

Part 4 – When We Are Full of Heaviness

In part 3 we learned more about the terribly difficult times David was going through when he wrote this Psalm. Even when he humbled himself sincerely, people still made fun of, and slandered, him. And his ‘good name’ was ruined (thanks to lies and gossip) *so badly* that his name even became a figure of speech for something very bad and was even used in songs by drunks who were making fun of him. Even those who were supposed to be respectable leaders in Israel made fun of, and slandered him. And all because of lies and gossip. But, even with all this reproach, David still never let his heart turn away from God, as many people do when they let bitterness in their heart from hard times and being mocked and slandered. Instead, David continued to seek God and pray to Him for help, even though help had not been coming. He continued to humble himself (repenting for any sins he saw) and asked for God’s mercy (over and over again) so that God would hear His prayer and finally help him. David well knew that God is truly the *only* one who can save us out of *any* situation, no matter how dire it is. And David then again explained the severity of his situation by using analogies he used earlier in this Psalm. He truly felt as though he was sinking into a mud pit he couldn’t get out of; and that he was being overwhelmed by a strong flood of waters (which are symbolic of lies); and that he was slipping down into a slippery pit he couldn’t get out of and that the earth would soon swallow him up. And this is where we pick up with in this great Psalm; where David has just been explaining, with analogies, the severity of the situation he’s in, so God knows how much David needs his help...

Psalm 69

16 Hear me, O LORD; for thy lovingkindness is good: turn unto me according to the multitude of thy tender mercies.

17 And hide not thy face from thy servant; for I am in trouble: hear me speedily.

18 Draw nigh unto my soul, and redeem it: deliver me because of mine enemies

Now David again beseeches the Lord for help. The word ‘hear’ in both verses is the same as it was back in verse 13. It means (in the context of this verse) **to heed**, i.e. **pay attention** and, by implication, **to respond** (#6030). So, David is not only asking God to hear him, but also to *answer* his prayers (i.e. to help him). And the word ‘**lovingkindness**’ was actually translated as ‘**mercy**’ in verse 13 (a verse that was very similar to this one). So, it means **kindness** (#2617) or even **grace** (getting what we don’t deserve). And the word ‘**turn**’ means **to turn**; by implication, **to face**, i.e. **appear, look at** (#6437). And the word ‘**according to the multitude**’ means **abundance** while the words ‘**tender mercies**’ here actually means **compassion** (#7356). Further, the words ‘**draw nigh**’ mean **to approach** (causatively, bring near) *for whatever purpose* (#7126). And the word ‘**redeem**’ means **to redeem** (according to the Oriental **law of kinship**), i.e. **to be the next of kin** (and as such to buy back a relative's property, marry his widow, etc.) (#1350). This is important to understand because the law of ‘kinsman redeemer’ (Num 5:9,

27:11, Lev 25:25-32 and the book of Ruth) is the essence of why Jesus Christ is able to redeem our soul from spiritual death, not only from helping us from physical calamities, as David is asking for here (Rom 3:24, 8:23; 1 Cor 1:3; Eph 1:3, 14, 4:30; Col 1:14; Heb 9:12-15; Gal 4:5, Titus 2:14). To learn more about this, check out the special study on: **Jesus - Our Kinsman Redeemer** [<https://t.me/BibleStudyTruth/1347>]. And the word ‘deliver’ means *to sever*, i.e. **ransom**, as well as *to release, preserve* (#6299).

Also of importance, is the fact that (in this verse) David calls upon God by using His Sacred Name, *Yehovah* [<https://t.me/BibleStudyTruth/946>] which means (the) *self-Existent* or *Eternal* (#3068). While ‘Elohim is God as the Creator of all things, *Yehovah is the same God in covenant relation to those whom He has created*. Thus, Yehovah means the Eternal or Immutable One, He Who WAS, and IS, and IS TO COME. The Divine definition is given in Gen 21:33. He is especially, therefore, the God of Israel; *and the God of those who are redeemed*, and are thus now ‘in Christ’.

