



Words of Wisdom, Beauty, and Delight:
A Summer Series in the Psalms

Psalm 137: Praying Our Hate

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When we want to take things
in our hands in vengeance,
Lord, You invite us to put
our hate in Your Hands in prayer.

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PSALM 137

¹ By the rivers of Babylon we sat and wept
when we remembered Zion.

² There on the poplars
we hung our harps,

³ for there our captors asked us for songs,
our tormentors demanded songs of joy;
they said, “Sing us one of the songs of
Zion!”

⁴ How can we sing the songs of the LORD

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4 How can we sing the songs of the LORD
while in a foreign land?

5 If I forget you, Jerusalem,
may my right hand forget its skill.

6 May my tongue cling to the roof of my
mouth

if I do not remember you,
if I do not consider Jerusalem
my highest joy.

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- 7 Remember, LORD, what the Edomites did
on the day Jerusalem fell.
“Tear it down,” they cried,
“tear it down to its foundations!”
- 8 Daughter Babylon, doomed to destruction,
happy is the one who repays you
according to what you have done to us.
- 9 Happy is the one who seizes your infants
and dashes them against the rocks.

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REFLECTION ?s

- *Most of us suppress our negative emotions. The way of praying the psalms is not cover them up so we can appear respectable, but to expose them so we can be healed. **What negative emotion would you like the Lord to heal?***
- *Take any hate or dislike that the Lord has uncovered and put it in His hands in prayer...*

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