

# **St. Mary's Sermons**

**Date of Sermon: 4<sup>th</sup> May 2020**

**Psalm 55**

**New Living Translation (NLT)**

**Extract from: Psalm 55**

If an enemy were insulting me,

I could endure it;

if a foe were rising against me,

I could hide.

<sup>13</sup> But it is you, a man like myself,  
my companion, my close friend,

<sup>14</sup> with whom I once enjoyed sweet fellowship  
at the house of God,  
as we walked about  
among the worshipers.....

<sup>16</sup> As for me, I call to God,  
and the Lord saves me.

<sup>17</sup> Evening, morning and noon  
I cry out in distress,  
and he hears my voice.

<sup>18</sup> He rescues me unharmed  
from the battle waged against me,  
even though many oppose me.

<sup>19</sup> God, who is enthroned from of old,  
who does not change—  
he will hear them and humble them,  
because they have no fear of God.....

<sup>22</sup> Cast your cares on the Lord  
and he will sustain you;  
he will never let  
the righteous be shaken.

It has been said, 'Worrying is like a rocking chair. It gives you something to do but it gets you nowhere.' No one goes through life without facing problems, battles and causes for worry.

As well as the many blessings he enjoyed David also faced many difficulties in his life. Not only did he spend fourteen years on the run from King Saul at one point even his own son turned against him. In this psalm David speaks of one of the most painful battles of his life. His 'close friend', with whom he had shared his secrets has turned against him and joined the

many who oppose him. David, of course, found this more difficult than if an enemy were insulting him, as we all would.

As in any battle, we have a choice about how we respond. Being the godly man that he was, David *chose* to turn to the Lord and cry out to him ‘evening, morning and noon’. This is by far the best strategy to employ whatever difficulties we are encountering. This is exactly what David did and, as a result, he experienced God’s *peace*. He wrote, ‘He has redeemed my life *in peace* from the battle that was against me’.

From David’s own experience he is able to give this advice: “Cast your cares on the Lord and he will sustain you”.

As you face the worries, battles and disappointments of life, don’t allow them to overwhelm you. This is an important reminder to us now when the future looks so uncertain and when everything is being shaken. Like David, we need to continue to turn to the Lord, cast our burdens on him and then say, “As for me, I trust in you”.

### **Suggested songs for the 12 noon prayer times**

Tuesday:	Faithful one so unchanging
Wednesday:	Through all the changing scenes of life.
Thursday:	Jesus hope of the nations
Friday:	Nothing shall separate us from the love of God
Saturday:	All I once held dear
Monday:	Give thanks to the lord our God and king