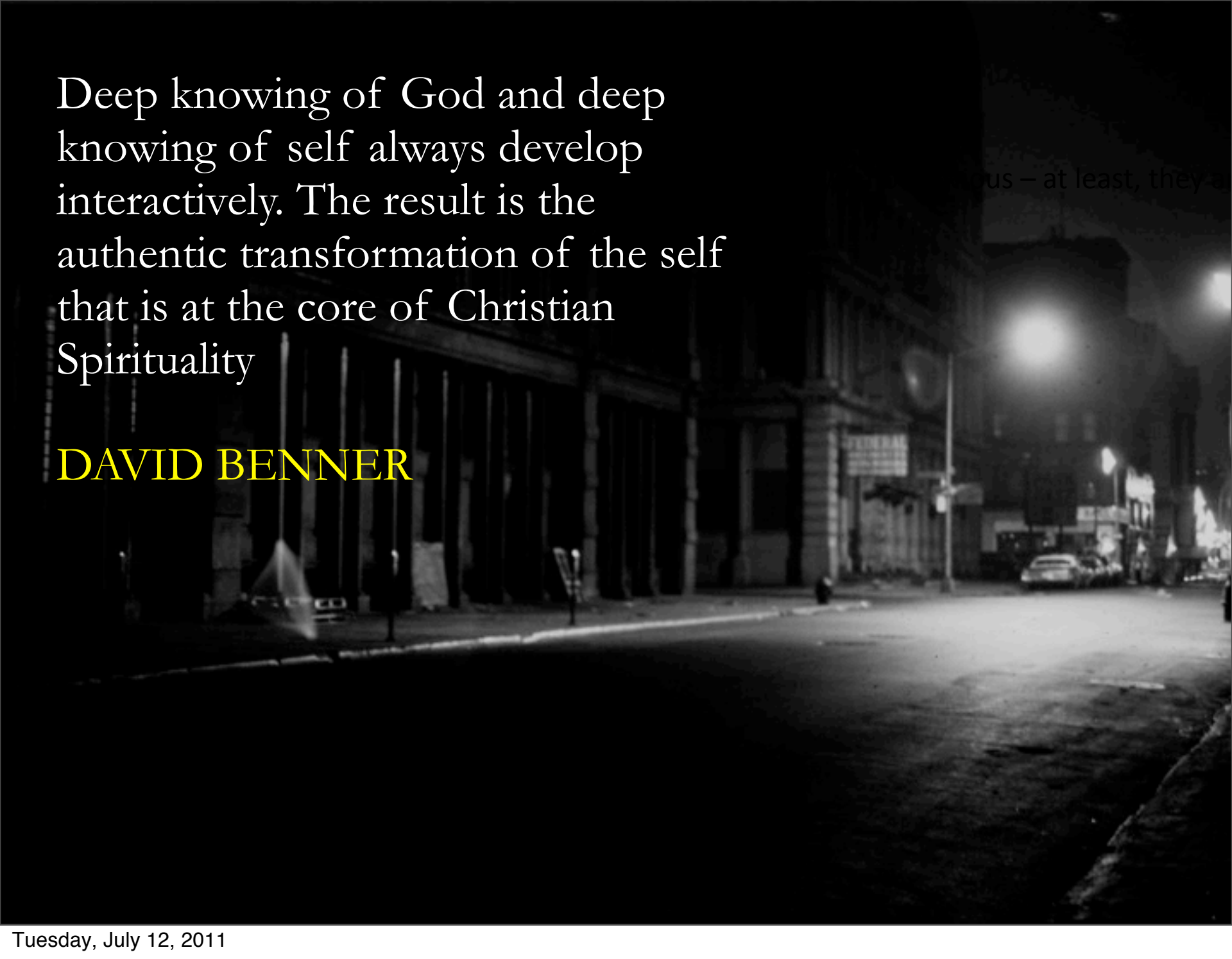
We in this culture are all psychologically astute enough to know that honest, unguarded speaking is essential to the health of a family life or close friendship. But do we realize the same thing applies to our relationship with God. This is what the Psalms are about: speaking our mind honestly and fully before God

**ELLEN DAVIS**



<sup>1</sup> Praise the LORD, my soul;  
all my inmost being, praise his holy name.  
<sup>2</sup> Praise the LORD, my soul,  
and forget not all his benefits—

