

"A CRY FOR HELP"

PSALM 30:1-12

TEXT: VERSE 10

"HEAR O LORD, AND HAVE MERCY UPON ME: LORD, BE THOU MY HELPER."

INTRO: One thing that is common to every human being is that from time to time we face trouble. Sometimes that trouble is physical, sometimes it is spiritual, sometimes it is financial, sometimes it is personal, sometimes it is interpersonal. **BUT FACING TROUBLE IS A MATTER OF LIFE.** A study once conducted by Harvard University stated that **"EVERY PERSON WILL FACE MULTIPLE TRAUMATIC SITUATIONS DURING THE TIME OF THEIR LIFE."** (I am not sure it took an academic study to come to that conclusion). **EVERY PROBLEM WE FACE HAS A SPIRITUAL CONNECTION. BUT THE FACT REMAINS, WE ALL HAVE AND WILL FACE TROUBLES IN LIFE WHICH CANNOT BE AVOIDED.** Perhaps you are facing serious trouble in your life right now. Can you name it? The **REAL ISSUE TO CONSIDER IS WHERE DO WE TURN FOR HELP IN THE FACE OF THE TROUBLES OF LIFE!** Psalm 121:2 gives us the most effective answer to that question where it says: **"MY HELP COMETH FROM THE LORD, WHICH MADE HEAVEN AND EARTH."** It is true that if God made heaven and earth, and He did, then He can surely help us in our troubles. In Psalm 30 we see that David knew for sure that in the time of trouble only God had the answer for those troubles and thus he cried unto the Lord for mercy and help as seen in verse 10 where he said **"HEAR, O LORD, AND HAVE MERCY UPON ME: LORD, BE THOU MY HELPER."** In Psalm 30 we see that David faced trouble in various ways: 1) From his foes – Vs. 1; 2) From personal sickness – Vs. 2; 3) From being near to death – Vss. 3,9; 4) From Facing God's Anger – Vs. 5a; 5) From deep sorrow, Vss. 5b,11; 6) From Emotional Turmoil – Vs. 7. **WHAT DID DAVID DO IN THE MIDST OF HIS TROUBLES? HE CRIED UNTO GOD FOR HELP – VS. 10. WE MUST DO THE SAME TODAY WHEN WE FACE THE TROUBLES OF LIFE FOR ONLY THE LORD HAS THE ANSWER!**

OBSERVATION: Note that the word **"LORD"** is mentioned 10 times in this Psalm. This name for God is literally translated **"JEHOVAH"** and speaks of Him as **THE SELF-EXISTENT ONE WHO REVEALS HIMSELF REDEMPTIVELY."** In the scripture THE LORD JEHOVAH reveals Himself to us by at least seven compound names:

-In Genesis 22:13,14 - JEHOVAH-JIRAH – **THE LORD WILL PROVIDE**

-In Exodus 15:26 - JEHOVAH RAPHA – **THE LORD HEALS**

-In Exodus 17:8-15 - JEHOVAH-NISSI – **THE LORD IS OUR BANNER**

-In Judges 6:24 - JEHOVAH-SHALOM – **THE LORD IS OUR PEACE**

-In Psalm 23:1 - JEHOVAH-RAAH – **THE LORD IS OUR SHEPHERD**

-In Jeremiah 23:6 - JEHOVAH TSIDKENU – **THE LORD IS OUR RIGHTEOUSNESS**

-In Ezekiel 48:35 – JEHOVAH SHAMMA – **THE LORD IS PRESENT**

EVERYTHING WE NEED AS WE FACE THE TROUBLES OF LIFE THE LORD IS ABLE AND WILLING TO SUPPLY AS WE SIMPLY CRY UNTO HIM. NOTE DAVID'S CRY OUT TO GOD IN VERSE 10.

I. A CRY FOR GOD TO HEAR – "HEAR O LORD" – VS. 10a.

NOTE: This is part of David's prayer asking God to help him in his troubles. The reality is that **GOD WANTS US TO CALL UNTO HIM IN THE TIME OF OUR TROUBLES.** Note: Jeremiah 33:3

A. God commands us to call unto Him.

"CALL UNTO ME"

B. God promises that He will hear us.

"I WILL ANSWER THEE"

C. God promises that He will give us direction.

"I WILL SHOW THEY GREAT AND MIGHTY THINGS"

WE NEED TO CRY TO THE LORD OFTEN – HE WILL HEAR AND ANSWER

II. A CRY TO GOD FOR MERCY – "HAVE MERCY UPON ME" - VS. 10b.

NOTE: David knew that apart from God's mercy He would not survive. **WE MUST LEARN THAT TOO!**

A. God's Mercy is His Pity that He gives us in our insufficiencies.

B. God's Mercy is Renewed Every Day – Lamentations 3:22,23

C. God's Mercy is Everlasting – Psalm 103:17

GOD'S MERCY IS THE KEY TO OUR SURVIVAL IN TIMES OF TROUBLE

III. A CRY TO GOD FOR HELP – “BE THOU MY HELPER” – VS. 10c.

NOTE: David knew that without God’s help He would not survive. **WE MUST LEARN THAT TOO! (2 Corinthians 3:5)**

GOD REALLY WANTS TO HELP HIS CHILDREN

- A. He will help us in every task we face.
- B. He will help us with every trial we face.
- C. He will help us with every conflict we face.
- D. He will help us with every effort we make.
- E. He will help us in every season of life.

GOD IS THE ONLY REAL AND SUFFICIENT HELP WE HAVE FOR THE TROUBLES OF LIFE. WE CANNOT GET THROUGH LIFE WITHOUT HIS HELP. DO NOT DELAY IN SEEKING HIS HELP.

LESSON/ APPLICATION

THE SOONER WE TURN TO THE LORD AND CRY UNTO HIM FOR HELP, THE SOONER WE WILL HAVE HIS STRENGTH AND PROVISION.

“WITH THE LORD AS OUR HELPER THERE IS NO DUTY WHICH WE CANNOT PERFORM, NO FOE WHICH WE CANNOT OVERCOME, NO DIFFICULTY WE CANNOT SURMOUNT. WHEN GOD HELPS US, ALL DIFFICULTIES VANISH”

-CHARLES H. SPURGEON