

1. HEARTACHE

- Psalm 55:4 My heart is severely pained within me...
- Proverbs 18:14 The spirit of a man will sustain him in sickness, but who can bear a broken spirit?

2. HORROR

- Psalm 55:5 Fearfulness and trembling have come upon me, and horror has overwhelmed me.
- Proverbs 3:25 Do not be afraid of sudden terror, nor of trouble from the wicked when it comes;

3. HINDRANCES

- Psalm 55:6 Oh that I had wings like a dove! I would fly away and be at rest.

4. HUMILIATION

- **A - CONSIDER HIS BOAST**
 - Psalm 55:15 Let death seize them; let them god down alive into hell,
 - Deuteronomy 32:35 Vengeance is Mine, and recompense...
- **B. CONSIDER HIS GUILT**
 - 2Samuel 12:10-11 Now therefore, the sword shall never depart from your house because you have despised Me, and have taken the wife of Uriah the Hittite to be your wife. Thus says the LORD: 'Behold, I will raise up adversity against you from within your own house;...
 - Psalm 55:22 Cast your burden on the LORD & He shall sustain you; He shall never permit the righteous to be moved
 - cast: shaw-lahk' - to throw out, down or away; to cast away, down, off, out; to hurl; to throw
 - burden: yeh-hawb' - that which is given by divine Providence; a lot: a burden; that which must be born
 - sustain: kool - to keep; to maintain; to bear; to provide for; to hold; to nourish; to preserve; to sustain
 - moved: mote - to waiver; to slip or fall; to be carried away; to cast off course; to decay; to be moved
 - 1Peter 5:6-7 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.
 - casting: epi-hrip'-to - to throw off; to cast away .
 - care: mer'-im-nah - distractions; solitudes; cares

1. GOD KNOWS THAT EARTHLY LIFE WILL BE FILLED W/CARES, EVEN FOR THE SAVED

- John 16:33 These things I have spoken to you that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world

2. GOD KNOWS THERE IS BUT 1 WAY TO BE FREE FROM CARE; GIVE IT TO HIM

- Matthew 11:29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

3. GOD UNDERSTANDS OUR TENDENCY TO TAKE UP OUR CARES AGAIN AFTER GIVING TO HIM

- Psalm 55:22 Cast your burden on the Lord, and He shall sustain you.
 - cast: shaw-lahk' - to throw out, down or away; to cast away; to hurl; to throw away
- James 1:6-8 But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. Let not that man suppose he will receive anything from the Lord; he is double-minded, unstable in all his ways.
- 1Peter 5:7 casting all your cares on Him, for He cares for you.
 - cares: melo - to be of interest; to have concern; it matters; to care deeply
- Jeremiah 31:3 The LORD has appeared of old to me, saying: "Yes, I have loved you with an everlasting love; Therefore with loving-kindness I have drawn you.