PSALM 103 v 1-2



Deep knowing of God and deep knowing of self always develop interactively. The result is the authentic transformation of the self that is at the core of Christian Spirituality

**DAVID BENNER**

us – at least, they

*Mood – Circumstance - Opinion*

us – at least, they

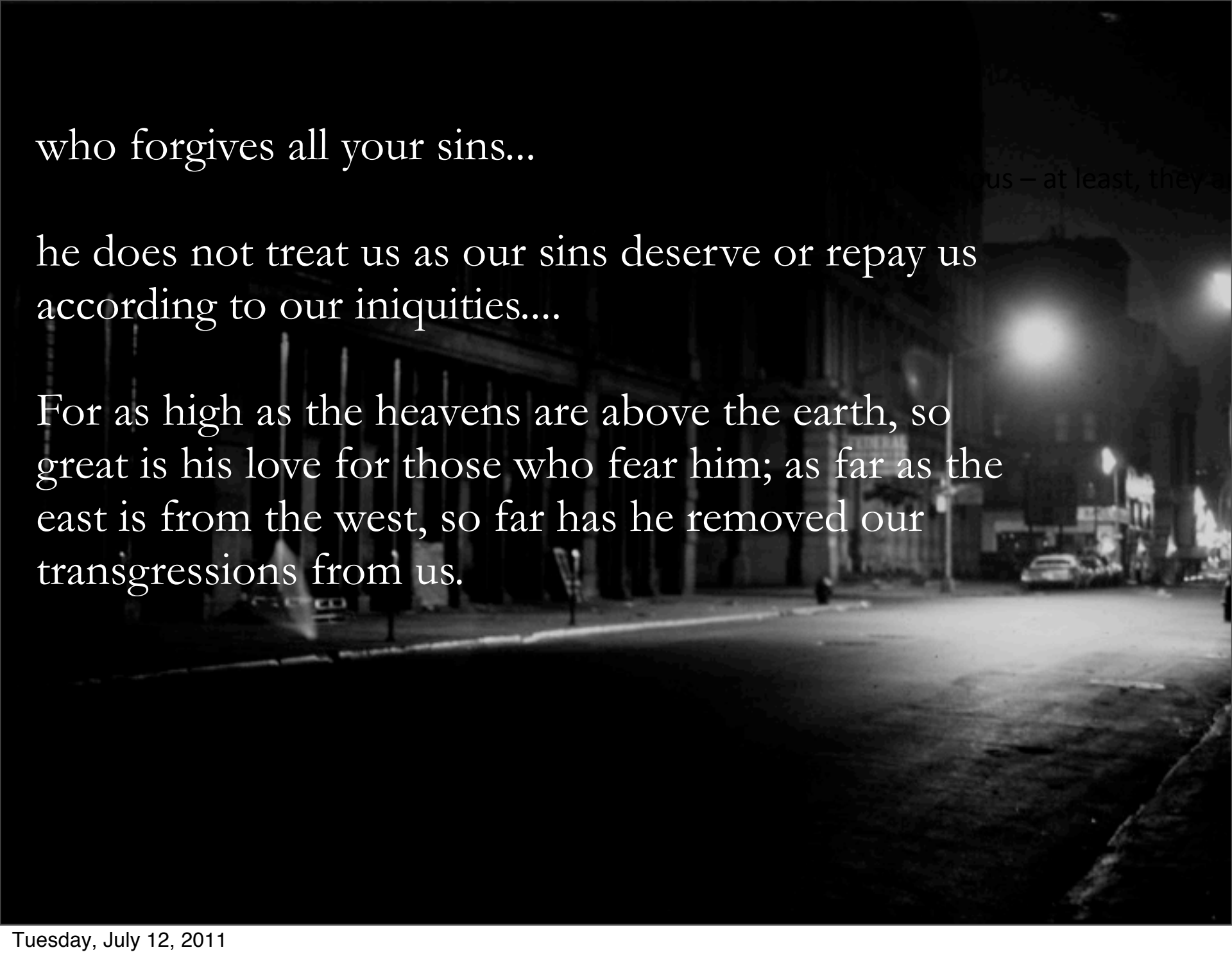
