

**Intro:** Remember when you were a kid on a long car trip? What did you sing to pass the time?

- 99 Bottle of beer on the wall!
- "If you're happy and you know it clap your hands!"

THAT is what you have in Psalm 120-134:

- Travel Psalms: Psalms of Ascent (15)
- Songs pilgrims sang on their way to Jerusalem (Traveled in groups: re: Jesus and parents @12)
- All different kinds of themes...
- All typically very short
- All helping you prepare your heart for worshipping God

Today I want to finish our series Summer in The Psalms: by looking at 2 Psalms...Grouped them together  
Two of my absolute FAVORITE Psalms: I read them, quote them, share them all the time. (Swiss Army Knife!)

This is where I go...when I don't have the answer!  
**What To Do When You Don't Know WHAT To Do!**

Psalm 121, 131

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**1. What To Do When You Feel Helpless.**

Psm 121

This is my Psalm when I go to I don't know how to help:

- *the hospital and the Dr has been in and things aren't going well!*
- *Finances are totally out of control*
- *Relationship is falling apart and can't seem to find a way forward*

Someone is looking to me, Or, I am in a place where I simply don't know what to do...Not sure how I can help..or IF I can!

READ 121

- **Look in the RIGHT place for Help!**

1-2

~Lift Up eyes to the Lord:

We are always looking for help from the WRONG places! Ultimately our help comes from the Lord

**Illus:** Couple of years ago I had a stroke:

We talk to our family, our friends, our acquaintances, we look everywhere for help...except God

One of our Elders came to see me...

There when the Dr came in on the 3<sup>rd</sup> or 4<sup>th</sup> day:

Basically...Don't know what to do! Try one more thing

**Q: WHEN ARE YOU GOING TO CALL THE ELDERS TO COME IN AND PRAY FOR YOU?**

~Lord: The personal name of God: Jehovah

The God who knows us...and we can know!

The God who is PERSONALLY involved in your life

The one you can call on at any time!

- **Lean On The Promises of God**

3-6

~Foot not moved:

Lit = Nothing is going to shake you up...Nothing going to tremble: Firm place to stand

~Keep you:

Lit = to guard or protect, to hedge about or around, to watch closely or narrowly

~Slumber:

Lit = He is not going to slack off, get lazy, not pay attention to

~Sleep:

Lit = He is not going to fall asleep on you! Not going to doze off (Cant read w/o Garden)

- **Live Your Life in Faith**

7-8

~We get afraid:

Don't! The Lord will Keep you!

Guard, protect, hedge about

~We stop living:

Immobilized by fear and doubt: Don't: Keep living! Day/night Coming/Going

~We fear future:

Don't do it...God has it...Yesterday, Today and Tomorrow!

Both Now and forevermore!

**Applic:** Are you in a place where you have feel helpless, Don't know what to do, where to turn...So you stop living?

Look right place...not everywhere else

Lean on Promises: God has YOU!

Live your life in Faith: Don't stop living, Don't get immobilized, Dont leave in fear

What do you do? THE NEXT RIGHT THING!

We want to know the end at the beginning...and that seldom I the way!

God knows the end from the beginning...but we don't.

He doesn't always share it with us!

**Illus:** Abraham...Go to a place I will show you!

Moses...Go to a place I will show you!

Joshua...Tell the priests ... step into the water...and WHEN YOU DO: THEN it will roll back:

Keep living..don't stop..don't be immobilized!

## 2. What To Do When You Are Waiting On God.

Psalm 131

This is the Psalm I turn to when nothing makes sense...and I am waiting on God to put the pieces in place for me. You have been there, right? You have been praying, and waiting, and asking others to pray...no answer yet! How do you wait? When God doesn't seem to be moving

Psalm 131

- **Get Your Attitude Right:** Vs 1
  - ~Heart not proud: Lit = *to be proud, raised up, lifted up*  
*God opposes the proud!* Proverbs; Psalms; James; 1 Peter
  - ~Eyes Haughty: Lit = *to raise self up, to exhalt self; to promote or extol: (Bragg about yourself)*
  - ~I don't concern: Lit = *to walk around in big things I don't understand!*  
*There are somethings that are simply over my head!*

Illus: Sometimes you just have to say: I don't know!  
Strongs Systematic Theology, Salvation, how it happens: Order the sequence of God's thoughts toward us!  
When I Jesus coming back: I don't know...YOU DON'T EITHER!
- **Take The Right Actions:** Vs 2
  - ~This is a specific action I take. It is a decision we make:  
Instead of allowing myself to get all "spun up" and anxious, I do the kind of things that settle my spirit
  - ~Stilled: Lit = *to compose oneself, to level oneself out, to equalize*  
How? *Taking time to pray*  
*Taking time to read God's word*  
*Taking time to sit quietly in His presence*  
*Taking time to look at both sides of an issue, (equalize, see both good and bad)*
  - ~Quieted: Lit = *To hold your peace*  
*To quiet yourself*  
*To be silent*  
*To stop something or cut something off!*

Illus: When we get in those places where we are waiting on God  
We need to simply STOP; WAIT: Still our heart and our spirit...  
Typically what we do is we get more and more frantic  
Saying: When you find yourself in a hole, first thing you do? STOP DIGGING!

Illus: Ever seen a weaned child asleep on their mothers breast?  
Ever seen a child that is NOT weaned? Restless, Moving, Unable to be silent or still
- **Anticipate God's Moving On Your Behalf**
  - ~Again there is an active part of what we are to do Make the decision to do the following
  - ~PUT Hope: Lit = *to cause yourself to be patient; to stay; to tarry; to trust; to wait*
  - ~Forever Lit = *as long as forever; until when; until the vanishing point*

Illus: David says: There is NEVER going to be a time when you stop EXPECTING God to move on your behalf!  
You never stop praying, never stop hoping, never stop expecting Him to move for your good

### CONCL:

Where are you at this morning?

- Helpless, Out of control, Wondering what comes next, where God is in YOUR situation?
  - ~Look to Him
  - ~Lean on His promises (Memorize, recite, write, read)
  - ~Keep Living your life in Faith: Don't stop
  - IF this is where you are...START LIVING
- Waiting on God?
  - ~Get attitude right: Don't be proud, Ask Him for Help, Ask Others, Humble yourself
  - ~Get Actions right: Quit running in spiritual circles: Still and Quiet Yourself: Just Stop
  - ~Anticipate God Moving: Keep looking for Him to move, Keep Expecting: Don't give up: Until Forever

Whatever you need from Him today...Come:

- Help me to look to you, to Lean on you, keep living: Give me courage to do the next right thing
- Get my attitude right...Help me Do right things while I wait, God I look to you...