YAG 1 **31 Oct 26**

OVERCOMING OUR STRUGGLES **Psalms**

INTRODUCTION

1. When David did not focus on the Lord, he struggled much

2. He struggled with things within and without

3. Even if he focussed on the Lord, he still had to struggle

4. This is Life

SOME STRUGGLES THAT DAVID WENT THROUGH

1. Struggles with enemies and anger

"How long, O you sons of men,
Will you turn my glory to shame?
How long will you love worthlessness
And seek falsehood? *Selah* *Psalm 4:2*

Be angry, and do not sin. Psalm 4:4

   a. Struggles without

   b. Struggle within

2. Struggles with the sin of self-righteousness / pride

"Pronounce them guilty, O God!
Let them fall by their own counsels;
Cast them out in the multitude of their transgressions,
For they have rebelled against You." Psalm 5:10

3. Struggles with being deeply troubled and depression

"My soul also is greatly troubled;
But You, O Lord—how long?" Psalm 6:3

"I am weary with my groaning;
All night I make my bed swim;
I drench my couch with my tears.
My eye wastes away because of grief;
It grows old because of all my enemies." Psalm 6:6-7

4. Struggles with conflict and confusing situations

"How can you say to my soul, "Flee *as* a bird to your mountain"?
For look! The wicked bend *their* bow,
They make ready their arrow on the string,
That they may shoot secretly at the upright in heart.
If the foundations are destroyed, What can the righteous do? " Psalm 11:1-3

SOLUTION - FOCUSING ON THE SANCTUARY OF THE LORD

1. Concept - God's presence at His holy hill

"But You, O Lord, *are* a shield for me,
My glory and the One who lifts up my head.
I cried to the Lord with my voice,
And He heard me from His holy hill. *Selah"* Psalm 3:3-4

2. Counterpoint - The worshipper

"But know that the Lord has set apart for Himself him who is godly;
The Lord will hear when I call to Him.

Be angry, and do not sin.
Meditate within your heart on your bed, and be still. *Selah*
Offer the sacrifices of righteousness,
And put your trust in the Lord." Psalm 4:3-5

   a. God setting us apart from the world

   b. Seeking to be godly

   c. They will pray, and the Lord will hear

3. Worshipping the Lord toward His holy Temple

"But as for me, I will come into Your house in the multitude of Your mercy;
In fear of You I will worship toward Your holy temple.
Lead me, O Lord, in Your righteousness because of my enemies;
Make Your way straight before my face." Psalm 5:7-8

4. The gateway to heaven

"The Lord *is* in His holy temple,
The Lord's throne *is* in heaven;
His eyes behold,
His eyelids test the sons of men.
The Lord tests the righteous,
But the wicked and the one who loves violence His soul hates." Psalm 11:4-5

PERSONAL APPLICATION

1. Struggles

   a. When problems came, David lost his focus on the Lord

   b. He was deeply affected by his struggles

2. Refocusing on the sanctuary of God

   a. Turning to the Lord in prayer

   b. Seeking to trust in the Lord