



PSALMS/PAIN

Have you ever felt “mildly apprehensive,” like when you are about to have minor surgery? You are required to fill out an abundance of paperwork that explains the potential downside of the procedure, such as becoming paralyzed or death. They ask you if you have a “living will.” The possible side effects of the anesthesia are explained to you. It dawns on you that this is the way they kill dogs – they “put them to sleep.”

Whether you are feeling “mildly apprehensive” or just plain worried, the Psalms are part of what could prove to be the best remedy you have. For instance, think of Psalm 23:

The Lord is my shepherd; I shall not want.

He makes me to lie down in green pastures; He leads me beside the still waters.

He restores my soul; He leads me in the paths of righteousness for his name's sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil; for you are with me; Your rod and your staff, they comfort me.

You prepare a table before me in the presence of mine enemies; You anoint my head with oil; my cup runs over.

Surely goodness and mercy will follow me all the days of my life; and I will dwell in the house of the Lord forever.

Think of three points on a triangle:

1. My Exact Need – Genuine Uncertainties and Inward apprehension
2. God speaks to our need (Shepherd, No wants, rest, green pastures, still waters, restored soul, right path, etc...)

3. The truth is conveyed through personal pronouns

NOW LOOK AT PSALM 28

1. Verse 1,2 – A CRY FOR HELP: *To You will I cry, O Lord, my rock: Do not be silent to me, Lest if you are silent to me, I will be like those who go down to the pit (IF YOU DON'T DO SOMETHING, I WILL DIE!). Hear the voice of my supplications when I cry to you, When I lift up my hands toward your holy sanctuary. (FAITH AND DEPENDENCY DON'T OFTEN FEEL GOOD).*
2. Verses 3-5 – NAME THE PROBLEM: *Do not take me away with the wicked and with the workers of iniquity, who speak peace to their neighbors, but evil is in their hearts. Give them according to their deeds, And according to the wickedness of their endeavors; Give them according to the work of their hands; render to them what they deserve. Because they do not regard the works of the Lord, Nor the operation of His hands, He shall destroy them and not build them up.*
3. Verses 6,7 – PRAISE FOR ANSWERED PRAYER: *Blessed be the Lord, Because He has heard the voice of my supplications! The Lord is my strength and my shield; my heart trusted in Him and I am helped; therefore my heart greatly rejoices, And with my song I will praise Him.*
4. Verses 8,9 – FAITH OVERFLOWS: *The Lord is their strength, and He is the saving refuge of their anointed. Save your people, And bless your inheritance; Shepherd them also, And bear them up forever.*

DESCRIPTIONS OF GOD

3:3 SHIELD FOR ME	MY GLORY (3:3)	ONE WHO LIFTS UP MY HEAD (3:3)
7:9 RIGHTEOUS GOD	JUST JUDGE (7:11)	REFUGE(9:9)
16:5 INHERITANCE	MY CUP (16:5)	MY STRENGTH (18:1)
18:2 MY STRONGHOLD	MY SUPPORT (18:18)	MY LIGHT (27:1)
27:1 MY SALVATION	STRENGTH OF MY LIFE (27:1)	MY HELPER (30:10)
31:2 ROCK OF REFUGE	HIDING PLACE (32:7)	DELIVERER (40:17)

42:8 GOD OF MY LIFE MY EXCEEDING JOY (43:4)

46:1 PRESENT HELP IN TROUBLE OUR GUIDE TO DEATH (48:14)

59:9 MY DEFENSE GOD OF MERCY (59:10) A SHELTER (61:3)

STRENGTH OF MY HEART (73:26) MY PORTION FOREVER (73:26)

95:3 THE GREAT GOD AND THE GREAT KING ABOVE ALL GODS

121:5 YOUR SHADE AT YOUR RIGHT HAND

142:5 MY PORTION IN THE LAND OF THE LIVING

144:2 MY HIGH TOWER

A look at Psalm 119

What do you think of when you think of Psalm 119? How long it is? How the verses seem to blur together? It is a tightly structured acrostic. It has 22 sections with eight lines each. Each line of the section starts with the same Hebrew letter. What is it about? God's Word? Yes, but the words most frequently repeated are first and second pronouns: I, me, my, mine, You, Yours, and Your. Psalm 119 is the most extensive I-to-you conversation in the Bible. The four components of what "I say to you" form the Psalms inner logic.

1. "You are...You say...You do..."

Imagine the Psalm as a crowded wedding reception. People you don't know are seated at tables for eight. The seating arrangement is alphabetical. If you spent time at each table, you would gather much new information. For our purposes, we will divide the information into four sections.

THE LORD HAS ARRANGED THE CONDITIONS OF MY EXISTENCE

-He established the earth and it stands

- All things are His servants
- The earth is full of His loving-kindness
- His faithfulness continues through all generations
- I am God's servant
- All my ways are before God
- God is near
- God's Word is truth
- His testimonies are wonderful
- The unfolding of His Word gives light
- The Lord destroys evil
- He rebukes the arrogant
- The Lord is merciful
- In faithfulness God afflicts
- God brings comfort
- God answers us
- God enlarges our heart

2. I am facing a struggle with...

- the evil within
- The evil without
- Failure
- Guilt
- Despair

3. "I need God to..."

Deliver me, teach me, be gracious to me, revive me, make me understand, plead my cause, and look on my affliction.

4. "I am committed to..."

Belonging to Him; being His servant; clinging to His commands;

believing in His commandments; standing in awe of everything He says; never forgetting His Word.