

When my head is down

By Clemon Chappell

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Bible Text: Psalm 119:107

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Son Rise Baptist Church

2301 Fairbanks St.

Gary, Indiana 46406

Website: www.thesonrisechurch.faithweb.com/

Online Sermons: www.sermonaudio.com/vincent74

Let's go over to Psalm 119. Is my mike on out there? Psalm 119, verse 107. Once again, it's good to see everybody in the house, O Lord, amen. It's wonderful. Tremendous. Look at what the Bible says in Psalm 119:107, the Bible says, the psalmist says, I like this part then we're going to get to it at the end of the verse.

107 I am afflicted very much: quicken me, O LORD, [here it is] according unto thy word.

The psalmist says again, "I am afflicted very much: quicken me, O LORD, according unto thy word." I want to talk this morning, just a little thought: when my head is down. When my head is down.

Father, I pray this morning for your help. I ask, God, to clean my mind and clean my heart. I pray, God, to fill me up with the Holy Spirit. I pray, God, for liberty as I preach the word of God. I pray, God, for a fresh anointing, a fresh touch. I pray, God, to help me to say what you want me to say and nothing more and nothing less. I pray, God, that somehow, someday, someone will be tremendously helped by the word of God this morning. I pray, God, to breathe upon us. I pray, God, to breathe inside of us. I pray, God, to draw us to thyself and, oh yeah, there is one among us who is not sure of their salvation or they know they're not saved, I pray, God, this be that day they receive Jesus as Lord, Savior and King. Put their faith and their trust in what Jesus Christ has done on the cross of Calvary for each of us. He died for the world but he also rose up again and for that, God, we want to say thank you. God, help us and and that one who might be hurting, I pray, God, that you would come by and put some salve on that hurt but also, God, I pray that you heal that hurt and with that, God, we'll praise you. Then, God, if there's is anything else I'm leaving out, please help us meet that need too for it is in your Son's name we pray. Not a weak Jesus but a mighty Jesus. Amen.

You may be seated.

When my head is down. As you read the verse, the first words of this verse, the psalmist says, "I am afflicted." That word "afflicted" here means "to be depressed or to depress or looking down." The psalmist who penned these words says, "I am afflicted." He is admitting that, "I am depressed." He is admitting, "I am not looking up but I am looking

down," and when you and I get depressed or when you and I begin to feel low or when we are afflicted by life, we do begin to look down instead of looking up. Oftentimes you can tell when a person is hurting because as you see them walking, you will see them with their head down. Not only is their head down but just the expression on their face let's you know that something is wrong with that individual. But when a person's head is up, oh my, you'll see them smiling and there is a certain gleam in their eye. There is a certain excitement on their face. I've got some good news for us, my dear friends, there are times each of us will have our heads down or we'll look down but hallelujah, it doesn't have to stay that way. We've got a God that knows how to quicken us. We have a God that knows how to cause our head that is down to begin to look up.

I want to show you a few things very briefly that I pray that will help us. The first thing that we see is his condition. The man's condition. "What is it, preacher?" We just mentioned it: he is afflicted. He is depressed. He is looking down but not just a little bit, the Bible says, the psalmist says, "I am afflicted very much." The words "very much" means "exceedingly." In other words, it's not just a little bit. It's not minute but instead it's exceeding. It's very much. It's a lot. In other words, "I'm not just looking down for a few seconds or for a few minutes but I find myself looking down day after day after day and perhaps week after week after week or perhaps month after month. I find myself looking down. I'm not encouraged. I'm discouraged." And perhaps that's why he's looking down because he is discouraged or perhaps he is disappointed. Things did not turn out the way he had anticipated. Things didn't turn out like he thought. Perhaps his family didn't turn out like he was looking for them to turn out or perhaps his marriage or perhaps his children. There is something perhaps that has caused him to be disappointed and when you and I begin to look down, a lot of times it some of those areas that cause us to look that way or to look down.

"I had a vision of my life, I had a vision when I graduated from high school how things were going to be but do you know what? It didn't turn out that way. It has not unfolded that way." Some of us who have gone down the aisle for marriage, as you walk down the aisle with perhaps a tear of joy in our eyes and we're expecting our marriages to be that one like Cinderella. I mean, you get the glass slipper and it's like happily ever after. But then we find out it didn't turn out that way. All of a sudden that same person, that same individual that you could not keep yourself from being on the phone with, that same individual that you had on your mind almost 24 hours a day, all of a sudden they're on your mind but it isn't the right type of thoughts. No, it isn't the right type now and all of a sudden you're looking down and all of a sudden, my friends, you're not excited about life. There is no zest for life, instead all you see is gloom and doom. It's not going to get any better from what you can see.

