

Psalm 55 — “Cast Your Burden on the LORD!”

We have here the weariness that comes to a valiant warrior or worker late in life or at least after the passing of youthful battles and triumphs. When we are young we do not expect life to be easy, and if we are energetic we tackle problems with optimism and with our full strength. We achieve certain victories too. But as life goes on we find that the problems we thought we had overcome earlier are still around. . . . In addition, we are getting older and therefore have less energy to cope with problems. We find ourselves thinking how nice it would be merely to fly away and escape them.

– James Montgomery Boice

***Treachery and betrayal are the worst of pains in the heart.**

Hear This! Christ has been there — he has gone through the pains, the heartache, the distress, of having a “betrayal” — He had his Judas.

Superscript (header)

- Maskil
- Of David

Subscript (concluding remarks; Ps 56 header in English Bibles)

- For the Choir Director
- According to: “Jonath Elem Rehokim” [Translated: ‘for the dove of the distant oaks’]

THESIS — What must you do? how to act? how to respond? How to prepare (ahead of time) for when that difficulty comes.

(1) Call upon God // (2) Cry for Vindication /// (3) Cast it Away!

I. IN ANGUISH — CALL UPON GOD! (1-8)

II. IN ANGER — CRY FOR VINDICATION! (9-15)**III. IN ASSURANCE — CAST IT AWAY! (16-23)**

Prayer is the universal medicine for all the disorders of the soul within. (George Horne)

“Persevering prayer changes US first and strengthens our faith BEFORE God intervenes in response to change our desperate situation” (James Montgomery Boice).

Verse 19 - rehearse God’s character

1. He **sits enthroned!** (=sovereignty)
2. He **eternally exists!** (=eternality)
3. He **never changes!** (=immutability)

v.22 - Cast your burden upon the Lord

“If I cast my burden upon the Lord, what business have I to carry it myself? How can I truthfully say that I have cast it upon him if still I am burdened with it?” (Charles Spurgeon)

2 Peter 3:14-18 = A PLAN for the tough times

1. be diligent in holiness (14)
2. be a student of Scripture (15-16)
3. be aware of falsehoods (17)
4. be growing in love for Christ (18)

A BRIEF SUMMARY // ‘BATTLE PLAN’ for when betrayal occurs (from Ps 55):

- turn your prayer immediately to God — v.1-2
- Tell God your whole situation - v.3-8
- Travail with God for vindication - v.9-15
- Triumph by focusing on God’s character - v.16-21
- Transfer all your burden on the LORD - v.22
- Trust in the LORD tirelessly - v.23

ALL CREATURES OF OUR GOD AND KING

VERSE 1

All creatures of our God and King
Lift up your voice and with us sing
O praise Him! Alleluia!
Thou, burning sun with golden beam
Thou, silver moon with softer gleam
O praise Him! O praise Him!
Alleluia! Alleluia! Alleluia!

VERSE 2

Let all things their Creator bless
And worship Him in humbleness
O praise Him! Alleluia!
Praise, praise the Father, praise the Son
And praise the Spirit, Three-in-One
O praise Him! O praise Him!
Alleluia! Alleluia! Alleluia!

VERSE 3

All the redeemed washed by His blood
Come and rejoice in His great love
O praise Him! Alleluia!
Christ has defeated every sin
Cast all your burdens now on Him
O praise Him! O praise Him!
Alleluia! Alleluia! Alleluia!

VERSE 4

He shall return in pow'r to reign
Heaven and earth will join to say
O praise Him! Alleluia!
Then who shall fall on bended knee?
All creatures of our God and King
O praise Him! O praise Him!
Alleluia! Alleluia! Alleluia!

I LAY MY SINS ON JESUS

1. I lay my sins on Jesus,
The spotless Lamb of God;
He bears them all, and frees us
From the accursed load.
I bring my guilt to Jesus,
To wash my crimson stains
White in His blood most precious,
Till not a spot remains.

2. I lay my wants on Jesus.
All fullness dwells in Him;
He heals all my diseases;
He doth my soul redeem.
I lay my griefs on Jesus,
My burdens and my cares,
He from them all releases;
He all my sorrows shares.

3. I long to be like Jesus,
Meek, loving, lowly, mild;
I long to be like Jesus,
The Father's holy Child;
I long to be with Jesus,
Amid the heav'nly throng;
To sing with saints His praises,
To learn the angels' song.

PSALM 55

Tune: “Crown Him with many crowns”

1 Commit thou all your griefs
and ways into his hands;
to his sure truth and tender care,
who earth and heav'n commands.
Who points the clouds their course,
whom winds and seas obey,
he shall direct your wand'ring feet,
He shall prepare your way.

2 Give to the winds your fears;
hope, and be undismayed;
God hears your sighs and counts your tears,
God shall lift up your head.
Through waves and clouds and storms
he gently clears your way;
wait for his time, so shall the night
soon end in joyous day.

3 Still heavy is your heart?
Still sink your spirits down?
Cast off the weight, let fear depart,
and every care be gone.
He everywhere has sway,
and all things serve his might;
his every act pure blessing is,
his path unsullied light.

4 Far, far above your thought
his counsel shall appear,
when fully he the work has wrought
that caused your needless fear.
Leave to his sovereign sway
to choose and to command;
with wonder filled, you then shall own
how wise, how strong his hand.