

Awaken the Dawn!

Psalm 57:4-11

I. INTRODUCTION: I

1. **2** Have you ever felt depressed, distressed or alone?
 - A. Sometimes in our depression, grief, and sorrow it easy to feel all alone; feel that God doesn't care.
 - B. When we find ourselves in that "dark place" what do we do to get out?
 - C. What can we do when were so depressed or sorrowful that we feel numb?
2. Fortunately the Bible gives us a very good example of what to do in the case of David when he was distressed and depressed.
 - A. David had already saved Israel by killing Goliath, he became a captain of the army and was victorious over the Philistines countless times. He was a man of faith and God was with him (1 Sam. 17).
 - B. But Saul's jealousy and hatred drove him to try to kill David; so David went into hiding and was reduced to outlaw status (e.g., 1 Sam. 18:11).
 - C. 1 Sam. 22:1-2: David "escapes" to the cave of Adullam. Here the once mighty captain of Israel's host becomes a captain of outlaws and refugees! (Type of Christ)
 - D. 1 Sam. 24:1-7: David and his men hid in another cave at Engedi from Saul and his "three thousand chosen men"; David is living in constant fear for his life.
 - E. David is able to sneak up on a sleeping Saul and instead of killing him as his own men wish, he spares Saul's life and cuts off the corner of his robe (1 Sam. 24:4).
3. **3** While in the caves, a physical dark place, David was also in an emotional "dark place."
 - A. David wrote Psalm 57 and 142 while in the caves hiding from Saul.
 - B. In Psalm 57:6 David said: "My soul is bowed down." ("I was bowed down in distress." NIV; "I am weary from distress." NLT).
 - C. David was sorrowful (**Psa. 142:6-7:a**: "Attend to my cry, For I am brought very low; Deliver me from my persecutors, For they are stronger than I. 7 Bring my soul out of prison,").
 - (1) Have you ever felt as low as David felt?
 - (2) So low you felt your soul was in prison?
4. **4** Though David was distressed, he knew God would see him through it.
 - A. Psa. 57:4, 8: He says the night is full of danger but he will awaken to the dawn!
Psa. 57:4, 8: "My soul is among lions; I lie among the sons of men who are set on fire, whose teeth are spears and arrows, and their tongue a sharp sword. **8** Awake, my glory! Awake, lute and harp! I will awaken the dawn." (NLT: "Let us greet the dawn with song!").
 - B. In **Psalm 30:5**; David says: "For His anger is but for a moment, His favor is for life; Weeping may endure for a night, But joy comes in the morning."
5. We all at some time or another experience our dark night in the cave of sorrow and depression and weep through the night.
 - A. As the preacher said there is "A time to weep...A time to mourn." (Eccl. 3:4).

- B. But just as in the case of David, if we put our faith and trust in God we can awaken to sing with joy at the coming of dawn!
6. **5** In this lesson I want us to study the case of David so we can imitate him and better deal with our times of sorrow and depression.

II. DISCUSSION:

To successfully deal with our times of depression and sorrow, we must imitate David's...

I. **6 Attitude:**

- A. I Sam. 22:1-2: David is hiding with his 400 men, his brothers and all his father's house in "the cave of Adullam"; "everyone...was in distress..." & I Sam. 24:1-7: David and his men resort to hiding in another cave located in the "Wilderness of En Gedi." Think about David for a moment...
- (1) He was God's anointed to be king.
 - (2) He was a mighty man of valor.
 - (3) He was a man of faith in God.
 - (4) He was a man God described as: "a man after My own heart, who will do all My will." (Acts 13:22)
 - (5) He was a captain of the army of Israel.
 - (6) He was King Saul's son-in-law.
 - (7) He had everything in the world going for him.
 - (8) But, he ended up being an outlaw and a fugitive hiding in a cave!
 - (9) Many in his situation would have said, "Why me?! What's God got against me!" and then 'threw in the towel' and quit.
- B. There was no doubt David was troubled, distressed and depressed:
- (1) Psa. 142 says he was distressed to the point his spirit was "overwhelmed" (Psa. 142:3); in the *The Living Bible* David says: "No one gives me a passing thought. No one will help me; no one cares a bit what happens to me."
 - (2) Psa. 142:4-5: He says though physical refuges have failed, he considered God his refuge (Psa. 142:5: "I cried out to You, O LORD: I said, 'You are my refuge,'").
 - (3) Psa. 142:6-7: He is full of sorrow ("brought very low"), and though his enemies are stronger, he believed God was able to deliver.
Psa. 142:6-7: "Attend to my cry, for I am brought very low; deliver me from my persecutors, for they are stronger than I. 7 Bring my soul out of prison, that I may praise Your name; the righteous shall surround me, for You shall deal bountifully with me."
- C. His attitude was one that despite his sorrow, grief and fear he was determined to lean on God!
- (1) He saw it as suffering through the night but awakening to the joy of the dawn.
 - (2) **Psa. 57:4, 8:** "My soul is among lions; I lie among the sons of men who are set on fire, whose teeth are spears and arrows, and their tongue a sharp sword. **8** Awake, my glory! Awake, lute and harp! I will awaken the dawn." (NLT: "Let us greet the dawn with song!").

