

Sermon Title: Psalms: From the Heart, Part XXV 8.23.2026

Theme: Run to God in every trouble. Live-streaming and sermon notes are at trinitycg.org.

Focus Question: Did you know that who you call determines who answers the phone?

Introduction: Psalms 20 and 21 are battle Psalms. Psalm 20 is a prayer anticipating the encounter. Psalm 21 is the praise after it. These are Messianic in their deepest sense and point to Jesus who is ultimately victorious.

Sermon Points:

1. God is our refuge in times of trouble. Psalm 20:1-5 contains the words of the people to their king. Their confidence is not in the king's strength but in God. Run to God first in every trouble. Our first response to trouble should always be to seek God rather than to rely on ourselves. When children wake up terrified by a thunderstorm, they don't Google weather patterns or call the neighbors. They run to their father for safety. Don't treat God as our last resort. He is our first response. Before we call the bank, the doctor, or a friend, we should first call on the Lord. Prayer isn't the spare tire of the Christian life; it's the steering wheel. What appear to us as the white-hot battles of life are actually our struggles in the shadow of the Author of life itself.

2. Confidence comes from God's power, not our strength. Psalm 20-6-9. God responds when we acknowledge our weakness. Our impotence can set in motion His omnipotence. Our confidence ultimately belongs in God. It's likely that verse 6 is David's prayer, with the response of the people in verses 7-9. One of Scripture's most memorable declarations is in **verse 7 Some trust in chariots and some in horses, but we trust in the name of the Lord our God.** We should always take care to kneel before the Lord when we stand to fight the battles of this world. Those who trust in worldly strength "collapse and fall" but those who trust in the Lord "rise and stand upright." Trust in God does not promise an easy life, but it does promise enduring love, joy, and peace because it produces endurance, stability, and ultimate victory. Many people admire Jesus' wise teachings and loving examples. But admiration of God never saved anyone. Salvation comes when we place our trust in Christ, not partly in Him and partly in ourselves. Those who trust Him discover that He is able to hold them securely when they cannot hold themselves. When a mountain climber falls into a crevasse, he doesn't save himself by admiring the rescue rope. He is saved by trusting it enough to let go of his failing grip and put his full weight on it.

3. God honors those who worship Him. Psalm 20 shows that the Lord remembers our offerings and sacrifices. God delights in sincere worship, and wholehearted devotion. A life devoted to God invites His blessing and favor. Worship Him with a sincere heart. Imagine a husband who takes his wife out for a gourmet dinner but spends the time on his phone. The gift is expensive, but his heart is somewhere else. God is not impressed merely by outward acts of worship. He delights in a heart that genuinely loves Him. Singing loudly, giving generously, or serving faithfully means little if our heart is not with Him. God wants our affection before He wants our activity.

4. God's purpose brings lasting joy. God delights to fulfill the desires and plans of His people, leading to the joyful celebration of their salvation. Great joy comes when our desires align with God's will. Our deepest satisfaction is found when God's purpose becomes our priority. If a passenger boards an airplane going to New York but tells the pilot to go to Los Angeles, no amount of wishing changes the destination. The passenger must choose the right flight. Many people ask God to bless plans about which they never sought His guidance. Psalm 20 teaches us to seek God's plans before asking for God's blessing. The most blessed place to be is not where our dreams carry us, but where God's plans are fulfilled in us. Psalm 20 moves us from panic to prayer, from ritual to worship, from our will to God's will, from self-reliance to God-reliance, and from uncertainty to confidence. A believer's strength is not measured by his bank account or influence. It has always been the greatness of his God.

Reflection: Dear Lord, help me to run first to You so I can stand strong for You.