

## When Tough Times Come.

### Introduction

#### Psalms 40: 1-10

- <sup>1</sup> I waited patiently for the LORD;  
he inclined to me and heard my cry.
- <sup>2</sup> He drew me up from the pit of destruction,  
out of the miry bog,  
and set my feet upon a rock,  
making my steps secure.
- <sup>3</sup> He put a new song in my mouth,  
a song of praise to our God.  
Many will see and fear,  
and put their trust in the LORD.
- <sup>4</sup> Blessed is the man who makes  
the LORD his trust,  
who does not turn to the proud,  
to those who go astray after a lie!
- <sup>5</sup> You have multiplied, O LORD my God,  
your wondrous deeds and your thoughts toward us;  
none can compare with you!  
I will proclaim and tell of them,  
yet they are more than can be told.
- <sup>6</sup> In sacrifice and offering you have not delighted,  
but you have given me an open ear.  
Burnt offering and sin offering  
you have not required.
- <sup>7</sup> Then I said, "Behold, I have come;  
in the scroll of the book it is written of me:
- <sup>8</sup> I delight to do your will, O my God;  
your law is within my heart."
- <sup>9</sup> I have told the glad news of deliverance  
in the great congregation;  
behold, I have not restrained my lips,  
as you know, O LORD.
- <sup>10</sup> I have not hidden your deliverance within my heart;

I have spoken of your faithfulness and your salvation;  
I have not concealed your steadfast love and your faithfulness  
from the great congregation.

**Psalm 69:2**

<sup>2</sup> I sink in deep mire,  
where there is no foothold;  
I have come into deep waters,  
and the flood sweeps over me.

**Psalm 18:2-3**

<sup>2</sup> The Lord is my rock and my fortress and my deliverer,  
my God, my rock, in whom I take refuge,  
my shield, and the horn of my salvation, my stronghold.  
<sup>3</sup> I call upon the Lord, who is worthy to be praised,  
and I am saved from my enemies.

**I. Waiting on the Lord**

**Lamentations 3:25**

<sup>25</sup> The Lord is good to those who wait for him,  
to the soul who seeks him.

**Psalm 27:14**

<sup>14</sup> Wait for the Lord;  
be strong, and let your heart take courage;  
wait for the Lord!

**Isaiah 40:31**

<sup>31</sup> but they who wait for the Lord shall renew their strength;  
they shall mount up with wings like eagles;  
they shall run and not be weary;  
they shall walk and not faint.

### **J.I. Packer**

“Wait on the Lord” is a constant refrain in the Psalms, and it is a necessary word, for God often keeps us waiting. He is not in such a hurry as we are, and it is not his way to give more light on the future than we need for action in the present, or to guide us more than one step at a time. When in doubt, do nothing, but continue to wait on God. When action is needed, light will come.

## **II. Trusting in the Lord**

### **C.S Lewis**

For pride is spiritual cancer: it eats up the very possibility of love, or contentment, or even common sense.

### **Proverbs 3:5**

<sup>5</sup>Trust in the LORD with all your heart,  
and do not rely on your own understanding;

### **Psalm 31:14**

<sup>14</sup>But I trust in You, LORD;  
I say, “You are my God.”

### **Psalm 84:12**

<sup>12</sup>Happy is the person who trusts in You,  
LORD of Hosts!

### **Brennan Manning**

You will trust God to the degree you know you are loved by Him

### **Corrie Ten Boom**

"Never be afraid to trust an unknown future to a known God."

### III. Praising the Lord

#### **Psalm 92:1**

It is good to give thanks to the Lord,  
to sing praises to your name, O Most High

#### **Psalm 147:1**

Praise the Lord!

For it is good to sing praises to our God; for it is pleasant,<sup>[a]</sup> and a song of praise is fitting

#### **Psalm 107:8**

<sup>8</sup> Let them thank the Lord for his steadfast love,  
for his wondrous works to the children of man!

#### **Psalm 63:3-4**

<sup>3</sup> Because your steadfast love is better than life,  
my lips will praise you.

<sup>4</sup> So I will bless you as long as I live;  
in your name I will lift up my hands.

#### **Ezra 3:10-11**

<sup>10</sup> And when the builders laid the foundation of the temple of the Lord, the priests in their vestments came forward with trumpets, and the Levites, the sons of Asaph, with cymbals, to praise the Lord, according to the directions of David king of Israel. <sup>11</sup> And they sang responsively, praising and giving thanks to the Lord, “For he is good,  
for his steadfast love endures forever toward Israel.”

And all the people shouted with a great shout when they praised the Lord, because the foundation of the house of the Lord was laid.

#### **Philippians 1:9-11**

<sup>9</sup> And it is my prayer that your love may abound more and more, with knowledge and all discernment, <sup>10</sup> so that you may approve what is excellent, and so be pure and blameless for the day of Christ, <sup>11</sup> filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

### **James 3:9-10**

<sup>9</sup> With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God. <sup>10</sup> From the same mouth come blessing and cursing. My brothers,<sup>[a]</sup> these things ought not to be so.

### **1 Peter 2:9**

<sup>9</sup> But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.

### **Hebrews 13:15**

<sup>15</sup> Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name.

### **Psalms 63:3-4**

<sup>3</sup> Because your steadfast love is better than life,  
my lips will praise you.

<sup>4</sup> So I will bless you as long as I live;  
in your name I will lift up my hands.

## **Conclusion**

When we are facing the tough struggles of life and feel like we are stuck in the middle of a miry bog, are we getting frustrated, upset, and angry with the situation that we find ourselves in or are we taking time to wait patiently on the Lord, trusting on the Lord to see us through what we are facing and are we praising the Lord? We should be continually praising the Lord in the good times and in the tough times and when we get to a point that we don't know what to pray, pick up the Bible and pray and praise through one of the Psalms.

### **Praise by Elevation Worship**

I'll praise in the valley,  
Praise on the mountain,  
I'll praise when I'm sure,  
And Praise when I'm doubting,  
As long as I'm breathing  
I've got a reason to praise the Lord.  
I'll praise when I feel it,

And I'll praise when I don't,  
I'll praise 'cause I know  
You're still in control

**Michele Cushatt** from her book “a Faith That Will Not Fail”

The praise that springs from the place of your pain is the most beautiful kind of music.