

Facing Life's Tumbles



Psalm 119:25-32

Psalm 119:25-28

- 25 My soul clings to the dust; Revive me according to Your word. 26 I have declared my ways, and You answered me; Teach me Your statutes. 27 Make me understand the way of Your precepts; So shall I meditate on Your wondrous works. 28 My soul melts from heaviness; Strengthen me according to Your word.

Psalm 119:29-32

- 29 Remove from me the way of lying, And grant me Your law graciously. 30 I have chosen the way of truth; Your judgments I have laid before me. 31 I cling to Your testimonies; O Lord, do not put me to shame! 32 I will run the course of Your commandments, For You shall enlarge my heart.

How David Felt

- **My sould clings to the dust (25)**
- He falls face down in the dry dirt
- He has no strength to get up
- Psalm was written when Israel was under attack and being defeated

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- Psalm was written when Israel was under attack and being defeated
- **My soul melts from heaviness (28)**
- Enough already! I can't take any more.
- Crying out in deep agony and pain.

What David Did

- **Put his life in God's hands (26)**
- His faith remains strong
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- **Put his life in God's hands (26)**
- His faith remains strong
- He is ready to learn the way of God
- **I have chosen the way of truth (30a)**
- Easier to just go his own way
- He chose to follow God.

What David Did

- **Your judgments I have laid before me (30b)**
- Picture a builder with the blueprints
- Picture a baker with the recipe to follow
- David wanted to follow God's recipe

What David Did

- **Your judgments I have laid before me (30b)**
- Picture a builder with the blueprints
- Picture a baker with the recipe to follow
- David wanted to follow God's recipe
- **I cling to your testimonies (31)**
- While dirt was clinging to his face
- He was clinging to God's teaching

Blessings Anticipated

- **Be revived and strengthened (25, 28)**
- Request strength according to God's Word
- We will be stronger when we eat, exercise and stay healthy
- Same is true with our spiritual strength

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- **Be revived and strengthened (25, 28)**
- Request strength according to God's Word
- We will be stronger when we eat, exercise and stay healthy
- Same is true with our spiritual strength
- **Continued communion (26, 27)**
- Spend time in the Word, meditate on it
- Spend time in prayer

Blessings Anticipated

- **Be kept from evil (29)**
- Keep me away from lying
- I want to stay in the truth

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- **Be kept from evil (29)**
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- **Not be put to shame (31)**
- Sin brings shame, guilt
- David is looking for joy, not shame
- Enlarge my heart = great joy

Life Tumbles In

- Things can and will go wrong in life
- Learn these three important lessons:
 - **Feel What David Felt**
 - **Do What David Did**
 - **Expect The Blessings He Anticipated**