

When Life Is Overwhelming!



“Deeper and deeper I sink into the mire; I can’t find a foothold. I am in deep water, and the floods overwhelm me.” Psalm 69:2 NLT

- When have you felt overwhelmed with the demands and problems of life?

Psalm 69 is an ancient Hebrew song of worship. The inscription even states “...to be sung to the tune ‘Lilies.’” We have no historic idea what that tune sounds like.

Because this is a worship song, like all the Psalms, it has a theme. It seems that the theme of Psalm is summarized in 69:2. We can state it simply—**When Life Is Overwhelming!**

The *Life Application Study Bible* informs us, “This is one of the most quoted psalms in the New Testament, and is often applied to the ministry and suffering of Jesus. Verse 4, like John 15:25, speaks of Jesus’ many enemies. The experience of being scorned by his brothers (69:8) is expressed in John 7:5. Verse 9 portrays David’s zeal for God; Christ showed great zeal when he threw the money changers out of the temple (John 2:14-17). Paul quoted part of 69:9 in Romans 15:3. Christ’s great suffering is portrayed in 69:20, 21 (Matthew 27:24; Mark 15:23; Luke 23:36; John 19:28-30). Verse 22 through 28 are quoted in Romans 11:9, 10; and Peter applied 69:25 to Judas (Acts 1:20).” (69:1ff).

This psalm is attributed to David as the author. When we read about the life of David (1 and 2 Samuel), we observed that he faced many demands and problems. Some came his way uninvited. Others were of his own making. All of us experience times when life is overwhelming. Psalm 69 tells us how David responded. This is helpful for us to know how we should respond when life is overwhelming.

Central Lesson:

When life is overwhelming, remember how big God is.

I. David’s Struggle, Our Struggle

1. David described his problems with the metaphor of almost **DROWNING** (69:1-2). He described it like being in a raging river and the water was up to his neck.

“¹ Save me, O God, for the floodwaters are up to my neck. ² Deeper and deeper I sink into the mire; I can’t find a foothold. I am in deep water, and the floods overwhelm me.”

2. David struggled with what appeared to be a **DELAY** of God’s help (69:3).
“³ I am exhausted from crying for help; my throat is parched. My eyes are swollen with weeping, waiting for my God to help me.”

3. David was struggling with being attacked with unfair **SLANDER** and lies (69:4).

“⁴ Those who hate me without cause outnumber the hairs on my head. Many enemies try to destroy me with lies, demanding that I give back what I didn’t steal.”

4. David struggled with God seeing all the **SECRETS** of his heart (69:5).
“⁵ O God, you know how foolish I am; my sins cannot be hidden from you.”

5. David feared **HURTING** others by his personal mistakes (69:6).
“⁶ Don’t let those who trust in you be ashamed because of me, O Sovereign Lord of Heaven’s Armies. Don’t let me cause them to be humiliated, O God of Israel.”

6. David faced **INSULTS**, humiliation, and rejection (69:7-8).
“⁷ For I endure insults for your sake; humiliation is written all over my face. ⁸ Even my own brothers pretend they don’t know me; they treat me like a stranger.”

7. David’s spiritual devotion was **RIDICULED** (69:9-12).
“⁹ Passion for your house has consumed me, and the insults of those who insult you have fallen on me.”

II. David’s Response, Our Response

1. Persistent **PRAYER** (69:13-15)

“¹³ But I keep praying to you, Lord, hoping this time you will show me favor. In your unfailing love, O God, answer my prayer with your sure salvation.”

“¹⁵ Don’t let the floods overwhelm me, or the deep waters swallow me, or the pit of death devour me.”

2. Focus on **GOD’S** character - unfailing love, care, plentiful mercy (69:16).
“¹⁶ Answer my prayers, O Lord, for your unfailing love is wonderful. Take care of me, for your mercy is so plentiful.”

3. Address God’s **HIDDENNESS** (69:17-18). (1 Samuel 3:1; Amos 8:12).
“¹⁷ Don’t hide from your servant; answer me quickly, for I am in deep trouble!”

4. Appeal to God for His **VENGEANCE** (69:22-28). (Romans 12:19; Hebrews 10:30).

“²² Let the bountiful table set before them become a snare and their prosperity become a trap.”

5. **ADMIT** your pain, don’t suppress it (69:29).
“²⁹ I am suffering and in pain. Rescue me, O God, by your saving power.”

6. Determine to always **HONOR** God (69:30-31).
“³⁰ Then I will praise God’s name with singing, and I will honor him with thanksgiving.”

7. Look for the subtle ways God is at **WORK** in your life and circumstances (69:32-33).
“³² The humble will see their God at work and be glad. Let all who seek God’s help be encouraged. ³³ For the Lord hears the cries of the needy; he does not despise his imprisoned people.”

Central Lesson:

When life is overwhelming, remember how big God is.

- ▶ Accept Christ as your Savior. ▶ As a Christian, dedicate your life to Christ.
- ▶ Invite someone to next Sunday’s study. ▶ Attend a small group. ▶ Read the Bible this week & journal meaningful verses. ▶ Pray for friends that need Jesus.