*A Cry to* **REMEMBER**

Tuesday, July 12, 2011

us – at least, they

# *RADICAL FORGIVENESS*

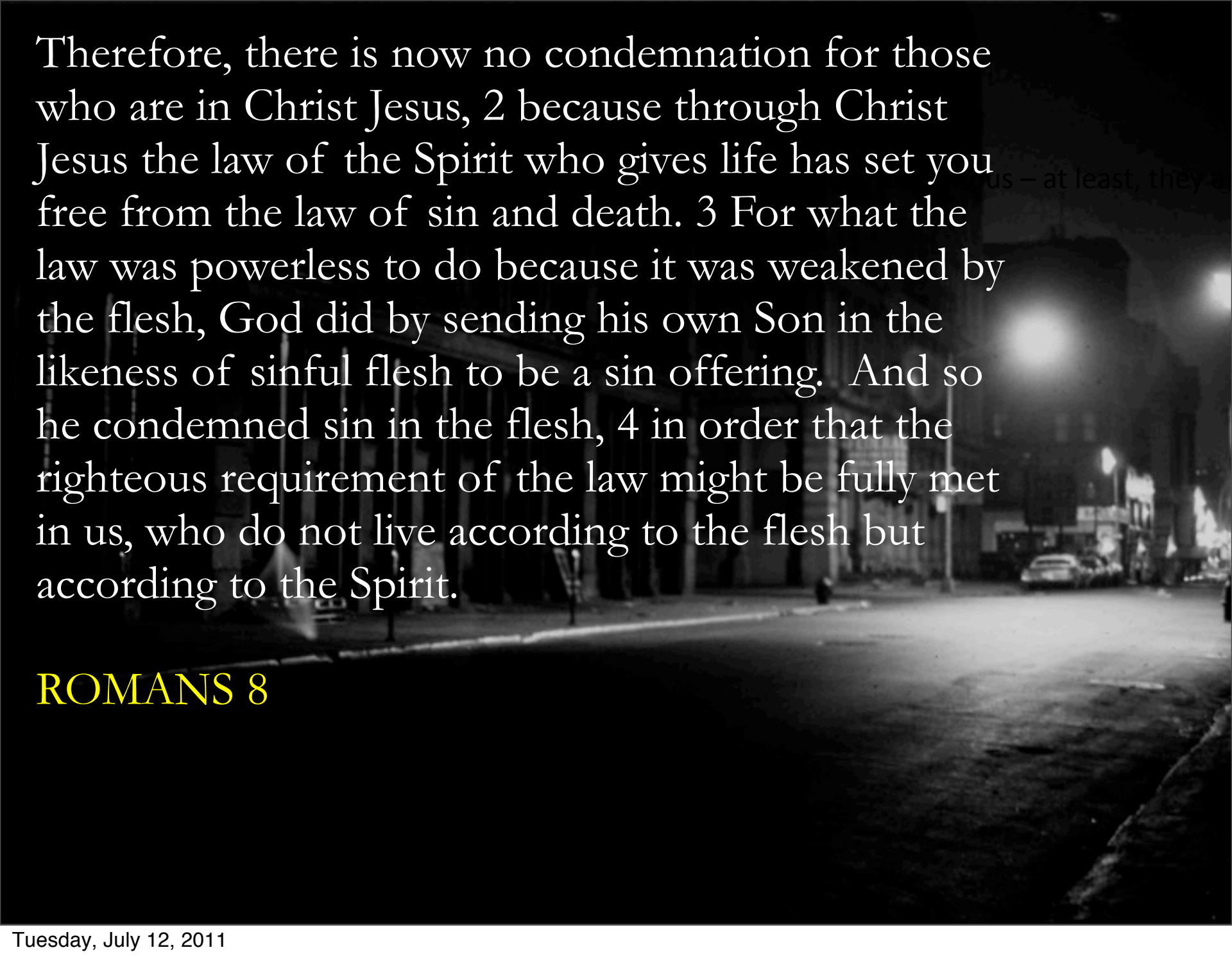
Tuesday, July 12, 2011



who forgives all your sins...

he does not treat us as our sins deserve or repay us according to our iniquities....

For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.

