

Trust the Lord

How to overcome the depression and troubles we have in today's world!

Fred R. Coulter—November 3, 2018

Let's come to Proverbs 3. Roger talked an awful lot about the love of God {note sermonette: *Love Your Neighbor*} and we will see another aspect that is built upon love and belief.

Proverbs 3:1: "My son, do not forget my law..." One of the things that keeps us in memory of the law of God is Sabbath Day.

"...but let your heart keep my commandments" (v 1). We do have the Transcript Book: *The Heart and Mind Connection*. I did that well over twenty years ago. The Word of God is eternal, and the heart and the mind work together.

Why does it talk about the heart more than the mind? *Because the heart will influence the mind to the extent that on an emotional basis you have to have—love is emotional—you have to guard your mind and your heart so that they are toward God!*

When two people first fall in love, everything is all based upon the heart, and a little lust; that's how a lot of people get themselves in trouble. They rarely think about what they are doing, because they're in love, it's emotional, they're infatuated, and it seems so good, seems so right.

"...let your heart keep my commandments...[that will keep you from going astray] ...for they shall add length of days, and long life, and peace to you. Do not let mercy and Truth forsake you; bind them around your neck; write them upon **the tablet of your heart**" (vs 1-3).

Very interesting statement because everything we do in life is written in our mind and in our heart. The heart also has neurological cells like the brain, so they work in tandem.

Sidebar: Jonathan will remember this. We have a neighbor just across the fence from us. We have been in the house now 40-years. When we moved there this neighbor had all white hair and he looked to be in his 60s. He was still working at the time. He worked for doing analysis on airplane wrecks and things like that, so he worked out of his own home.

But he took care of his mother. He is still alive, and Dolores says he must be a 100 or more. In some ways he was a nice man, otherwise he was a very cranky man. He hated our dogs and our dogs hated him. Every time he would come out in the driveway, which is next door to our back fence, our dogs would go over there and start barking at him.

I look at that and that says God is no respecter of persons. If you honor your father and honor your mother, *you will have length of days* as God says in the fifth commandment.

Verse 4: "And so you shall find favor... [which is grace] ...and good understanding in the sight of God and man." *You have:*

- love
- belief
- faith
- trust

Verse 5: "**Trust in the LORD** with all your heart..." In other words, when your heart starts getting control of your thoughts, you better make sure that it's in tune with what God wants.

"...and **lean not to your own understanding**... [that's a pretty powerful verse] ...In all your ways acknowledge Him, and He shall direct your paths. **Do not be wise in your own eyes;** fear the LORD and depart from evil" (vs 5-7).

In today's world, trusting in the Lord goes right along with *love, belief and faith*.

Proverbs 4:18: "But the path of the just *is* as the shining light, that shines more and more to the perfect day." *This is talking about us growing in grace and knowledge up to the perfect day, to the end, which is the resurrection. That's when we will be perfected.*

Verse 19: "The way of the wicked *is* as darkness; they know not at what they stumble. My son, attend to my words; incline your ear to my sayings. Let them not depart from your eyes; keep them in the midst of your **heart**, for they *are* life to those who find them, and health to all their flesh" (vs 19-22).

Verse 23 is a very imperative verse for this world today: "**Above all guard the door of your mind with diligence, for out of it are the issues of life.**" *That's why we need to trust in God!*

A woman recently wrote me and said, 'Can you give me some Psalms that will help me when I have troubles, because I've been having a lot of troubles.' First thing is this: **trust in God with all your heart!**

Sometimes you feel like this; Psalm 13:1: "How long will You forget me, O LORD? Forever?...."

When you're going through some of the trials and difficulties you go through you think: How can this go on and on and on? When you feel that way remember Jeremiah. His ministry was 40-years of terrible trouble, trials—and if we can use an expression—and hell, because it was.

“...How long will You hide Your face from Me? How long shall I take counsel in my heart, having sorrow in my heart daily?...” (vs 1-2). *You talk about depressed and really down!* Here he really was, what's going to happen?

