

# blues

in a  
major key

- \* Psalms are songs
- :: songs are (generally) emotional expressions about life through stories or in poetic ways
- :: some songs are happy, some are sad
- :: not all songs have resolution

- \* Lament Psalms are sad songs (using both story and poetry) that don't always have resolution
- \* Lament Psalms are the cries of people wrestling between the tension of the Kingdom of God and the world in which they live

- \* setting up Psalm 71
- :: Life is busy, and unpredictable, and sometimes just plain ugly.
- :: Some life events cause us to pause and think about what's really important.
- :: I call these "selah" moments; they're all about perspective.

*1 I run for dear life to God, I'll never live to regret it. 2 Do what you do so well: get me out of this mess and up on my feet. Put your ear to the ground and listen, give me space for salvation. 3 Be a guest room where I can retreat; you said your door was always open! You're my salvation—my vast, granite fortress. 4 My God, free me from the grip of Wicked, from the clutch of Bad and Bully. 5 You keep me going when times are tough—my bedrock, God, since my childhood.*

*6 I've hung on you from the day of my birth, the day you took me from the cradle; I'll never run out of praise. 7 Many gasp in alarm when they see me, but you take me in stride. 8 Just as each day brims with your beauty, my mouth brims with praise.*

*9 But don't turn me out to pasture when I'm old or put me on the shelf when I can't pull my weight. 10 My enemies are talking behind my back, watching for their chance to knife me. 11 The gossip is: "God has abandoned him. Pounce on him now; no one will help him." 12 God, don't just watch from the sidelines. Come on! Run to my side! 13 My accusers—make them lose face. Those out to get me—make them look like idiots*

*14 while I stretch out, reaching for you, and daily add praise to praise. 15 I'll write the book on your righteousness, talk up your salvation the livelong day, never run out of good things to write or say. 16 I come in the power of the Lord God, I post signs marking his right-of-way. 17 You got me when I was an unformed youth, God, and taught me everything I know. Now I'm telling the world your wonders;*

*18 I'll keep at it until I'm old and gray. God, don't walk off and leave me until I get out the news Of your strong right arm to this world, news of your power to the world yet to come, 19 Your famous and righteous ways, O God. God, you've done it all! Who is quite like you?*

*20 You, who made me stare trouble in the face, Turn me around; Now let me look life in the face. I've been to the bottom; Bring me up, 21 streaming with honors turn to me, be tender to me, 22 And I'll take up the lute and thank you to the tune of your faithfulness, God. I'll make music for you on a harp, Holy One of Israel. 23 When I open up in song to you, I let out lungs full of praise, my rescued life a song. 24 All day long I'm chanting about you and your righteous ways, While those who tried to do me in slink off looking ashamed.*

**\* Psalm 71 seems to be a reflection/looking back on life, maybe even like a mid-life crisis**  
**:: vv1-8 - be to me what You already are**  
**- v7 - "a wonder to many"**  
*7 Many gasp in alarm when they see me, but you take me in stride.*

**:: vv9-13 - people are after me, taunting me**  
*12 God, don't just watch from the sidelines. Come on! Run to my side!*

**:: vv14-19 - I'll reveal the Kingdom for the rest of my life**

**- vv17-18 - preserve my life until I've revealed the Kingdom**

*17 You got me when I was an unformed youth, God, and taught me everything I know. Now I'm telling the world your wonders; 18 I'll keep at it until I'm old and gray. God, don't walk off and leave me until I get out the news Of your strong right arm to this world, news of your power to the world yet to come,*

**:: vv20-24 - real life to the full**

**- v23 - "my rescued life a song"**

*23 When I open up in song to you, I let out lungs full of praise, my rescued life a song.*

**\* your turn**

**Write a "selah" Psalm:**

- 1. write a short timeline of your life, including times of God's presence and absence**
- 2. ask God to use you and to help you live a life of purpose**
- 3. express your trust that God will help you do it**