Shalom AZ Ministries

In Pursuit of Israel's Redemption

"When the Anxieties are Multiplying"
Rabbi Cosmo Panzetta
Devotion and Discussion Questions

Key Texts (TLV): Psalms 94, 64, 4

Have you ever gone to bed exhausted, only to discover that your thoughts are wide awake? You replay a conversation, worry about what might happen tomorrow, or wonder how long an unjust situation can continue. One thought stacks on another, and before long the anxieties are multiplying. We carry the weight of a world that is not functioning as God intended. We see selfishness and injustice everywhere. We were created in God's likeness to reflect His character, and yet the sons of Adam so often turn His glory into shame. It can make our hearts tremble.

What do we do with those feelings? Do we respond in revenge, in hatred, or by trying to control everything ourselves? Do we fight fire with fire, selfishness with selfishness? Or do we bring it to ADONAI and let Him fight our battles? Psalms 94, 64, and 4 lead us through that very struggle. They teach us to cry out for justice, take refuge in the One who sees, and lie down in shalom before circumstances change.

1. WHEN TROUBLING THOUGHTS MULTIPLY, REMEMBER WHO HOLDS YOU (PS. 94). Psalm 94 opens with a cry to the God of vengeance, the Judge of all the earth. The wicked boast, crush God's people, and harm the vulnerable. His question is painfully familiar: How long, ADONAI? How long will this continue? Injustice can make it seem as though God is not paying attention. But the psalm confronts that thought: *"He who planted the ear, does He not hear?"* (Ps. 94:9). The One who formed the eye surely sees. His delay is not indifference. He teaches and corrects His people through His Torah, giving them rest even in days of trouble. And He does not abandon His inheritance.

Then the psalm becomes intensely personal. *"If I say: 'My foot has slipped,' Your mercy, ADONAI, will hold me up"* (Ps. 94:18). That is His chesed, His faithful covenant love, sustaining us when we cannot sustain ourselves. And then comes the heart of this teaching: *"When my troubling thoughts multiply within me, Your consolations comfort my soul"* (Ps. 94:19). Anxieties gather deep within us. Yet ADONAI meets them with tenderness, with consolation that reaches the soul. Even when we feel ourselves slipping, ADONAI is our fortress and refuge. He sees. He hears. He has not forsaken us.

2. WHEN THE ENEMY'S WORDS ARE SHARP, TAKE REFUGE IN ADONAI (PS. 64)
Psalm 64 begins with David asking God to hear his voice in his complaint. That word for complaint carries the sense of thinking and talking, almost mumbling to ourselves as we try to make sense of what is happening. We replay what somebody said, wondering how to respond. David knows what it is to face bitter words, hidden schemes, and people who sharpen their tongues like swords and aim their words like arrows. He cannot see every

hidden trap. But he knows where to bring his fear: to God, who can guard his life even from the terror of an enemy.

There is a remarkable turning point in this psalm. The evildoers shoot their arrows of bitterness, *"But God will shoot them with an arrow"* (Ps. 64:8). God sees what others think is hidden. Their own tongues become their downfall, and people begin to recognize the work of God. David does not have to become like those who oppose him. He need not answer bitterness with bitterness. He can entrust justice to ADONAI. The psalm ends with the righteous rejoicing in Him and taking refuge in Him (Ps. 64:11). That is the invitation for us as well. We can give their words to the Lord rather than let their behavior shape ours. The battle belongs to Him, and our calling is to remain faithful.

3. WHEN YOUR HEART TREMBLES, SPEAK TO IT AND REST IN SHALOM (PS. 4)

In Psalm 4, David cries, *"Answer me when I call, God of my righteousness!"* (Ps. 4:2). He remembers how ADONAI has made room for him when he was squeezed into a narrow, distressing place. When life feels restricting, God opens a wide space. David also knows that the sons of Adam love emptiness and pursue falsehood, turning glory into shame. But he reminds himself that ADONAI has set apart those who belong to Him, those who walk in His covenant love. He will hear when they call. Yet as we wait, we may tremble with anger or fear.

Here is the instruction: *"Tremble* (describing anxiety or anger)*, but do not sin! Search your heart while on your bed, and be silent"* (Ps. 4:5). We do not have to pretend we are not trembling. But we must not let the trembling lead us into sin. Instead of rehearsing an argument or fighting fire with fire, we can speak to our own hearts before ADONAI, become still, and put our trust in Him. Offer righteous sacrifices: a broken and contrite heart, praise and thanksgiving, obedience to His voice, justice, mercy, and humility (Ps. 51:19; 50:23; 1 Sam. 15:22; Mic. 6:8). And then comes this extraordinary testimony: *"I will lie down and sleep in shalom. For You alone, ADONAI, make me live securely"* (Ps. 4:9). Not merely lie down worrying, but sleep. Our security rests in Him.

CONCLUSION

Notice where these three psalms bring us. Psalm 94 teaches us that when our troubling thoughts multiply, the God who hears and sees sustains us with His chesed. Psalm 64 reminds us that when people speak bitterly and plot injustice, we do not have to take vengeance into our own hands. Psalm 4 shows us what to do with the trembling that remains: search our hearts, refuse to sin, offer righteous sacrifices, and trust ADONAI enough to rest. The injustice and anxiety are real, but so are His presence and faithfulness.

Perhaps your circumstances will not change today. Still, you can choose how you will walk in the meantime. You can say, "Lord, I am giving this to You. I will not fight in my own strength or rely on my own calculations. I want to walk in Your ways. Keep forming my heart." His joy is deeper than an abundance of grain and new wine, because His joy

does not depend on everything going well (Ps. 4:8). In the war and in the waiting, we can praise Him and lean on Yeshua.

Is there an injustice, an old wound, an anxious thought, or a difficult person whose words have occupied your heart? Perhaps fighting in your own strength has stolen your peace. Today, bring that entire struggle to ADONAI. Tell Him the truth about your anger and your fear. Ask Him to forgive the places where you have responded in bitterness or tried to repay evil with evil. Invite Him to shape your heart, not merely change others. Let His covenant mercy hold you where you feel yourself slipping. The battle does not have to remain in your hands. Bring Him your heart, your worries, your future, and even tonight's sleep. He is worthy of your trust.

DISCUSSION QUESTIONS

1. In Ps. 94, what truths about ADONAI challenge the feeling that He does not see or hear injustice?
2. What does His chesed mean to you when troubling thoughts multiply and you feel as though your foot is slipping?
3. When someone speaks harshly, misrepresents you, or treats you unfairly, what would it look like today to take refuge in ADONAI rather than fight fire with fire?
4. What conversations do you replay at night, and how could Ps. 4:5 change the way you bring those thoughts before the Lord?
5. How can offering obedience, thanksgiving, mercy, and a contrite heart help you move from anxious striving toward shalom?

CLOSING PRAYER

ADONAI, You see what we cannot see, and You hear even the cries we struggle to put into words. When our troubling thoughts multiply within us, let Your consolations comfort our souls. When our feet begin to slip, uphold us by Your *chesed*. Forgive us for taking battles into our own hands, for answering selfishness with selfishness, or allowing anger and fear to rule our hearts. Teach us to speak truth within our hearts, to be still before You, and to offer You the sacrifices of obedience and praise. Through Yeshua, fill us with Your Spirit and form Your character within us. Surround us with Your presence. Give us courage to walk in Your ways while we wait for Your justice, and grant us the joy and shalom that only You can give. Tonight, may we not merely lie down, but rest securely in You.

B'Shem Yeshua, In the name of Yeshua, amen.