

Psalm 57 — “Anchor Your Heart In God Amidst Your Troubles”

“As sure as God puts his children in the furnace, he will be in the furnace with them” (Spurgeon)

“God usually gives success to those who seek in the most simple manner his glory; and those who live most in the practice of prayer to him, dependence on him, and meditation upon his ways and works, especially those of redemption and providence, will be likely to seek his honor in all things more than any others do.” (William Carey)

- **You and I can get caught in a “storm”** of life. (They may come in many shapes, sizes, intensity, duration)

Psalm 57 Background

- David wrote it when he fled from Saul in a cave (1 Sam 21.1; 24.3); a Mikhtam (to be treasured, inscribed, preserved)
- It is for the choir director (public, musical, choral) to the musical tune of: “Al Tashheth/ ‘Do Not Destroy’; a tune unknown to us but known to them.)

Ps 57 is a GOD-ABSORBED SONG - it references God 21x in NAMES + PRONOUNS.

THESIS — Ps 57 models how to “Anchor your heart in God amidst your troubles”. 2 simple words.

I. LAMENT (1-4)

Be gracious —

Take refuge in the ‘shadow of your wings’ —

God accomplishes all things for me --

The Hebrew Structure of Ps 57 is a ‘CHIASM’ – the attention/focus is on the middle/central element.

A. Prayer (1)
 B. Trust in God (2-3)
 C. Enemies (4)
D. Exaltation (5)
 C' Enemies (6)
 B' Trust in God (7-8)
 A' Praise (9-10)

II. THANKSGIVING (6-10)

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♣ what’s the lesson? what must we do? how to learn?

1. Be **steadfast!** (7a)
2. Be **singing!** (7b)
3. Be **awake!** (8)
4. Be **thankful!** (9)
5. Be **mindful!** (10)
6. Be **God-exalting!** (11)

The chorus / refrain (v.5, 11).

*Can you exalt God higher?

An arsenal of AWESOME ANCHOR-POINTS in opposition, suffering, persecution.

6 sturdy Scriptures:

- **Matthew 5:10-12**
- **Mark 10:29-30**
- **John 15:19-20**
- **2 Cor 12:9-10**
- **1 Peter 4:12-14**
- **Revelation 2:10-11**

“Fixed hearts are rare amongst the Christians of this day” (Alexander Maclaren)

ROCK OF AGES

Rock of Ages, cleft for me,
 let me hide myself in thee;
 let the water and the blood,
 from thy wounded side which flowed,
 be of sin the double cure;
 save from wrath and make me pure.

Not the labors of my hands
 can fulfill thy law's commands;
 could my zeal no respite know,
 could my tears forever flow,
 all for sin could not atone;
 thou must save, and thou alone.

Nothing in my hand I bring,
 simply to the cross I cling;
 naked, come to thee for dress;
 helpless, look to thee for grace;
 foul, I to the fountain fly;
 wash me, Savior, or I die.

While I draw this fleeting breath,
 when mine eyes shall close in death,
 when I soar to worlds unknown,
 see thee on thy judgment throne,
 Rock of Ages, cleft for me,
 let me hide myself in thee.

Psalm 57: *Psalter*

Tune: "In Christ Alone"

My God, in whom are all the springs
 Of boundless love, and grace unknown,
 Hide me beneath thy spreading wings,
 Till the dark cloud is overblown.
 Up to the heav'ns I send my cry,
 The Lord will my desires perform;
 He sends his angel from the sky,
 And saves me from the threat'ning storm.

Be thou exalted, O my God,
 Above the heav'ns, where angels dwell;
 Thy power on earth be known abroad,
 And land to land thy wonders tell.
 My heart is fixed; my song shall raise
 Immortal honors to thy name;
 Awake, my tongue, to sound his praise,
 My tongue, the glory of my frame.

High o'er the earth his mercy reigns,
 And reaches to the utmost sky;
 His truth to endless years remains,
 When lower worlds dissolve and die.
 Be thou exalted, O my God,
 Above the heav'ns, where angels dwell;
 Thy power on earth be known abroad,
 And land to land thy wonders tell.

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- Ephesians 6:10-11 - "Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes."
- 2 Thessalonians 3.3 - "But the Lord is faithful, and he will strengthen you and protect you from the evil one."
- 1 Peter 5:8 — "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."
- James 4.7 — "Submit yourselves, then, to God. Resist the devil, and he will flee from you."
- John 16.33 — "I [Jesus] have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."
- 1 Timothy 1.18 — This command I entrust to you, Timothy, my son, in accordance with the prophecies previously made concerning you, that by them you fight the good fight,
- 2 Corinthians 10.3 — For though we walk in the flesh, we do not war according to the flesh,
- Proverbs 21:31 - The horse is prepared for the day of battle, But victory belongs to the Lord.

Prayer Meeting Guide – Preparing to be ready & vigilant for spiritual warfare.**1. Remember!**

- We praise and worship you for you have ...
- We adore your glorious character, for you are...

SING

*How deep the Father's love for us
How vast beyond all measure
That He should give His only Son
To make a wretch His treasure
How great the pain of searing loss
The Father turns His face away
As wounds which mar the Chosen One
Bring many sons to glory*

2. Repent!

- Please forgive me, for I am tempted to find refuge in...
- My heart hasn't been steadfast but, rather, worried in this way...

*Forbid it, Lord, that I should boast
save in the death of Christ, my God!
All the vain things that charm me most,
I sacrifice them through his blood.*

3. Request!

- Help me to sing your praises especially in my difficult times of...
- Give help so that I will be steadfastly anchored in your Word when...
- Jesus, we trust you for...

*Take my life, and let it be
Consecrated, Lord, to Thee;
Take my moments and my days,
Let them flow in ceaseless praise,
Let them flow in ceaseless praise.*

4. Ready!

- I need your powerful grace in these difficulties of my life...
- Lord, please do not lead me into temptation when I ...
- Guard me from the attacks of ...
- Thank you we have the victory in you, as you've promised!

*O church, arise, and put your armor on;
Hear the call of Christ our captain.
For now the weak can say that they are strong
In the strength that God has given.
With shield of faith and belt of truth,
We'll stand against the devil's lies.
An army bold, whose battle cry is love,
Reaching out to those in darkness.*