

Come to Our Help! (Ps. 44)

August 9, 2026 – Steve Cannizzaro

Truro Church

Psalms 44

¹O God, we have heard with our ears,
our fathers have told us,
what deeds you performed in their days,
in the days of old:
²you with your own hand drove out the nations,
but them you planted;
you afflicted the peoples,
but them you set free;
³for not by their own sword did they win the land,
nor did their own arm save them,
but your right hand and your arm,
and the light of your face,
for you delighted in them.
⁴You are my King, O God;
ordain salvation for Jacob!
⁵Through you we push down our foes;
through your name we tread down those who rise up against us.
⁶For not in my bow do I trust,
nor can my sword save me.
⁷But you have saved us from our foes
and have put to shame those who hate us.
⁸In God we have boasted continually,
and we will give thanks to your name forever.
⁹But you have rejected us and disgraced us
and have not gone out with our armies.
¹⁰You have made us turn back from the foe,
and those who hate us have gotten spoil.
¹¹You have made us like sheep for slaughter
and have scattered us among the nations.
¹²You have sold your people for a trifle,
demanding no high price for them.
¹³You have made us the taunt of our neighbors,
the derision and scorn of those around us.
¹⁴You have made us a byword among the nations,
a laughingstock among the peoples.
¹⁵All day long my disgrace is before me,
and shame has covered my face
¹⁶at the sound of the taunter and reviler,
at the sight of the enemy and the avenger.
¹⁷All this has come upon us,
though we have not forgotten you,
and we have not been false to your covenant.

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- ¹⁸ Our heart has not turned back,
nor have our steps departed from your way;
¹⁹ yet you have broken us in the place of jackals
and covered us with the shadow of death.
²⁰ If we had forgotten the name of our God
or spread out our hands to a foreign god,
²¹ would not God discover this?
For he knows the secrets of the heart.
²² Yet for your sake we are killed all the day long;
we are regarded as sheep to be slaughtered.
²³ Awake! Why are you sleeping, O Lord?
Rouse yourself! Do not reject us forever!
²⁴ Why do you hide your face?
Why do you forget our affliction and oppression?
²⁵ For our soul is bowed down to the dust;
our belly clings to the ground.
²⁶ Rise up; come to our help!
Redeem us for the sake of your steadfast love!

Source: [Psalm 44 ESV - Come to Our Help - To the choirmaster. - Bible Gateway](#)

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Discussion & Reflection Questions

1) *Follow-up from last week's discussion/reflection questions:*

You were encouraged to identify a particular action to enhance your engagement in worship and to share that action with a prayer partner.

- a) Check in with your partner.
- b) If you followed through on your action plan, take a moment together to celebrate your forward progress and give thanks to God.
- c) If you didn't follow through, share with your partner about what got in the way. Decide whether you want to recommit to your identified action, and ask your partner to pray for you in the coming week.

2) Review the entire psalm. Summarize the situation of the psalmist and his companions. How do they feel about their situation? How do they feel about God?

3) Reread vv. 17-18. Steve mentioned that interpreters are divided as to whether the psalmist and his companions are a "faithful remnant" who were unlike the rest of the Israelites at the time. Steve surmised that they were not especially faithful but had allowed their pain and suffering to distort their perception. What do you think?

4) What words and phrases in this psalm call to mind the life and ministry of Jesus? (Steve mentioned a few in the sermon.)

5) Steve asked, "How does this psalm inform how we pray?" He then laid out the answer in his sermon outline:

- 1. Remembering (vv. 1-3)
- 2. Trusting (vv. 4-8)
- 3. Lamenting (vv. 9-16)
- 4. Pleading (vv. 17-22)
- 5. Crying out (vv. 23-26)

- a) What are some other elements of prayer (not mentioned in Ps. 44) that we could add to the list?
- b) Which elements are more prevalent in your own prayers? Which are less prevalent?
- c) Steve said, "The Lord invites our lament." What do we need to lament . . . in the Church, in our world, in our families, or in our own lives?