

**Intro**

~ World's toughest race (Fiji) – The race course covered more than 417 miles to be completed within eleven days with 66 teams from 30 countries participating in the race. They bike, swim in 58 degree water for 6 miles. Climb a 1000' mountain, walk through the jungle, raft, canoe. It's amazing to watch the teams compete and not want to give up. One man has Alzheimer's, there's a team of 4 doctors from the ages 62-68. During this there's checkpoints to get the bearings for 90 but they'll sleep for 2 hours a day typically

~ They don't want to quit and want to endure this ridiculous physical torment

**Text**

Hope & Praise

**1 Hope**

~ The Psalmist thirsted for God despite

1 Discouraged (Ps 42:5,6,11; Ps 43:2,5)

2 Conditions that caused his flight from his place of worship

3 Enemies (Ps 42:3,9,10; Ps 43:1) mock, oppress and reproach

~ The Psalmist has told us he's discouraged but knows to do two things – 1) Hope in God and 2) Praise God

~ Hope = to wait; by implication to be patient, hope, stay, tarry, trust, wait.

~ The Septuagint equivalent is the greek word *elpizo* (1670) to expect or confide: - (have, thing) hope (-d) (for), trust. in a religious sense, to wait for salvation with joy and full confidence

Learning to stay and wait

~ The Psalmist was learning to stay under the situation and not running from it, trying to escape it

~ Waiting on God during a time of crisis and trusting in him

~ *Hupomeno* (*hupo*-under/*meno*-abide) to stay under (behind), that is, remain; figuratively to undergo, that is, bear (trials), have fortitude, persevere: - abide, endure, (take) patient (-ly), suffer, tarry behind.

~ What do we learn from this word *hupomone* concerning our trials?

*Rom 12:12 Rejoicing in hope; patient in tribulation; continuing instant in prayer*

- Patient in tribulation

*2 Tim 2:10 Therefore I endure all things for the elect's sakes, that they may also obtain the salvation which is in Christ Jesus with eternal glory.*

*2Ti 2:11 It is a faithful saying: For if we be dead with him, we shall also live with him:*

*2Ti 2:12 If we suffer, we shall also reign with him: if we deny him, he also will deny us*

- Enduring trials is for the sake of others

*Heb 10:32 But call to remembrance the former days, in which, after ye were illuminated, ye endured a great fight of afflictions*

- He bids them remember the former days, the days when upon first being awakened by the Holy Spirit and enlightened by the truth, they turned from the world for His dear sake and were content to suffer for His name, enduring a great fight of afflictions, sometimes suffering personally both by reproach and persecution, and at other times bearing the contempt of their former co-religionists because of fellowship with those who were suffering for Christ's sake.
- After they came to Christ they endured a great fight of afflictions. This refers to a great athletic struggle
- Do we still endure because we've come to Christ and are glad to do so for Christ?

*Heb 12:2,3 Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.*

- In accomplishing redemption Christ endured the cross

*Heb 12:3 For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.*

- In accomplishing redemption Christ endured the hostility of sinners against himself

*Js 1:12 Blessed is the man that endures testing Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.*

- The man is blessed who can endure trials

*Js 5:11 Behold, we count them happy which endure. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy*

- James says we count them happy with endure
- Do we endure trials joyfully?

~ We're waiting on God in the midst of our circumstances. Not forcing our way out of them but letting God call the shots as to the length, difficulty and pace of the circumstance

~ We can wait because we have confidence that God is in charge of

1 Our circumstances

2 Redeeming our souls in the circumstances

3 Working all things together for good

~ Because he's in charge we can give thanks and worship him in the trial

## **2 Worship God**

~ Praise = to give thanks,, laud, praise, to confess, confess (the name of God)

~ The Septuagint equivalent is the greek word exomologeō (1843) to confess, to profess.. cknowledge openly and joyfully, to one's honour: to celebrate, give praise to, to profess that one will do something, to promise, agree, engage

~ This Hebrew word Yadah is translated as praise-52X, thanks-32X, confess-11X, thank-4X, thanksgiving-2X, praised-1X, thankful-1X, thanking-1X

~ Circumstances of this word Yadah

- Gen 29:35 – Praising God for our children
- Ps 9:1 – praising God with our whole heart
- Ps 33:2 – with musical instruments
- Ps 44:8 – praising God forever
- Ps 107:8 – we praise the Lord for his goodness
- Ps 107:15 – we praise God for his wonderful works
- Ps 108:3 – Praising the Lord among the people
- Ps 109:30 – Praising the Lord with my mouth
- Ps 139:14 – Praising God for wonderfully creating us
- Nehemiah 9:1-3 Now in the twenty and fourth day of this month the children of Israel were assembled with fasting, and with sackclothes, and earth upon them. 2 And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the iniquities of their fathers. 3 And they stood up in their place, and read in the book of the law of the LORD their God one fourth part of the day; and another fourth part they confessed, and worshipped the LORD their God.

