

## Ease The Pounding Of My Heart

### Topical

**Objective:** Help people trust God will all their cares.

**Reading:** Psalm 56:1-13.

#### Introduction:

1. The early disciples, even the Apostles, were constantly amazed at the power and authority and workings of Jesus Christ. He still the storm on the sea. Even the wind and waves obey Him. He walked on water and enabled Peter to also!
2. Have we learned anything from them? Are we still afraid when difficult things happen to us? When a variety of tribulations enter our lives?
3. Do our hearts tremble when we need to take a stand on righteousness?, when people ridicule Christianity? Does decay enter our bones when you are confused and can't see how God will handle a situation or provide a rescue? Do our knees turn to rubber when we loose our job or our furnace fails or we look at national and world trends and see the advance of wicked and evil forces and see abominations being accepted by our nation and even by some churches?
4. We ought to know that we can entrust our very lives and souls to God in Christ, no matter what events come along, so...

### We ought to have inner peace at all times. (HOW?)

How Christians can have peace in spite of abundant threats and tribulations.

*For one thing, we ought to have faith that God knows all about it. To garner some "peace" in your heart...*

#### I. Trust in God's awareness;

##### A. He knows what your situations is;

1. When you are having emotional struggles, when you are having conflicts with family or neighbors and don't know how to handle it...
2. When you are concerned, worried because your Mom has to go for a cat scan or your child is ill...
3. When worried about the ungodly influences on your kids, or maybe how they are being bullied...
4. Remember God is aware. He is keeping a protective eye on you.

##### B. Pray anyway.

1. Prayer keeps our thinking straight.
2. In teaching the disciples to pray, Jesus assures them in Matthew 6:8, "...**your Father knows what you need before you ask Him.**" But encourages them to pray anyway.
3. The Apostle recognizes it as a source of joy and peace. Philippians 4:4-7, "**Rejoice in the Lord always; again I will say, rejoice!** <sup>5</sup>**Let your gentle spirit be known to all men. The Lord is near.** <sup>6</sup>**Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.** <sup>7</sup>**And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.**"
4. Praying will ease the pounding of my heart. Helps me feel His awareness. Gives me a chance to talk to someone capable about it.

##### C. Know that God (who is aware) is aware of your limitations.

1. How much can you handle? How strong you are.
2. 1 Corinthians 10:13, "**No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.**"
3. An kid in gym class may worry and complain over the pain when coach tells him to do 10 push ups. Coach KNOWS he can do 15. God knows better than you do, how much you can handle.

*We can also take confidence in the fact that God loves us. To ease the pounding of your heart...*

#### II. Trust in God's love;

##### A. Try to visualize the extent of God's love.

1. How much do you love your children? What would you do for your children – if you could?

2. You would help them! Sometimes, you would be tough – so they could grow and learn and develop the right character. You might say “no” to things that are not good for them. You might withhold “junk” food sometimes so they would learn to eat healthy.
3. Could you be aware that your son or daughter was hungry and give them a stone to eat instead of a loaf of bread? Imagine, hearing your 3 month old child cry for a bottle and sticking a jalapeno pepper in their mouth – I don’t think anyone here is that evil! ***“If you then, being (relatively) “evil”, know how to give good gifts to your children, how much more will your Father who is in heaven give what is good to those who ask Him!”***
4. Whatever is causing anxiety for you right now, (1 Peter 5:6-7), ***“Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.”***

#### B. Feel how much He cares for you!

1. He even takes care of the birds! Sometimes it gets tough on them to find food in the winter. We wonder how they do it, but they get through because God takes care of them.
2. Jesus urges us in a sort of humorous understatement; ***“Do not fear; you are more valuable than many sparrows.”***
  - a. Kind of like telling your kid that you like them more than corn flakes.
  - b. Yeah, I like you – a little. More than birds. More than oatmeal.
5. You KNOW His love! He sent His only begotten Son to die for you. He became flesh and endured punishment for you, died horrible death on the cross so you could be in heaven with Him.
6. Don’t think that ***“He who did not spare His own Son, but delivered Him over for us all”***, will not also keep an eye on you and treasure you and help you? His love is a source of great confidence and comfort!