Psalm 30:5; David says concerning God: *“For His anger is but for a moment, His favor is for life; Weeping may endure for a night, But joy comes in the morning.”*

D. Sometimes when we are “brought very low” in our cave of sorrow, it is hard to see the end, but we must have the attitude of David to see the joy of the dawn!

(1) God invited David (and us!) to trust Him for deliverance:

Psa. 50:15: *“Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me.”*

(2) We need to understand that even if physical deliverance doesn’t come, eternal deliverance is guaranteed! Daniel’s three friends knew that!

Dan. 3:17-18: *“If that is the case, our God whom we serve is able to deliver us from the burning fiery furnace, and He will deliver us from your hand, O king. 18 But if not, let it be known to you, O king, that we do not serve your gods, nor will we worship the gold image which you have set up.”*

Paul knew that!

2 Cor. 1:9-10: *“Yes, we had the sentence of death in ourselves, that we should not trust in ourselves but in God who raises the dead, 10 who delivered us from so great a death, and does deliver us; in whom we trust that He will still deliver us,”*

Eph. 3:20: *“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,”*

To successfully deal with our times of depression and sorrow, we must imitate David’s...

2. **7 Action:**

A. David wasn’t idle in the cave, just feeling sorry for himself; he was praising God!

(1) Psa. 57 and 142 show that even though he was sorrowful, he was praising God and communing with Him:

(2) **Psa. 57:1-3:** *“Be merciful to me, O God, be merciful to me! For my soul trusts in You; and in the shadow of Your wings I will make my refuge, until these calamities have passed by. 2 I will cry out to God Most High, to God who performs all things for me. 3 He shall send from heaven and save me; He reproaches the one who would swallow me up. God shall send forth His mercy and His truth.”*

(3) Psalm 142 says David cried out to the Lord with his voice and made supplication to the Lord and “declared before Him my trouble.” (vv. 1-2)

B. Sometimes, when people are distressed or depressed they start feeling sorry for themselves (i.e., pity party), and they may act rashly and push God out of their lives instead of trying to draw themselves closer to Him as David did.

C. David was in control of his actions and stopped his men from harming Saul.

(1) I Sam. 24:4: David’s men took the event as God giving Saul to David and told him to end his misery. David just cut a part of Saul’s robe.

(2) I Sam. 24:5-7: David felt bad about just cutting Saul’s robe!

(3) He restrained his men by saying it was not for him to harm the Lord’s anointed.

(4) He acted honorably and showed the utmost respect for the king and God, by not taking matters into his own hands.

