

### Intro

~ The greatest hand in the world is the hand of God

~ We're going to learn about the hand of God

### Highlights

1 Trust – v1, 6, 14,

2 Trouble – v7, 9

3 There's two kinds of hands mentioned 1) enemy – v8, 15 2) God – v15

4 David asks God to not let him be shamed – v1, 17

5 David had prayed, "You are my strength" (v. 4), but now he said, "You are my God" (v. 14)

6 David's strength fails (v10) but God is his rock (v2,3) and strength (v)4

### Text

V1 this chapter opens with trust.

V2,3 David asks the Lord to be his rock

V4 The Lord is David's strength

- Ps 19:14 The Lord is my strength
- 2 Cor 12:9 Paul exchanged his natural strength for God's grace that makes him perfect in weakness

V5 Jesus quotes this Psalm on the cross in Lk 23:46

- John Hus was one of the early lights of the Protestant Reformation. He lived about one hundred years before Martin Luther and was put to death by the Council of Constance. As he was condemned to death, the bishop who conducted the ceremony ended with the chilling words, "And now we commit thy soul to the devil." Hus replied calmly, "I commit my spirit into thy hands, Lord Jesus Christ; unto thee I commit my spirit, which thou hast redeemed." Preaching the Word - The Psalms, Volume 1: Psalms 1 to 41.

V6 While David trusted the Lord he didn't love those who despised God

- David's heart comes out in these verses. He had no patience for people who worshiped other gods. We are tempted to imitate the successful people we see in this world. Sometimes we want their approval. But David wasn't tempted to imitate the ungodly. In fact, "he hated them for hating God." If God has saved you and has become your refuge, there is a sense in which you cannot love those who despise him.
- Preaching the Word - Preaching the Word – The Psalms, Volume 1: Psalms 1 to 41.

V7 David acknowledges that God is familiar with his adversity

- Lest we think God is distant, disinterested or doesn't care about our trouble the Lord knows
- When we're in adversity we sometimes distance ourselves from people or the Lord but God knows us
- *Ps 139:1-4 To the chief Musician, A Psalm of David. O LORD, thou hast searched me, and known me. 2 Thou knowest my downsitting and mine uprising, thou understandest my thought afar off. 3 Thou compasses my path and my lying down, and art acquainted with all my ways. 4 For there is not a word in my tongue, but, lo, O LORD, thou knowest it altogether.*

V8 God hasn't shut David up into the hands of his enemy

- Notice David turned over to the enemies hands but was in the Lord's hands

V9,10 David was filled with trouble and grief

V12 David was a broken vessel

- At one point perhaps we've dropped a dish and it broke in pieces
- This was David – broken in pieces

V14 David trusted in the Lord

- David also acknowledges that the one he trusts in is "The Lord"

V15 My times are in your hand

V16 David thinks about the need to have the Lord's face shine upon him as Moses spoke about

- Num 6:24-26

V17 This is an interesting request from David – that the Lord wouldn't let him be brought to shame

- David's prayer is that the Lord will preserve his dignity
- That's an ok thing to pray – that the Lord will be our defend our honor
- This is idea is referenced also in Ps 31:1; 25:2,3; 34:5; 69:6,7
- Following the Lord and serving him will at times put in vulnerable situations for criticism, misunderstanding, questioning. This was true of Moses, Jeremiah, David, Jesus, the disciples and Paul

V19-24 David acknowledges the goodness of God

V19 God's goodness is toward those that trust him

V21 David blesses the Lord

V23 Because of God's goodness David admonishes the saints to love the Lord

V24 David admonishes us to be courageous because God will strengthen the hearts of those who trust in him

## Outline

### My times are in God's hands

1 Trouble – David mentions his trouble. There are 19 descriptions of his trouble

2 Time – These troubles occur in time. Time = events, season, occasion, experience

3 Trust – In our trouble that occurs in time we need to trust God

### My times are in God's hands

1 Trouble – David mentions his trouble. There are 19 descriptions of his trouble

#### The Psalmist's trouble

1 potential shame (v1,17)

