

A Psalm for the Hurting

Psalms for the Soul #4 – Pastor Gary Combs – June 3, 2018 – Psalm 25

Psalm 25:1-22 (ESV) A psalm of David. ¹ To you, O LORD, I lift up my soul. ² O my God, in you I trust; let me not be put to shame; let not my enemies exult over me. ³ Indeed, none who wait for you shall be put to shame; they shall be ashamed who are wantonly treacherous. ⁴ Make me to know your ways, O LORD; teach me your paths. ⁵ Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long. ⁶ Remember your mercy, O LORD, and your steadfast love, for they have been from of old. ⁷ Remember not the sins of my youth or my transgressions; according to your steadfast love remember me, for the sake of your goodness, O LORD! ⁸ Good and upright is the Lord; therefore he instructs sinners in the way. ⁹ He leads the humble in what is right, and teaches the humble his way. ¹⁰ All the paths of the LORD are steadfast love and faithfulness, for those who keep his covenant and his testimonies. ¹¹ For your name's sake, O LORD, pardon my guilt, for it is great. ¹² Who is the man who fears the LORD? Him will he instruct in the way that he should choose. ¹³ His soul shall abide in well-being, and his offspring shall inherit the land. ¹⁴ The friendship of the LORD is for those who fear him, and he makes known to them his covenant. ¹⁵ My eyes are ever toward the LORD, for he will pluck my feet out of the net. ¹⁶ Turn to me and be gracious to me, for I am lonely and afflicted. ¹⁷ The troubles of my heart are enlarged; bring me out of my distresses. ¹⁸ Consider my affliction and my trouble, and forgive all my sins. ¹⁹ Consider how many are my foes, and with what violent hatred they hate me. ²⁰ Oh, guard my soul, and deliver me! Let me not be put to shame, for I take refuge in you. ²¹ May integrity and uprightness preserve me, for I wait for you. ²² Redeem Israel, O God, out of all his troubles.

How to find help for your hurting soul:

1. Trust the Lord for _____.

Psalm 59:1-2 (ESV) Deliver me from my enemies, O my God; protect me from those who rise up against me; deliver me from those who work evil, and save me from bloodthirsty men.

Romans 12:19 (ESV) Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord."

Matthew 5:43-45 (NLT) ⁴³ "You have heard the law that says, 'Love your neighbor' and hate your enemy. ⁴⁴ But I say, love your enemies! Pray for those who persecute you! ⁴⁵ In that way, you will be acting as true children of your Father in heaven...

Luke 23:34 (ESV) And Jesus said, "Father, forgive them, for they know not what they do." And they cast lots to divide his garments.

2. Ask the Lord for _____.

Psalm 34:18 (ESV) The LORD is near to the brokenhearted and saves the crushed in spirit.

Hebrews 2:18 (NLT) Since he [Jesus] himself has gone through suffering and testing, he is able to help us when we are being tested.

2 Corinthians 1:4 (NLT) He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

3. Seek the Lord for _____.

Psalm 38:4-8 (NLT) My guilt overwhelms me—it is a burden too heavy to bear. My wounds fester and stink because of my foolish sins. I am bent over and racked with pain. All day long I walk around filled with grief. A raging fever burns within me, and my health is broken. I am exhausted and completely crushed. My groans come from an anguished heart.

1 Peter 2:24 (NLT) He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed. Once you were like sheep who wandered away. But now you have turned to your Shepherd, the Guardian of your souls.