

"Soul Food" from the Psalms (140-144)

Sunday Evening, August 23, 2026 – WOCC – Rich Howell

EVENING DEVOTION: Five S.O.S. Prayers from David

The five Psalms we have on the table this week are not my favorites, I must admit. I love 139 and I can't wait to get to 145 next week, but 140-144 lie in between, and were not high on my list as I took aim at tonight's devotional thoughts. But in the course of a week of study and meditation, my appreciation for these Psalms grew, a lot!

One of the first things I noticed was the common thread that runs through all five of these Psalms, and practically jumps off the pages—David's cries for _____ and _____. I find his thoughts and feelings and prayers very re_____ and even re_____!

Psalm 140—David's prayer for _____ from his enemies

Spotlight #1: 140:12-13 (Ps 5:4; 11:7; 15:1-5; 24:3-6)

Psalm 141—David's prayer for personal _____

Spotlight #2: 141:2 (see Ps 5:3; Rev 5:8; 8:3-4)

Spotlight #3: 141:3-4 (Ps 19:14)

Psalm 142—David's prayer for _____ and _____

Spotlight #4: 142:6 (1 John 4:4; Rom 8:35-39)

Psalm 143—David's prayer for _____ and _____

Spotlight #5: 143:2 (Ps 14:1-3; Eccl 7:20; Rom 3:9-11,23)

Spotlight #6: 143:8,10 (Ps 25:1-4; Isa 48:17)

Psalm 144—David's prayer to be _____ and _____

Spotlight #7: 144:3-4 (Ps 8:3-6)

Spotlight #8: 144:12-15

REMEMBER THIS SONG? (HINT: Carole King wrote it and recorded it, but

_____ made it a worldwide hit in _____):

"_____!" Consider the lyrics; hear them as if ...