**Hello Valley Heights Ladies!** Reviewing our April 9th Bible Study!

*A quick look at “Resh” ---Psalm 119:153-160*

**The Word of God REVEALS the REALITIES of how we can be REVIVED by our Great Merciful Physician!**

In this 20th stanza of Psalm 119, the psalmist continues to cry out and pour out his soul before God as his “affliction,” “the wicked,” his “persecutors,” “his adversaries” and “the treacherous” remain “a thorn” in his flesh. The psalmist is in great need of ***HELP*** from a compassionate, competent and capable *physician* who can carefully examine the situation, specifically help him and direct him to the right resources!

*A trustworthy physician is always*: a thorough listener (compassionately attentive to **COMPLAINTS** or the problem), a thorough observer (examining and assessing the symptoms and making a **DIAGNOSIS**), a thorough implementer (knowing what would be the best cure or **TREATMENT**), and a thorough planner (anticipating the **PROGNOSIS** - the desired outcome and way to full recovery.) Most of all, a trustworthy physician *is always an excellent, clear communicator*! He always tells it like it is!

Ladies, let’s look at this stanza through the grid of a “suffering servant” who brings his problems and **COMPLAINTs** before his *Merciful Physician* who makes an accurate **DIAGNOSIS**, knows exactly what the **TREATMENT** needs to be and presents *the hopeful* outcome. This Physician’s **PROGNOSIS** can befully trusted and embraced! *His goal is spiritual REVIVAL!*

**Vs.153** COMPLAINT- “**R**emember to keep Your eye upon me and see what I’m going through!”

 DIAGNOSIS--- **E**xamination--Distressed and defeated

 TREATMENT- **S**TANDARD- “Mercy” that is mindful (observant)!

 PROGNOSIS- **H**opeful! “LORD, I’m not forgetting **Your** promises that will shape my responses!”

**Vs.154** COMPLAINT- “**R**elease me from the false accusations and discharge my case as being innocent!”

 DIAGNOSIS--- **E**xamination--Desperately needs help from God-his defense attorney and judge

 TREATMENT- **S**TANDARD- “Mercy” that is measured out (planned perfectly)!

 PROGNOSIS- **H**opeful! “Lord, grace, strength and endurance from **YOU** will be enough!”

**Vs.155** COMPLAINT- “**R**estrain the wicked who are wearing me out and grinding me down!”

 DIAGNOSIS--- **E**xamination--Discouraged in the midst of the battle

 TREATMENT- **S**TANDARD- “Mercy” that is militant (active and aggressive)!

 PROGNOSIS- **H**opeful! “Lord, though the proud and arrogant are not seeking **YOU**—I am!”

**Vs.156** COMPLAINT- “**R**emove me out of this difficult trial and Restore me!”

 DIAGNOSIS--- **E**xamination--Deliberately focusing on the Lord, the Gospel and his salvation

 TREATMENT- **S**TANDARD- “Mercy” that is multiplied (in amount, availability and assistance)!

 PROGNOSIS- **H**opeful! “Lord, though I am extremely weak, I know I am **Yours**!”

**Vs.157** COMPLAINT- “**R**edirect those pursuing and those advancing toward me who are exhausting me!

 DIAGNOSIS--- **E**xamination-- Double trouble collapsing all around him

 TREATMENT- **S**TANDARD--“Mercy” that is motivating (persuades and urhes to press on)!

 PROGNOSIS- **H**opeful! “Lord, though the pressure I’m experiencing is immense, I will not deviate

 from the path of being faithful to **YOU** and **Your** instructions!

**Vs.158** COMPLAINT- “**R**ebuke those who know the Word of God but are intentionally disobeying it!”

 DIAGNOSIS--- **E**xamination--Deeply grieved, sickened and devastated within his soul

 TREATMENT- **S**TANDARD--“Mercy” that is momentous (pivotal and life changing)!

 PROGNOSIS- **H**opeful! “Lord, though they do not obey Your Word—my desire will always be to”

**Vs.159** COMPLAINT-“**R**ecognize how much I’m being hated for loving Your commands and living upright”

 DIAGNOSIS-- **E**xamination--Depleted of energy

 TREATMENT- **S**TANDARD-“Mercy” that is miraculously ministering (cared for and comforted)!

 PROGNOSIS- **H**opeful! “Lord **Your** grace will reawaken, rejuvenate, and restore me back to life”

**Vs. 160** COMPLAINT- “**R**eveal to my mind the realities of my situation!”

 DIAGNOSIS--- **E**xamination-- Definitely will have to continue to suffer a little while longer

 TREATMENT- **S**TANDARD--“Mercy that is everlasting (continuous, unending, eternal)!

 PROGNOSIS- **H**opeful! “Lord, **Your** truth is my sure foundation **and** the ground of all my

 Peace, perseverance and praise to **YOU**!

Ladies, did you notice what the **STANDARD TREATMENT** was and how often it was given by the Physician for this kind of desperate diagnosis? Look again! It’s a stunning reality!

*HIS* treatment is *ALWAYS,* consistently,—***“GREAT ARE YOUR MERCIES, O LORD” from vs.156*** and HIS prognosis is *ALWAYS* consistently hopeful even in the most severe of diagnosis!

Ladies, trials are used in the hand of God as a *MOTIVATION FOR CHANGE*. Trials force us to look over and over again at the **PRESCRIPTION** that our Physician has ordered till we’ve memorized what we clearly need to do without looking-- Psalm 119:71! When we are going through a trial, who (or what) are the sources of motivation that we need to give ourselves and others HOPE and HELP to take and maintain Biblical action? The sources that we MUST point ourselves and others to is Jesus Christ and His Word! Because of Christ and His “mercies,” every believer must be urged to holy living even in the midst of our difficulties!!

We have seen in this stanza that ***MERCY MOTIVATES***!! Christ’s redemptive mercies are seen for example in Ephesians chapters 1,2, and 3! His plan and provision of redemption now ***MOVE*** us to be ***MOTIVATED*** to walk in a manner worthy of our calling! Because of our high calling in Christ and His rich ***TENDER MERCIES***, we *MUST* live differently; yes, even when we are in the refiner’s fire! We must live a life CONSISTENT with that to which we have been called—reflecting Christ’s life! Christ our Great Physician was MERCIFUL! Are you? Do you show kindness, tenderness and love towards the “miserable” with a desire to help them?

We must become in our day to day living with ALL of its challenges what we are in Christ! ***Dead to*** the *deadly D’s* :disorder, distraction, double-mindedness, discontentment, doubt, discouragement, despair, defeat, depression and deviation from the truth in our difficult circumstances, and, become ***Alive to*** the *defining D’s*, dependence upon Christ and His Word- leading to: dedication and devotion, diligence and discipline, determination and direction, daily drawing on the Grace of God, (taking) drastic measures to cut sin out in order to obey God, deviating from the culture and defending Truth, dwelling on our high calling as women and **DELIGHTING** in our Merciful Physician who always knows what is best for us!!

Praying we would all *REMEMBER* His Mercy, *REST* in His Mercy, *RADIATE* His Mercy and *RETURN* His Mercy to others by the power of His gracious Holy Spirit!

Blessings as we continue to grow to become more like our Saviour, Christyn