

Series: Pathway Through the Psalms

# THE TROUBLES OF MY HEART

## PSALMS 25

Text: Psalms 25:17

### ***Psalm 25:17***

*<sup>17</sup> The troubles of my heart are enlarged: O bring thou me out of my distresses.*

Introduction:

This is a Psalm for troubled times. David is a mature man in these verses. And something has gone terribly wrong in his life.

We are not certain what is going on but some Bible scholars think that it was the great rebellion of David's son Absalom. And that makes sense.

In his younger years, Absalom was a great favorite of his father and of the people as well.

He was handsome, charming popular and persuasive.

Terrible family trouble started when his half-brother, Amnon, raped Absalom's sister Tamar.

King David shut his eyes to this great crime, but two years later Absalom carried out a successful plan to avenge his sister, and Amnon was murdered.

To avoid punishment Absalom fled into exile for 3 years, before being allowed to come back to Jerusalem.

Two more years passed before he was allowed into the royal presence.

By that time Absalom had determined to rebel against his father, and he was able to convince so many people to follow him that David had to flee Jerusalem.

The Lord gave David time to raise an army that fought a great battle in the forests of Ephraim.

There the rebel army was utterly defeated.

Twenty thousand were killed outright, and even more died in the forest that day.

One of the men who died that day was Absalom.

He was riding on his mule when his long hair was caught in the branches of a tree. Then, in spite of the fact that his father had ordered Absalom to be taken alive, he was killed with three darts through his heart.

David's heart was broken.

What a horrible chain of events. Perhaps David was still on the run from Jerusalem when he wrote this Psalm.

We see his anguish in vs. 15-19:

***Psalm 25:15-19***

*<sup>15</sup> Mine eyes are ever toward the LORD; for he shall pluck my feet out of the net. <sup>16</sup> Turn thee unto me, and have mercy upon me; for I am desolate and afflicted.*

*<sup>17</sup> The troubles of my heart are enlarged: O bring thou me out of my distresses. <sup>18</sup> Look upon mine affliction and my pain; and forgive all my sins. <sup>19</sup> Consider mine enemies; for they are many; and they hate me with cruel hatred.*

Thankfully, most people never have to go through circumstances like that.

But rebellious children can break our hearts, and family trouble always brings heartache.

All of us will go through times of trouble. How can we make it through?

## **1. BY STRONG CONFIDENCE IN GOD**

One of the great themes of this Psalm is confidence in the Lord, trusting in God. In these verses we see David expressing his confidence in at least 9 ways.

- David Had the Confidence To Go To God

**Psalm 25:1-2**

*<sup>1</sup> Unto thee, O LORD, do I lift up my soul. <sup>2</sup> O my God, I trust in thee: let me not be ashamed, let not mine enemies triumph over me.*

David took his troubles to the Lord, and that's what we should do.

- David Had Confidence to Wait on God

**Psalm 25:3**

*<sup>3</sup> Yea, let none that wait on thee be ashamed: let them be ashamed which transgress without cause.*

**Psalm 25:5**

*<sup>5</sup> Lead me in thy truth, and teach me: for thou art the God of my salvation; on thee do I wait all the day.*

**Psalm 25:21**

*<sup>21</sup> Let integrity and uprightness preserve me; for I wait on thee.*

David knew that the answer might not come right away, but he was willing to wait on the Lord.

Many of us struggle at this point. We want God to do things when we want them.

Illustration:

A man by the name of Scott Harrison owned a bird dog named Sam that he loved to spend time with hunting birds.

One afternoon while they were out hunting they got separated.

Scott had to get back to town for an important meeting but didn't want to leave his dog Sam.

Scott remembered a trick that an old dog trainer had told him about. So he took off his jacket and his under shirt and laid it on the ground under the branches of a small bush.

Scott worried all night but when he arrived the next morning there was his dog Sam curled up with his nose under the sleeve of his jacket.

Scott said Sam looked up and wagged his tail.

Scott said his eyes seemed to say, "Where've you been friend, I've been waiting for you all night. But I knew you'd come back."

When we feel alone and confused do we have the trust to look to God's Word and curl up in it?

To wait patiently, know that our Friend that sticks closer than a brother will come to us.

We must learn to wait on the Lord.

- David Had Confidence In God's Ways

**Psalm 25:4**

*<sup>4</sup> Shew me thy ways, O LORD; teach me thy paths.*

Again we must remember God's way is perfect.

**Psalm 18:30**

*<sup>30</sup> As for God, his way is perfect: the word of the LORD is tried: he is a buckler to all those that trust in him.*

- David Had Confidence in God's Truth

**Psalm 25:5**

*<sup>5</sup> Lead me in thy truth, and teach me: for thou art the God of my salvation; on thee do I wait all the day.*

Are you willing to let God teach you something new?

