

PRAYER MEETING

4 March 2019

Text: Psalm 31

IN TIMES OF TROUBLE

1. David's life

- a) Trouble from King Saul
- b) Trouble from his own son Absalom

2. These troubles

- a) Self-caused
- b) The consequences of sin

THE TROUBLES DESCRIBED

- 1. The secret nets that ensnare (Psalm 31:4)
- 2. Confession of being "in trouble" (Psalm 31:7, 9)
- 3. The hand of the enemy (Psalm 31:8)
- 4. Adversities (Psalm 31:7)

THE TOLL OF HAVING THESE PROBLEMS

1. Physical toll

- a) My wastes away with grief (Psalm 31:9)
- b) My soul and my body (Psalm 31:9)
- c) My strength fails (Psalm 31:10c)
- d) All my bones waste away (Psalm 31:10d)

2. Emotional toll

- a) Grief
- b) My life is spent in grief (Psalm 31:9-10)
- c) And my years with sighing (Psalm 31:10b)

3. Social toll

- a) I am a reproach among all my enemies (Psalm 31:11a)
- b) But especially among my neighbours (Psalm 31:11b)
- c) Repulsive to my acquaintances (Psalm 31:11c)
- d) Those who see me outside flee from me (Psalm 31:11d)

4. Psychologically

- a) I am forgotten like a dead man, out of mind (Psalm 31:12a)
- b) Like a broken vessel (Psalm 31:12b)
- c) I hear the slander of many (Psalm 31:13a)
- d) Fear is on every side (Psalm 31:13b)
- e) They scheme to take away my life (Psalm 31:13c)

THE ANSWER TO THESE PROBLEMS

1. Trust in the Lord (Psalm 31:1)

2. Turning to the Lord

- a) As a Refuge (Psalm 31:2c)
- b) As the Rock of Defence (Psalm 31:2d)
- c) As a Rock and Fortress (Psalm 31:3a)

3. Seeking to practise

- a) Being glad in the Lord (Psalm 31:7a)
- b) Rejoicing in Him (Psalm 31:7b)