

# *My Flesh Shall Rest in Hope*

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Psalms 16:9-10 Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope. For thou wilt not leave my soul in hell; neither wilt thou suffer thine Holy One to see corruption.

- I. There is a definite pattern in God's order and design.
  - A. It applies across the board in all things pertaining to life.
  - B. That pattern is death, burial, and resurrection.
  - C. God's ways are not man's ways and many times are exactly the opposite to the ways and thinking of man. In God's design:
    - 1. Darkness comes BEFORE light
    - 2. Death comes BEFORE life
    - 3. Weakness is strength
    - 4. The way up is down and the way down is up – exalt yourself and you will be abased; humble yourself and you will be exalted.
    - 5. We can see the farthest when it is dark (we can't see the stars when the sun is shining)

- II. One of our biggest stumbling blocks is to look at our future according to present circumstances.

- A. Many lose hope because things look so bad at the present time.
- B. The trials that come our way are sometimes so heavy and unbearable that we cannot see any way we will be able to bear them forever.
- C. But things always change.

"...it came to pass." 457 times in the Word of God

- 1. There is always a morning after a night.
- 2. There is always sunshine after the rain.
- 3. And for God's children there is always a resurrection after death.

- III. The trials of life are God's means of educating us and bringing us into a real knowledge and relationship with Him.

John 16:33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

Job 14:1 Man *that is* born of a woman *is* of few days, and full of trouble.

- A. Trouble is part of life – whether saved or lost.
  - 1. This is the result of sin – not of God's perfect plan for man.
  - 2. Your trials are not always the result of YOUR sin, but it can be the result of someone else's sin.
- B. God sent a SAVIOUR and this is why He was sent:

Luke 4:18 The Spirit of the Lord *is* upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised,

1. How will you know his healing, his deliverance, his freedom, if you are never bruised, broken, or bound?
- C. God sent a COMFORTER after He sent a Saviour.

**John 16:7 Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you.**

1. How can you know what it is like to be comforted by God himself if you never suffer?

IV. There are degrees to trials.

- A. There are trials that are bad and cause us pain and sadness, but are a part of the natural course of life – common to all people.
  1. Death of a loved one; financial problems; unfaithful friends.
- B. Most trials we can bear without God's help.
  1. The ungodly have many of the same troubles and they get through it without God.
- C. There are trials that are extremely difficult and we ask for and receive God's help and deliverance.
  1. After it is over and we haven't suffered loss, but kept that which was at risk, we have only the memory of the trial.
  2. But there are trials in which we suffer great loss and there is something that remains that hurts us every day of our lives. (Paul's thorn)
- D. Then there are trials that are beyond bad, and beyond being able to bear.
  1. The trial can be so severe and costly that you cannot possibly make it without the very hand of God reaching down and touching you.
  2. God DOES reach down and touch and that is the wonderful result of truly knowing God and having a personal, intimate relationship with Him.

V. There is a pattern also to the way we overcome or are overcome by the trials.

- A. When we are hit with the disaster in our life we immediately ask, "Why?"
  1. WHY did God LET this happen to me?
- B. The blame is immediately put on God.
  1. And He is the only one who really can help you with this pain and trouble; the only one who can give you hope.
- C. Most people just hump up and grit their way through it.
  1. This is the advice that most Christians give to others about how to deal with it.

*"Well, these things happen and this is just the way it is, so you'll just have to accept it and tough it out."*

2. But if you make it through your trial this way you will simply be hardened and callused when it is over, and this is surely not God's will.
- D. Some people never get passed blaming God and they become bitter toward God and others who haven't suffered the same trial.
- E. The true child of God finds comfort from the Comforter himself.
  1. He finds strength by looking unto Jesus, who suffered more than any of us ever have.
  2. What could happen to you or I that would be worse than what happened to the Son of God when He came to earth to save us from our sins?
- F. Since Jesus made it, I can make it, and I WILL make it.

**1 Corinthians 10:13** There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

- G. The verse speaks of adversity and trial – not simply solicitation to sin.
  - 1. God will not allow more to come upon us than we are able to bear – with his help. It may be more than we can bear without Him, but not with His comfort, help, and strength.
  - 2. If I find myself in the midst of something I have not the strength to overcome I can take courage by the fact that God obviously thinks I can.
  - 3. If God thinks I can make it, I will make it!

**VI.** We are to be “MORE THAN CONQUERORS!”

**Romans 8:37** Nay, in all these things we are more than conquerors through him that loved us.

What things?

**Romans 8:35** Who shall separate us from the love of Christ? *shall* tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

**Romans 8:38** For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,

**Romans 8:39** Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

- A. God’s purpose for us in trials is not to simply endure them without forsaking Him.
- B. We are to be purified, sanctified, conformed to his image.
- C. We are to be brought into a “large place” This will be your song when the sun comes up again:

**Psalms 18:18-19** They prevented me in the day of my calamity: but the LORD was my stay. He brought me forth also into a large place; he delivered me, because he delighted in me.

- 1. Into a large place where I can see farther, and see more, and where I am much safer from harm.
  - 2. A place where I have much more liberty and much more room for the things of God.
- D. We get to know Him more intimately when we are partakers of his sufferings.

**Philippians 3:10** That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death;

- 1. There is something supernatural and divine that happens in the soul of one who realizes and recognizes the similarity of his suffering and the suffering of Christ.
- 2. You obtain an understanding of Christ and what He has really done for you that you will never know without the suffering.

**VII.** So take heart! Have faith in God! Look past the darkness of the moment and wait for the dawn.

**Job 23:10** But he knoweth the way that I take: *when* he hath tried me, I shall come forth as gold.