

Virus Protection

Psalm 28:1-3, 6-9

Sermon Outline

A. God Listens (vs. 1-6):

1. To you, O Lord – David's complete attention is on the one who has all authority and might. The Lord whom he knows is committed to the covenantal relationship with him and will never leave nor forsake him. We must have confidence in this before we find strength.
2. I Call – David cries out loudly with no intention of ever stopping because he sincerely desires to gain the Lord's attention because he needs a specific response in order to gain the help, he desperately desires.
3. My rock – The Lord is personally and intimately engaged in supporting and defending David's life. He is like a huge boulder David has come to depend on.
4. Do not be deaf to me; Silent – David knows when God has listened to him so he would know when he is not. Again, he has an intimate relationship with the Lord.
5. Do not be deaf to me; Silent – David implores the Lord not to do nothing while those who do evil design their schemes against him.
6. If you are silent to me - Must pay attention to how personalized this is: "If YOU silent to ME..." "What kind of man is this that would lay down His life for a friend." (John 15:13)
7. If you are silent to me - If the Lord made a decision to never hinder those who do evil against David from destroying him, David's soul would become very depressed.
8. I will become like those who go down - To go down means to be in a set condition with no hopes of changing from ever having the maneuver ability to work his way through battling to defeat his enemy.
9. To the pit – The wicked people would conquer David and put him in prison with no hope of getting out.
10. Hear – David commands the Lord to carefully provide His undivided attention so that the Lord comes to a full understanding of all that David is experiencing.
11. Voice; Proclamation - David request that the Lord listens to what he is saying with a heart to hear what he is saying and respond to him. This is the cry of a desperate person who is in battle and no response means defeat.
12. My supplication – The desperate request is David pleading for the Lord's mercy and kindness.

13. When I cry to you – David's pleading with the Lord was loud and intense because his situation was desperate and difficult to maneuver through.
14. When I lift up my hands; Carry; Stirred – David raised his hands to demonstrate his willingness to deliver himself over to the Lord as a form of worship. Most times we worship God when everything is going well. A sense of trust in the Lord is when we can still sincerely worship Him when things are not going well.
15. Holy sanctuary – David's hands raised was towards God's presence in His sacred central place of worship that was dedicated to Him. This building was a building of service to the Lord God.
16. Blessed be the Lord – David worshipped the Lord with praise desiring to bestow upon the Lord goodwill in all He does while recognizing that He is the One who has all authority and power.
17. He had heard – David was confident that the Lord had come to a complete intellectual understanding of all he had brought before Him.
18. Voice; Proclamation – All the Lord completely understood is based on what verbally communicated to Him loudly.

B. God Protects (vs. 7):

1. Lord is **MY** strength – The power and might of the Lord is the strength and power that provides David the ability to withstand the force of evil that is coming against him. The Lord's authority, might and dedication to His relationship with David is like a fortified city that can withstand the great forces of evil.
2. **MY** Shield – The Lord is not only a fortress around David He also is the cover of protection around David as an individual.
3. **MY** heart trust in Him – David's innermost emotions has complete confidence in the Lord to never 'pull the rug out from under him.'
4. **My** heart trust in Him – David will direct his mind and will to completely rely on the Lord's authority and might to protect his well-being.
5. **I am helped** – David complete trust in the Lord with all his heart (this is whether it is managing his emotions so they do not lead him away from the Lord or setting his mind to obey God no matter what) is what 'rescues and saves' in his time of distress.
6. **I am helped** – Trusting in the Lord with complete confidence and in the Lord's power and authority is what David needs to experience the Lord assisting him in a time of need or rescuing him from those who seek to harm him.
7. **My** heart exults – All of David's emotions are wrapped up in continuously

vigorously singing and shouting exuberantly with great joy and happiness before the Lord. David would rather place his emotions towards worship than fear of his enemies.

8. Thanks – Without any recognition that God answered David's prayer David focuses on continuously publicly declaring God's works and His attributes. (Phil. 4:8-9)

C. God Delivers (vs. 8):

1. The Lord – David's complete attention is on the One who has all authority and might. The Lord whom he knows is committed to the covenantal relationship with him and will never leave nor forsake him. We must have confidence in this before we find strength. We drink medicine believing because we believe it is going to help. We need to see the Lord for who He is because this would lead to us trusting in Him.
2. Is their strength – After saying 'MY' all the way through verse 7 David now says that the Lord is continuously the One who provides safe places that can withstand any force that attacks us.
3. A saving defense – The Lord has the power and the might to free a person from distress deliver them and shelter them from trouble. He is mighty and therefore has the power to deliver us, in our time of trouble and be our refuge and strength.
4. Anointed – The Lord provides all this for those who have a special relationship with Him and sincerely honors it.