David Found Distress & Sorrow

Prepared by Nathan L Morrison for Sunday December 19th, 2021

Text: Psalm 116

### Intro

1. Psalm 116:3 “The cords of death encompassed me and the terrors of Sheol came upon me; I found distress and sorrow.” *(Sheol is Hades, the place of the dead. Death is terrifying him)*
	1. Psalm 116’s author is uncredited, but its themes and words are very similar to David’s in Psalm 40 & 86.
	2. As dark and as sad as Psalm 116:3 looks, reading the rest of the chapter shows us the deliverance God provided and the thankfulness within its author’s heart (very possibly David).
	3. Twice he would declare, “I am Your servant” (116:16).
	4. Before we get to the deliverance, there are “the cords of death, the terrors of Sheol” around David. *Those words would make a great promo for a haunted house! (Phrase by Roger Shouse)*
2. Have you noticed how many times in David’s life that death encompassed him?
	1. Before Goliath, David told King Saul that he fought a lion and a bear. He took a lamb out of the mouth of the beast and seized it by its beard. That’s close! That’s too close for most of us. David could have died. (I Samuel 17:34-37)
	2. Then David faced Goliath, the Philistine giant and champion of Gath. That’s close! All the Israelite soldiers were afraid to fight him. David could have died. (I Samuel 17)
	3. Then there were the times when Saul threw spears at David, twice trying to pin him to a wall That’s close! (I Samuel 18:10-11; 19:9-10)
	4. Then there was the dowry of 100 Philistine foreskins David had to get. Saul planned to get David killed by the hands of the Philistines. That was close. (I Samuel 18:25)
	5. On the run from Saul, he had many close encounters with Saul’s army and the Philistines. David could have died!
	6. Later in life, Absalom, his own son, tried to kill him. That was close. (II Samuel 15-18)
	7. David looked into the eyes of death more than once!
3. Most of us live fairly safe every day. For us, a near car wreck is about as close to a calamity that we ever see, or perhaps a sickness (in this time and place, the Corona Virus is a real danger).
	1. Death doesn’t seem to encompass us.
	2. The “terrors of Sheol” is something that most of us don’t have a clue about. And, while it is good to be safe, secure and protected, maybe that has isolated us from needing God.
4. The end of this passage is most interesting: “I found distress and sorrow.”
	1. Now, that’s something we know. Most people don’t go looking for these things, they seem to find us!
	2. When they do, it certainly changes our schedules, flips our moods around and hangs like a dark cloud above us.
	3. Distress and sorrow. David found them. *I* found them. *Many people have found them!*
	4. Once you found them, what do you do with them? Typically, people wait for them to leave. Distress and sorrow can take a long time to leave. Some try to hide these things by doing fun things, taking a vacation, or finding relief in a bottle of some kind or form.
5. David’s words help us. David looked into the face of death more than once and he knew the “terrors of Sheol.” David found “distress & sorrow.”
6. What did he do with them?

#### David Prayed

* 1. Psalm 116:4: Then I called upon the name of the LORD: “O LORD, I beseech You, save my life!”
		1. Psalm 40:1: I waited patiently for the LORD; And He inclined to me and heard my cry.
		2. Psalm 86:3: Be gracious to me, O Lord, For to You I cry all day long. (86:6)
	2. David prayed; he cried out to God to save him!
		1. We know that God did!
		2. There are times that only the Lord can help you. No one else can. No one else understands. No one else is capable.
		3. Don’t wait until you have exhausted every option before you pray.
			1. Pray first.
			2. Pray hard.
			3. Lay the problems before the Lord.
			4. Let the Lord know that Sheol (the place of the dead), or death, is terrifying you!
	3. Tell the Lord of your distress and sorrow! Take it to the Lord in prayer! (Philippians 4:6-7; I Peter 5:6-7)