And David is really needing some redemption here because he’s in a terrible strait. And notice how he continues to ask for God’s mercy and compassion; that shows that (as he admitted in verse 5) he knows that he was not perfect (without sin). But, he had quite clearly been working on seeing any sins he had not repented of *and* had repented for them. In other words, while David knew that he was being wrongfully persecuted, he was not sure if God wasn’t helping him because of some sins he had. So, he worked hard to make sure his heart was right with God, and asked for God’s forgiveness, and then asked (again) for His mercy and compassion *because* God *always* gives those things to those who love, trust and fear (revere) Him (Ps 145:20). And this is understandable. Not getting an answer (the help we think we need) as quickly as we’d like, *does* cause one to (rightfully so) do some very serious self-examination to see if God is *not* helping us because of some sin(s) we have inside, that we’re not facing. Heb 4:12 tells us that God’s Word helps us to see our sins **if** we simply study it *sincerely*; being open to letting the Word and the Holy Spirit convict us. So, David had done this, and was *still* assured he was being *wrongfully* persecuted. If this was (and it probably was) written during the time when Saul was trying to kill David, we see documentation of this in the fact that David asked his best friend, Jonathan (Saul’s son) what sin (reason) he had done against Saul that he kept trying to kill him (1 Sam 20:1).

So, David really was trying to figure out why these bad things kept happening to him. And, that truly is wise for us all to do. As Jesus told us, we should clean the beam out of our own eye before trying to help others see their sins (Mth 7). But, it’s also good to clean the beam out of your own eye before asking God for help *again*. As the Word of God clearly tells us (in places such as Ps 66:16, Isa 59 and Ezek 14) **if** we are willing ‘hear’ our Heavenly Father (and are sincerely trying to obey Him) *then* He will hear us as well. But, always remember, *the way* that He answers our prayers is *totally up to Him*. Just because He doesn’t answer us when, and how, we want (or expect) *doesn’t mean He didn’t hear, or answer our prayers*. He always answers our

prayers in the way that best for us *and* His plan of salvation. But, when we don't get an answer as quickly as we'd like, Jesus gave us several parables to help us understand that we should 'stick with it' and not lose hope that God will (when the time is right) help us...

*9 And I say unto you, **Ask**, and it shall be given you; **seek**, and ye shall find; **knock**, and it shall be opened unto you.*

10 For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

11 If a son shall ask bread of any of you that is a father, will he give him a stone? or if he ask a fish, will he for a fish give him a serpent?

12 Or if he shall ask an egg, will he offer him a scorpion?

*13 If ye then, being evil, know how to give good gifts unto your children: **how much more shall your heavenly Father give the Holy Spirit to them that ask him?***

Luke 11:9-13

Jesus makes a very good point. When we have children, we enjoy giving them 'good gifts'. And our Heavenly Father loves to do so to us, as well. But, He's not going to give us something we ask for if it will hurt us. For example, having a lot of money might very well corrupt our spirit (1 Tim 6) so, unless we can handle it (and will use it for His will, not our lusts) then He won't give us a lot of money. But, Jesus also told us that we should 'ask', 'seek', and 'knock' as well. As verse 8 says: *For every one that asketh **receiveth**; and he that seeketh **findeth**; and to him that knocketh it shall be **opened**.* This means, we should not only be asking Him in prayer but also seeking the answers *through His Word*. And **if** we do *diligently* study His Word to find the answers (2 Tim 2:15) and we still don't have an answer, then we should 'knock' and 'it shall be opened'. But, what does that mean? The word '**knock**' in the Greek means **to rap** (#2925). And while we usually think of this in terms of rapping on a door with our hand, the word 'rap' actually has a quite insightful (yet less known) meaning: as a transitive verb it can mean **to talk freely and frankly to someone**. And to be 'frank' with someone means to speak with free, forthright, and sincere expression. So, **to be able to 'knock' on our Heavenly Father's heart – i.e. to get Him to open His heart to us and help us – we must speak freely, honestly, sincerely and without guile, as well as humbly. And that means we must also be open to what He has to say to us.** In the book of Isaiah, our Heavenly Father explains this more...

22 But thou hast not called upon me, O Jacob; but thou hast been weary of me, O Israel.

23 Thou hast not brought me the small cattle of thy burnt offerings; neither hast thou honoured me with thy sacrifices. I have not caused thee to serve with an offering, nor wearied thee with incense.

24 Thou hast bought me no sweet cane with money, neither hast thou filled me with the fat of thy sacrifices: but thou hast made me to serve with thy sins, thou hast wearied me with thine iniquities.

