

## Promises Not Panic Day 17 4/7/2020

**Psa 63:6** When I remember You on my bed, I meditate on You in the night watches.

**Interesting-** the thirsty start their day early by personally and passionately seeking God and they end their day by pondering Him on their bed, divine bookends to the day!

**Also-** what keeps others awake at night worrying about problems, the passionate and insatiable see as an opportunity to remember and meditate on God!

**Q.** What does the passionate follower remember and meditate on in the night?

**A.** The situation defines the meditation! What you're going through needs to define what you're remembering and meditating on.

**Q.** What's David's situation?

**A.** Fleeing Absalom, Ahithophel, 20k soldiers, alone in the Judean desert...

**Psa 63:7** Because You have been my help, therefore in the shadow of Your wings I will rejoice.

**Important-** David is remembering and meditating on how God has been his help in times past.

a) Lions, bears, giants, kings, armies, spies, informants, usurpers, deceivers...

**Because...** right now he is facing Absalom, Ahithophel, 20k soldiers, alone in Judean desert.

**Friend-** let your situation define your meditation! Make sure your problem finds God's promise! Remembering God's past faithfulness helps quiet today's fears.

**Beloved-** remembering isn't just a mental exercise, it's a spiritual discipline.

a) remember you were slaves in Egypt- repeatedly in OT, faithfulness, power, deliverance, provision, miracles etc.

b) **1Ch 16:12,15**- Remember His marvelous works which He has done, His wonders, and the judgments of His mouth, remember His covenant forever, the word which He commanded, for a thousand generations...

c) "Communion with God while in trouble is the sure pledge of deliverance." E.W. Hengetenburg

**Listen-** you are still standing today because God saw you through yesterday, when you think of your yesterdays- He has brought you a long way- that's not stopping because Gods not quitting on you.

**Then-** allow those remembrances and meditations to be turned into praise and worship, rejoicing under the shadow of God's protective wings.

Communion-

Prayer-

Share-

Notes-