~ Praise because God is in charge of our

- Praise him in the midst of the circumstances even before they change
- Praising God gives us the ability to trust God in our circumstances
- Praise keeps our relationship with the Lord fresh and prevents staleness from creeping in
- Praise keeps us focused on God and not the circumstance

~ Praise is giving thanks and appreciation to God for what's he's done

~ hope and praise keeps from carnal living and from just muscling our way through the trial

~ If we just muscle our way through we miss out on the blessing of learning dependency on the grace of God as Paul did in 2 Cor 12

~ God wants to teach us to trust in his grace to strengthen and not our own strength

## Personal Testimony

~ I just came through a difficult season of exhaustion and warfare

~ For the first time in my life I understood how depression could come upon a person. I wasn't depressed but I began to understand how it can happen because I sense it knocking on my door

~ I need your prayers If I'm going to make it in ministry here as your pastor

~ About a week and a half ago it was the hardest day. I was tired, there was warfare and also it was my dad's birthday. His first since he passed back in February

~ I thought a lot about how the past six months had been a struggle and I think part of it was due to the fact of my dad not being here to pray for me. I know he prayed for me, my family and my ministry every day. Strength came from those prayers

~ So I preached my own sermon to myself that I preached a few weeks ago from Psalm 42

~ I thought about hope and praise

~ I preached tried to preach to myself inside of listening to the voice of discouragement and how I felt

~ I began to think about how warfare probably played a role in that hard season

~ I kept thinking about the Lord renewing m strength from Isaiah 40:31 and praying for the Lord to do it

~ I thought of Psalm 23 how the shepherd restores our soul

~ I thought a lot about how the Lord is our shepherd from Isaiah 40:11

~ I listened to worship music to encourage myself

~ I didn't know how God would restore my soul but I had the confidence that he could

~ A week and a half ago was the worst day of this wrestling in the soul. That was two Wednesday's ago

~ Then the next morning I went to work and I noticed that I had a renewed energy and strength to my soul

~ I give the Lord praise for his blessing, mercy and miracle for once again renewing me

~ So, pray for me and my family because I won't make it without your prayers

~ We don't know how or when but God will intervene in our circumstances

~ More importantly than God intervening in our circumstances is God intervening in our soul

~ So, when we say why are you downcast my soul it's our soul that needs restoring or fixing in the circumstances

~ When we're free in the trial were free from the trial

~ I preached to myself the WOG, Hope and Praise

~ God allows trials to teach us to trust in him and not ourselves in the trials and circumstances

~ Paul said he had the sentence of death that he shouldn't trust in himself but in God

~ God will allow trials, discouragements and circumstances so great that we have to rely and trust in him

~ Jer 10:23 It's not in man that lives to direct himself – may we not direct ourselves without the Lord's counsel

~ Look to the hills from whence comes our help

~ Look to the Lord and not ourselves

#### Scriptures that use these words together

~ Ps 71:13-16 Let them be confounded and consumed that are adversaries to my soul; let them be covered with reproach and dishonour that seek my hurt. 14 But I will hope continually, and will yet praise thee more and more. 15 My mouth shall shew forth thy righteousness and thy salvation all the day; for I know not the numbers thereof. 16 I will go in the strength of the Lord GOD: I will make mention of thy righteousness, even of thine only.

~ Lam 3:24-26 The LORD is my portion, saith my soul; therefore will I hope in him. 25 The LORD is good unto them that wait for him, to the soul that seeketh him. 26 It is good that a man should both hope and quietly wait for the salvation of the LORD

#### **Conclusion**

~ Hope and praise are our companions in trials

~ We were watching the world's toughest race and in the bike leg there's a team from Guatemala and one of the Guatemalans had a part of the bike break by the gears. If he couldn't get this bike part his team would be disqualified. So the organizers contacted a team that had dropped out and asked for this part. The Guatemalan teammate was nervous and didn't want to be the reason his team got disqualified. At last one of the race coordinators approached and said they a bike had been donated for this man. He started crying and was so thankful because he didn't want to be the reason his team was disqualified. He was a thankful man

~ He was thankful in the midst of his trial that he could continue in this hard race ad trial

~ I have to learn the art of waiting and worshipping in trials

~ Isaiah 26:18 Those that believe won't make haste in trials