

## Trusting God for Help

2 Samuel 22:1-37

February 21, 2010

### Intro

When you study through the life of David you see how often God delivered him from great troubles; and David certainly had many troubles in his life. He spent many years on the run from Saul's wrath and jealousy. He faced many enemies from the countries surrounding Israel. His own son, Absalom, tried to overthrow him and he had to flee Jerusalem to save his life. He then had to put down a squabble between the tribes of Israel for who would have the honor of escorting David back to Jerusalem. He was barely reestablished on the throne when he had to face another attempt to overthrow the kingdom.

Certainly David faced many troubles and many of us face troubles as well. One thing is most certain in this life, we must continue steadfast in our faith, because the challenges and difficulties are part of living on this earth.

What we need then, is to make some decisions in regards to how we will live our lives. From early in David's life it's clear that David decided that he would trust God to be his help and he stood by that decision all of his life; even into his old age.

It's also important for us to see that David would trust God to be his help whether his troubles were caused by others or by his own foolish decisions.

In 2 Samuel 22, David wrote the words of a song to the Lord after he had been delivered by the Lord yet again. David is called a man after God's own heart and the words of his songs, his psalms, reveal that heart to us. And if we will take these words into our hearts, we would be strengthened as well.

### **I. Know Who God is for You**

- 1 One of the strongest keys to David spiritual strength is the confidence that he had in God.
- 2 He looked to God for help because he knew who God was and believed that God was for him.
- 3 It's fascinating to study the names of God, but what is even more fascinating is to understand that each of those names is personal with me.
- 4 In other words, God is not just Jehovah Jireh, "God the Provider," He is God *my* Provider."
- 5 That's one of the great keys to David's spiritual life, he knew who God was, and he knew that God was for him.

#### A. God is our Rock

- 6 If you ever get an opportunity to go to Israel, one of the things you will notice is that in Israel, there are a lot of rocks. When you take pictures and look at them later, you can't help but notice; there are a lot of rocks in those pictures!
- 7 But this meant a lot to David, that God was his rock, because there are many times when David had to stay in a cave amongst the mountains. So when David said that God was his Rock, it was personal with him.
- 8 A cave is a cleft in a mountain, a place of safety, of protection, and a fortress. You can imagine when David was writing this Psalm that he felt safe and secure from his enemies while he camped out in a cave carved out of a mountain.
- 9 But another thing about a rock is that it does not move. That was a great picture of God to David because he knew that God would not move. He could trust in who God was and so David made God the foundation of his life.

**Luke 6:47-48, "Everyone who comes to Me and hears My words and acts on them, I will show you whom he is like: he is like a man building a house, who dug deep and laid a foundation on the rock; and when a flood occurred, the torrent burst against that house and could not shake it, because it had been well built."**

**Psalm 40:2, He brought me up out of the pit of destruction, out of the miry clay, and He set my feet upon a rock making my footsteps firm.**

**Psalm 62:6, He only is my rock and my salvation, my stronghold; I shall not be shaken.**

B. Call on the Lord more

- 1 In verse seven, David wrote that when he was in distress he would call upon the Lord. He would even cry out to his God.
- 2 But he did this, he said, because he knew that God would hear his voice and that his cry for help would come into God's ears.
- 3 This is so beautifully written by David in Psalm 121...

**Psalm 121:1-8 From whence shall my help come?**

- 4 Sometimes I hear people say that they feel hypocritical when they call out to God in their time of distress because they weren't calling out to God in times were good.
- 5 There's nothing wrong with calling out to God in time of distress, in fact, you most certainly must, just don't forget to call out to God to say thank you, to praise him, to worship him, to honor him for all that he has done to be your help in times

of trouble.

- 6 In fact, this very Psalm was written as a way to praise God, to thank him for his help. It was a way of saying thank you to God for all that he had done in David's life.

**App - Did you know that even God is calling out in our behalf?**

**Romans 8:26-29 The Spirit intercedes for us with groanings too deep for words.**

**1 John 2:1-2, If anyone sins, we have an Advocate with the Father, Jesus Christ the righteous; and He Himself is the propitiation for our sins; and not for ours only, but also for *those of the whole world.***

- 7 That being said, we need to call out to the Lord more because not only does the Lord hear us, he also speaks words of comfort to us that we need to hear.