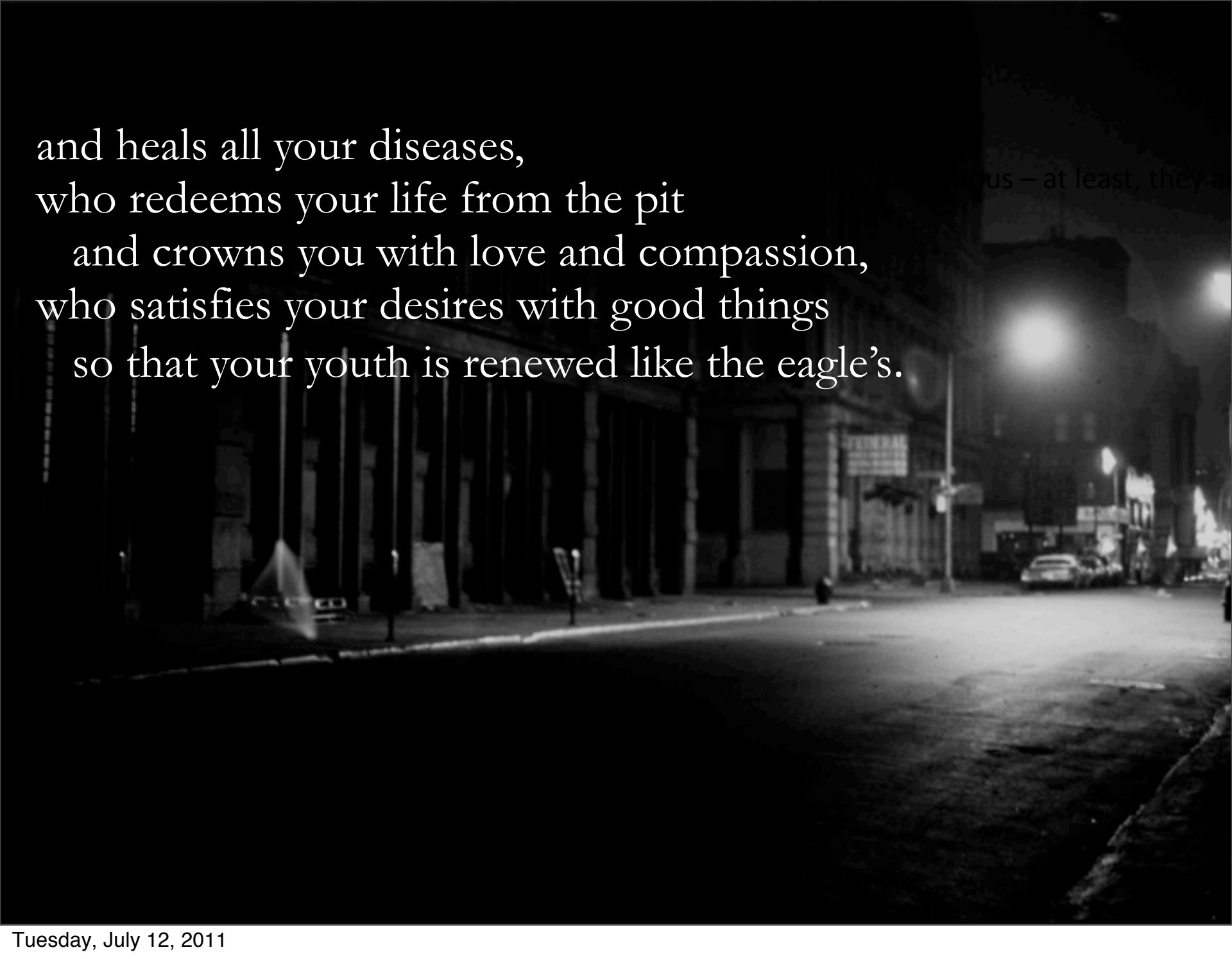


Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. 3 For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, 4 in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

