**Hope in Despair – Ps. 55:22**

*Cast your burden upon the Lord and He will sustain you; He will never allow the righteous to be shaken*

*This Psalm is called a Maskil – a contemplation to be accompanied by stringed instruments*

*The soothing sounds of stringed instruments set the background for these despairing words of trusting God in despair*

The Psalm is divided into two parts: The Selah’s mark the divisions of the contemplative Psalm **Selah – to pause & contemplate**

The cry & complaint of the despairing man – 1 – 8

The request & trust of the despairing man – 9 – 23

**Focal truth: Give your despair to God**

**Observations**

1. **A despairing man surrenders his burden to the Lord 55:22**

*Cast your burden upon the Lord – cast =* ***throw away;*** *burden =* ***condition of life***

1. David casts his despair on the Lord 55: 1 – 2

* Despair is a restlessness of the mind
* Despair is a distraction of the mind

1. David casts his pain of his friends betrayal on the Lord 55:3
2. David casts his fears over his enemies on the Lord 55:4 -5 – **David’s shakiness**

* My heart is in anguish within me
* Terrors of death have fallen on me
* Fear & trembling have come on me
* Horror has overwhelmed me

**Fear is controlling his mind & emotions – despair is immobilizing his mind**

**What shakes your mind & your assurance?**

1. David casts his desire to run away from his enemies on the Lord 55:6 -8

* He desires to fly away and be at rest
* He desires to wander to a faraway place
* He desires to live in loneliness
* He would find place of safety from the stormy winds of trouble

**Fear is driving him to loneliness – Despair is isolating him from others**

1. David casts his painful treatment by his enemies on the Lord 55:9 – 14

* They are violent & strifeful
* They are filled with sinfulness
* They are destructive & oppressive
* A friend betrayed him

**Betrayal of a friend has broken him – Despair is causing him deep grief**

1. David casts his enemies on the Lord for judgement 55:15

* He asks God to judge them for their evil & sinfulness

**This is the method of casting – surrendering your despair – burden to God in prayer**

*Humble yourselves under the mighty hand of God…casting all your anxiety on Him because He cares for you – 1 Pet. 5:6-7*

1. **God sustains those who surrender their burdens to Him 55:22**

*He will sustain you – sustain = seize, hold, support, to nourish*

1. David believes God will sustain him in his despair as he surrenders his burden of despair to him 55:16 -17

* **As for me,** I will call on God – the Lord will save me
* God will hear my complaints evening, morning & noon

1. David believes God will give him peace of mind from the battle with despair and his enemies 55:18

**God’s sustaining grace comes to those who surrender their troubles & burdens to Him**

*The stedfast of mind You will keep in perfect peace,* ***because he trusts in you*** *Is.26:3*

1. **God keeps those who surrender their burdens to Him from shaking 55:22**

*He will never allow the righteous to be shaken – shaken = shaken, slip, fall*

*Trials, troubles push us around, the evil one seeks to cause us to be shaken!*

1. David is not shaken with fearfulness but confident that God hears & knows his condition 55:19 – 21

* **God sees, hears and will answer David’s enemies**

They do not change

They do not fear God

They break peace with their friends

They do not keep their word

Their words are deceitful

Their hearts are filled with war against others

Their words cut like swords

**David is not shaken because he has surrendered his despairing burden to the Lord**

**David’s shakiness is replaced by steady trust in God**

1. David is not shaken with unbelief but trusts God to deal with his enemies 55:23

*You O God, will bring them down to the pit of destruction; men of bloodshed and deceit will not live out half their days.* ***But I will trust in you.***

**David holds to his confident faith in God – He leaves his burden with the Lord**

**Things to Remember & Do**

1. **Tell the Lord how you feel in your despair – be specific & honest – He is listening!**
2. **Live in the sustaining grace of God trust God with your anxious fears**
3. **Don’t let your troubles shake your trust in God**

*Cast your burden upon the Lord and He will sustain you; He will never allow the righteous to be shaken*

**To the praise of the glory of His grace! The Lord is near to the door! Come Lord Jesus!**