

Distress: “To subject to severe strain or pressure (physical, financial, or other); to put to sore straits, to embarrass; now *esp.* to afflict or exhaust, as painful exertion which puts a severe strain upon the physical powers.”¹

“The fall of mankind in the garden has comprehensive implications for what it means to be a human being. Sin touches every element of our existence as people.”²

Areas of Our Existence Tainted by Sin

- Our standing before God
- Our motivations
- Our relationships
- Our world
- Hagar, the handmaid of Sarah, driven to physical exhaustion, loses hope that her child Ishmael would live- Gen. 21:9-19
- Israel, in their wilderness wanderings, often lost hope (too many references to cite!)
- The ten spies from Israel lose hope in the sight of the Anakim- Num. 13:1-14:4
- In the midst of tremendous loss, Naomi lost all hope- Ruth 1:1-21
- After an exhausting spiritual and physical battle, Elijah lost all hope of defeating Jezebel and prayed that God would take his life- 1 Kings 19:1-4

Two Areas of Distress for the Believer

- _____ - meaning coming from within
- _____ - meaning coming from without

¹ (<https://www-oed-com.ezproxy.bju.net/view/Entry/55763?rskey=TFkvdW&result=2&isAdvanced=false#eid>, accessed 4 June 2020)

² Heath Lambert, *A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry* (Grand Rapids, MI: Zondervan, 2016), 219.

I. _____ DISTRESS AND THE WORD OF GOD- Psalm 119:81

A. THE SOUL AS THE _____ OF MAN— My soul

The soul, as it is used in this verse “is the entity that thinks, feels, acts, and desires.”³

B. THE SOUL UNDER _____ — My soul languishes

C. THE SOUL’S _____ — My soul languishes for Your salvation

“How are people dealing with these ‘perilous times?’ Some are turning to suicide. Others are turning to alcohol, illegal drugs, and psychiatric medications. Others lash out in road rage, drive-by shootings, and killing sprees. Still others distract themselves with a constant bombardment of entertainment, sports, and other activities.”—*Jim Berg, God Is More Than Enough*, ix.

D. THE SOUL’S _____ IN DISTRESS—I wait for Your word

1. The psalmist _____ to God’s timing

2. The psalmist _____ on God’s Word

a. God’s _____ - Your Word

“Is the main reason, that you may be with God, have communion with him, and be conformed to him? that you may see God, and enjoy him there? Is this the consideration which keeps you hearts, and your desires, and your expectations toward heaven?”—*J. Edwards, “God the Best Portion of the Christian”*

“There do meet in Jesus Christ infinite highness and infinite condescension. He is higher than the kings of the earth; for he is King of kings, and Lord of lords. He is higher than the heavens, and higher than the highest angels of heaven. So great is he, that all men, all kings and princes, are as worms of the dust before him; all

³ Hamme, Joel T. “Soul.” Edited by Douglas Mangum, Derek R. Brown, Rachel Klippenstein, and Rebekah Hurst. *Lexham Theological Wordbook*. Lexham Bible Reference Series. Bellingham, WA: Lexham Press, 2014.

nations are as the drop of the bucket, and the light dust of the balance; yea, and angels themselves are as nothing before him. He is so high, that he is infinitely above any need of us; above our reach, that we cannot be profitable to him; and above our conceptions, that we cannot comprehend him.

“And yet he is one of infinite condescension. None are so low or inferior, but Christ’s condescension is sufficient to take a gracious notice them. He condescends not only to the angels, humbling himself to behold the things that are done in heaven, but he also condescends to such poor creatures as men; and that not only so as to take notice of princes and great men, but of those that are of meanest rank and degree.” —*J. Edwards, “The Excellency of Christ”*

b. God’s _____ - *Your Word*