

Westwood Baptist Church *Grounded. Growing. Going.*

Worship Guide for September 20, 2020

Sermon Notes

I'm At the End of My Rope – Help Me!

Psalm 119: 81-89 [Kaph]

In today's passage from Psalm 119: 81-89 the psalmist says,

My soul longs for your salvation; I hope in your word.

My eyes long for your promise; I ask, "When will you comfort me?"

For I have become like a wineskin in the smoke, yet I have not forgotten your statutes.

How long must your servant endure? When will you judge those who persecute me?

The insolent have dug pitfalls for me; they do not live according to your law.

All your commandments are sure; they persecute me with falsehood; help me!

They have almost made an end of me on earth, but I have not forsaken your precepts.

In your steadfast love give me life, that I may keep the testimonies of your mouth.

Spurgeon said, "This octave is the midnight of the psalm, and very dark and black it is."

All of us can identify with the heart cry of this passage, either from our own dark valley or from walking through it with others. In this dark place it's easy to lose our perspective and lose our grip on hope. When we are in this valley of suffering we long for relief, but we don't receive it. We look forward to respite, but don't see it. We feel dried up and fragile and can't do anything about it. We are at the end of our rope and wonder, "how can I continue to hold on....where else can I turn?"

We find the answers to these questions in this passage. Too often the very things we've been given by God to help us are the first things we ignore. Tim Keller says (quoting John Newton), "When suffering comes, prayer and Bible study are the first activities to go. In reality they are your only life preservers. "The chief means for attaining wisdom.....are the holy Scriptures and prayer. The one is the fountain of living water, the other is the bucket with which we are to draw.""

Today's journey through this passage leads us to the Lord's table. That is appropriate because this passage ultimately points us to Jesus, who suffered *with us* and suffered *for us*. "Jesus lost all his glory so that we could be clothed in it. He was shut out so we could get access. He was bound, nailed, so that we could be free. He was cast out so we could approach. And Jesus took away the only kind of suffering that can really destroy you: that is being cast away from God." Tim Keller. *Walking with God through Pain and Suffering*

This is how things are: I am at the end of myself; I am dry, fragile and pursued. (vv81,83,85)

This is what I seek: Your promise, your comfort, your justice, your help! (vv82, 84, 86)

This is how I wait: I hope in your Word, I remember your promise, I trust in your love.

Weekly Discipleship Guide

Sunday

In your journal, reflect on today's sermon by answering the following:

I never knew:

I was challenged:

I was reminded:

I was convicted:

A question I still have:

A truth I could share:

Know

Monday

Spend some time today doing the following:

Read the sermon passage again.

Select a portion of this week's sermon passage to memorize this week.

Write your selected portion and read it to yourself at least 10 times throughout the day.

Know > Be

Tuesday

In your journal, spend some time writing about the following:

Read the sermon passage again.

Write a prayer of response, guided by the passage.

(May include adoration, confession/repentance, thanksgiving, petition, etc...)

Write your selected portion of the Scripture several times to aid in memorization.

Be

Wednesday

Think about this week's questions for group discussion:

What is it about hardship that can cause us to lose proper perspective of reality? What does this expose about us?

What are some of the most profound gospel truths that you have learned only through suffering/difficulty/waiting?

What is so dangerous about facing hardship or difficult seasons of waiting alone? How does this shape the way we approach biblical fellowship and community at all times?

Be > Do

Thursday

In your journal, spend some time considering the following:

What insights have you had while internalizing this week's passage?

How specifically will you seek to apply its truths in your home/workplace/life in general?

Do

*Use this guide to help you internalize this week's passage & message.

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