

## 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 ourself 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!