

Delivered from or through our trouble ?

TEN STUDIES IN PSALM 119 by Francis Dixon

Key-verse: “ *May my supplication come before you; deliver me according to your promise.*” (Psalm 119:170)

Our key-verse gives us a picture of King David praying to the Lord, earnestly requesting deliverance. What does this mean, “ deliver me according to your promise ”? It means, according to the promises God has given in His Word and according to the examples that are recorded of His mighty deliverances. No less than ten times in this psalm David uses this expression when praying to the Lord - see verses 28, 41, 58, 65, 76, 107, 116, 154, 169, 170. Let ’s study some of the ways in which we need God ’s deliverance, find a scriptural illustration of God delivering in that way; and then we shall look for a promise from the scriptures applicable to that special deliverance.

1. We need deliverance from the guilt and penalty of sin: the illustration of this is in Luke 18:9-14, and the promise is in Acts 13:38-39.

Luke ’s passage records our Lord ’s parable of two men, a Pharisee and a publican. They are types of men and women today. Both were sinners and both were guilty before God (Romans 3:23). The Pharisee, however, thought that God would accept him because of his supposed goodness (verses 9-12). There is absolutely no hope of deliverance from sin’ s penalty on the grounds of anything good in ourselves (Romans 3:20; Ephesians 2:8-10; Titus 3:5). The only way to be delivered from the penalty of sin is to look to Jesus and trust in His work on the cross. This is indicated in the publican’ s prayer (verse 13). He prayed, ”God, have mercy on me, a sinner” . What was the result? - verse 14 tells us! - and here is the promise for you – look up Acts 13:38-39.

Or do we live with a reminder of our sin which creates a repentant heart and remain humble?

2. We need deliverance from the power of evil: the illustration of this is in Romans 7:18-25, and the promise is in Romans 6:14.

What a tremendous struggle is described in the verses in Romans 7! Here is a Christian, conscious of the battle which is going on between his old nature and his new nature, having received his new nature through faith in Christ. Notice the agonising cry in verse 24. How greatly this man needed deliverance, and how he longed to be set free from spiritual and moral bondage! Verse 25 tells us he was set free; and here is the promise for you - look up Romans 6:14.

3. We need deliverance from sudden temptation: the illustration of this is in Genesis 39:1-23, and the promise is in 1 Corinthians 10:13.

We know what it's like to be faced with sudden temptation, though possibly not the kind that threatened Joseph. Study Genesis 39 carefully, and notice the terrible temptation which came to him and the courageous way he overcame (verses 7-12); then notice how the whole situation was aggravated (verses 14-20); and finally, notice the word "but" in verse 21, and the words that follow on into verse 23. So there is deliverance for the child of God in times of sudden temptation, and here is the promise for you - look up 1 Corinthians 10:13.

4. We need deliverance from gripping fear: the illustration of this is in Psalm 34:4, and the promise is in Proverbs 1:33.

It has been suggested that those whose testimonies are recorded in the early part of Psalm 34 were some of David's men who were with him in the cave of Adullam. One of these gives a testimony which will help us. He says, "I sought the Lord, and he answered me; he delivered me from all my fears." So he was gripped by fear. What did he do? He brought his fears to the Lord and told Him of his need of deliverance - and what happened? He tells us that he was delivered from all his fears - and it is important to notice the word "all"; and if you look up Proverbs 1:33 you will see the Lord's promise to you about His willingness to free you from fear and to give you peace through faith in Him. His desire for you is illustrated in Mark 4:39.

5. We need deliverance from depression and loneliness: the illustration of this is in 1 Kings 19:1-15, and the promise is in Isaiah 41:10.

In 1 Kings chapters 17, 18 and 19 we see Elijah's faith shining out at the brook Cherith and in the widow's house at Zarephath. On Mount Carmel we see it again, and his challenge to the powers of darkness. He stood up to Ahab, Jezebel and the prophets of Baal - what victory! - and then, suddenly, poor Elijah, tired and exhausted, fled for his life (1 Kings 19:3-4). He felt dejected, fearful and depressed and he even prayed to die! He suffered a spiritual collapse, but God came to his help and delivered him; and here is the promise for you - look up Isaiah 41:10.

