

## HOW TO COPE WITH A TROUBLED HEART

### 2 SAMUEL 22

#### 1. WHEN TIMES ARE TOUGH THE LORD IS OUR ONLY SECURITY

<sup>2</sup> “The LORD is my rock and my fortress and my deliverer; <sup>3</sup> My God, my rock, in whom I take refuge, My shield and the horn of my salvation, my stronghold and my refuge; My savior.” 2 Samuel 22:2-3

- PRAYER

<sup>7</sup> “In my distress I called upon the LORD, Yes, I cried to my God; And from His temple He heard my voice, And my cry for help came into His ears”. 2 Samuel 22:7

- GOD REVEALING HIMSELF

<sup>14</sup> “The LORD thundered from heaven, And the Most High uttered His voice.” 2 Samuel 22:14

#### 2. WHEN THE DAYS ARE DARK THE LORD IS OUR ONLY LIGHT

<sup>29</sup> “For You are my lamp, O LORD; And the LORD illumines my darkness.” 2 Samuel 22:29

#### WHAT HAPPENS WHEN THE LORD BECOMES OUR LIGHT

- WE LOSE ALL FEAR

<sup>1</sup>The Lord is my light and my salvation, whom shall I fear? Psalm 27:1

- HE GUIDES US IN THE RIGHT DIRECTION

<sup>31</sup> “As for God, His way is blameless;” 2 Samuel 22:31a

- HE PROTECTS US ALONG THE WAY

<sup>31</sup> ... “The word of the LORD is tested; He is a shield to all who take refuge in Him.” 2 Samuel 22:31b

#### 3. WHEN OUR WALK IS WEAK THE LORD IS OUR ONLY STRENGTH

<sup>40</sup> “For You have girded me with strength for battle;” 2 Samuel 22:40

#### WHEN THE LORD BECOMES OUR STRENGTH:

- HE MAKES OUR WAY GREAT AND PROSPEROUS

“And He sets the blameless in His way.” 2 Samuel 22:33

- HE GRANTS STABILITY DURING THE JOURNEY

<sup>34</sup> “He makes my feet like hinds’ feet,” 2 Samuel 22:34

- HE LETS US REST IN HIGH PLACES

“And sets me on my high places.” 2 Samuel 22:34-35

- HE MAKES US STRONGER THAN OUR ENEMIES

<sup>55</sup> “He trains my hands for battle, So that my arms can bend a bow of bronze.” 2 Samuel 22:35

<sup>9</sup> And He has said to me, “My grace is sufficient for you, for power is perfected in weakness.” Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me.

2 Corinthians 12:9

#### 4. WHEN OUR FUTURE IS FOGGY THE LORD IS OUR ONLY CERTAINTY

<sup>50</sup> “Therefore I will give thanks to You, O LORD, among the nations, And I will sing praises to Your name. <sup>51</sup> He is a tower of deliverance to His king, And shows lovingkindness to His anointed, To David and his descendants forever.” 2 Samuel 22:50-51

#### TAKEAWAY:

IT IS EASIER TO COPE WITH A TROUBLED HEART WHEN JESUS IS LORD FROM THE VERY START