

## Psalm 119: Distress and the Word of God (Part 2)

### II. MENTAL DISTRESS AND THE WORD OF GOD- Psalm 119:82

- Psalm 119:18- “Open my eyes, that I may behold Wonderful things from Your law.”
- Psalm 119:37- “Turn away my eyes from looking at vanity, and revive me in Your ways.”
- Psalm 119:82- “My eyes fail *with longing* for Your word, While I say, ‘When will you comfort me?’”
- Psalm 119:123- “My eyes fail *with longing* for Your salvation, and for Your righteous word.”
- Psalm 119:136- “My eyes shed streams of water, Because they do not keep Your law.”
- Psalm 119:148- “My eyes anticipate the night watches, that I may meditate on Your word.

#### A. MENTAL DISTRESS \_\_\_\_\_—*My eyes fail with longing*

1. *The corruption of the mind \_\_\_\_\_ distress-* select Scriptures

“Fear is the emotion of serious distress, which is aroused by impending danger, evil, or pain, whether real or imagined.”—*Brian Borgman, “Feelings and Faith,”* p. 124

2. *The corruption of the mind \_\_\_\_\_ distress-* select Scriptures

#### B. MENTAL DISTRESS \_\_\_\_\_—While I say...

1. *Mental distress directed the psalmist to \_\_\_\_\_ \_\_\_\_\_—longing for Your word*

“One of the many fascinating events in nature is the emergence of the Cecropia moth from its cocoon—an event that occurs only with much struggle on the part of the moth to free itself. The story is frequently told of someone who watched a moth go through this struggle. In an effort to help—and not realizing the necessity of the struggle—the viewer snipped the shell of the cocoon. Soon the moth came out with its wings all crimped and shriveled. But as the person watched, the wings remained weak. The moth, which in a few moments would have stretched those wings to fly, was now doomed to crawling out its brief life in frustration of ever being the beautiful creature God created it to be.

“What the person in the story did not realize was that the struggle to emerge from the cocoon was an essential part of developing the muscle

system of the moth's body and pushing the body fluids out into the wings to expand them.

"The adversities of life are much like the cocoon of the Cecropia moth. God uses them to develop the spiritual 'muscle system' of our lives." — *Jerry Bridges* "Trusting God: Even When Life Hurts"

2. *Mental distress is* \_\_\_\_\_ *by God's Word*—for Your Word; When will You comfort me?

a. In order to be renewed in your mind, you must \_\_\_\_\_ God's Word

b. In order to be renewed in your mind, you must be \_\_\_\_\_ by God's Word

"They who are united to Christ, effectually called, and regenerated, having a new heart and a new spirit created in them through the virtue of Christ's death and resurrection, are also farther sanctified, really and personally, through the same virtue, by His Word and Spirit dwelling in them; the dominion of the whole body of sin is destroyed, and the several lusts thereof are more and more weakened and mortified, and they more and more quickened and strengthened in all saving graces, to the practice of all true holiness, without which no man shall see the Lord." *London Baptist Confession of Faith 1689 XIII:1*