



## Selah: Stop, Look, Listen – November 16, 2023

The Lord be with you.

I didn't know what to talk about with you today. I was feeling scattered, bothered, weighed down, I just couldn't get it together. And then I thought about what I was feeling, and I remembered a time in the life of David when he was feeling something like that, and it helped me to remember what David did when he was burdened, and that took me to a Psalm of David... Psalm 55. And I will admit straight up that I wasn't facing anything like what David is facing in Psalm 55, but you know, it helped me to see how David deals with burdens. And I think it can help you too, when you're a burdened, bothered, just can't get it together.

As we look at Psalm 55, we see that David is not burdened by what his enemies are doing to him. David says that He can bear that, but he is burdened by what some close friends are doing to him. They're back stepping him, they're double-crossing him, I mean it makes we wanna say with friends like that, who needs enemies, but David is so burdened that he wants to run, he wants to get away from it all. I wanna give you a sample of what it is that David is feeling in Psalm 55, I'll just read verses 5 and 6, "fear and trembling come upon me, and horror overwhelms me. And I say, Oh, that I had wings like a dove I would fly away and be at rest."

I've been there done that. David is so burdened. He just wants to get away from everything. But then David stops, he takes a deep breath, he gets a hold of himself, and he says in verse 22, Psalm 55:22, "Cast your burden upon the Lord and He will sustain you." I think that as David stops as he becomes still in the presence of God, he hears the Holy Spirit saying to him, cast your burden on the Lord, and He will sustain you. The Hebrew word translated burden, literally means, what has been given you, that is what has been assigned to you, what has been a portion to you, what has been given to you... It is a gift from God. It doesn't feel like a gift what God has given to David to bear, what has been given to you to bear, but it puts a whole new light on the burdens that we have, the problems that we face.

I think it can help us better understand the little New Testament Book of James in Chapter 1, where it says, count it all joy when you face various trials. The burden that has been a portion to us is actually God's gift for our good. Now, that doesn't mean that it doesn't hurt, it doesn't mean that it doesn't bother us, but it doesn't mean that we're facing this by accident. It didn't come to us by chance, it is God's appointment for our good, for our eternal good. You know what the Spirit of God tells David to do with his burden? He says, cast it. Cast your burden upon the Lord. Pilot unto God shoulders here, God is yours. It's too much for me to carry. I cast it on to you. Because you see, God wants to share life with us, God wants us to learn more and more of what it means



## water from rock

to take that which is a portion to us, given to us to bear and to give it to him. So the burden that we're carrying, it's God's gift, his portion for us, and God wants us to learn to live more and more reliantly on him.

Imagine for a moment, you're walking down a country road carrying a heavy pack, and a friend and the pick-up trip drives up and says, Hey, hop on... I'll give you a ride. What's the first thing you do? You throw your heavy pack in the back of the pick-up, and the Spirit of God is saying to you and me today, cast, throw, heave, hurl, toss your burden unto God and He will sustain you. This word translated sustained is translated elsewhere as provide. God will provide for you, he'll give you what you need, so that you can be stretched to grow more and more in your faith.

Something that helps me cast my burden onto God is praying, palms down, palms up. I know I talk about it quite a bit, but that's because palms down. Palms up has become a big part of how I do life. Will you join me today?

First, we pray. palms down. As we turn downward the palms of our hands, saying to God, into your hands, I release, I let go the burdens that I'm caring, I let go, the worries about the future, the guilt, the regret about the past, whatever it is, I let go into the faithful hands of Abba Father. And then after a few moments of praying, palms down. We turn palms up, in which we're saying to God that we're ready to receive from him, ready to receive His love, His power, His wisdom, His provision, all that we're going to need. He will give us. He will sustain us.

Did you know that the apostle Peter picks up this verse from David and he uses it, he recycles it in the little book of 1 Peter, chapter 5, verse 7, "Cast all your cares on God because He cares for you." And God does care for you. And he cares for me.

I am Tim Smith, a fellow traveler. Thanks for listening until next time.