

# How to Deal with Life's Hard Times

## *Psalm 119:137-144*

### 1) Three Statements of Hard Times:

- a. “my \_\_\_\_\_ have \_\_\_\_\_ your words” (v139).
- b. “I am \_\_\_\_\_ and \_\_\_\_\_” (v141).
- c. “\_\_\_\_\_ and \_\_\_\_\_ have come upon me” (v143).

### 2) The Common Thread

- a. The aspects of scripture
  - i. judgments (v137)
  - ii. testimonies (v138/144)
  - iii. words (v139)/word (v140)
  - iv. precepts (v141)
  - v. law (v142)
  - vi. commandments (v143)
- b. The character of scripture:
  - i. \_\_\_\_\_ (v137)
  - ii. \_\_\_\_\_ (v138)
  - iii. Exceeding \_\_\_\_\_ (v138)
  - iv. Very \_\_\_\_\_ (v140)
  - v. \_\_\_\_\_ (v142)
  - vi. Righteous \_\_\_\_\_ (v144)

### 3) How the Common Thread Relates to Hard Times

- a. “my adversaries have forgotten Your words” (v139).
- b. “I am small and despised” (v141).
- c. “Trouble and anguish have taken hold on me” (v143).

4) Observe the pattern set for our lives in this passage.

- a. The psalmist sandwiches his statements of adversity first in an \_\_\_\_\_ of God's \_\_\_\_\_ → "Righteous art thou, O LORD" in verse 137 and "The righteousness of thy testimonies is everlasting" in verse 144.
- b. Then when faced with adversity, he puts into perspective looking at who God is and what He is doing in the man's life. Each statement is a fact \_\_\_\_\_ with a \_\_\_\_\_ —this is true, but this is even more true.

### The Psalmist's Response to Trials

v. 137 **Righteous** are you, O LORD, And **upright** are Your judgements.

v. 138 You have commanded Your testimonies in **righteousness** And exceeding **faithfulness**

v. 139 My zeal has consumed me,  
Because my adversaries have  
forgotten Your words.

v. 140 Your word is very pure,  
Therefore Your servant loves it.

v. 141 Though I am small and  
despised,

v. 141b, 142 *Yet* I do not forget Your precepts.  
Your righteousness is an everlasting  
righteousness, And Your law is truth.

v. 143a Trouble and distress have  
come upon me,

v. 143b *Yet* Your commandments  
are my delight.

v. 144 Your testimonies are **righteous** forever; Give me understanding, and I shall live.

### The Believer's Response to Trials

Because you are **righteous**, O LORD, and Your testimonies are righteous,  
I believe that Your Word is sufficient for all areas of my life.

Some trial comes into my life

"Your Word is true, and you are faithful to  
provide and care for me."

Give me understanding, and I shall live!