25 I, even I, am he that blotteth out thy transgressions for mine own sake, and will not remember thy sins.

26 Put me in remembrance: let us plead together: declare thou, that thou mayest be justified.
Isa 43:22-26

Our Heavenly Father is reasoning with Israel (a.k.a. Jacob) here and He points out that they are not *sincerely* calling to Him for help; in fact, they've been weary (tired of, #3021) of Him, which is why there weren't even bringing Him the physical sacrifices the Law of Moses called for. Instead, they were lustfully following after false gods and idols, which wearied (tired, #3021) our Heavenly Father. Yet, even at that, He was willing to forgive them **if** they would simply "*Put me in remembrance: let us plead together: declare thou, that thou mayest be justified*". Now, our Heavenly Father really does not (ever) need to be reminded of His promises, nor of what we've done. But His point is that *He wants us to come to Him and remind Him of His great promises to forgive and help us...* and He wants us to do this for several reasons. First off, it shows we *know* His promises, which shows we've been *seeking Him*. Secondly, it shows we *believe* in His promises, which shows we *believe in Him* (Heb 11:6). Thirdly, *it shows we believe we are doing what is required to get His promises*. And **this** is really what 'knocking' to the Lord (YHWH) is all about. When you've asked Him, and sought answers in His Word, yet still don't have an answer (or solution to the problem) then go back to our Heavenly Father in prayer (in Jesus' name, John 14:13-14, John 15:17, John 16:23-26) and pray to Him *freely and frankly*. Let Him know *again* what your problem(s) is and tell Him you've been searching His Word to find answers but still don't understand.

You might also remind Him you've been trying hard to see your sins as well... if you actually have. And this *might* be why you are not getting answers. If you are sincere, He'll help you see what you need to change. If there's nothing you need to change then you might just need to *be patient* (Lk 8:15, Rom 8:25, Heb 12:1). But don't stop talking (praying) freely and frankly with your Heavenly Father. And make sure you are *honestly* sincere with Him because *that's* the way you 'speak to' HIS heart. He *wants* our sincere 'inward' worship; *He doesn't want us to be fake*. And also make sure your heart is *open* to hear what He's got to say. *We* have to be willing to *hear* God's answer; because it *might* not be what we're expecting. He might show us that there are some things we need to change inside and we have to be 'open' to that. But, if you are truly sincere, and willing to change your sins, and there's still something you need help with (as David obviously did when writing this Psalm), Jesus gave us another parable to explain how '*men ought always to pray, and not to faint*' (Lk 18:1) ...

2 Saying, There was in a city a judge, which feared not God, neither regarded man:

3 And there was a widow in that city; and she came unto him, saying, Avenge me of mine adversary.

4 And he would not for a while: but afterward he said within himself, *Though I fear not God, nor regard man;*

5 Yet because this widow troubleth me, I will avenge her, lest by her continual coming she weary me.

6 And the Lord said, Hear what the unjust judge saith.

7 And **shall not God avenge his own elect, which cry day and night unto him, though he bear long with them?**

8 I tell you that he will avenge them **speedily**. Nevertheless when the Son of man cometh, shall he find faith on the earth?

Luke 18:1-8

So, it might just *not be time* to have your prayers answered. This is especially so if you are asking for vengeance (or vindication) upon your enemies, as David so often prayed for. It doesn't usually happen overnight; it often takes time. So, *be patient* and willing to hear what the Holy Spirit has to say. In other words, make sure you do not have any preconceived ideas, or desires, about what response think the Lord *should* give you. Be open to what He *really* has to say and then you will get a response, even if it's only to comfort you while you patiently endure the hard times. As 2 Thess 3:3 says, *the Lord is faithful, who shall stablish you, and keep you from evil*. So long as we don't forsake Him, our Heavenly Father will never forsake us!

Psalms 69

19 Thou hast known my reproach, and my shame, and my dishonour: mine adversaries are all before thee.

The word 'reproach' here is again #2781, which means **disgrace** or **contumely**, which means *harsh language or treatment arising from haughtiness and contempt*. And the word 'shame' refers to **the feeling and the condition** of shame, as well as **its cause** (#1322). Then the word 'dishonor' means **disgrace** (#3639) and comes from a word that means **to taunt or insult** (#3637). So, David is doing a *really* good job of 'knocking' on God's heart, as Jesus told us to in Luke 11:9-13. He is pointing out that he is sure God sees, and hears, how he is being spoken so badly about, along with all the trials and tribulations he's going through, likely from people trying to kill him. Indeed, our Heavenly Father was well aware of what was happening to David. As He said to David later in his life, God not only delivered him from the 'hand' of Saul (who was trying to kill David, for years) but He also anointed him king over Israel (2 Sam 12:7). And that's essentially why David was being persecuted so severely. For Saul himself understood that David would surely be the next king of Israel (1 Sam 24:20); but, because he was rebelling against God, he resisted it and continued to try and kill David (1 Sam 15:23). This just shows that, while we might be persecuted physically, the root of it will always *spiritual*. For, David wasn't only being hunted like a dog, but he was also being severely persecuted *spiritually*; many

people continued to slander and lie about him. And that's just as difficult to endure as being hunted by people wanting to kill you. And, as the next verse reveals, this pained him deeply...

