

# *The Cry of Distress*

*PASTOR ZAC HESS • PSALM 44*

STEADFAST

*O God, we have heard with our ears, our fathers have told us,  
what deeds You performed in their days, in the days of old:*


**Psalm 44:1**

*You with Your own hand drove out the nations, but them You planted; You afflicted the peoples, but them You set free;*

**Psalm 44:2**



*for 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.*



*You are my King, O God; ordain salvation for Jacob!*

**Psalm 44:4**

*Through You we push down our foes; through Your name  
we tread down those who rise up against us.*

**Psalm 44:5**





*For not in my bow do I trust, nor can my sword save me.*

**Psalm 44:6**

*But You have saved us from our foes and have put to shame those who hate us.*

**Psalm 44:7**





*In God we have boasted continually, and we will give thanks  
to Your name forever.*

**Psalm 44:8**



*But You have rejected us and disgraced us and have not gone out with our armies.*

**Psalm 44:9**

*You have made us turn back from the foe, and those who hate us have gotten spoil.*

**Psalm 44:10**





*You have made us like sheep for slaughter and have scattered us among the nations.*

**Psalm 44:11**

*You have sold Your people for a trifle, demanding no high price for them.*

**Psalm 44:12**



*You have made us the taunt of our neighbors, the derision  
and scorn of those around us.*

**Psalm 44:13**



*You have made us a byword among the nations, a laughingstock among the peoples.*

**Psalm 44:14**



*All day long my disgrace is before me, and shame has covered my face*

**Psalm 44:15**

*at the sound of the taunter and reviler, at the sight of the enemy and the avenger.*

**Psalm 44:16**



*All this has come upon us, though we have not forgotten You,  
and we have not been false to Your covenant.*

**Psalm 44:17**



*Our heart has not turned back, nor have our steps departed  
from Your way;*

**Psalm 44:18**



*yet You have broken us in the place of jackals and covered us  
with the shadow of death.*

**Psalm 44:19**



*If we had forgotten the name of our God or spread out our hands to a foreign god,*

**Psalm 44:20**



*would not God discover this? For He knows the secrets of the heart.*

**Psalm 44:21**

*Yet for Your sake we are killed all the day long; we are regarded as sheep to be slaughtered.*

**Psalm 44:22**



*Awake! Why are You sleeping, O Lord? Rouse Yourself! Do not reject us forever!*

**Psalm 44:23**

*Why do You hide Your face? Why do You forget our affliction  
and oppression?*

**Psalm 44:24**



*For our soul is bowed down to the dust; our belly clings to the ground.*

**Psalm 44:25**





*Rise up; come to our help! Redeem us for the sake of Your steadfast love!*

**Psalm 44:26**

Cry out in view of God's sovereignty  
in salvation. (44:1-8)

Cry out in view of God's sovereignty  
in distress. (44:9–16)



Cry out in view of unexplainable  
circumstances. (44:17–22)

Cry out in view of God's  
**steadfast love.** (44:23–26)