

“HOW TO BE STABILIZED WHEN TRAUMATIZED”

Psalm 16:8

“I have set the LORD always before me; because He is at my right hand I shall not be moved.”
(Compare Ps. 16:8 and Acts 2:25-28. Messianic Psalm.)

“Traumatized” = dictionary: *“A mental and/or emotional shock.”* There are times when we are surprised, yes even shocked, by things that happen. How do we respond? In Ps. 16:8 David gives us his prescription for stability. Notice the 3 phrases in Psalm 16:8:

I. **“I have set the LORD always before me;” this is:** THE POSITION OF THE LORD – HE IS **MY GOAL.**

A. What action did David take?

1. It was a past action – *“I have set the Lord always before me”* – Can we say that?

Notice: Where is the Lord? He is:

- Behind us, Ps. 23:5 “Goodness & Mercy follow”
- Beneath us, Deut 33:27 “Underneatharms”
- Above us, Ps. 91:1 “He that dwells...shall abide under”
- Around us, Ps.18:2 “The Lord is my fortress”
- Within us, Col.1:27 “Christ in you the hope of Glory”
- Before us, text.

2. It was a perpetual action – *“always”* - (NASU *“continually”*)

B. What action should we take? Heb. 12:1-2

II. **“Because He is at my right hand...” this is:** THE PRESENCE OF THE LORD - HE IS **MY GUARD.**

A. He is personally with us. Matt. 28:20 *“I am with you....”*

Are we aware of His presence? Practicing the presence of Christ is the secret to holy living.

ILLUST. A visitor at an art gallery was enjoying the many pieces of art on display when he noticed a cleaning lady. He remarked to her, “My, aren’t these paintings lovely!” She replied, “I suppose so sir, if a body ever had time to look at them!” The altogether lovely One is ever in our presence – do we enjoy Him?

B. He is permanently with us. Heb. 13:5 *“never leave you...”*

What if someone volunteered to watch over us, provide for us, protect us every moment of life and we totally ignored that person, how do you think they would feel?

The Lord Jesus is that Person – He should be the main focus and attraction of our lives. However, there are many distractions.

ILLUST: William Feather tells about a young man who found a \$5 bill on the street. Feather wrote: “From that time on he never lifted his eyes when walking. In the course of the years he accumulated 29,516 buttons; 54,172 pins; 12 cents, a bent back and a miserly, miserable disposition. He lost the glory of the skies, the smiles of his friends, tree blossoms in the Spring, the twinkle of the stars and the entire joy of living.”

We say, “*stop and smell the roses*”. Better yet, “Stop and look at the Rose of Sharon!” He is personally and perpetually with us!

**III. “I shall not be moved.” this is:
THE PROVISION OF THE LORD - *MY GUARANTEE.***

A. He provides stability – “*not... moved.*”

Psalm 16:11: “You will show me the path of life; In Your presence there is fullness of joy; at Your right hand there are pleasures forevermore.”

(1) His path; (2) His presence; (3) His pleasures. That equals stability!

B. He provides security – “*I shall not be moved.*”

Ps 62:6 “He only is my rock and my salvation: he is my defense; I shall not be moved.” He provides the guarantee that I am secure and being secure is stabilizing.

CONCLUSION

ILLUST. Two men were crossing a swollen river on horseback. One looking down – the other looking ahead at a large rock on the distant shore. The man looking down at the fast moving waters became dizzy and began to fall off his horse. His companion shouted, “look up ahead at the rock on the other shore.” He did and regained his focus, became stabilized when he had been traumatized.”

Jesus Christ is The Rock! Imitate the example of the Psalmist who said, “*I have set the LORD always before me; because He is at my right hand I shall not be moved.*”

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