

# LIGHTHOUSE CHRISTIAN FELLOWSHIP

## Keeping Your Balance

### Psalms 73

**Objective**: To focus and discuss how to keep the right perspective towards God and life.

**Introduction**: I remember as a kid growing up I was adventurous and more free than a person might be in adulthood. Growing up in Aurora there was this huge hill that all the kids in the neighborhood use to ride their bikes down. I remember one day my friend and I decided to ride down the hill on our bikes. However, this time to make it more fun we did it with no hands. For a minute I got caught up in the moment and the adrenalin and lost focus of the danger of what was ahead and ran into this metal fence. Thank God there were no serious injuries. Life can sometimes be like this. In life you can feel like you're on top of the world and feel as if God be for you who can be against you. But if you're honest sometimes you can be like me at the bottom of the fence all bruised and confused at life and it is easy to lose our perspective.

The author of this Psalm is Asaph who was a Levite in the old testament who sounded symbols before the ark of the covenant when it moved from the house of Obed-edom to Jerusalem (1 Chron 25:1-9). Asaph's family became one of the three families given responsibility for music an song in the temple (1 Chron 25: 1-9) and twelve Psalms are attributed to the family of Asaph.

**Poem "Life is a roller coaster" by Ronen Keating**: This poem is a pe portrayal of what life is: there are some sunny days of happiness there is pall of gloom disappointments, and frustrations in all life about wishes, hopes and ambitions. There are some days when we have everything a there are other which are hollow and devoid of reasons to smile, we yea for more things we never got, reminisce about events gone by and doze of other feelings and emotions. And then there is always the joy of birth and finality of death making our sojourn at regular intervals life itself cou be a beautiful poem poems are inspired from life.

\*\*\* **Note: There are no right or wrong answers to the questions and**

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*intended to be discussed in a group setting that allows people to answer what they think.*

### GROUP DISCUSSION QUESTIONS

- 1 In verse 1 Asaph starts off by affirming those that are pure in heart but what do we see about the attitude of Asaph and his experience in verses 2 -7? **He becomes envious of the ungodly.**
- 2 Has it ever bothered you or have you ever noticed non-Christians having a more richer fuller life than you and, if so, why did it bother you? **Because I was doing the right thing but not getting ahead just staying stagnate.**
- 3 In verses 4-12 the wicked are seen through the eyes of envy. What are some of the things about the ungodly that bothered Asaph? **Verse 4 - strength; verse 5 - not in trouble as other man neither plagued like other men; verse 7 - they have more than they could wish for; verse 12 - prosper in the world and increase in riches.**
- 4 Why does the condition of the sinners seem unfair to Asaph in verses 13-14? **He believes living for God is in vain. He also says he's been plagued or have had some trial all the day long. Asaph was frustrated and felt like maybe he was overlooked by God and that living right was in vain. Philippians 1:29 "For you it is given in the behalf of Christ not only to believe on him but also to suffer for his sake.**
- 5 When something bad happens to you are you more likely to question God's power or his love and concern for you? **For myself at different times different moments even situations at times I question either or but still learning not to lean on my own understanding.**
- 6 During the times when we question God's care, why do we need a fresh vision of his power, strength, and wisdom? **To give us hope that God is still in control and that God cares about our situation and circumstance.**

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- 7 In what ways do you struggle with feeling tired, weak, weary or faint (vv29-31)? **Struggling in ways like tiredness from trying to do too much at one time.**
- 8 How might your weakened condition cause you to stumble or fall? **In frustration, defeat, and just not caring.**
- 9 What does it mean to "hope in the Lord" especially when you can't go on (v31)? **To hope in the Lord is to trust fully on the character of God, of how good he is and what he's done. It's not on the biases of feeling but the reality of the greatness of God.**
- 10 How do the images of a soaring eagle, a runner, and even a walker help us understand God's promise to renew our strength? **Like humans and animals we all tend to get tired, discouraged, and weary but as we patiently wait on the Lord he will renew our strength to continue in this journey of life and the destiny God has for us.**
- 11 How does Isaiah's portrait of God encourage you and give you hope? **It encourages me to know that God is great, that there is nothing too big or small for him to handle. It also gives me hope to keep moving forward fully trusting God.**
- 12 At this point in your life what help do you need from God in order to run and not grow weary? **I need God to give me strength from within to honor and be pleasing in his sight, like David said that God desires truth in the inward parts of the heart, mind, soul, and spirit.**

**Summary:** We see in Isaiah 40 that even in Israel's state that they were in was because of their sin, and rebellion. God still promised to redeem them and give them hope. What an act of God's grace, but what a promise for all God's people, what an awesome thing to know. To know no matter how bad or how big the present

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