

## **HOW TO SURVIVE TROUBLE**

### **PSALM 25: 16-22**

Introduction;

“Nobody knows the trouble I see!” The old spiritual reflects the thoughts of a pilgrim in the midst of life’s difficulties, but actually somebody does know. Surely God in His infinite compassion knows, and many others know. Though it may feel like it, you are not the first person to find herself in trouble.

David knew about trouble. The third section of the acrostic psalm exposes his struggle with troubles to all of us. He uncovers his heart so that we might learn how he survived his troubles. There are lessons to be learned from the experience of the Psalmist. His experience brings hope to all of us. We can survive our present troubles.

Thankfully the exact nature of his trouble is not described—this makes it easier for us to identify with him. Since we do not know exactly what form his trouble took, we can assume that his trouble was like our trouble. We know that his trouble left him feeling abandoned and vulnerable. We know that his troubles made him feel desperate. Listen to how he describes his situation—“for I am desolate and afflicted....the troubles of my heart are enlarged.....look upon mine afflictions and my pain...consider mine enemies; for they are many....” Does that sound like anyone that you know?

Don't despair! There is a way out. The psalmist found the way through his troubles, and he left a path for us to follow. You can survive.

## I. ACCEPT RESPONSIBILITY FOR YOUR TROUBLES.

This stanza is remarkable for what is not found in it. While the circumstances are depressing, there is no bitter complaint in it. There is no "why me!" Rather we read the words of a person who accepts responsibility for the troubles that have come upon him.

1. He is a part of a fallen world, not the victim.

"Turn thee unto me, and have mercy upon me."

2. He is a sinner.

"And forgive me all my sins."

He makes no protest, claims no righteousness, and pleads no special merit. Rather he accepts responsibility for what has happened to him. Those who play the "blame game" rarely ever survive their troubles. Instead of finding help, their troubles continue to multiply.

## II. ASK GOD FOR HELP.

It will be helpful to look briefly at the number of ways the psalmist asks for help. What kind of help does he desire? He is fully aware that his troubles are greater than his resources—but there is One who can help. He turns to

the One who can help with desperate petitions. They express the depth of his sense of need. He has eye on the Lord and on the Lord alone.

1. "Turn thee unto me."
2. "Bring thou me out."
3. "Forgive all my sins."
4. "O keep my soul."
5. "Deliver me."
6. "Redeem."

### III. WAIT FOR DIVINE DELIVERANCE.

What do you do when you have accepted responsibility, asked for God's help, and nothing happens? This is a critical time for your soul. Will you turn away in despair? Will you surrender to your depression and decide that your case is different and hopeless? Or will you wait! The Psalmist chose to wait on the Lord. He made three statements that help us understand exactly how you do this.

1. Affirm His faithfulness.

"Let integrity and uprightness preserve me."

2. Trust His sufficiency.

"For I put my trust in thee."

3. Trust His timing.

“For I wait on thee.”