April 7, 2013 Sermon Application Handout
"A Prayer of the Afflicted"
Psalm 119:153-160

1. Before you begin, take a moment to pray and ask God to help you behold wonderful things out of His law (Ps. 119:18)!

2. Read Psalm 119:153-160 in one sitting. What are the Psalmist's circumstances? How does he respond in light of that? Consider verses 22, 28, 40, 69, 78, 82, 85, 107, 147, and 161 to help you formulate an answer.

3. In verse 153, the Psalmist cries out to the Lord and asks for deliverance from his affliction. Read Genesis 45:1-9; Deuteronomy 32:39; 1 Samuel 1:6; Job 1:1, 6-12; and Acts 2:23; 2 Corinthians 11:16-28; and 1 Peter 2:21. Is anyone exempt from affliction? Who ultimately is the source behind affliction?

4. List out some reasons why God takes people through trials and afflictions.

- To bring someone to s_____ (2 Chronicles 33:9-20)

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- To provide c_____ in a believer's life when they stray (Ps. 119:67; Heb. 12:4-11).
- To train a believer in o_____ (Ps. 119:71; Heb 5:8).
- To share in Christ's s_____ (1 Peter 4:12).
- To be c_____ into the image of Christ thereby exalting Him as preeminent in their life (Romans 8:28-29).

5. Ultimately the remedy for affliction is a personal relationship with Jesus Christ. Only those who are in Christ can experience rest and peace for their soul in the midst of trial. But even those who are in Christ experience trial and affliction. What should Christians do as they face suffering? See Psalm 119:76, 93, 107, 116, 149, 150, 153, 154 & 170.

6. Martin Luther once wrote that "Trials are supremely valuable: they teach you not only to know and understand but also to experience how right, how true, how sweet, how lovely, how mighty, how comforting God's word is: it is wisdom supreme." As you contemplate this quote and think through this lesson, evaluate your attitude toward and your response to affliction in light of what the Scriptures indicate. Specifically note how you should change to become more biblical in your way of facing suffering.

7. As you think through your own suffering, how was God's Word a comfort to you? What are some Scripture verses God used to minister to your soul? Think of one person who is experiencing affliction and commit to "comforting them with the comfort that you have been given by God" this week. (2 Cor. 4).

Application[1]

Each day, commit to reading 8 verses in Psalm 119. As you read, note down the following in a journal:

Listen to God Passage read_____

1. Best things I noticed today with the reference.

2. The thought in my own words.

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[1] Mack, Dr. Wayne A. *A Homework Manual for Biblical Living.* New Jersey: P&R Publishing, 1979, p. 65

3. How it applies to me:

   a. The truth to apply:

   b. My plan:

Talk to God

4. Sin to confess, requests for self and others, praise and thanksgiving.

Resources:

- *Counsel from Psalm 119* by Jay Adams
- *Trusting God Even When Life Hurts* by Jerry Bridges
- *From Grief to Glory* by James W. Bruce III
- *Surprised by Suffering* by RC Sproul
- *When God Weeps* by Joni Eareckson Tada
- *Place of Healing: Wrestling with the Mysteries of Suffering, Pain, and God's Sovereignty* by Joni Eareckson Tada