“...How long shall my enemy be exalted over me?... [when you feel like that, here's what you do; you pray like this] ...Consider *and* answer me, O LORD my God; enlighten my eyes, lest I sleep the sleep of death” (vs 2-3).

You talk about depression. A lot of people have that today, they get depressed. You get your mind on yourself. You get feeling bad for yourself. ‘O Lord, why don't You hear and answer?’ *Maybe it's your test! Maybe it's your trial!*

During the days of the Waldensians and Vaudois (French); Waldensians (near German). Remember the *W* in German is pronounced with a *V*. They didn't have:

- electricity
- television
- smart phones or dumb phones
- they had to grow their own food
- they didn't have people coming in on them

When the enemy came to scoop them up in martyrdom, it was over with quickly.

For us we have so many things that come around, that we see, that we hear, that we understand, that we know, and all of this sort of thing, so we get depressed with it.

Verse 4: “Lest my enemy say, ‘I have overcome him,’ and my foes rejoice when I am moved. But as for me, I have trusted in Your mercy... [whenever things come to a terrible situation, **trust in God**] ...my heart shall rejoice in Your salvation. I will sing to the LORD because He has dealt bountifully with me” (vs 4-6).

One other thing to help you get out of depression: *good uplifting music!*

Psalm 5:1—here's how to pray: “Give ear to my words, O LORD; consider my meditation. Harken to the voice of my cry, my King and my God, for to You do I pray” (vs 1-2).

When you get down and out and depressed, and overwhelmed with circumstances around you, *that's the time to pray!*

Verse 3: “My voice You shall hear in the morning, O LORD; in the morning I will direct my prayer to You, and I will look up, for You are not a God that has pleasure in wickedness; nor shall evil dwell with You” (vs 3-4).

Verse 8: “Lead me, O LORD, in Your righteousness...” *What is it that You want done? Help me to understand!*

“...because of my enemies; make Your way straight before my face, for there is no Truth in their mouth; their inward part is destruction; their throat is an open grave; they flatter with their tongue. Hold them guilty, O God; let them fall by their own counsels...” (vs 8-10). *You can pray for your enemies this way:*

- let the result of their actions come upon them
- let them fall because of their own difficulties
- intervene and take care of them Your way, God

Verse 11: “But let all who put their trust in You rejoice; let them always shout for joy because You defend them. And let those who love Your name exult... [be in great happiness and rejoicing] ...in You, for You, O LORD, will bless the righteous; with favor You will surround him as with a shield” (vs 11-12).

Have you ever had a trial that's gone on and on and on? *We all do!* It would be nice if it would come to an end. We do everything we can to try and end it, but sometimes it doesn't work that way.

- we don't give up on God
- we trust in God
- we ask God to help in the situation

because God can do more without us, in many cases, than we can do if we try and force it our way. *Think of that!*

You have to be in good relationship with God with this; Psalm 4:1: “Answer me when I call, O God of my righteousness. You gave me relief *when I was* in distress...” *Sometimes that relief comes spiritually and mentally first!* Then you come to the right conclusion. That can happen.

“...be gracious to me, and hear my prayer. O sons of men, how long will my glory be put to shame? How long will you love delusions and seek after lies? Selah. But know that the LORD has set apart the Godly for Himself.... [that's why God has called you] ...The LORD will hear when I call to Him. Tremble, and sin not: commune with your own heart... [between you and God] ...upon your bed, and be still. Selah” (vs 1-4).

Here's how to help you get out of some the depressions that come along, because they'll come

along. We live in a world where things are not easily solved because it's so complicated with so many people and different things, and so forth.

Psalm 34:1: "I will bless the LORD at all times; His praise shall always be in my mouth."

Let me just give you a little something to think on. Think about all the oceans of the world. Everything in them God made, God created it. Going down many miles into the depths of the ocean there's life. They live around those methane chimneys. If anyone wants to stop the methane, then you have to go to the bottom of the ocean to start there.