**2 Corinthians 7:6, But God, who comforts the depressed, comforted us by the coming of Titus;**

- 1 How could you not be comforted and strengthened by words such as these...

**Romans 8:31-39 Nothing can separate us from the love of God...**

C. Know that God delights in you

- 8 In verse 20, David wrote, "He rescued me because he delighted in me."
- 9 It's actually very difficult for many people to believe that God delights in them, no doubt because they are aware of the sin in their lives.
- 10 Yet our own children are far from perfect, yet we love them. How much more would God love?

**Luke 11:11, 13, "Now suppose one of you fathers is asked by his son for a fish; he will not give him a snake instead of a fish, will he? ... If you then, being evil, know how to give good gifts to your children, how much more will *your* heavenly Father give the Holy Spirit to those who ask Him?"**

**1 John 3:1, How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! NIV**

**Zephaniah 3:17, The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing.**

- 1 In fact, if God does discipline us, it is evidence that we are loved by him as a father loves his own son.

**Hebrews 12:7, God deals with you as with sons; for what son is there whom *his* father does not discipline?**

## **II. God is the Strength of Your Life**

- 1 I love the section of verses that starts at verse 30 because here you can clearly see that David looked to God to be the strength of his life.

### A. It is by our God that we are victorious

- 1 We know that David was able to accomplish great victories, even against terrible odds against him, but what David makes clear to us is that these great victories were accomplished by God's strength in him.
- 2 *"By you I can run upon a troop. By my God I can leap over a wall."* We don't have to be strong in our might; we need to be strong in His might.
- 3 Yet, this is what God promised as we walk by faith in His strength in our lives.

**Illus – This is just what Joshua was saying to Israel to strengthen their faith as he was near the end of his life.**

**Joshua 23:10-11, "One of your men puts to flight a thousand, for the Lord your God is He who fights for you, just as He promised you. So take diligent heed to yourselves to love the Lord your God."**

- 4 The key here is understanding that God is greater than the problems, troubles, and trials that we face.

**Illus – When David faced Goliath, it was because he knew that God was greater than a man, even a giant of a man.**

**1 Samuel 17:46, "This day the Lord will deliver you up into my hands, and I will strike you down... that all the earth may know that there is a God in Israel, and that all this assembly may know that the Lord does not deliver by sword or by spear; for the**

**battle is the Lord's and He will give you into our hands."**

**B. He makes our feet like hinds' feet**

- 5 This is a very beautiful picture that David paints for us when he says that God makes his feet like hinds' feet and sets him on high places.
- 6 First you should know that a hind is a deer, a female deer, and that it is well-known for being surefooted in difficult terrain.
- 7 That is the point exactly; God makes us surefooted in times of difficulty. He gives us strength, He gives us confidence that He will be our deliverance our help, and that surefootedness is what causes us to walk in high places.
- 8 The idea of walking on high places is to walk victoriously, to walk in ways that are higher than the world. The reason is because God causes us to walk in his ways and his ways are higher.

**Isaiah 55:9, "For as the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts."**

**Illus – David wrote in verse 35 that by God he can bend a bow of bronze. That is great strength. But there is even greater strength in withholding an arrow, even if they deserve it.**

**Illus – When Shimei was throwing rocks and insults at David as he was leaving Jerusalem, he refused to throw stones back, or to allow Abishai, his general, to confront him. Even later when David was being restored and Shimei came to apologize; David was gracious and kind to Shimei.**

**Illus – There is an old saying, "Never wrestle a pig. He has way too much fun and you get way too dirty."**

- 9 To walk on high places means that we walk higher than in the mud.
- 10 In verse 37, David wrote that by God's help his feet had not slipped.
- 11 If we walk in steadfast faith, we will see that God is our help and our deliverer.
- 12 He will give us the strength we need when we need it.

**Illus – Corrie Ten Boom asked her father if she would have the strength to face the troubles surrounding them. "God will give you the strength when you need it," he said.**

