

## Lovingkindness for the Overwhelmed Part 2

*Ps 143:1-8*

*1 Hear my prayer, O LORD, give ear to my supplications: in thy faithfulness answer me, and in thy righteousness.*

*2 And enter not into judgment with thy servant: for in thy sight shall no man living be justified.*

*3 For the enemy hath persecuted my soul; he hath smitten my life down to the ground; he hath made me to dwell in darkness, as those that have been long dead.*

*4 Therefore **is my spirit overwhelmed** within me; my heart within me is desolate.*

*5 I remember the days of old; I meditate on all thy works; I muse on the work of thy hands.*

*6 I stretch forth my hands unto thee: **my soul thirsteth after thee**, as a thirsty land. Selah.*

*7 Hear me speedily, O LORD: my spirit faileth: hide not thy face from me, lest I be like unto them that go down into the pit.*

***8 Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee.***

I. Introduction

1. Last Sunday, I introduced this message, Lovingkindness for the Overwhelmed. This came from David's prayer that sounds like some of our prayers—desperate and desolate.
2. He was being pursued by an enemy that had beaten him down and he needed help for his spirit that was overwhelmed in him.
3. David knew where to turn. He stretched forth his hands to God for help and lifted his soul unto God.
4. And that is where he found Lovingkindness for the Overwhelmed.

II. Victory over Jabin

A. Introducing Jabin and Sisera

1. Last week we told you about a battle Israel had against King Jabin of Canaan, whose commander, Sisera, had 900 chariots of iron and “mightily oppressed” Israel.:

*Judg 4:2-3*

*2 And the LORD sold them into the hand of Jabin king of Canaan, that reigned in Hazor; the captain of whose host was Sisera, which dwelt in Harosheth of the Gentiles.*

*3 And the children of Israel cried unto the LORD: for he had nine hundred chariots of iron; and twenty years he mightily oppressed the children of Israel.*

2. As I mentioned, this was the iron age, and Sisera’s 900 iron chariots, represented the cutting edge of high-tech military technology of the time. The enemy was a well-equipped foe and dangerous foe.
3. But by God’s mighty hand, Israel was able to muster 10,000 Israelite warriors into battle against the 900 iron chariots and beat them down.

4. That was because:  
*Rom 8:31 What shall we then say to these things? If God be for us, who can be against us?*

5. If God is for you, it doesn't matter who is against you.

B. Encouragement from the village musicians

1. But something that we also mentioned had happened just before battle. As Israel's warriors were preparing to go to battle, the village musicians gathered at the watering hole and sang to the warriors.

2. Deborah told the warriors on their fine donkeys to "consider this"—the song of the musicians:

*Judg 5:9-11*

*9 My heart is with the commanders of Israel,*

*with those who volunteered for war.*

*Praise the Lord!*

*10 "Consider this, you who ride on fine*

*donkeys,  
you who sit on fancy saddle blankets,  
and you who walk along the road.*

***11 Listen to the village musicians***

*gathered at the watering holes.*

***They recount the righteous victories of the  
Lord***

*and the victories of his villagers in Israel.*

*Then the people of the Lord*

*marched down to the city gates. NLT*

3. The warriors were encouraged by the songs of victory they heard from the village musicians who had gathered at the watering holes where they knew the soldiers would be stopping off prior to battle.
4. Do you know the feeling of facing an oppressive enemy?
5. And do you see something that will help you face and win that confrontation?
6. Songs that recount the righteous victories of the Lord.

7. And songs that recount the victories of the villagers, the common people.
8. You might have thought it was enough to count the victories of God back when they happened.
9. And you might have thought it was enough to count your personal victories back when they happened.
10. But it is sometimes necessary to **RE**count them when you have to face another adversary, or perhaps the same adversary again.