As a matter of fact, there's another verse that the psalmist said, the same book, Psalm 119 but if you look over there in verse 25 of Psalm 119, the psalmist says this, he says, "My soul cleaveth unto the dust." That word "cleaveth" means "to stick"; it means "to cling; to adhere." In other words, my soul is cleaving, it's clinging to the dust. The dust means the ground. By the way, the word "cleave," remember it means "to cling and to stick." In other words, his soul is stuck to the ground and when something is stuck, my friends, it

needs to be pried from that place where it has caused to be stuck at, that place that has it clinging to itself. You need to be pried from that, loosed from that. He said, "My heart is clinging to the dust. It's clinging to it. I can't look up because I'm stuck right here. It's almost like super glue. I'm stuck and seeing like there's no way I can get out." It's like quicksand. The more you try to move, the further you start going down and the further you start going down.

This is his condition and a lot of times we find ourselves in that same condition but, hallelujah, he did something. Look back over in Psalm 119:107, the psalmist's condition but then we see his cry. The psalmist says, "I am afflicted. Not a little bit but very much." But then he cries out and says, "quicken me." The word "quicken" means "to restore." It means "to repair." It means "to revive." It means, my dear friends, "to recover." The psalmist says, "I need to recover. I'm low. My head is down. I'm looking down. I'm beat down. I'm stuck to the ground." But hallelujah, he cries out and says, "Lord, recover me. Restore me. Revive me. Repair me."

This other week, this past week, I believe it was Wednesday or Thursday, I went to the doctor's office. I can't remember exactly what day it was, Wednesday or Thursday. I think it was Thursday. I went to the doctor's office because Jolene, she has a little, what do you call that thing? Wrist thing. Brace. That sounds better, more correct. She has a brace on her left wrist and she is left-handed and so she has been having some problems with it. Personally, I think it's because she has been hitting somebody too much. There is a male in the house, the oldest male in the house often wears a suit and tie. But anyhow, she went and had an x-ray on that and now we're waiting for the results of the x-ray. Now, depending on what the x-ray shows will determine the next step. It depends on the next step that we're going to take. Well, it's the same thing with us, my friends: when you go to God, when you go to the Great Physician, sometimes my dear friends, he will do a spiritual x-ray on that place that you are hurting at and then he will determine how to repair it, how to recover that which has been broken or torn apart. He comes by and says, "I know how to revive that. Hey, I'm going to show you what we need to do here in this area."

Now, I don't know about you but it's good to go to a doctor that knows everything. He knows every problem, every situation. He knows exactly how to diagnose it but also, my friends, he knows also how to what? Fix it. Hallelujah. He knows how to repair it. There is nothing, my friends, that is broken that God cannot repair. The Bible says that with God everything is possible. There is nothing impossible with a holy God whether it's your home, whether it's your family, whether it's your marriage, whether it's your heart. God knows how to repair it. God knows how to restore it.

That's why he cries out to God. He says, "quicken me." By the way, go back over there to Psalm 119 and verse 25, he says basically the same thing, "My soul cleaveth unto the dust: quicken thou me according to thy word." That leads us next from the cry to the contract. When you have repairs done on your house, you have a contract. When you get into any type of a legal situation with someone, you normally have a contract drawn up and our contract is God's word. Look at what the Bible says in Psalm 119:107, the Bible

says here, "I am afflicted very much: quicken me, O LORD, according unto," what? "Thy word." That word "contract" also means "an agreement between 2 or more people." It's the written form of such an agreement. You know where I'm going, the written form of such an agreement. We have the written word of God. This is God's covenant. This is God's testament. This is God's contract. This is God's will for you and I.

So what am I to do? I need to find out what does the contract say. When something goes wrong with something that you bought from a store, if you have an agreement or a contract, you've got to check that baby out and find out what does it say. I remember when we first got our van outside and I remember we had driven it for just a couple of years and the transmission decided it was going to sleep. It died but it was under a hundred thousand miles. Yeah, hallelujah. We had a contract. We had a warranty. We had an agreement. We called them up, got the van over there and they replaced it. No charge.