## ROMANS 8

us – at least, they

# *FULL RESTORATION*



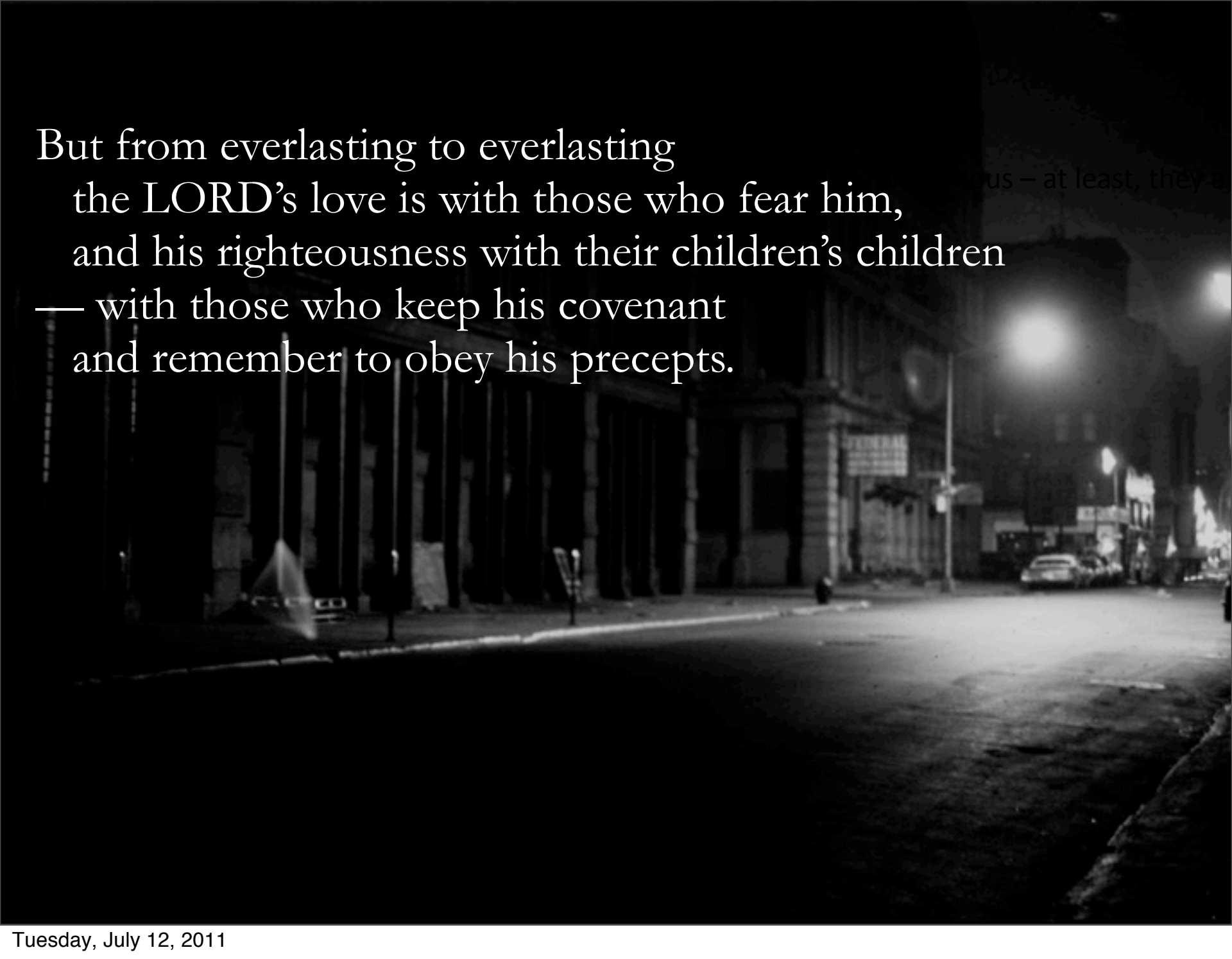
and heals all your diseases,  
who redeems your life from the pit  
and crowns you with love and compassion,  
who satisfies your desires with good things  
so that your youth is renewed like the eagle's.

us – at least, they

us – at least, they

# *COVENANT FATHERHOOD*

Tuesday, July 12, 2011

A black and white photograph of a city street at night. The scene is dimly lit, with a prominent street lamp on the right side casting a bright glow. In the background, a building with a series of columns is visible. A street sign with the word "FEDERAL" is mounted on a pole. A car is parked on the right side of the street. The overall atmosphere is quiet and urban.