### III. An overwhelming victory

#### A. Smitten to the ground

1. Let us return to Psalm 143 that we started with. And notice the overwhelming difficulty that David was facing at this time:  
Ps 143:3-4

3 For the enemy hath **persecuted** my soul;  
he hath **smitten** my life **down to the ground**; he hath made me to dwell in

**darkness**, as those that have been **long dead**.

4 Therefore **is my spirit overwhelmed** within me; my **heart** within me is **desolate**.

2. **[list of words]**

3. Notice what David did to move beyond all those negatives:

*Ps 43:5 I remember the days of old; I meditate on all thy works; I muse on the work of thy hands.*

4. We have got to remember what God has done in his works of old. What has God's hand accomplished before?

5. This is just what the village musicians at the watering holes were doing—singing the songs that **recounted** the glorious works that God had done in the past.

6. Then remember, then reach out:

*Ps 143:6-7*

*6 I stretch forth my hands unto thee: **my soul thirsteth after thee**, as a thirsty land.  
Selah.*

*7 Hear me speedily, O LORD: my spirit  
faileth: hide not thy face from me, lest I be  
like unto them that go down into the pit.*

B. Lovingkindness in the morning

1. But for those who are slipping down into the pit, there is lovingkindness in the morning:

*Psalm 143:8 Cause me to hear thy  
lovingkindness in the morning; for in thee  
do I trust: cause me to know the way  
wherein I should walk; for I lift up my soul  
unto thee.*

2. In the morning before the battles of the day begin, we must search for and find **lovingkindness for the overwhelmed.**

3. There, **recount** the righteous victories of the Lord

4. I counted them once, but it is time to recount them.

5. In the morning, at the start of your day, pray this prayer:



*Psalm 143:8 Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee.*

6. There is something tangible that will affect your day when you go to the Lord for your overwhelming feelings, and lift up your soul.
  7. Lovingkindness makes such a difference in our day.
- c. Lovingkindness definition
1. In the New Testament, the highest expression of love is agape love. But **in the Old Testament, the highest expression of love is this Hebrew word, hecedh. It is a love which remains constant regardless of circumstances. It means mercy, kindness, goodness, to be gracious or merciful, to deal kindly.**

2. Constant love from God in the morning goes a long way in our day.
3. **The world is an unkind place.**
4. We deal with unkind people—hateful and scornful people.
5. And that brings our spirits down and gives us a heaviness that feels overwhelming.
6. But when we pray, “**cause me to hear thy lovingkindness in the morning,**” and lift our soul to God, He gives purpose and guidance to our life.
7. And God’s lovingkindness raises our courage to face whatever foe that we must face.
8. It was those village musicians who **RE**counted, or reminded Israel’s soldiers of God’s great lovingkindness in the past, His righteous victories, and provided the encouragement to trust God for the battle of the day.
9. What are you listening to?

10. Compare how much of the songs of God's victories you listen to compared to the bad news stories of the day.
- D. A physical touch from God
  1. Spiritual realities have physical counterparts. Get a good taste of what God can do:

*Ps 34:8 O **taste and see** that the LORD is good: blessed is the man that trusteth in him.*
  2. I need to get so close to God that I can hide in the shadow of His presence:

*Ps 91:1 He that dwelleth in the secret place of the most High shall abide **under the shadow** of the Almighty.*
  3. The Apostle John showed how those close encounters with Jesus helped Him long after the encounter:

*1 John 1:1-4*  
*1 That which was from the beginning, which we have heard, which we have **seen** with*

*our eyes, which we have looked upon, and our hands have **handled**, of the Word of life; 2 (For the life was **manifested** [evident to the senses], and we have seen it, and bear witness, and shew unto you that eternal life, which was with the Father, and was **manifested** unto us;)*

*3 That which we have **seen** and **heard** declare we unto you, that ye also may have fellowship with us: and truly our fellowship is with the Father, and with his Son Jesus Christ.*

*4 And these things write we unto you, **that your joy may be full.***

4. When we taste, see, and handle God, **especially when we are feeling overwhelmed** at the battle facing us, it provides a tangible connection to God's presence that brings full joy, **the touch of God's lovingkindness**, and the reminder that God has a long history of victories.

#### IV. Conclusion

1. So really, what have I got to worry about? Can God take care of it? Or is it too big for God to handle?
2. *Luke 1:37 For with God nothing shall be impossible.*
3. The key to that verse is, “With God.” Are you with God, seeking Him for His lovingkindness for your overwhelming feelings?