

# Psalm 30:10

Authorized King James Version (KJV)

Hear, O LORD, and have mercy upon me: LORD, be thou my helper.

## Analysis

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The plea 'Hear, O LORD, and have mercy upon me: LORD, be thou my helper' combines petition for audience, compassion, and assistance. This simple prayer acknowledges complete dependence—the psalmist needs God to hear, have mercy, and help. Reformed theology emphasizes that prayer is covenant relationship, not earning divine favor. God has committed to hear His people's cries. Mercy is the basis of answered prayer, not merit.

## Historical Context

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This threefold petition (hear, have mercy, help) characterized Israel's prayers throughout Scripture. From Egypt's bondage to Babylonian exile, this pattern sustained faith: cry to God, trust His mercy, receive His help.

## Related Passages

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**John 3:16** — God's love and salvation

**Ephesians 2:8** — Salvation by grace through faith

## Study Questions

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1. How does crying for 'mercy' rather than 'justice' change your prayer life?
2. In what situations do you most need God to be your 'helper' today?

## Interlinear Text

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שְׁמַע ! הָנָה יְמַנֵּנִי יְהִי ! הָנָה יְהִי עַזְרָנִי : לְ

Hear O LORD and have mercy O LORD be thou my helper

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## Additional Cross-References

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**Psalms 54:4** (References Lord): Behold, God is mine helper: the Lord is with them that uphold my soul.

**Psalms 143:1** (References Lord): Hear my prayer, O LORD, give ear to my supplications: in thy faithfulness answer me, and in thy righteousness.

**Psalms 28:7** (References Lord): The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.

**Psalms 27:7** (Grace): Hear, O LORD, when I cry with my voice: have mercy also upon me, and answer me.

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