Psalm 69

20 Reproach hath broken my heart; and I am full of heaviness: and I looked for some to take pity, but there was none; and for comforters, but I found none.

The word '**reproach**' here is again #2781, which means **disgrace** or **contumely**, which means *harsh language or treatment arising from haughtiness and contempt*. And the word '**broken**' means to **burst**, literally or figuratively (#7665). And the word '**heart**' means **feelings**, the **will** and even sometimes **the intellect** (#3820). Our heart is where our emotions and feelings are; it's where our desire comes from, which is why it also is where our intentions and motivations stem from. And that's why Jesus said that *sin starts in our heart*, in Mth 15:17-20 and Mk 7:20-23. That's also why Paul calls our heart the carnal mind Rom 8:5-8. And then the word '**heaviness**' means *to be sick* or (figuratively) **distress**, which is the meaning that's applicable here (#5136). And the word '**looked**' here is really interesting because it's often translated as 'wait' in the Scriptures. It is the Hebrew word *qavah* (#6960), a primitive root that means **to bind together** (perhaps *by twisting*), i.e. **collect**; (figuratively) to **expect**. So, while in other Scriptures it means to bind together, here David is saying that he *expected* to find other flesh people who would take pity on him, but found none. The word '**pity**' means (in the context of this verse) **to console** (#5110), which is why he then went on to say he looked for '**comforters**', which means (in the context of this verse) to **pity**, **console** or **rue**, which means to feel sorry for (#5162).

So, at this point in his life, David felt like there was no flesh man who could help him; and not even any that were able to comfort him. And this is part of what brought David to the conclusion that God alone could help him. And quite obviously, David was not only looking for deliverance in a physical sense, he was indeed needing some comfort for his soul, for his heart was truly broken (hurt very badly) from all the slanders, lies and gossip about him. It really does hurt to be spoken badly about; and it's even worse when we've truly done nothing deserving of it. And the situation David was in here was very much like what Jesus found Himself in shortly before, and during the crucifixion. As it is written...

29 His disciples said unto him, Lo, now speakest thou plainly, and speakest no proverb.

30 Now are we sure that thou knowest all things, and needest not that any man should ask thee: by this we believe that thou camest forth from God.

31 Jesus answered them, Do ye now believe?

32 Behold, the hour cometh, yea, is now come, that ye shall be scattered, every man to his own, and shall leave me alone: and yet I am not alone, because the Father is with me.

33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer [courage #2293]; I have overcome the world.

John 16:29-33

Shortly before Jesus was betrayed by Judas Iscariot (one of His own disciples) He warned the disciples that they would *all* desert Him. Yet, He also stated that He truly was *not* alone *because* the Father (God Almighty) *was with Him*. Matt 26:31-35 records how all of the disciples swore they wouldn't leave Him, but Jesus knew they would, because the Scripture in Zech 13:7 needed to be fulfilled. Jesus also prophesied to Peter (who was the most adamant about not denying Jesus) that He knew Peter would deny Him; and not only once, but *three* times... a prophesy that did come to pass, and pained Peter so much he wept bitterly about it (Mth 26:75). Yet, Jesus also prayed for Peter's faith not to fail (Lk 22:32), which it did not, and He graciously forgave him for it – as He does for all who truly love Him and repent sincerely when we fall short (as we all do from time to time, Rom 3:23). So, David's feeling here were quite prophetic for how our Lord and Savior, Jesus Christ, felt too. For even Jesus' closest friends fled when the 'rubber met the road'. Yet, as Jesus said, His Father did not leave Him, as the study **Not Forsaken** [<https://t.me/BibleStudyTruth/1593>] reveals. And all Jesus' experiences in the flesh is what makes Him able to be the perfect intercessor for us, as the Scriptures declare...