Then think about every drop of water and everything that's in every drop of water, which is different than any other drop of water, though it is the same. And how through that God sustains all life on the earth.

In addition to the oceans, there is water beneath the crust of the earth that is in a different form that God can call upon to release upon the earth, which He probably did when He broke up the depths at the Flood in Noah's age. Think about that! Then think about all the fish, all the whales. *Amazing!* God made them all. ***That will help you understand the power of God!***

Verse 3: "O magnify the LORD with me, and let us exalt His name together. I sought the LORD, and He answered me, and delivered me from **all my fears**. They looked to Him and were radiant; and their faces were not ashamed. This poor man cried, and the LORD heard, and saved him out of **all his troubles**" (vs 3-6). *We all have troubles: large and small, and in between!*

Verse 14: "Depart from evil and do good; seek peace and pursue it. The eyes of the LORD are upon the righteous, and His ears are open to their cry. The face of the LORD is against those who do evil, to cut off the memory of them from the earth. The righteous cry, and the LORD hears, and delivers them out of **all their troubles**.... [that includes more than one] ...The LORD is near to the brokenhearted and saves those who are of a contrite spirit. Many are the afflictions of the righteous..." (vs 14-19).

We have a lot different afflictions than the others. If we lived, like back in the Piedmont valleys like the Waldensians did, and we had a nice little house, nice acres of land, cattle, donkey or horse, cows, goats and sheep, we wouldn't have too many troubles. ***Today there's trouble everywhere!*** So, this is especially important for us.

Verse 19: "Many are the afflictions of the righteous, but **the LORD delivers him out of them all. He keeps all** his bones; not one of them is

broken" (vs 19-20). *Then He takes care of the wicked!*

Here are some things in Psa. 37 that afflict us today probably. This ties in with Psa. 73; both of these go hand-in-hand.

Psalm 37:1: "Do not fret yourself because of evildoers... [don't get upset because of what they're doing]...and do not be envious against the workers of iniquity, for they shall soon be cut down like the grass; and wither as the green herb. **Trust in the LORD**, and do good; dwell in the land and cherish faithfulness" (vs 1-3). *This is how we get our attitudes straightened around!*

- ***IF*** we didn't have the Word of God
- ***IF*** we didn't have the Spirit of God
- ***IF*** we didn't have the Sabbath

Look at all the troubles that the world has, we'd have every one of those, probably more! This is why it's good for us.

Notice what we are to do, our attitude, and mind. Remember:

- trust in the Lord with all your heart
- guard the door of your mind
- guard your heart

Tie that together with this:

Verse 4: "Delight yourself in the LORD..." *Don't think that God is picking on you! He isn't picking on you!*

Whenever things get really, really bad, remember Romans 8:28: "And we know that **all things work together for good** to those who love God, to those who are called according to *His* purpose." *They work together for good!*

Look at what happened to Christ. Did everything that happened to Him on that Passover Day work for good, though it was one of the most cruelest days of history? *Yes! Because there's more to life than flesh!* God raised Him from the dead.

I know they had all the officials—Jewish and Roman—looking for the body, looking for another burial place and they never found it.

Verse 4: "Delight yourself in the LORD, and He shall give you the desires of your heart." The greatest desire of our hearts will be fulfilled at the resurrection.

Verse 5: "Commit your way unto the LORD; **trust also in Him**, and He will bring it to pass." *Lots of times God has something else in mind that we don't know about and we can look back later and see!*

This whole Psa. 37 is one that if you get down and depressed and it's hard for you to handle it—whether it's pain, family troubles, sickness, old age, or frustration, regardless—go to this Psalm. That will help you out.

Verse 6: “And He shall bring forth your righteousness like the light, and your judgment like the noonday”—*at the resurrection!* Maybe on a smaller basis in the circumstances in your life.

Verse 7: “Rest in the LORD, and wait patiently for Him; do not fret yourself because of him who prospers in his way, because of him who carries out wicked schemes. Cease from anger...” (vs 7-8).

If you have a temper that's hard to control, I've got a temper, and I'm glad none have you have been around when I lost my temper.