But how many times, guys and I'm not trying to exclude the woman but guys in particular, how many times have we gone to AutoZone, Murray's or whatever the parts store is and they'll say, "You have a lifetime warranty. Or you have a 5 year warranty." Then we have that part breakdown in about a year and a half and we'll go and buy a new one. Why? Because we have forgotten, that's why. We forgot, my dear friends, that this was a lifetime. On those who do brakes, aren't there some that are for a lifetime? Don't raise your hand here now but be honest in your heart: how many times since you've gotten that lifetime pad that you went and bought some more? Forgot. Couldn't find the the slip or something of that nature and now we're spending more money than we need to spend. "Where are you going, preacher?" You know where I'm going. My dear friends, we have a lot of things in that contract, we've got a lot of things in this agreement that are available for you and I but, my friends, we have it and we don't know what it says, therefore we walk around, "What are we going to do? These kids are crazy. They are after me."

Right now my son-in-law, Ron, that baby is but 7 days today, 7 days old today and we're all just, we make funny faces. He's 7 days old but one day Uriah's going to be 16. "That boy is crazy. He done lost his mind. What's wrong with him?" Nothing, he's 16. That's it. By the way, those that don't have teenagers yet, just hold on. They're not crazy, they're just teenagers and teenagers do crazy things. By the way, we all were teenagers and we thought we knew more than everybody. "You're all just crazy. You're old. You're back in the 40s and 50s. You don't know what's going on." I mean, it just repeats itself. When our children were teenagers, I thought, I literally thought, DJ, he was the oldest, I thought he was out to get me but, you see, they weren't thinking about me. He was a teenager. He was thinking about DJ but the Lord had to tell me that. "He's not after you." No, he's after me. He's trying to get me to have a heart attack. I mean, he's after me. No, he's just a teenager.

Listen: when you and I start reading that word and we start finding out what it says about certain things, then we'll know how to respond. The psalmist says right here, look what he says. He says in this verse, my dear friends, he says, "according to," what? "Thy

word." Well, what does his word say? Well, let's see what it says. Look over here in Psalm 34:17. What does it say? Psalm 34:17, the Bible says, "The righteous cry," that's a cry for help, "and the LORD heareth, and delivereth them out of," some. Oh, I'm sorry, "out of all their troubles. The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. Many are the afflictions of the righteous: but," here's the contract, here's the word, "but the LORD delivereth him out of them," what? "All." And last time I checked, all means what? All.

Somebody says, "Preacher, he ain't done nothing." The Bible says a righteous what? Cry. When is the last time you cried out to him? By the way, he continues to cry out to him. Little Uriah, when he cries out, we automatically know something is wrong. He either needs to be changed or he's ready to eat or he wants to burp or something like that. When he cries out he's saying something's wrong. Now, one day he's going to shock us and he's going to laugh for the first time. Do you all remember that when a baby laughed for the first time? You're like, "He laughed." The first time Isaiah laughs, I don't know if you or Christian, she was spinning around and she felt good. She was little, about 8 or 10 or something like that and she was spinning around and she felt good and Isaiah just bust out laughing. We were all shocked. She spun around again and he laughed again. It was the first time he laughed and we said, "Oh, wow." Let me ask you a question: when was the last time you cried out to him? A continuous cry? The Bible says to pray without ceasing. You keep on praying. Keep on crying out to him because God has given us his word that he will hear us and deliver us. The Bible says "out of them all." Hallelujah.

So we see the contract and then lastly we see the psalmist's comments. Look back at Psalm 119 and look at verse 112. The psalmist says this, this is going to help us, the psalmist says in verse 112, "I have inclined mine," not ear, "I have inclined mine heart to perform thy statutes alway, even unto the end." This is the confidence that the psalmist has in God's word when he finds himself with his head down. He says this, "I have inclined mine heart." That word "inclined" means "to stretch out." But he's not stretched out in his ear, he says, "I have stretched out my heart." And he says this, "I have stretched out my heart," to do what? "Perform." Uh-oh, that sounds like work. The word "perform" means "to do" and it also means "to accomplish." To do or accomplish what? Look at what it says: "I have inclined mine heart to perform or to do or accomplish thy statutes, thy commandments, thy law, thy word. With all my heart I'm going to do what the word of God says to do. I'm going to stretch out my heart to perform it. I'm going to stretch out my heart to do it."