6. We need deliverance from difficult situations: the illustration of this is in Daniel 6:14-23, and the promise is in Psalm 34:7.

Daniel was brought before the officials in Babylon for his fidelity to God, as a result of which he was thrown to the lions (Daniel 6:16-17). When he was safely sealed in the lions' den the king, Darius, was also doing something (verses 18-22). In verse 22 we read of his miraculous deliverance, and in verses 26-27 of the king's decree which ascribed glory to God who had delivered His servant Daniel; and here is the promise for you - look up Psalm 34:7.

7. We need deliverance from resentment and bitterness: the illustration of this is in Acts 7:54-60, and the promise is in Psalm 50:15.

Read about Stephen and his defence at the beginning of Acts chapter 7. Study verses 54-60, and notice his amazing calm and submission, and the fine testimony he gave, even under provocation. We can easily become bitter and resentful when trouble comes and we question God's dealings with us, but as Stephen was being stoned he glorified God; and here is the promise for you - look up Psalm 50:15.

TROUBLE ? ADVERSITY ?

Seven Ways God Uses Tough Times to Shape Our Lives

- 1. Tribulation tests our identity as Christians** Tribulation tests our identity. In the parable of the sower (Matthew 13:1-23), Jesus described several situations. The seed that landed on rocky places did not have much soil. It sprang up quickly, because the soil was shallow. When the sun came up, the plants were scorched, and they withered because they had no root. Jesus said that the one who received the seed that fell on rocky places is the man who hears the word and at once receives it with joy. Since he has no root, he lasts only a short time. When trouble or persecution come because of the word, he quickly falls away. The one who received the seed that fell among thorns is the man who hears the word, but the worries of this life and the deceitfulness of wealth choke it, making it unfruitful. The seed that fell on good soil produced a good crop. By implication, that seed that fell on good soil stayed connected to the source of its life and was not destroyed by trouble, persecution, the worries of this life, or the deceitfulness of wealth. When we deal with tribulation as we should, it authenticates our true identity as believers.
- 2. Tribulation tests our faith** "These [trials] have come so that your faith of greater worth than gold, which perishes even though refined by fire may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed" (1 Peter 1:7).
- 3. Tribulation tests our sense of purpose** When I was in my first year of medical school, I was about one minute late to histology class two or three times in a row. Our professor approached me in the laboratory and notified me that my tardiness reflected on my "sense of purpose." I was never late again, because I realized how it would reflect on my character. As it says in James, "Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him"(James 1:2).
- 4. Tribulation tests our obedience** "The reason I wrote you was to see if you would stand the test and be obedient in everything" (2 Corinthians 2:9).
- 5. We are tested to teach us to rely on God** "We do not want you to be uninformed, brothers, about the hardships we suffered in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired even of life. Indeed, in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the

dead. He has delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will continue to deliver us, as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many" (2 Corinthians 1:8-11).

6. **We are tested so that it will go well with us** "He gave you manna to eat in the desert, something your fathers had never known, to humble and to test you so that in the end it might go well with you" (Deuteronomy 8:16).
7. **Some people do not pass the test** In the New Testament, there is a Greek word, *adokimos*, that speaks of people who are tested but do not pass the test. It is used several times in the New Testament. I have included selected quotations:

"No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize" (1 Corinthians 9:27).

"Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you unless of course you fail the test? And I trust that you will discover that we have not failed the test. Now we pray to God that you will not do anything wrong" (2 Corinthians 13:5-7a).

"They claim to know God, but by their actions they deny him. They are detestable, disobedient and unfit for doing anything good" (Titus 1:16).

"But land that produces thorns and thistles is worthless and is in danger of being cursed. In the end it will be burned" (Hebrews 6:8).

Consider what 1 John 2:19 says about some who left the fellowship: "They went out from us, but they did not really belong to us. For if they had belonged to us, they would have remained with us; but their going out showed that none of them belonged to us."