“...and forsake wrath; do not fret yourself, it leads only to evil... [notice the contrast]: ...for evildoers shall be cut off, but those who wait upon the LORD, they shall inherit the earth. It is but a little while, and the wicked shall be no more; yea, you shall diligently consider his place, *but* he shall not be *there*. But the meek shall inherit the earth and shall delight themselves in the abundance of peace” (vs 8-11). *Think about that in relationship to entering into the Kingdom of God!*

Verse 18: “The LORD knows the days of the upright, and their inheritance shall be forever.” *That will be in New Jerusalem!*

I've often thought about this. You probably hear me say this, more and more the older I get the more I'll think about it. What's it going to be like after we're resurrected, New Jerusalem comes to the earth, and we're going to find out where we live in New Jerusalem? *God is probably going to have angels lead us to where we're going to live!* I don't know what that's going to be like. New Jerusalem is 1500-miles square. You can put a lot of things in that.

Do you suppose we might all have our own apartment in New Jerusalem? Here an angel leads you into your apartment, opens the door. You look at this beautiful place that you're going to be living in. He takes you over to the closet and opens the closet door and here's a whole rack of clothes for you made out of spirit. *Think on that!* That'll help you overcome the doldrums. ***Inheritance forever!***

Verse 22: “For those blessed of Him shall inherit the earth; and those cursed of Him shall be cut off.” *Rev. 20, thrown into the Lake of Fire!*

Verse 27: “Depart from evil and do good; and live forevermore. **For the LORD loves justice**

and does not forsake His saints...” (vs 27-28). *Jesus had to go through it (Psa. 22).*

Jesus had to go through it where He cried out in prophecy and in reality when He was on the cross.

Matthew 27:46: “...‘Eli, Eli, lama sabachthani?’ That is, ‘My God, My God, why have You forsaken Me?’”

The worst feeling of all that a person can experience is if there is no one that cares for you! Christ had to go through that to redeem all of those who experience it.

Verse 29: “The righteous shall inherit the earth and dwell in it forever. The mouth of the righteous speaks wisdom, and his tongue talks of justice. **The Law of his God is in his heart...** [that's what has to be there] ...none of his steps shall slide” (vs 29-31).

Verse 33: “The LORD will not leave him in his hand... [that is the hand of the wicked] ...nor condemn him when he is judged. **Wait on the LORD and keep His way, and He shall exalt you to inherit the earth;** when the wicked are cut off, you shall see it” (vs 33-34). *That should help us all get over all of our depressions!*

Another way to get out of the depression is to *set aside time that you study the Psalms*. Go through the whole thing. You might try to ***study them on your knees*** so you can pray to God while you read the Psalms. Let that become part of your prayers.

Psalms 111:1: “Praise the LORD! I will give thanks to the LORD with my whole heart in the council of the upright and in the congregation.” *Again looking forward to the resurrection!*

But even now, v 2: “The works of the LORD are great, sought out by all those who have pleasure in them”

- everything God is doing is for the Kingdom
- everything God is doing is for His family
- everything God is doing is for each one whom He calls

Verse 3: “His work is glory and majesty, and His righteousness endures forever.” *That's why God has called us because it's forever!*

Verse 4: “He has made a memorial for His wonderful works...” *That's the Sabbath!*

I wonder what that's going to be like in the Kingdom of God? What's it going to be like for the whole Family of God and all the spirit beings together keeping the Sabbath as the Family of God? *That's going to be something!*

Verse 7: “The works of His hands are truth and justice; all His precepts are sure.” *All of the precepts of God are true from the beginning!* The insanity of man is to try and improve on a perfect God. **Never works!**

Verse 8: “They stand fast forever and ever; they are done in truth and uprightness. He sent redemption unto His people...” (vs 8-9). *That comes every day:*

- out of your troubles
- out of your difficulties
- out of what you are wrestling in your mind

You pray to God and He will help you; He will strengthen you!

