

Date: 5-29-2022 AM

Church: Safe Harbor Baptist Church

Text: Psalm 120

“In my Distress, I cried unto the LORD, and he heard me”

Introduction:

Psalm 120 introduces a series of fifteen psalms, all with the inscription, “A song of degrees.”

Degrees comes from a root word that means “ascents” or to “go up, s ascending stairs.

There are 15 of these Psalms in order.

10 are anonymous authors (most people believe Hezekiah), 4 are attributed to David and 1 is title “a song of Degrees for Solomon” (Psalm 127) meaning Solomon was not the author, but it was written for his benefit.

It is commonly agreed that these Psalms were sung by the Israelites when they journeyed to Jerusalem for the 3 feast each year. Passover in the spring, Pentecost in early summer and Tabernacles in the Fall.

It has also been suggested that the Temple had 15 steps, and that the people would sing these Psalms as they ascended the steps of the Temple to Worship God.

I want to examine Vs 1 of this Psalm and note 3 truths.

End of Introduction:

I. The **Condition** of his **Situation**. Vs 1a

“In my distress”

As this Psalm opens, we find that he immediately references a time of distress that he is suffering.

Distress- Trouble, Affliction, Adversity, Anguish.

1. The **Position** of this Distress.

“In”

Have you ever felt as though you were just “in” the middle of trouble, affliction, adversity and anguish?

I would dare to say that we all have experienced times like this!

2. The **Person** of this Distress.

“my”

The Psalmist emphasizes the truth that this distress is “personal” for he uses the personal pronoun “my’.

You will certainly experience times in your life where the problems get “personal.”

- Family.
- Financial.
- Friends.

- Fears.

3. The **Pain** of this Distress.

“distress”

Once again, we emphasize the fact that this distress is causing the Psalmist much pain and agony.

Some things in life just hurt!

4. The **Particulars** of this Distress.

Vs 2-7

A. His Distress involves **Deceit**. Vs 2-4

“Deliver my soul, O Lord, from lying lips, and from a deceitful tongue. 3 What shall be given unto thee? or what shall be done unto thee, thou false tongue? 4 Sharp arrows of the mighty, with coals of juniper.”

Deceitful- Tending to mislead, deceive or ensnare-Full of deceit; trickish; fraudulent; cheating.

He is dealing with those who are given to lies and those that despise truth.

B. His Distress involves **Despair**. Vs 5

“Woe is me, that I sojourn in Mesech,

The word “Mesech” means Drawing out.

Everything is draining you.

The world, problems and situations have a way of draining you of strength, joy and passion.

C. His Distress involves his **Dwelling**. Vs 5

“that I dwell in the tents of Kedar!”

The word “Kedar” means Dark.

His distress is directly connected to the darkness that surrounds him.

D. His Distress involves **Division**. Vs 6-7

“My soul hath long dwelt with him that hateth peace. 7 I am for peace: but when I speak, they are for war.”

The Psalmist is stating that all around him are people that are constantly full of division and war. Always wanting to fight and stir something up.

II. The **Cry** of his **Supplication**. Vs 1b

“I cried unto the LORD”

1. We note the **Desperation** of his cry.

“I cried”

This little word means to call out aloud, to cry out, to call for help.

Many people will never receive the help they need from the LORD because they never get desperate enough to call on God in their time of need.

We are often guilty of seeking help and solace from other places, instead of from the LORD.

2. We note the **Direction of his cry.**

“unto the LORD”

Notice he was very direct in this text concerning who he cried unto. He cried unto the LORD!

Now days when people have trouble or issues in their life, they cry to:

- Family
- Friends
- Facebook.
- Instead of crying out to the Father!

3. We note the **Dependance of his cry.**

“the LORD”

Why did he cry unto the LORD? Because he had an understanding that the LORD was the only one that could help him through his distress!

It does not matter how much your Family, Friends and Facebook followers love you and want to help you, at the end of the day there are somethings that only the God of heaven can help you with!

III. The **Comfort of his **Soul**. Vs 1c**

“and he heard me”

I love these 4 words in this text!

1. He heard my **Prayer.**

The Psalmist found comfort in the fact that when he cried out to God, the LORD heard him!

Have you ever asked yourself “Why do I love the LORD?”

If we were to survey this congregation and ask that question, I know we would receive some wonderful answers.

But note: Psalm 116:1-2 I love the Lord, because he hath heard my voice and my supplications. 2 Because he hath inclined his ear unto me, therefore will I call upon him as long as I live.

Imagine the God of heaven who created all things, and rules all things would hear your prayer!

2. He heard my **Problem.**

We must not miss the fact that God did not forsake him when the Psalmist began to share his pain and his trouble!

Please note Psalm 142

While serving a church in Lebanon, Pennsylvania he visited a woman that has suffered greatly.

I Must Tell Jesus

Elisha Hoffman served 42 years in pastoral ministry, serving churches in Ohio, Michigan and Illinois. For thirty-three years he was pastor at Benton Harbor Presbyterian Church in Michigan.

In addition to pastoring, he wrote over 2,000 hymns including "What a Wonderful Saviour!" "Enough for Me," "Are You Washed in the Blood?" "No Other Friend Like Jesus," "Leaning On the Everlasting Arms," "Down at the Cross," and "Is Your All on the Altar?" Many of his hymns were written for congregational worship for the church he was serving. He wrote both the melody and lyrics for the majority of his hymns.

In his own words, "There was a wo-man to whom God had per-mit-ted ma-ny vi-sit-a-tions of sor-row and af-flict-ion. Com-ing to her home one day, I found her much dis-cour-aged. She un-bur-dened her heart, con-clud-ing with the quest-ion, "Bro-ther Hoff-man, what shall I do?" I quot-ed from the word, then add-ed, "You can-not do bet-ter than to take all of your sor-rows to Je-sus. You must tell Jesus."

For a mo-ment she seemed lost in med-i-ta-tion. Then her eyes light-ed as she ex-claimed, "Yes, I must tell Je-sus." As I left her home, I had a vi-sion of that joy-il-lum-in-at-ed face...and I heard all along my path-way the echo, "I must tell Je-sus. I must tell Je-sus." As soon as he arrived home he penned the words for this hymn.

1) I must tell Jesus all of my trials; I cannot bear these burdens alone;

In my distress He kindly will help me; He ever loves and cares for His own.

2) I must tell Jesus all of my troubles; He is a kind, compassionate friend;

If I but ask Him, He will deliver, Make of my troubles quickly an end. [Refrain]

3) Tempted and tried, I need a great Savior, One who can help my burdens to bear;

I must tell Jesus, I must tell Jesus; He all my cares and sorrows will share. [Refrain]

4) O how the world to evil allures me! O how my heart is tempted to sin!

I must tell Jesus, and He will help me Over the world the vict'ry to win.

Refrain:

I must tell Jesus! I must tell Jesus! I cannot bear my burdens alone;

I must tell Jesus! I must tell Jesus! Jesus can help me, Jesus alone.

3. He should hear my Praise.

This Psalm was penned as a Psalm of Praise to God.

Thus, if we have been in places of distress, and we have cried unto the LORD and he heard us, then we should praise God!