*It’s not like God has gone off someplace and in our struggles we “might” be okay “if” He gets back in time.*

### III. Trust in God’s presence;

#### A. Do you have confidence that He is with you?

1. Call it God-with-us. Call it the Holy Spirit. Call it “omnipresence”. He who fills all in all and who holds the universe together is NOT off in Andromeda Galaxy somewhere and maybe will return in a few hundred years. He is right here with us right now.
2. Jesus promises this to His followers. A comforting statement not only of His all encompassing power, but of His presence with us; Matthew 28:18-20, ***“And Jesus came up and spoke to them, saying, “All authority has been given to Me in heaven and on earth. <sup>19</sup>“Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, <sup>20</sup>teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age.”***
3. Of course, we could turn our backs on Him! We could rebel and leave like the Prodigal son, and remove ourselves.
  - a. Isaiah 59:1-2, ***“Behold, the LORD’S hand is not so short That it cannot save; Nor is His ear so dull That it cannot hear. <sup>2</sup>But your iniquities have made a separation between you and your God, And your sins have hidden His face from you so that He does not hear.”***
  - b. If such is the case, the answer lies in repentance and turning back to Him. In humbling yourself before Him.
  - c. Hebrews 13:5-6, ***“Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, “I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU,” <sup>6</sup>so that we confidently say, “THE LORD IS MY HELPER, I WILL NOT BE AFRAID. WHAT WILL MAN DO TO ME?”***

#### B. God’s presence brings great peace.

1. Here is why Jesus urges the disciples to “abide” in Him. -- Don’t leave Him!!
2. If I am deemed righteous by Him, He will abide with me! The One Who spoke the universe into existence. The One Who has all authority and power in heaven and on earth, is my personal friend and caregiver. THAT will bring peace in my heart no matter what is going on!
3. Like having the Helper looking over your shoulder.

4. Cf. sea captain at helm in great storm, with a very large, strong Christ's hand on his shoulder.
5. So Jesus says in John 14:27, "**Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.**"
6. Psalm 28:7, "**The LORD is my strength and my shield; My heart trusts in Him, and I am helped; Therefore my heart exults, And with my song I shall thank Him.**"

Feel the confidence. If God is WITH me, who or what can be against me.

#### **IV. Trust in God's power;**

##### A. Over things we cannot even imagine.

1. Our struggle is not simply with taxes or broken furnaces or finances, or difficult people or germs and viruses or old age. Not with cancer or COPD, Alzheimer's. Not with loneliness or boredom or depression or brain that can't seem to concentrate. "**our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.**" He has the power to handle all of them!
2. Our concern is not with wars and rumors of wars, with droughts and famines and pandemics or politics. Our concern is being right with God; with standing on the Lord's side and trusting Him because whatever the course of history – world history or history of your personal life – God wins!
3. Take confidence and comfort and ...

##### B. Feel the extent of God's power;

1. Even the wind and waves obey Him!
2. Even the demons obey Him – without even a struggle. He spoke and "Legion" just had to leave!
3. Who has the power to give you a job? Who has the power to overcome your illness – or to give you the strength to endure it?
4. Remember the old saying, "God works in mysterious ways"? Partly that is because He has the power to see things we cannot dream of, to govern the course of human and world history in ways we don't have a clue about.
5. Find peace in such power; "**The LORD is my light and my salvation; Whom shall I fear? The LORD is the defense of my life; Whom shall I dread? <sup>2</sup>When evildoers came upon me to devour my flesh, My adversaries and my enemies, they stumbled and fell. <sup>3</sup> Though a host encamp against me, My heart will not fear; Though war arise against me, In spite of this I shall be confident.**" (Psalm 27:1-3)
6. Trusting God, we can sing with Old Testament prophet Habakkuk; "**Though the fig tree should not blossom And there be no fruit on the vines, Though the yield of the olive should fail And the fields produce no food, Though the flock should be cut off from the fold And there be no cattle in the stalls, <sup>18</sup>Yet I will exult in the LORD, I will rejoice in the God of my salvation. <sup>19</sup>The Lord GOD is my strength, And He has made my feet like hinds' feet, And makes me walk on my high places.**" (Habakkuk 3:17-19)

#### **So What?**

Trusting God in all these different ways boils down to "faith" and living by faith. Awareness of and fellowship with God enables us to stand in the face of all sorts of difficult things with peace in our hearts.

#### **Closing Prayer:**

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A. He knows what your situations is;

B. Pray anyway.

Matthew 6:8 Philippians 4:4-7

C. Know that God (who is aware) is aware of your limitations.

1 Corinthians 10:13

#### **II. Trust in God's love;**

A. Try to visualize the extent of God's love.

1 Peter 5:6-7

B. Feel how much He cares for you!

#### **III. Trust in God's presence;**

A. Do you have confidence that He is with you?

Matthew 28:18-20 Isaiah 59:1-2 Hebrews 13:5-6

B. God's presence brings great peace.

John 14:27 Psalm 28:7

#### **IV. Trust in God's power;**

A. Over things we cannot even imagine.

B. Feel the extent of God's power;

Psalm 27:1-3 Habakkuk 3:17-19

#### **So What?**

Fellowship with God enables us to stand with peace in our hearts.