

## Responding to Distress (Psalm 141)

Assume a Humble Posture

- Humble ourselves before God's Authority - Ps 141:1
  - ...bowing before the objective reality of God - Ro 11:36; Ps 119:91
  - ...greeting Him as Lord of every life event - Ps 141:1, 8
- Humble ourselves before God's Authorities - Ps 141:5
  - ...their reproof is a "kindness" - Ps 141:5; Prov 27:5-6

Assume a Prayerful Posture

- Ongoing communion with our God - Ps 141:8
  - ...thinking, interpreting, choosing in presence of God - 1 Thess 5:17
  - ...de-centering ourselves and re-centering in God - Ps 32:6-7
- Single-minded, non-selective readiness to hear and obey - Ja 1:7-8

Assume a Fighting Posture

- Our battle is not with flesh and blood - Eph 6:10-17; II Cor 10:3-5; Ps 141:9
- We take refuge in Christ - Ps 141:8; Eph 6:13-17
  - ...renounce all carnal weapons - Ps 141:4; II Cor 10:4
  - ...Satan will never cast out Satan
  - ...employ our spiritual weapons
- Never attempt to overcome evil until you can do so with good - Ro 12:21

## Example: Ps 141:3

- Humble myself before God ("Your way, not mine")
- Prayerfully request "help" of God ("Be my Gatekeeper")
- Employ our God-given "guards" (Phil 4:8; Col 3:17; Eph 4:15; Eph 4:29; Prov 12:18)
  - ..."pass safely by" the ungodly options/evil snares, respond to the distress with God's good gifts!