When the World’s Against You April 26, 2020

*Psalm 69 Series: Hope from Israel’s Oldest Playlist*

“Crises enter our lives not just as challenges to us to retain our balance and stability, but as invitations to stretch our hearts and minds.” – Ronald Rohlheiser

Intro: What Freud did when his world fell apart.

1. Be honest with your pain. (vv. 1-3, 7-12, 19-21)
2. Christians aren’t stoics.

v. 1 *Save me, O God! For the waters have come up to my neck.*

v. 2 *I sink in deep mire, where there is no foothold …*

v. 3 *My eyes grow dim with waiting for my God.*

1. Sometimes doing the right thing doesn’t make things better.

v. 7 *For it is for your sake that I have borne reproach, that dishonor has covered my face.*

v. 10 *When I wept and humbled my soul with fasting, it became my reproach.*

v. 11 *When I made sackcloth my clothing, I became a byword to them.*

v. 12 *I am the talk of those who sit in the gate, and the drunkards make songs about me.*

* As long as you don’t complain, what’s wrong with being a stoic (i.e. just enduring your pain without displaying feelings)?
* What are some ways you can express painful thoughts to God?
* Many people have a ‘just worldview’ which teaches that if we are good, good things will happen. Why is this unbiblical? Why does it make suffering harder to endure?
1. Sort out your guilt. (vv. 4-6)
2. Reject the false guilt of the accuser.

v. 4 *those who hate me without cause …*

v. 4 *… those who attack me with lies.*

v. 4 *What I did not steal must I now restore?*

Revelation 12:10 *… the accuser of our brothers … accuses them day and night before our God.*

1. Accept the true conviction of the Holy Spirit.

v. 5 *O God, you know my folly; the wrongs I have done are not hidden from you.*

Romans 8:1 *There is therefore now no condemnation for those who are in Christ Jesus.*

* Why do feelings of guilt and condemnation often accompany trials and suffering?
* How can you tell the difference between true and false guilt?
1. Let God act on your anger. (vv. 22-28)
2. Let anger out in prayer rather than harbouring it in bitterness.

v. 22 *Let their own table before them become a snare …*

v. 21 *They gave me poison for food, and for my thirst they gave me sour wine to drink.*

Proverbs 8:13 *The fear of the LORD is hatred of evil.*

Ephesians 4:26-27 *Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.*

1. If you don’t trust God with justice, you’ll become a vigilante.

v. 24 *Pour out your indignation upon them, and let your burning anger overtake them.*

v. 28 *Let them be blotted out of the book of the living; let them not be enrolled among the righteous.*

Matthew 18:21-22 *Then Peter came up and said to him, “Lord, how often will my brother sin against me, and I forgive him? As many as seven times?” Jesus said to him, “I do not say to you seven times, but seventy-seven times.*

* Why is it right for David to express his anger in prayer but wrong for him to act on it?
* How can asking God to ensure justice help us to forgive?
1. Lay hold of your hope. (vv. 13-18, 30-36)
2. God delights when we trust in Him.

v. 30 *I will praise the name of God with a song; I will magnify him with thanksgiving.*

v. 31 *This will please the LORD more than an ox or a bull with horns and hoofs.*

1. People are strengthened when we trust in God.

v. 32 *When the humble see it they will be glad; you who seek God, let your hearts revive.*

1. Heaven and earth rejoice when we trust in God.

v. 34 *Let heaven and earth praise him, the seas and everything that moves in them.*

* Why does it mean so much to God that we praise Him, even when difficult situations aren’t resolved?
* Should Christians try to ‘act happy’ when they’re grieving so that others are encouraged to trust God? If not, how can we encourage the faith of others when we’re hurting?
* Where do you most need prayer in applying this message?

Study ahead: Next week, we’ll study Psalm 103.

Notes