- (5) David was also anointed by God to be king but he would not remove Saul, but left that up to God.
- D. He showed complete faith in God to deliver him from Saul in His own way by His own timing.
- (1) If David had taken Saul's life, there's no telling if the army would accept him or not, and he could very well have caused a civil war; David would be looked upon as a usurper.
- (2) But in God's timing, Saul's son was the usurper! (2 Sam. 2: Ishboseth)
- (3) David, in his time of sorrow, depression and fear, drew near to God, and acted above reproach!
- E. When sorrowful and depressed we need to imitate David's actions:
- (1) We are still responsible for our actions and attitudes and we will be held accountable to God.
- (2) We cannot indulge ourselves with a pity party and use it as an excuse to sin or sulk.
- F. When in our "cave of sorrow" let us like David draw near to God and act honorably!
- Psa. 142:5:** *"I cried out to You, O LORD: I said, 'You are my refuge, My portion in the land of the living.'"*
- Psa. 142:7:** *"Bring my soul out of prison, that I may praise Your name; the righteous shall surround me, for You shall deal bountifully with me."*
- G. Make no mistake about: When we are in our cave of depression and sorrow Satan will try to fool us into thinking God doesn't really care. Nothing could be further from the truth!
- Rom. 8:31-32:** *"If God is for us, who can be against us? 32 He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?"*

3. **8** Look ahead:

- A. Sometimes in the midst of depression and sorrow it is so easy to start a pity party and just focus on our own problems and fail to look beyond the present.
- B. David didn't do that; he saw that his distress would "pass."
- (1) Psa. 57:1: He trusted in God to be his refuge till his "*calamities have passed by.*"
- (2) Psa. 57:4: David felt he was lying down with danger all around:
- Psa. 57:4:** *"My soul is among lions; I lie among the sons of men who are set on fire, whose teeth are spears and arrows, and their tongue a sharp sword."*
- (3) But in Psalm 30:5b David recognizes his weeping will only be "*for a night*" and the morning would bring joy.
- (4) Psa. 57:8: He didn't dwell on the danger, but looked ahead to the deliverance of the dawn! He looked ahead to the "*joy comes in the morning*" Psa. 30:5b).
- (5) And, very importantly, David gave glory to God for seeing him through the night to the morning:
- Psa. 57:9-11:** *"I will praise You, O Lord, among the peoples; I will sing to You among the nations. 10 For Your mercy reaches unto the heavens, and Your truth unto the clouds. 11 Be exalted, O God, above the heavens; let Your glory be above all the earth."*

- C. No matter how bad we feel things are, we only need to look ahead past our present “cave of darkness” to see the “dawn” the Lord provides!
- (1) Nothing we suffer in this life can compare to the joy we will have when Christ comes again! **2 Cor. 4:17:** *“For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory,”*
 - (2) As Saints we are to comfort one another with these wonderful thoughts!
1 Thess. 4:16-18: *“For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first. 17 Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord. 18 Therefore comfort one another with these words.”*
 - (3) Sometimes in life we must suffer through the night to see the brightness of the new dawn!
 - (4) e.g.: Francis Scott Key (1779-1843) suffered through the bombardment of Fort McHenry during the Battle of Baltimore the night of Sept. 13/14, 1814; but as the morning dawned and he saw our flag and wrote the “Star Spangled Banner” our national anthem.
- D. When in our “cave of sorrow” let us imitate David look ahead to God’s deliverance, and trust we will “awaken the dawn!”
- Phil. 3:13-15:** *“Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, 14 I press toward the goal for the prize of the upward call of God in Christ Jesus. 15 Therefore let us, as many as are mature,”*

III. CONCLUSION: 9

1. David went from the caves of darkness and from being a captain of outlaws to being the king of Israel!
 - A. He trusted and waited on God and was exalted and blessed in his rule!
 - B. God delivered him from Saul and from his enemies because David recognized, God is stronger than any enemy!
 - C. Psalm 18 (50 verses) records David’s psalm of joy over God’s deliverance from his enemies and from the hand of Saul.
2. When we are depressed, or in sorrow and distress, let us:
 - A. Have the attitude of trust in God for deliverance!
 - B. Act honorably despite the way we feel or the direness of our circumstances.
 - C. Look ahead past the “weeping of night” to the “joy of the dawn!” (Psa. 30:5b: *“Weeping may go on all night, but joy comes with the morning.”* NLT).
3. When we trust in Him, God can take us from our “cave of sorrow” and exalt us! (**Jas. 4:10:** *“Humble yourselves in the sight of the Lord, and He will lift you up.”*).
4. If you are not a Christian, you need to become one; repent and be baptized into His name!
5. If a Christian in error, don’t wait till it’s eternally too late. Repent and be renewed!

Adapted from a sermon (*Awaken the Dawn*) by Nathan Morrison.