14 Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil;

15 And deliver them who through fear of death were all their lifetime subject to bondage.

16 For verily he took not on him the nature of angels; but he took on him the seed of Abraham.

*17 Wherefore in all things it behoved him to be made like unto his brethren, **that he might be a merciful and faithful high priest in things pertaining to God, to make reconciliation for the sins of the people.***

*18 **For in that he himself hath suffered being tempted, he is able to succour them that are tempted.***

Heb 2:14-18

Our Heavenly Father Himself came to earth (incarnated as Jesus Christ, John 1:1,14) so He could be the perfect High Priest (intercessor) for us. That means He not only reconciled (atoned for) the sins of all people, through His precious blood shed, but He can also help us when we are really needing help. And, as Rom 8:26-34 explains, Jesus Christ indeed intercedes for us when we are weak, both physically and spiritually. That's what gives us the inner strength to go on at times when we feel we can't (Eph 3:16), as David did here. And that's why the Gift of the Holy Spirit was given to us; which was given after Jesus Christ died for our sins and rose from the dead (Acts 2:33), conquering Satan and his ability to deceive us into sinning (which causes us to die spiritually). So, because Jesus Christ experienced the kind of reproaches that truly break the heart, He knows how to help us out of all our troubles too. As Heb 2:14 above says, *He is able to succour them that are tempted*. Yet, even though the Holy Spirit was not given to David in the

same way as it is to us today, the Holy Spirit was *still* upon Him, as (1 Sam 16:13). And that's why our Heavenly Father did help David, eventually. And our Heavenly Father also knew what David was able to handle; He did not let David be tested, or tempted, above that which he could handle (1 Cor 10:11). God was simply molding David into the kind of man he needed to be in order to rule Israel well; for he was destined (anointed) to be the king of Israel after Saul died. And the reason for that is because, David was a man 'after God's own heart', as 1 Sam 13:14 and Acts 13:22 attest to. This simply means that David loved God, and His children, in a very similar manner to how God does. Truly, that was Jesus' commandment to us (John 13:34).

So, our Heavenly Father knew He could trust David to rule Israel righteously (according to His Laws), which Saul had failed to do. Indeed, David did, as 2 Sam 8:15 says: *David reigned over all Israel; and David executed judgment and justice unto all his people*. But, before that time came, David needed the difficult times to help mold him into the kind of man who could be a good king. Likewise, God will never allow us to go through more than we can handle, as Paul wrote in 1 Cor 10:11. And the reason for His allowing us to go through hard times was (as it was with David) to mold us into people who will be fit to reign with Jesus Christ during the Millennium (Rev 20:4-6). So, when times are hard for us, we should remember this. Hard times have a *very* purifying effect on us, just as fire does for gold and silver (James 1:3-4, Isa 48:10, Zech 13:9). Thus, hard times also mold us into 'can do' type people, which means we learn how to handle anything that comes *because we learn to trust in God for help* – just as David did. And this also happened to Jesus Christ, as well as the apostles.

Now, the *Companion Bible* also has a note that says verses 14-20 here in this Psalm 69 are likened to Jesus' prayer in Gethsemane (Mth 26:36-45, Mk 14:32-26, Lk 22:39-44). But, as we learned from the book of John, Jesus' concern at that time was truly not for Himself. While He indeed did feel the way David did here (heartbroken), His true concern was not for Himself. You see, Jesus knew the purpose of His life was to, not only fulfill Scripture during His life, but also in His death. In John 12:27, Jesus said: *Now is my soul troubled; and what shall I say? Father, save me from this hour: but for this cause came I unto this hour*. This is one (of many) Scriptures that proves Jesus was not asking for death to pass from Him; but rather, He was asking for the 'cup of wrath' to pass from Him. In Matt 26:36-42, we're told that Jesus' soul was 'exceedingly sorrowful, even unto death'. He then asked God if the 'cup' could pass from Him, but then submitted to God's will instead of His own. In Mark 14:32-36 we're told again His soul was 'exceeding sorrowful unto death'. He then asked God if it was possible that 'the hour' might pass from Him. He even said: *all things are possible unto thee; take away this cup from me: nevertheless not what I will, but what thou wilt*. Thus, we know that the 'hour' and the 'cup' *are the same thing*. And in Luke 22:39-44 we see that Jesus again asked for 'this cup' to be removed from God but Jesus still submitted to God's will over His own.

The Gospel of Luke gives us great insight into the agony of Jesus' soul: as He prayed even more earnestly (sincerely), He began to sweat great drops of blood. This is a true medical condition, which is probably why the Gospel of Luke recorded it for Luke was a medical doctor. Today this 'condition' of sweating blood is called several things: Hematohidrosis, hematidrosis, hemidrosis and hematidrosis. While the exact causes to us today are unknown, the medical community does recognize that it's likely caused by extreme physical or emotional distress. What happens (they think) is that the sweat glands begin to excrete blood because the capillary blood vessels that supply blood to the sweat glands rupture, causing them to exude blood. So, when Isaiah 53 says that Jesus' soul was an offering for sin, that Jesus poured out His soul to death, and that God was pleased when He saw the travail of Jesus' soul - we see how this was literally fulfilled in Jesus' agony shortly before He was delivered up.

