

Sunday Night Message

June 5, 2016

Psalms 119

Series – The Psalms

Text – Psalm 119:25 – 32 *Helps for the Hurting - God's Cure for Discouragement*

Introduction

We are continuing our examination of the longest Psalm as well as the longest chapter of the Bible. As we discussed last week, this psalm is a Hebrew acrostic where every eight verses are separated into sections where the first letter of each verse begins with a letter of the Hebrew alphabet. The first eight verses each begin with "Aleph", the first letter of the Hebrew alphabet. Verses 9 – 16 all begin with "Beth"; verses 17 – 24 all begin with Gimel; and, so on.

We do not know the writer of this psalm, though we think it must have been a "high profile" person, perhaps a king or a priest. Nor do we know the historical context. There is no doubt, however, as to the theme of the psalm. 170 out of the 175 verses in this psalm speak directly regarding the Word of God. The writer of this psalm is expressing his love and devotion to the Word of God, and is encouraging us to do the same.

Today we are examining the "*DALETH.*" section of Psalm 119. Daleth is the fourth letter of the Hebrew alphabet, and every verse in this section begins with the Hebrew letter Daleth.

Notice the phrase in v. 1: "*My soul cleaveth unto the dust:*", and also the phrase in v. 28: "*My soul melteth for heaviness:*".

The psalmist is speaking here of a time of discouragement.

Also notice in v. 32 that psalmist trusts that the Lord is going to enlarge his heart: "*when thou shalt enlarge my heart.*"

That phrase has to do with encouragement:

"Hear me when I call, O God of my righteousness: thou hast enlarged me when I was in distress; have mercy upon me, and hear my prayer." (Psalm 4:1)

"Lift up thine eyes round about, and see: all they gather themselves together, they come to thee: thy sons shall come from far, and thy daughters shall be nursed at thy side. Then thou shalt see, and flow together, and thine heart shall fear, and be enlarged; because the abundance of the sea shall be converted unto thee, the forces of the Gentiles shall come unto thee. The multitude of camels shall cover thee, the dromedaries of Midian and Ephah; all they from Sheba shall come: they shall bring gold and incense; and they shall shew forth the praises of the LORD."

(Isaiah 60:4-6)

When we are discouraged, we want God to enlarge our heart and encourage us.

Everybody goes through seasons of discouragement. Sometimes a negative event or series of events can get you discouraged. Physical pain, financial pressure, and family problems are all sources of discouragement.

Turn to 1 Samuel 30:1 - 6

David was discouraged when the Amalekites came to his home town while he and his men were away. They took away captive all of their wives and children, not to mention their possessions. David's own men were so distraught that they blamed David and even talked about stoning him. Talk about a discouraging situation. What did David do? He encouraged himself in the Lord his God. And, when he was encouraged, he took the action necessary to correct the situation.

In verse 7, we see that David went to God and God told him what to do.

Look at vs. 17 – 20 – David and some of his men got their families and their stuff back.

Life can be discouraging, but when we get around the Spirit of God, the Word of God, and the People of God, God will encourage us by showing us what we need to do to better understand our circumstances (James 1:2 – 8; 1 Peter 1:6 – 7), and also giving us the principles that we need to improve our circumstances.

The psalmist here tells us that the Word of God was His source of encouragement.

I The Word of God gives Life to the Discouraged (vs. 25 – 27)

"My soul cleaveth unto the dust: quicken thou me according to thy word." (Psalm 119:25)

"I have declared my ways, and thou heardest me: teach me thy statutes." (Psalm 119:26)

"Make me to understand the way of thy precepts: so shall I talk of thy wondrous works." (Psalm 119:27)

Notice the phrase in v. 25: *"quicken thou me"*. The word "quicken" means to give life to, or to revive.

"And you hath he quickened, who were dead in trespasses and sins;" (Ephesians 2:1)

The word "quicken" is used 12 times in this psalm, and each of the times speaks of God using the word to revive or restore a discouraging situation:

"I am afflicted very much: quicken me, O LORD, according unto thy word." (Psalm 119:107)

"Hear my voice according unto thy lovingkindness: O LORD, quicken me according to thy judgment." (Psalm 119:149)

"Plead my cause, and deliver me: quicken me according to thy word." (Psalm 119:154)

"Great are thy tender mercies, O LORD: quicken me according to thy judgments." (Psalm 119:156)"

"I will never forget thy precepts: for with them thou hast quickened me." (Psalm 119:93)

The Spirit of God uses The Word of God to give life to those who are dead in their sins.

The Spirit of God also uses the Word of God to revive those who are discouraged or even depressed.

"For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts and intents of the heart." (Hebrews 4:12)

Jesus said:

"It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life." (John 6:63)

God's Word is living and it gives life.

II The Word of God Gives Strength (vs. 28 – 32)

"My soul melteth for heaviness: strengthen thou me according unto thy word." (Psalm 119:28)

"Remove from me the way of lying: and grant me thy law graciously." (Psalm 119:29)

The world will lie to you. People will lie to you. Satan is the father of lies. But God's Word is Truth. It never lies and it will never lead you down the wrong path.

"I have chosen the way of truth: thy judgments have I laid before me." (Psalm 119:30)

Have you chosen the way of Truth? Have you made a deliberate decision to follow the principles contained in the Word of God?

"I have stuck unto thy testimonies: O LORD, put me not to shame." (Psalm 119:31)

The psalmist made a commitment to stand by the Book. He was "stuck" to God's testimonies. The word "stuck" here is the same word used for cleave in Genesis 2:24

"Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh." (Genesis 2:24)

"Thou shalt fear the LORD thy God; him shalt thou serve, and to him shalt thou cleave, and swear by his name." (Deuteronomy 10:20)

Just as we are to have an unbreakable commitment and connection to our spouses and to God, we are also to have an intimate connection to the Word of God.

"I will run the way of thy commandments, when thou shalt enlarge my heart." (Psalm 119:32)

The Word of God strengthens us in two ways:

1 Partaking of the Word through reading and studying is in itself a source of nourishment and strength.

Jesus said:

"...Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." (Matthew 4:4)

Job said:

"Neither have I gone back from the commandment of his lips; I have esteemed the words of his mouth more than my necessary food." (Job 23:12)

When I daily partake of God's Word devotionally and when I gather together with God's people around the Word, it strengthens me.

2 Performing the Word through obedience to His principles will bless my life and the lives of the people around me. And that strengthens me.

Conclusion

1 Develop a daily, intimate relationship with God through His Word.

2 Be faithful to God's House for it is the built upon the Word of God.

"But if I tarry long, that thou mayest know how thou oughtest to behave thyself in the house of God, which is the church of the living God, the pillar and ground of the truth." (1 Timothy 3:15)

3 Allow the people of God use the Word of God to strengthen you.

4 Be a source of strength to the people of God yourself.

"Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;) And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching." (Hebrews 10:23-25)

"Iron sharpeneth iron; so a man sharpeneth the countenance of his friend." (Proverbs 27:17)

Do you ever get discouraged? Life giving encouragement and strength is found in the pages of this Book.