

MORNING SERMON OUTLINE

FROM DISTRESS TO PEACE

Psalms 3, 4, 13

Jesus' promise: **John 14:27** –

Peace I leave with you; My peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

Yet we often lack peace of heart & mind – are fretful & lie awake with worry or fears, and act out of fear rather than faith.

The Lord has great help for Christian believers in the Psalms – even in the three short Psalms we have read.

1. See the movement from distress to peace

Psalm 3:1,2 to verses 5,6; Ps.4:1 to vv. 7,8; Ps. 13:1,2 to vv.5,6.

- and many other Psalms.

Many Psalms give expression to distress, anguish, fear, desperation, even complaint to God that He is not hearing & helping.

These are not groundless imaginary fears. The world is fallen!

David had real enemies trying to kill him. So may we.

Financial woes & debt can be very real. Ditto family troubles.

Yet in these Psalms we see the heart of the Psalmist move from anguish to confidence in the Lord's sure mercies & even to joy.

What is the spiritual dynamic at work here?

2. These Psalms are ... prayers!

Not angry complaints about God expressed to others / the world.

BUT believers coming TO God, expressing to Him their distress.

And these prayers are in the Bible because the Spirit inspired them!

God delights to have His people come to Him in prayer –

& to come *honestly* expressing what is in our hearts,
not pretending false pieties.

Jesus died on the cross, rose again, and ascended to heaven

so sinners like us, in all our distresses & sins, can go to God

as our Father. Hebrews 4:15,16

He receives our prayers (our honest prayers, our prayers through Jesus' mediation) with love and answers in grace.

Psalm 34:17,18,4.

3. Praying to God brings God into our minds.

It helps us remember what we know! Psalm 3:3,4, 4:3, 13:5a,6b -

His glorious attributes & great works in creation & salvation,
& His faithful mercies in our own lives.

Reminded thus, God's truth & promises calm our hearts.

4. Praying brings us into the embrace of God.

It is not just an intellectual revival.

We are like the child who runs to his father's arms in danger or the

babe in mother's arms of Psalm 131:2. God Himself comforts us.

Philippians 4:6,7 is TRUE!