

PSALM 119

Help for the Overwhelmed and Exhausted

Psalm 119:81-88

Mac Williams, Pastor

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1. When feeling exhausted in body and soul, you can take your frustrations, concerns, and questions to the Lord in prayer.

- a. It can feel like your _____ is wearing thin as you hope for God's saving intervention. Be honest about that with the Lord.

- b. Continue to earnestly seek the Lord in His Word, but also be open with Him about _____ that trouble you.

- c. In the midst of your great frustration, recognize in _____ that God will certainly execute His righteous judgment in His own timing.

2. As part of your lament to the Lord about overwhelming trials, you can openly appeal to Him about the wicked actions of His enemies.

- a. The enemies of God are described as:
 - 1) Arrogant
 - 2) Putting forth great effort to do _____ to others.
 - 3) Rejecting _____ standards.
 - 4) Willingly using _____ and deception to accomplish their goals.
 - 5) Trying to _____ what is good and godly.

- b. In the midst of persistent and painful attacks we must remember that the commandments of God are faithful and we must not _____ them because of pressure from others.

- c. While remembering God's covenant love, ask Him to _____ you as you persevere in faith.

Q. Should the Bible be believed and obeyed?

A. Yes; as much so as though God had spoken _____ to us.

- A Brief Catechism of Bible Doctrine by James Boyce