

# Scripture

## Psalm 88 (NLT)

### **A Prayer for Help in Despondency**

- 1** O Lord, God of my salvation,  
I have cried out day and night before You.
- 2** Let my prayer come before You;  
Incline Your ear to my cry.
- 3** For my soul is full of troubles,  
And my life draws near to the grave.

- 4** I am counted with those who go down to  
the pit;  
I am like a man who has no strength,
- 5** Adrift among the dead,  
Like the slain who lie in the grave,  
Whom You remember no more,  
And who are cut off from Your hand.
- 6** You have laid me in the lowest pit,  
In darkness, in the depths.
- 7** Your wrath lies heavy upon me,  
And You have afflicted me with all Your  
waves.

- 8** You have put away my acquaintances far  
from me;  
You have made me an abomination to them;  
I am shut up, and I cannot get out;
- 9** My eye wastes away because of affliction.  
Lord, I have called daily upon You;  
I have stretched out my hands to You.
- 10** Will You work wonders for the dead?  
Shall the dead arise and praise You?
- 11** Shall Your lovingkindness be declared in  
the grave? Or Your faithfulness in the place  
of destruction?

- 12** Shall Your wonders be known in the dark?  
And Your righteousness in the land of  
forgetfulness?
- 13** But to You I have cried out, O Lord,  
And in the morning my prayer comes  
before You.
- 14** Lord, why do You cast off my soul?  
Why do You hide Your face from me?
- 15** I have been afflicted and ready to die  
from my youth;  
I suffer Your terrors;  
I am distraught.

- 16** Your fierce wrath has gone over me;  
Your terrors have cut me off.
- 17** They came around me all day long like  
water;  
They engulfed me altogether.
- 18** Loved one and friend You have put far  
from me,  
And my acquaintances into darkness.