2 a net has been sneakily laid before him (v4)

3 lying vanities of others (v6)

4 trouble (v7)

5 adversities (v7,9)

6 hand of the enemy (v8,15)

7 consumed with grief (v9,10)

8 sighing (v10)

9 failing strength (v10)

10 bones consumed (v10)

11 reproached by his enemies (v11)

12 forgotten as a dead man (v12)

13 broken vessel (v12)

14 slandered (v13)

15 fear (v13)

16 enemy took counsel to kill him (v13)

17 persecuted (v15)

18 lying lips speak against grievously and contemptuously against him (v18)

19 felt he could have been cut off before his enemies if God hasn't intervened (v22)

~ Paul mentions his trouble in 2 Cor 1:4-10. He thought he was going to die. Paul uses the 10 descriptions of his trouble. He uses the words tribulation (v4), trouble v4), sufferings (5,7), affliction (v6), suffer (v6), pressed out of measure (v8), above strength (v8), despaired of life (v8), sentence of death (v9), so great a death (v10)

~ Job said, "God makes my heart soft and the almighty troubles me" (Job 23:16)

2 Time – These troubles occur in time. Time = events, season, occasion, experience

~ He prayed, My times are in your hands, recognizing that all the events and circumstances of his life were under God's sovereign control, which is tempered by his unfailing love. (Holman O T Commentary - Psalms 1-75.)

~ Life is filled with moments, some are good and some are bad.

~ In these events and seasons of life our life is in God's hand

~ God is in control of these events

~ We may wrestle with the events, not like them, fight them but if I believe in the sovereignty of God I can rest assured that God is supreme over the events of time and ok's them

~ Whether it's the loss of a parent, some not being able to visit their parents because of the COVID, job loss, financial hardship, health – God is Lord (He's sovereign and supreme)

~ My events haven't taken God by surprise he knew about the troubling times therefore I can trust him

3 Trust – In our trouble that occurs in time we need to trust God

~ The essence of faith is in Heb 11:1 *"Now faith is the substance of things hoped for, the evidence of things not seen"*

~ Trust is believing in the goodness of God towards me though I may not immediately see the physical evidence

~ The opposite of trust is worry, anxiety, controlling, manipulating, distrust, doubt, skepticism

~ We can rest assured that God is sovereign, supreme and our lives are in his hands

~ Our lives aren't in the hands of the enemy but in the hands of God

~ We usually don't question whether this chair will support us, if healthy food will make us feel better so we can trust in a God that created us and loves us

~ We can trust our times in God's hand because of v21-24

~ David is familiar with this practice of trusting in God. The Lord put in situation time and time again where he had to trust in God

~ Count the number of times David uses "trust"

~ *Nahum 1:7 The LORD is good, a strong hold in the day of trouble; and he knoweth them that trust in him*

~ Job said, "though he slay me I will trust him." (Job 13:15)

~ Through trouble God is taking away our earthly props that we may rest on Him

~ Illustration – When a little boy walking with his father by a bridge they notices the props being knocked out from under the bridge and the boy said to his father, "won't the bridge collapse?" The father says to his son, "they have to do that so the bridge will rest securely on the stone piers which are now finished."

~ God is knocking away our natural support systems so we learn to trust in him in our troubles

## **Conclusion**

~ In our trouble that occurs in time we need to trust God

~ The opposite of trust is worry, anxiety, controlling, manipulating, distrust, doubt, skepticism

~ We can rest assured that God is sovereign, supreme and our lives are in his hands

~ Our lives aren't in the hands of the enemy but in the hands of God

~ God has given us his promises to be our anchor in times of trouble

~ God's word never changes though our situations, times and events change

## Martin Luther

For feeling come and feelings go

And feelings are deceiving

My warrant is the Word of God

Naught else is worth believing

Though my heart should feel condemned

For want of some sweet token

There is one greater than my heart

Whose word cannot be broken

I'll trust in God's unchaining word

Till soul and body sever

For though all things shall pass away

His word shall stand forever