But, it cannot be stressed enough that Jesus' agony was *not over concern for Himself*. His agony was over the fate of God's children. You see, the 'cup' that Jesus asked for God to 'pass' from Him is clearly defined in God's Word to be the 'cup of wrath' that Jesus is delegated to 'pour out' at His Second Advent. ***Jesus wanted to know if there was any other way to fulfill the Scriptures than Him having to execute vengeance upon God's enemies... but there is no other way.*** Jesus did not mind dying for the sins of the world, for that was the purpose of His life. But He really wanted a different way *than having to return in vengeance*; that's what He wanted to avoid. All one has to do to understand this is to think about how difficult it is to chastise your own children... it's not fun, is it? Nope, but it *must* be done if you truly love your children. Prov 13:24 tells us that *he that spareth his rod hateth his son: but he that loveth him chasteneth him betimes*. God loves His children *so much* He refuses to withhold chastisement from them (Deut 8:5, Heb 12:5-11). Thus, tough love is true love. God *has* to punish the wicked *because He is righteous*. If He did not punish the wicked then He would be complicit in it (2 John 10-11) and that's something our Father *never* does. Therefore, Jesus will come back with vengeance.

And God loved Jesus so much because Jesus truly cared about His children. So much so that Jesus literally sweated blood over what He knew He would have to do at His Second Advent: pour out God's 'cup of wrath' upon the ungodly who refused Him. Understand now, this will include many people who claim to be Christians for, as Paul explained in 2 Thess 2, there will come a great falling away where many Christians will commit spiritual adultery (apostasy) by worshiping Satan when he is on the earth. Folks, *this takes them out from under the protective blood of Jesus Christ* – which is the only thing that protects us from the 'cup of wrath' to come. And that's what disturbed Jesus so very much that He sweated blood. He prayed to God about it. He *agonized* over it. But in the end, Jesus will indeed pour out that cup of wrath upon all those who do not stay in His 'sheepfold' (Ps 23). You can learn much more about this (with Biblical documentation) in the following studies...

Jesus' Agony Over 'the Cup' - <https://t.me/BibleStudyTruth/1215>

Remove this Wrath - <https://t.me/BibleStudyDownload/418>

So, while Jesus truly did experience the kind of reproaches David did (and felt the pain from it deeply), His main focus was on *the welfare of God's children*. Thus, He still kept His Father's Will tightly in His heart. And, it is God's will the cup of wrath be poured out... and so it will be. But only upon those who *don't* stay loyal to our Heavenly Father. That's why it's so very important for us to, even during hard times like David was experiencing, keep our heart right with God and make sure we are not ignorant of His Word. For there are many warnings of what is to come within His Word. And we must make sure we are not fooled into worshiping anyone other than our Heavenly Father. But the unsuspecting (even Christians) will indeed fall for the deception of the first supernatural being coming to earth claiming to be 'Christ' – who is literally Satan himself [<https://t.me/BibleStudyDownload/345>]. And that's why we must put on the Gospel Armor (Eph 6) and keep it on tightly. And, we've also got to learn to use it! *Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and **having done all, to stand*** (Eph 6:13). So, the next time you're having a hard time like David was here in this Psalm, remember....

11 Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come.

12 Wherefore let him that thinketh he standeth take heed lest he fall.

*13 **There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.***

1 Cor 10:11-13

So long as we remain faithful to the *true* God, and the *true* Jesus Christ, our Heavenly Father's 'cup of wrath' won't be directed upon us when Jesus Christ returns. And, no matter what happens to us on earth, the Comforter (the Holy Spirit) will help us to endure the hard times...

14 For this cause I bow my knees unto the Father of our Lord Jesus Christ,

15 Of whom the whole family in heaven and earth is named,

16 That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man;

*17 **That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love,***

18 May be able to comprehend with all saints what is the breadth, and length, and depth, and height;

*19 **And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God.***

20 Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,

*21 Unto him be glory in the church by Christ Jesus throughout all ages, world without end.
Amen.*

Eph 3:14-21

We'll pick this up in part 5...

AMEN.