

Psalms 30:10

Authorized King James Version (KJV)

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

Analysis

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

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

John 3:16 — God's love and salvation

Ephesians 2:8 — Salvation by grace through faith

Study Questions

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

שְׁמַע	! הָאֵל	וְרַחֵם נִי	! הָאֵל	קִיָּה	עֵזֶר	לִי:
Hear	O LORD	and have mercy	O LORD	H1961	be thou my helper	H0
H8085	H3068	H2603	H3068		H5826	

Additional Cross-References

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.