But from everlasting to everlasting  
the LORD's love is with those who fear him,  
and his righteousness with their children's children  
— with those who keep his covenant  
and remember to obey his precepts.

us – at least, they

us – at least, they

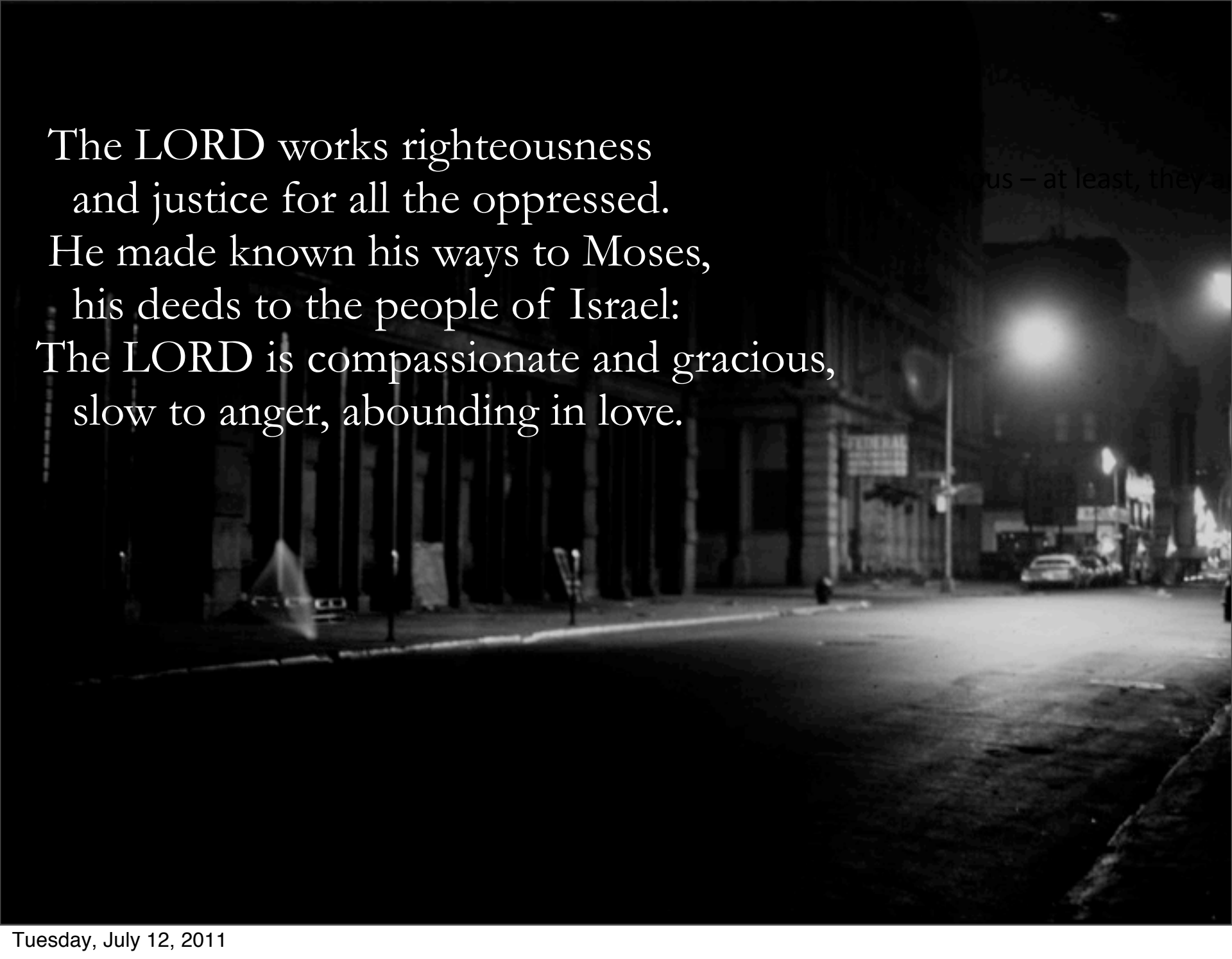
*eternal love*

us – at least, they

*correction for maturity*

us – at least, they

*invitation to join in*



The LORD works righteousness  
and justice for all the oppressed.  
He made known his ways to Moses,  
his deeds to the people of Israel:  
The LORD is compassionate and gracious,  
slow to anger, abounding in love.

