

Psalm 41 New American Standard Bible

The Psalmist in Sickness Complains of Enemies and False Friends.

How blessed is he who considers the helpless;

The Lord will deliver him in a day of trouble.

² The Lord will protect him and keep him alive,

And he shall be called blessed upon the earth;

And do not give him over to the desire of his enemies.

³ The Lord will sustain him upon his sickbed;

In his illness, You restore him to health.

⁴ As for me, I said, "O Lord, be gracious to me;

Heal my soul, for I have sinned against You."

⁵ My enemies speak evil against me,

"When will he die, and his name perish?"

⁶ And when he comes to see *me*, he speaks [Ⓜ]falsehood;

His heart gathers wickedness to itself;

When he goes outside, he tells it.

⁷ All who hate me whisper together against me;

Against me they devise my hurt, *saying*,

⁸ "A wicked thing is poured out upon him,

That when he lies down, he will not rise up again."

⁹ Even my close friend in whom I trusted,

Who ate my bread,

Has lifted up his heel against me.

¹⁰ But You, O Lord, be gracious to me and raise me up,

That I may repay them.

¹¹ By this I know that You are pleased with me,

Because my enemy does not shout in triumph over me.

¹² As for me, You uphold me in my integrity,

And You set me in Your presence forever.

¹³ Blessed be the Lord, the God of Israel,

From everlasting to everlasting.

Amen and Amen.

We will use five tools on our expedition that are built around five questions

What questions were provoked within you?

Did anything confuse you?

Did anything move you emotionally?

Did God instruct you to do something?

Did you gain any insight into God's character?

1. Compassion in everything we do is God's way. To not show compassion is to not operate in the will of the Lord.
2. You are the help to the helpless and it comes with a blessing - if you become 'helper' God will be your deliverer.
3. To consider is to take notice. When we become immune to the plight of the helpless, we lose touch with our humanity.
4. God's protection and sustaining hand will be over you all of your life, even to the point of you receiving a reputation as 'one who is blessed', while you remain on earth.
5. God will make your enemies flee from you, He will sustain you even when you get sick, He will restore you back to health.
6. David asked God to be gracious to him. Do you ask for God's grace to get through life's encounters or, do you just muddle through on your own?
7. When David asked for his soul to be healed, he was referring to that part of him that connects him to how he thinks, how he feels and what he does in his body?
8. If you have a sick soul life will be dull and you will be burdened, but when God heals your soul, you will live and enjoy even when you go through trials.
9. Sinning against God is to not do what God would do if He had to solve our life's problems. To not sin is to do life God's way.
10. Forgiveness and repentance recover wilful ,sinful choices we make in life when we do life our way.
11. If you give Satan, the accuser of the Saints, something to condemn you with, you will become weak and weary and life will lose its shine.
12. All through our lives we will be at war with our old nature, our enemies are the world, the flesh, and the devil.
13. Satan's power over you is gained when you believe the lies or half-truths he invites you to believe about yourself.
14. The opinion and the perspectives of the crowd is of no importance to God, He knows the truth, you cannot deceive the Holy Spirit.
15. Even your close friends will let you down and disappoint you, but God will never disappoint you, He is faithful.
16. Someone who lives with, or out of the grace of God, will be blessed.

17. If you are always losing life's battles you have not understood how to receive God's grace to do life.
18. One day in God's presence is more than anything we could ever experience from life, but without righteous integrity we will struggle to come close or draw near to God.
19. Giving to God is making truth declarations, bringing Him exhortations. It should be as natural to a Christian as breathing in air.
20. 'Amen and Amen' is 'yes and Amen' in the Bible, which does not come after prayer but after exultation, praise and prophecy.