YAGII **31/10/26**
Psalms
Dealing with the struggles of life

The need to review

1. To remember and not forget

2. To reflect

3. To have a more complete picture

4. To go deeper in our understanding

The struggles of life

1. We aspire to achieve many things in life

2. We look for success in our careers, families and ministries

3. But we all recognise that we have many struggles

The struggles of David

1. The study of the Psalms of David has revealed much

2. David wrote in a very candid and personal way

3. He revealed his many struggles

The many struggles of life

1. Distress and anger Ps 4

a) External struggles with from enemies … distressing
"How long, O you sons of men, will you turn my glory to shame? How long will you love worthlessness and seek falsehood?" Ps 4:2

b) Inner struggle with anger
"Be angry, and do not sin." Ps 4:4

2. Difficulties and self-righteousness Ps 5

a) Difficulties in facing enemies
"Lead me, O Lord, in Your righteousness because of my enemies;" Ps 5:8

b) Struggle with self-righteousness
"For there is no faithfulness in their mouth; their inward part is destruction; their throat is an open tomb; they flatter with their tongue. 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." Ps 5:9-10

3. Weakness and depressive feelings Ps 6

a) Experienced great distress and weakness
“Have mercy on me, O Lord, for I am weak; O Lord, heal me, for my bones are troubled. My soul also is greatly troubled; But You, O Lord—how long?” Ps 6:2-3

b) He felt great weakness…physical and soul weaknesses

c) Struggle with depressive feelings
“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.” Ps 6:6-7

4. Conflicts Ps 11

a) Conflicts of the wicked
“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." Ps 11:2

b) Confusing ideas
“In the Lord I put my trust; How can you say to my soul, “Flee as a bird to your mountain”?" Ps 11:1

The challenge to refocus on the sanctuary of the Lord

1. David sought to regain his focus

2. He needed to refocus on

a) The Lord

b) The sanctuary

Focusing on the sanctuary of the Lord

1. Focus on the presence of God in His holy hill

a) God established Zion as His holy hill
“Yet I have set My King on My holy hill of Zion.” Ps 2:6

b) Crying out to God in times of crisis
“But You, O Lord, are a shield for me, my glory and the One who lifts up my head.” Ps 3:3

c) Deep appreciation of God's presence

i) God heard from His holy hill
"I cried to the Lord with my voice, and He heard me from His holy hill."
Psalm 3:4

ii) God's presence brought much rest
"I lay down and slept; I awoke, for the Lord sustained me. I will not be afraid of ten thousands of people who have set themselves against me all around."
Ps 3:5-6

2. The focus of the conscious worshipper in the sanctuary Ps 4

a) God of my righteousness
"Hear me when I call, O God of my righteousness! You have relieved me in my distress; have mercy on me, and hear my prayer." Ps 4:1

b) Set apart as the godly
"But know that the LORD has set apart for Himself him who is godly; the LORD will hear when I call to Him." Psalm 4:3

c) To meditate and be still
"Be angry, and do not sin. Meditate within your heart on your bed, and be still." Ps 4:4

3. Focus on applying our faith in giving worship in the sanctuary of the Lord

a) The challenge to develop good formative ideas of God
"Give ear to my words, O LORD, consider my meditation. Give heed to the voice of my cry, My King and my God, for to You I will pray." Ps 5:1-2

b) Diligent to apply our faith in our worship of our LORD and King in His house and 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."
Ps 5:7-8

4. Focus on the central idea of the sanctuary Ps 11

a) It is meant to be core for all we do
"The Lord is in His holy temple," Ps 11:4

b) Focusing on the gateway to heaven
"The Lord is in His holy temple, the Lord's throne is in heaven;" Ps 11:4

c) Focusing on the Lord brings calmness of soul
"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. Upon the wicked He will rain coals; fire and brimstone and a burning wind shall be the portion of their cup." Ps 11:4-6

Lessons learned

1. Consider all the struggles that we are facing and how they have caused us to lose focus

2. To refocus on the Lord and His sanctuary to overcome our struggles

3. To centralise the Lord and His sanctuary in all areas of our life and ministry

4. Finding the calmness and courage in the sanctuary of the Lord amidst the difficulties of life