

Psalm 88 A Psalm of Heman for the sons of Korah

I am abandoned by everyone including God

¹ O LORD,

I cry out to You day and night because You are God Almighty, the only One who can deliver me from my infirmities. ² Please hear my prayer, and give it Your full attention! ³ I wish You would, because I'm overcome with troubles that are so severe I feel like I'm going to die. ⁴⁻⁵ I am destined for the grave because I'm simply too weak to go on. My friends treat me as though I am already dead, and it seems like You have not only forgotten me but have excluded me from the blessing of Your helping hand. ⁶⁻⁷ Your anger has placed me in this pit of despair where I am forced to endure one ailment after another seemingly without end.

Folks, stop for a moment, and meditate upon the gravity of what I just shared with you.

If You don't help me, I'll die

⁸ My former friends and acquaintances look at me with hatred and disgust. You have completely cut me off from them, and they don't want anything to do with me. ⁹ This affliction is so severe that my eyes are bloodshot and blurry because all I can do is cry. LORD, I have prayed to You every day with uplifted hands. ¹⁰ Will You ever do something wonderful for me since I am all but a dead man? I wish You would, because those in the grave cannot rise up and praise You, and soon I will be just like them.

Folks, stop for a moment, and meditate upon the gravity of what I just shared with you.

I cannot praise You if I am in the grave

¹¹ People in the grave cannot declare Your tender love and kindness, and those who are convinced that their troubles are so severe that death is inevitable are unable to declare Your faithfulness. ¹² After all, You will not perform any miracles for those who reside in the darkness of the grave, and You will not show Your goodness to those in a land where every chance to know Your goodness has been taken away.

You are my only hope - otherwise I am ready to give up and die

¹³ O LORD, I have cried out to You in prayer every morning asking You to help me. ¹⁴ Why have You rejected the prayer of my soul and hidden Your face from me? ¹⁵ I have suffered with this infirmity from childhood, and it has completely overpowered me. I now see that I was destined for these hurts and heartaches all along, and I can't understand why. ¹⁶ Your burning anger has completely enveloped me, and the fear of Your attacks upon me has completely paralyzed me. ¹⁷ Troubles surround me on every side, and every day they come at me one after another in quick succession like standing under a waterfall. ¹⁸ Through this

infirmity, You have completely cut me off from my lover, my family, and my friends. I am all alone. When I look for my acquaintances I see nothing but darkness. If You don't help me, I am ready to give up on life because things simply can't get any worse!

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