

## **11 08 2011 ANGUISH**

Are you suffering from distress, pain & grieving. ANGUISH is a big part of our lives. I'm Ken Trahan & Welcome to Walking in the Word with Williams Blvd. Baptist Church.

ANGUISH is excruciating. We are tormented by it. Some days are full of ANGUISH while others are not as bad. How we handle it largely depends on the severity of it & on the condition of our minds & hearts.

In the Old Testament, we read about how Hannah was in deep ANGUISH & prayed to the Lord while crying. The book of Job is full of references of large ANGUISH. Isaiah, Jeremiah & Daniel speak about ANGUISH as well.

In Psalm 6, David is experiencing tremendous anxiety & difficulty. "Lord, do not rebuke me in your anger or discipline me in your wrath. Have mercy on me, Lord, for I am faint; heal me, Lord, for my bones are in agony. My soul is in deep ANGUISH. How long, Lord, how long?"

Does this sound familiar? We are under attack frequently and it breaks us down, weakens us, hurts us, makes life difficult. The mental stress takes a physical toll. We wonder when we will ever see the light at the end of a dark, dark tunnel.

This is evident in verse 6 from David. "I am worn out from my groaning. All night long I flood my bed with weeping & drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes."

We all allow others who would do us harm to make us sad, to anger us. Sometimes, others get the best of us. What we must understand is that this is a temporary state. It will not last.

Verse 8. "Away from me, all you who do evil, for the Lord has heard my weeping. The Lord has heard my cry for mercy; the Lord accepts my prayer. All my enemies will be overwhelmed with shame & ANGUISH; they will turn back & suddenly be put to shame."

When ANGUISHED, look at yourself. See your own sin. Be totally honest with the Lord. Recommit yourself to Christ. He has the cure for what ails you, helping ANGUISH subside!

Notice how David turns things around by the end of this passage. He goes from sadness, pain, hurt, tears, pure ANGUISH to putting his trust in the Lord who hears & sees all & loves his people. He gives us peace. The ANGUISH ends up with those who would do us harm in the end.

David pleads for relief from his ANGUISH again in Psalm 22:1 and Psalm 25:17. In Psalm 31:7, he says, "I will be glad & rejoice in your love, for you saw my affliction & knew the ANGUISH of my soul."

God cares about us. He will deliver us. He sent His Son Jesus to redeem us. He will send Jesus again to deliver us to a permanent, Heavenly existence. We will be exonerated in the end, forgiven, vindicated if we remain in Christ.

In the New Testament, Paul ANGUISHED over Israel in Romans 9. "I speak the truth in Christ—I am not lying, my conscience confirms it through the Holy Spirit—I have great sorrow & unceasing ANGUISH in my heart. For I could wish that I myself were cursed & cut off from Christ for the sake of my people, those of my own race, the people of Israel.

Theirs is the adoption to sonship; theirs the divine glory, the covenants, the receiving of the law, the temple worship & the promises. Theirs are the patriarchs, & from them is traced the human ancestry of the Messiah, who is God over all, forever praised! Amen."

Paul hurt for God's chosen people, his established land. He was willing to substitute himself for Israel to be punished to save the land & people. Jesus was a substitute for our sin on the cross. Paul displayed the love of Christ in the midst of his ANGUISH. Would you do the same?

For a text copy, e-mail me @ [kentrahan@aol.com](mailto:kentrahan@aol.com) & ask for ANGUISH. For Pastor Tim Williams, thanks for joining us. I'm Ken Trahan. God bless you!