us – at least, they

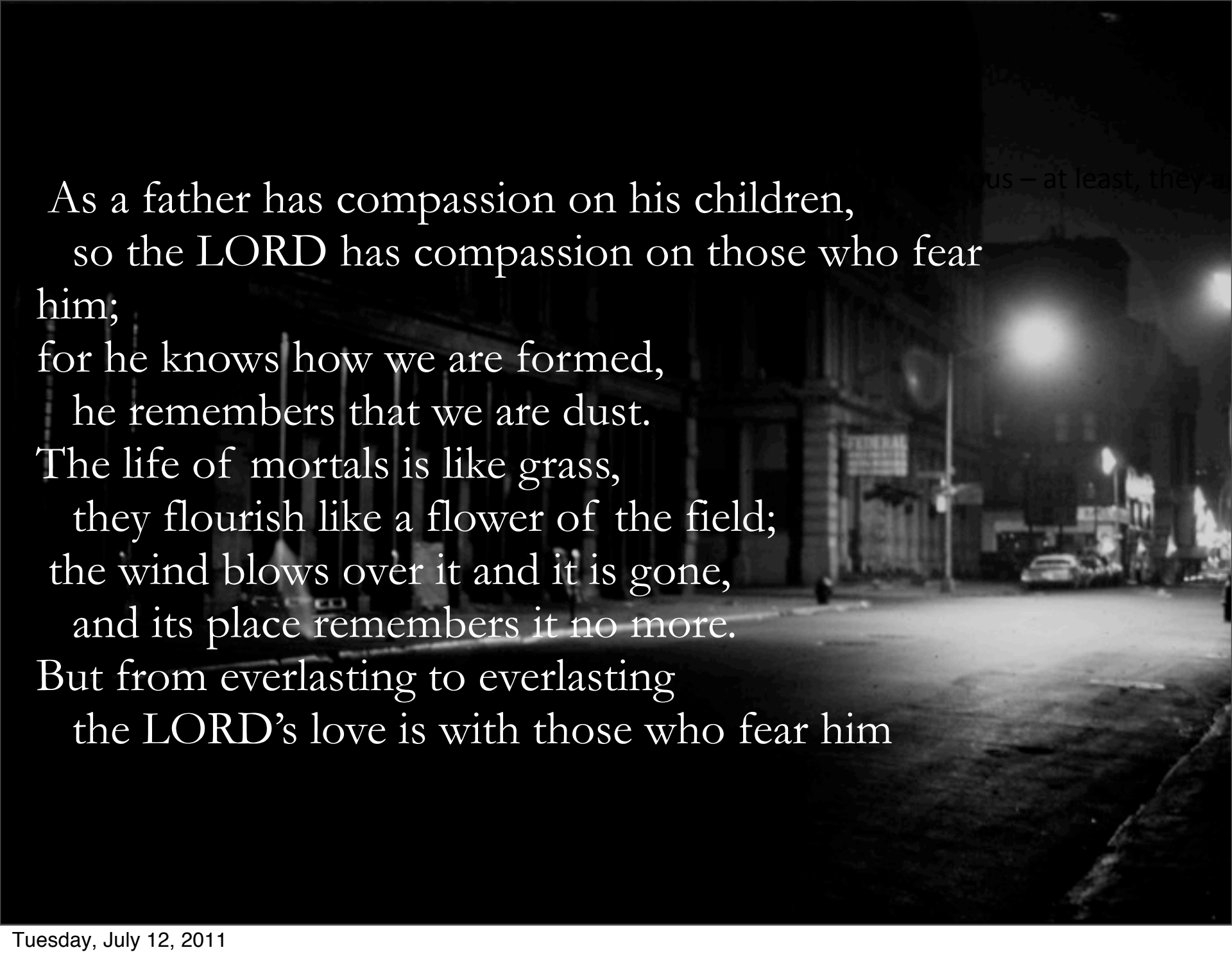
us – at least, they

*SECURITY IN OUR PLACE*



us – at least, they

*humility*



As a father has compassion on his children,  
so the LORD has compassion on those who fear  
him;  
for he knows how we are formed,  
he remembers that we are dust.  
The life of mortals is like grass,  
they flourish like a flower of the field;  
the wind blows over it and it is gone,  
and its place remembers it no more.  
But from everlasting to everlasting  
the LORD's love is with those who fear him



us – at least, they

*authority*



The LORD has established his throne in heaven,  
and his kingdom rules over all.