#### David Gave Thanks

* 1. Psalm 116:6: The LORD preserves the simple; I was brought low, and He saved me.
	2. Psalm 116:8: For You have rescued my soul from death, My eyes from tears, My feet from stumbling.
	3. Psalm 116:17: To You I shall offer a sacrifice of thanksgiving, And call upon the name of the LORD.
		1. Psalm 40:2: He brought me up out of the pit of destruction, out of the miry clay, And He set my feet upon a rock making my footsteps firm.
		2. Psalm 86:12-13: I will give thanks to You, O Lord my God, with all my heart, And will glorify Your name forever. For Your lovingkindness toward me is great, And You have delivered my soul from the depths of Sheol.
	4. David was thankful that he was saved by God.
		1. God was there. God delivered. David prayed and God answered.
		2. David recognized that it wasn’t an accident that he was saved.
		3. He understood that the power wasn’t within himself. It was the Lord who rescued him.
		4. He not only understood that, but he thanked the Lord because of that.
	5. Thank the Lord for answered prayer in your life and for the blessings He has bestowed! (Colossians 3:17; I Thessalonians 5:16-18)

#### David Honored & Obeyed God

* 1. Psalm 116:9: I shall walk before the LORD In the land of the living.
		1. Psalm 40:16: Let all who seek You rejoice and be glad in You; Let those who love Your salvation say continually, “The LORD be magnified!”
		2. Psalm 86:11: Teach me Your way, O LORD; I will walk in Your truth; Unite my heart to fear Your name.
	2. David honored God by obeying Him.
		1. David was in a mess. God pulled him out of that. David didn’t go on his way until the next time he needed God.
		2. Too often that’s how we may act. Not David. Notice the expressions of honoring and following God:
			1. I shall walk before the Lord (v. 9)
			2. I will call upon the name of the Lord (v. 13)
			3. I will pay my vows (v. 14)
			4. I am Your servant (v. 16)
			5. I will praise the Lord (v. 19)
	3. Having been rescued by God, David felt compelled to honor God and stay with God! So should we! (Mark 12:30; II John 6)

## Conclusion

1. Three simple things: prayer, thankfulness, and honoring God.
2. When distress finds you and sorrow follows you, this is what you need to do.
3. Don’t allow distress and sorrow to ruin your relationship with God. Don’t allow those ugly twins to keep you from praising God and worshiping Him!
	1. David said of his plight that he was “afflicted and needy” but called on God to save him.
		1. Psalm 40:17: Since I am afflicted and needy, Let the Lord be mindful of me. You are my help and my deliverer; Do not delay, O my God.
		2. Psalm 70:5: But I am afflicted and needy; Hasten to me, O God! You are my help and my deliverer; O LORD, do not delay.
		3. Psalm 86:1: Incline Your ear, O LORD, and answer me; For I am afflicted and needy.
		4. Psalm 116:10: I believed when I said, “I am greatly afflicted.”
4. David didn’t pull away from God when he found “distress and sorrow” to such a degree that he was “afflicted and needy.” *He drew closer to God!*
	1. James 4:6-10: “Draw near to God and He will draw near to you” (James 4:8).
5. Distress and sorrow will either cripple your faith or it will propel it to soar to new heights!
6. The choice is up to you. Are you reaching out to God or ignoring Him?
7. Do you allow distress and sorrow to keep you home or do you get out to serve Him?
	1. Psalm 40:8-10: I delight to do Your will, O my God; Your Law is within my heart. I have proclaimed glad tidings of righteousness in the great congregation; Behold, I will not restrain my lips, O LORD, You know. I have not hidden Your righteousness within my heart; I have spoken of Your faithfulness and Your salvation; I have not concealed Your lovingkindness and Your truth from the great congregation.
8. David found distress and sorrow. I have found distress and sorrow…and, so will you!
9. What will you do when you find them?
10. If not a Christian, a child of God, you can become one today! Repent and be baptized!
11. If a Christian in error, repent (correct) & be renewed!
12. Whatever your requests, let them be made known ***NOW*** while we stand & sing!