- David Had Confidence in God's Help, His Deliverance, His Comfort, His Forgiveness and His Protection

## **Psalm 25:15-20**

*<sup>15</sup> Mine eyes are ever toward the LORD; for he shall pluck my feet out of the net. <sup>16</sup> Turn thee unto me, and have mercy upon me; for I am desolate and afflicted.*

*<sup>17</sup> The troubles of my heart are enlarged: O bring thou me out of my distresses. <sup>18</sup> Look upon mine affliction and my pain; and forgive all my sins. <sup>19</sup> Consider mine enemies; for they are many; and they hate me with cruel hatred. <sup>20</sup> O keep my soul, and deliver me: let me not be ashamed; for I put my trust in thee.*

David had complete confidence in God, and so can we.

The Lord is never too busy for you.

I like what A.W. Tozer said about this:

“An infinite God can give all of Himself to each of His children. He does not distribute Himself that each may have a part, but to each one He gives all of Himself as fully as if there were no others.”

How can we make it through troubled times? -- By confidence in God but also:

## **2. SINCERE CONFESSION TO GOD**

The second great theme of this Psalm is confession.

We should pray as David prayed.

**Psalm 25:6-7**

<sup>6</sup> Remember, O LORD, thy tender mercies and thy lovingkindnesses; for they have been ever of old.

<sup>7</sup> Remember not the sins of my youth, nor my transgressions: according to thy mercy remember thou me for thy goodness' sake, O LORD.

**Psalm 25:11**

<sup>11</sup> For thy name's sake, O LORD, pardon mine iniquity; for it is great.

**Psalm 25:18**

<sup>18</sup> Look upon mine affliction and my pain; and forgive all my sins.

What does sin have to do with our troubles?

Ultimately, all of the world's sorrows can be traced back to sin.

All of our sorrows can be traced back to sin.

And many times the problem is our own sin.

Note in 2 Samuel 12 the Lord told David that his house would always bear the burden of his sin with Bathsheba:



## **2 Samuel 12:10**

*<sup>10</sup> Now therefore the sword shall never depart from thine house; because thou hast despised me, and hast taken the wife of Uriah the Hittite to be thy wife.*

Remember:

Sin will always take you farther than you want to go, keep you longer than you want to stay and cost you more than you thought you'd pay.

At least part of David's trouble was his own fault, so he confessed his sin to the Lord. Three times David mentioned his sins.

## **Psalm 25:6-7**

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David was going through some deep feelings of guilt for his sins. But he had trusted in the Lord for salvation.

David knew the Lord would forgive him.

And as Christians, we know that the Lord will forgive all of our sins, because of the cross of Jesus Christ.

### **1 John 1:8-9**

*<sup>8</sup> If we say that we have no sin, we deceive ourselves, and the truth is not in us. <sup>9</sup> If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*

How can we make it through troubled times? -- By confidence in God and confession to God but also:

## **3. SHOWING CONCERN FOR OTHERS**

Here is the third great theme of this Psalm. David was not just concerned about his own well-being. He was concerned about other people.

Our natural tendency is to be self-centered, and that can be magnified when we are going through trouble.

But God wants us to be concerned about other people.

And often the wonderful result is that our own burden gets lighter.

Many people have seen their burdens lifted by shifting their focus to other people.

Note:

***Psalm 25:22***

*<sup>22</sup> Redeem Israel, O God, out of all his troubles.*

But there was another crucial way David showed his concern for others. And that was by testifying to them about God. David knew that this song was not just for his benefit. He knew that other people would hear. So in the middle of his own heartache, David gave strong testimonies for the Lord.

Note:

***Psalm 25:8-10***

*<sup>8</sup> Good and upright is the LORD: therefore will he teach sinners in the way. <sup>9</sup> The meek will he guide in judgment: and the meek will he teach his way. <sup>10</sup> All the paths of the LORD are mercy and truth unto such as keep his covenant and his testimonies.*

***Psalm 25:12-14***

*<sup>12</sup> What man is he that feareth the LORD? him shall he teach in the way that he shall choose. <sup>13</sup> His soul shall dwell at ease; and his seed shall inherit the earth. <sup>14</sup> The secret of the LORD is with them that fear him; and he will shew them his covenant.*

God wants us to be concerned about other people. And one of the best ways we can show our concern is by giving them testimonies about the Lord.

Close:

Trouble comes. As hard as we may try, sometimes trouble is unavoidable.

But just like David, we can make it through:

- By Strong Confidence in God.
- By Sincere Confession to God.
- And by Showing Concern for Other People.