Praise the LORD, you his angels,  
you mighty ones who do his bidding,  
who obey his word.

Praise the LORD, all his heavenly hosts,  
you his servants who do his will.

Praise the LORD, all his works  
everywhere in his dominion.



us – at least, they

*worship*



Praise the LORD, my soul.

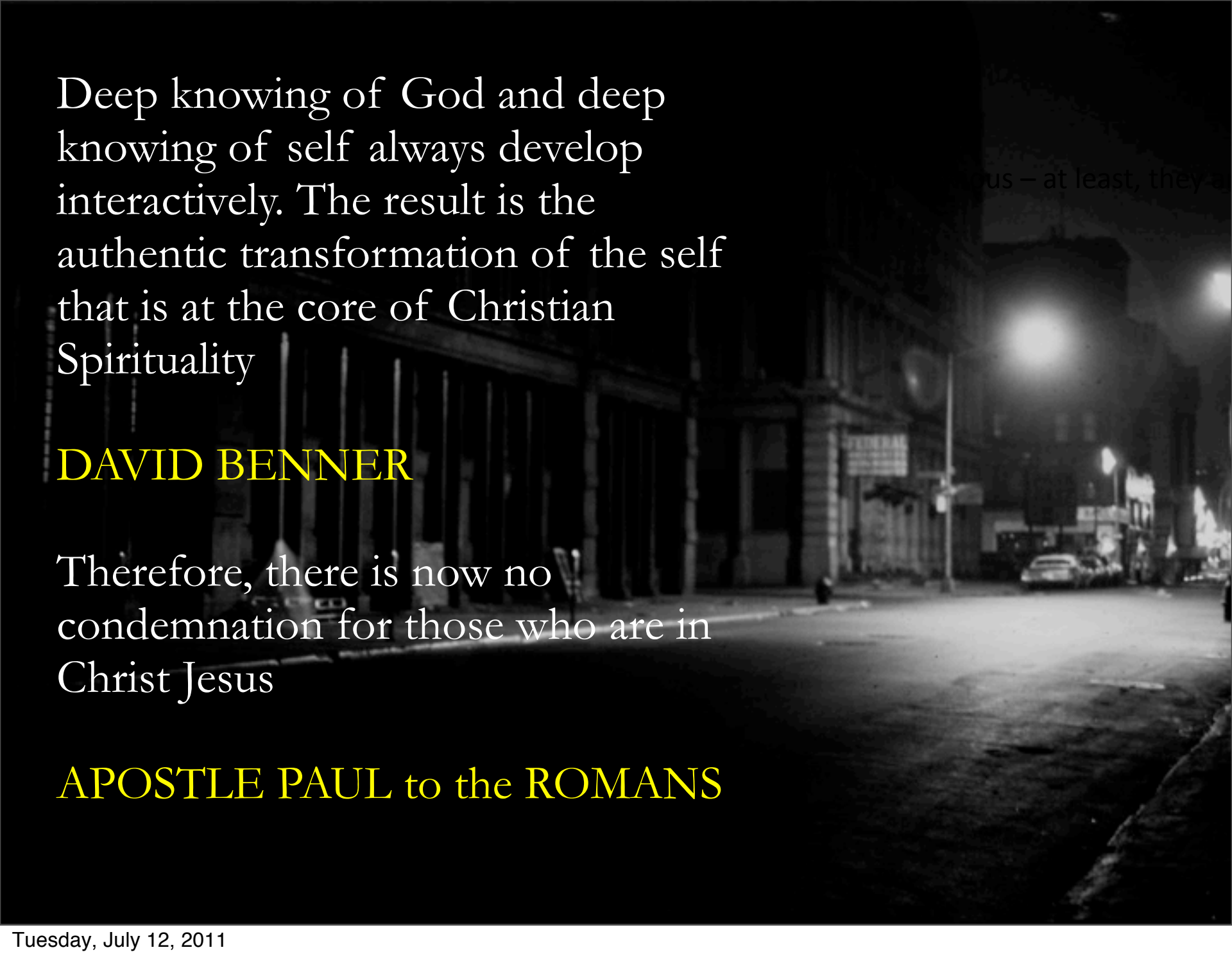
us – at least, they



# CRIES OF THE HEART

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*WRESTLING WITH GOD  
THROUGH THE PSALMS*



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