"Why is this, Preacher?" He says this, "even unto the end." I'm like, "Wow!" He says, "Do you know what I'm going to do? With all my heart. That's my emotions. That's my will. That's my inner man. With all that I've got on the inside of me, I'm going to stretch out to perform, to do all the commandments, the word of God, that you told me to do unto the end." Now, my first thoughts with "to the end" was like me watching a movie or reading a book, you come to the end of the story and then the story is over and I'm thinking, "Well, I guess the end is when we die." That's good but I like word studies. The word "end" here means "reward or results." Wow, it says, "I'm going to stretch out my

heart, my inner man, to do all that you told me to do until the end or until the results or until the reward."

To me a reward is special. It's almost like getting what you've been wanting to get, you know. We played fantasy basketball last year and we got to give those trophies out for 1st, 2nd and 3rd place. In 1st place was me and I was getting my trophy. I'm going to put it with my other trophy that I got for 2nd place from football last year. That's my reward. That's why I tried to look at who's playing and who's not playing and who to put in and who not to put in because I want to get a special reward at the end of the season. I want the trophy or maybe you all don't like trophies but I want the trophy. I want to have the trophy up. It means you accomplished something, man. You beat them although you were just a rookie. My first time playing, hallelujah. Anyway. Forgive me for that.

But it's the same thing here. He says, "I'm going to keep doing what God says to do until I get the reward or the results. I'm going to keep at it. I'm going all the way to the end." But you know how we do sometimes, man, we'll be running and then we start slowing down, "I'm tired. I'm going to sit. I'm tired of running." No, keep running. You're almost there. Just keep going. Just keep on running. It's like that guy, remember, he had to go around that thing, what was it 7 times? The cloud was out there and he had to go around that, what was that thing they had to go around over in Joshua? That wall. They had to go around 7 times and we'll go around once, twice and then say, "Man, this doesn't make no sense. Joshua has lost his mind. What's wrong with him? He's crazy. He's just like Moses. He done brought us out here to die." But no, they kept on marching. They kept on marching. I don't know how many times I can go around but it's a lot. But they kept on marching and then finally they blew that trumpet and that wall came down and they went and received their reward. What's he saying? Don't quit.

"But preacher, I'm not seeing any immediate results." Don't quit. Well, you'll take your medication, okay. Most of the time it takes a while but you don't know what's happening but you just swallow that pill, it gets inside your body, it dissolves and it begins to go to all the different places that it needs to go to and then before you know it, you didn't even realize it, all of a sudden you say, "Man, my headache is gone." Actually, it's not gone, it has just been masked but all of a sudden you say, "I feel better." What is happening? The medication has done the work. My friends, keep praying. Keep doing whatever God has told you to do about that particular situation because you're going to get the reward if you keep going until the end. Don't quit.

Let's look at what it says here and then we're done. The Bible says verse 107 again, Psalm 119, the psalmist says, "I am afflicted very much: quicken me, O LORD, according unto thy word." The first question is this: are you afflicted? In other words, have you been looking down lately? I mean, your head has just been down and you've been low in your spirit, low in your heart? If that's the case, do like the psalmist.

He says, "I am afflicted very much: quicken me, O LORD, according unto thy word." The second question is this: what does the word say about your particular situation? Somebody says, "I don't know what it says." Have you read the contract? Have you done

any research? Have you ever looked about what does it say about marriage? What does it say about family? Or what does it say about home? What does it say about jobs? What does it say about relationships? What does it say about friendships? What does it say about love? What does it say about anger? What does it say about forgiveness? What does it say about all these things? What does it say? Find out what the contract says and then do what it says and respond. That's the first thing. Just come and ask God to help us when we find ourselves looking down. Do you know what you're going to do? When you cry out to him, he will definitely help us.

Father, thank you for your blessings. Thank you, Lord, for your goodness, for your kindness and your mercy and your amazing grace. Father, I just pray that this morning somehow, someway you will help somebody that might be struggling deeply, perhaps, God, they find themselves low or perhaps, God, they find themselves depressed, perhaps they find themselves, Father, in such a state of mind that they feel like just simply quitting. I pray, God, that instead of quitting, they'll just say, "Do you know what? I'm going on until the end." I pray, God, just to give us strength to continue to go forward. I pray, God, for that person that might have other struggles that I have not even mentioned. I pray, God, coming from your holy throne, crying to you and saying, "Lord, I need your help," and then, Father, I pray that you would help them as only you can and with that, God, we'll thank you too. God, help somebody. Why? Because somebody needs your help. That's it for now, Father. We are leaving now, take care of that too. This is the time, Father. We have heard the songs and we have heard the sermon, now it's time to respond. It is in your Son's name that we pray, Jesus. Amen.