As I study these concepts, I can only come to one conclusion: Salvation is a gift from God, but if your life does not show evidence of God working in it, you likely never received the gift.

Bible verses about troubles

It's always easy to trust God when things are going good, but how about when we are [going through trials](#)? On your Christian walk of faith you will go through some bumps, but it builds you.

When we go through trials we tend to forget about people in Scripture who went through trials in life. [God will help](#) us in our time of need just like He helped others. Ever since I accepted Christ I've been through many trials and even though God sometimes doesn't answer in our specific way He answers in the best way at the best time.

Through all the hard times God has never forsaken me. Trust in Him with all your heart. Jesus said you will have peace through Him in your trials. The reason we are so worried sometimes is because a lack of a prayer life. Build your prayer life! Continually talk to God, thank Him, and ask Him for help. Fast and instead of thinking about your problems keep your mind on Christ.

God is our refuge

1. Psalm 46:1 For the director of music. Of the Sons of Korah. According to alamoth. A song. **God is our refuge and strength, an ever-present help in trouble.**
2. Nahum 1:7 The LORD *is* good, **a strong hold in the day of trouble; and he knoweth them that trust in him.**
3. Psalm 9:9-10 The LORD is a refuge for the oppressed, a stronghold in times of trouble. **Those who know your name trust in you, for you, LORD, have never forsaken those who seek you.**
4. Psalm 59:16 But I will sing of your strength, in the morning I will sing of your love; for you are my fortress, **my refuge in times of trouble.**
5. Psalm 62:8 **Trust in him at all times**, you people; [pour out your hearts to him, for God is our refuge.](#)
6. Psalm 91:15 When they call on me, I will answer; **I will be with them in trouble. I will rescue and honor them.**
7. Psalm 50:15 and call on me in the day of trouble; **I will deliver you, and you will honor me.**

8. Psalm 145:18 The LORD is near to all who call on him, to all who call on him in truth.

9. Psalm 34:17-18 **The righteous cry out, and the LORD hears them; he delivers them from all their troubles.** The LORD is close to the brokenhearted and saves those who are crushed in spirit.

10. James 5:13 Is anyone among you suffering? Then he must pray. Is anyone cheerful? He is to sing praises.

Joy in trials. It is not meaningless.

11. Romans 5:3-5 And not only *so*, **but we glory in tribulations** also: knowing that tribulation worketh patience; And patience, experience; and experience, hope And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

12. James 1:2-4 **Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance.** And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.

13. Romans 12:12 Be joyful in hope, patient in affliction, faithful in prayer.

14. 2 Corinthians 4:17 For this light momentary affliction is **preparing for us an eternal weight of glory beyond all comparison.**

Reminders

15. Proverbs 11:8 **The godly are rescued from trouble**, and it falls on the wicked instead.

16. Matthew 6:33-34 But seek first his kingdom and his righteousness, and all these things will be given to you as well. **Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.**

17. John 16:33 “I have told you these things, so that **in me you may have peace. In this world you will have trouble.** But take heart! I have overcome the world.”

18. 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?

God of comfort

19. 2 Corinthians 1:3-4 Praise be to the God and Father of our Lord Jesus Christ, **the Father of compassion and the God of all comfort, who comforts us in all our troubles**, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

20. Isaiah 40:1 Comfort ye, comfort ye my people, saith your God.

He will not forsake you.

21. Isaiah 41:10 **So do not fear, for I am with you**; do not be dismayed, for I am your God. **I will strengthen you and help you**; I will uphold you with my righteous right hand.

22. Psalm 94:14 For the LORD will not cast off his people, neither will he forsake his inheritance.

23. Hebrews 13:5-6 Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.” So we can confidently say, “The Lord is my helper; I will not fear; what can man do to me?”

Bible examples

24. Psalm 34:6 This poor man cried, and the LORD heard *him*, and saved him out of all his troubles.

25. Psalm 143:11 For your name’s sake, O LORD, preserve my life! In your righteousness bring my soul out of trouble!

Bonus - Psalm 46:10 “Be still, and know that I am God!”