

Sermon Title: Psalms: From the Heart, Part VI 10.19.2025

Theme: The Lord delivers. He is your refuge. Live-streaming and sermon notes are at trinitycg.org.

Weekly Question: Where do you find refuge in the storms of life?

Sermon Points:

1. The Lord delivers. Psalm 6 opens with trembling bones and a faint heart. This is the voice of a man undone in body, mind, and spirit. Deliverance is not the absence of pain, but the assurance that God walks with us in the midst of it. There are seven Penitential Psalms (6, 32, 38, 51, 102, 130, and 143). Penitent means feeling regret or sorrow for our sins and offenses. The Penitential Psalms are considered, at least since the 6th century (e.g., by Cassiodorus), as forming a class by themselves. While the date and circumstances of this Psalm are uncertain, the reason for it is clear. David experienced a nearly fatal illness. During his distress his enemies rejoiced. Our suffering is not always a sign of God's displeasure. David was troubled both physically and spiritually. He did what we should do. He prayed for favor instead of anger and life instead of death. And God answered him. As writers note, David went from gloom to glory and from trouble to triumph. Tears of repentance speak loudly. God hears them clearly. When was the last time you wept for anything? No matter how strong and independent you are, you are weak. It's OK to call out to God for mercy. We can plead with Him to rescue us in the midst of our pain, shame, and terror. Rest in Him and His righteousness.

2. O Lord my God. Psalm 7. The occasion of this Psalm is in response to the slanderous charges of a man named Cush. David is not saying he is perfect, but merely innocent of *these* charges. Everyone is guilty of something, but Christians are justified through the shed blood of Jesus Christ. Our confidence and hope are in the Lord. You will enter Heaven not as one who is found not guilty on a mere technicality of the law, but as one who is declared innocent by God Himself. We are innocent of all charges and will enjoy the eternal rest of our Lord and Savior. Though the slander of the wicked against the people of God is hard to bear, we can sing songs of joy despite our troubles. Surrounded by false accusers and threatened by enemies who would devour him, David did not lean on his own skill and reputation. He ran to the Lord as his *refuge*. The imagery is powerful—God is not distant; He stands between us and danger. The theme of God being your refuge echoes throughout Scripture. David faced many challenges. In the midst of life-or-death circumstances, he challenged his accusers to find *any* injustice in his life. **1 Samuel 24:3–15.** Are you willing to submit to God's exceedingly thorough examination in the presence of your worst enemy? David, though an imperfect man, truly was a man after God's own heart! As courageous as it was to *fight Israel's enemies*, in many ways David's boldest moments were *facing his own sins*. **1 Samuel 24:16–20.** Psalms 6 and 7 press this truth upon us: When life bears down, when accusations fly, when danger prowls, you have somewhere to run. The Lord not only *grants* refuge; He *is* refuge. He is not only the one who delivers; He is the deliverer. Remember these phrases when fear grips you: 1. Your tears are heard before His throne. 2. Your weakness is met with His strength. 3. Your enemies stop at His refuge. 4. Your ultimate refuge is your Savior.

Invitation: Lord, guide me to rest in You and not to rely on man.