“...He has commanded His covenant forever; holy and awesome is His name” (v 9). *Then it goes right back to: the beginning of wisdom is the keeping the commandments of God!* Out of all of this, here is what it is to result in:

Psalm 108:1: “O God, **my heart is fixed...**”

- trust in God
- love God
- believe God

“...I will sing and I will give praise, even with my glory. Awake, harp and lyre; I will awake early. I will praise You, O LORD, among the people; and I will sing praises to You among the nations, for Your mercy is great above the heavens; and Your Truth reaches unto the clouds” (vs 1-4).

Verse 11: “O God, have You not cast us off?...” When you have a trial, yes, you’re going to have that difficulty.

“...And, O God, will You not go out with our armies? Give us help from trouble, for vain is the deliverance of man” (vs 11-12).

You look at what David did in writing all of these Psalms and you think: Wow! What a life he had! Remember, he died at an old age, 70. Why was that an old age? *His life was so active, it wore him out by time he was 70!* Everything he went through:

- fighting the enemy
- the depressions
- exaltations

His life was up and down, yet, he loved God and praised God!

Remember, God gave David the promise and the blessing that his son could build the temple and that he would always have one of his descendants sitting on the throne. God gave that promise *before* the incident of Bathsheba. **God did not take it away!**

God’s Word is true and sure! If there is repentance, God honors it, but He also gave David for the rest of his life it was miserable as punishment for doing what he did, though David loved God and God blessed him. At the end before he died, he had some peace and rest. **God’s promises are sure and true!**

Psalm 112:1: “Praise the LORD! Blessed is the man who fears the LORD, who delights greatly in His commandments.”

Here’s a promise, all the way through this whole Psalm; Verse 2: “His seed shall be mighty upon earth; the generation of the upright shall be blessed. Wealth and riches shall be in his house, and his righteousness endures forever” (vs 2-3).

Verse 7: “He shall not be afraid of evil tidings; **his heart is steadfast...** [fixed] ...**trusting in the LORD. His heart is established...**” (vs 7-8).

- by God’s Spirit
- by God’s love
- by God’s Truth

“...he shall not be afraid until he sees his desire upon his enemies” (v 8). There’s another good way to pray for them.

Psa. 20 is one of my favorite Psalms. Notice the blessings that come with this. There are five *ways* that are important.

Psalm 20:1: “**May the LORD answer you in the day of trouble,** the name of the God of Jacob set you on high, **May He send you help from the sanctuary,** and strengthen you out of Zion” (vs 1-2). ***All coming from God! That’s why when we pray to God it is Our Father in heaven!***

Verse 3: “**May He remember all your offerings** and accept your burnt sacrifice. Selah. **May He grant you according to you own heart and fulfill all your plans**” (vs 3-4). *That is if your heart is right with God!*

Verse 5: “We will shout for joy in your victory, and in the name of our God we will set up banners. **May the LORD fulfill all your prayers.**”

There are many other Psalms that you can use that will help you in your time of trouble, depression and overcoming sin and dealing with problems. **We can trust in God with all our heart!**

Scriptural References:

- 1) Proverbs 3:1-7
- 2) Proverbs 4:18-23
- 3) Psalm 13:1-6
- 4) Psalm 5:1-4, 8-12

- 5) Psalm 4:1-4
- 6) Psalm 34:1-6, 14-20
- 7) Psalm 37:1-4
- 8) Romans 8:28
- 9) Psalm 37:5-11, 18, 22, 27-28
- 10) Matthew 27:46
- 11) Psalm 37: 29-31, 33-34
- 12) Psalm 111:1-4, 7-9
- 13) Psalm 108:1-4, 11-12
- 14) Psalm 112:1-3, 7-8
- 15) Psalm 20:1-5

Scriptures referenced, not quoted:

- Psalm 73
- Revelation 20
- Psalm 22

Also referenced:

- Sermonette: *Love Your Neighbor* by Roger Tointon
- Transcript Book with CD: *The Heart/Mind Connection*

FRC:lp

Transcribed:11-12-18

Formatted: bo—11/13/18

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