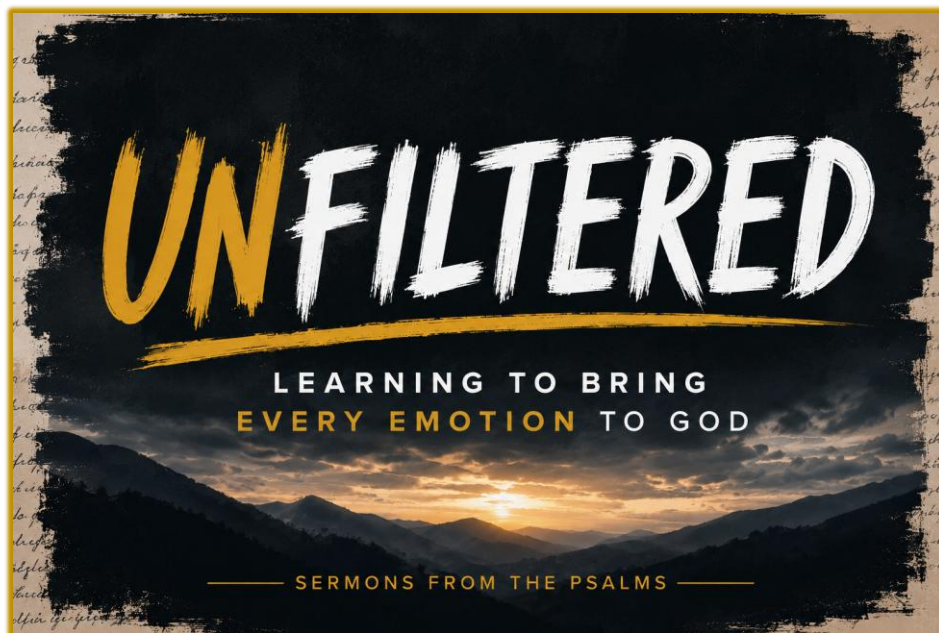




When You Feel Like Throwing in the Towel

Psalm 138

During a boxing match-when the trainer throws a towel into the ring, they are telling the referee their fighter is giving up. They have had enough.

The message of Psalm 138 is “Do not give up!” In this Psalm, we are given some practical alternatives when we feel like throwing in the towel.

Don't give up! Instead:

Give thanks.

¹ I give you thanks, O LORD, with my whole heart;
before the gods I sing your praise; ² I bow
down toward your holy temple and give thanks to
your name for your steadfast love and your
faithfulness, for you have exalted above all
things your name and your word.

Listen to God.

³ On the day I called, you answered me; my strength
of soul you increased.

Use God's resources.

1) His Word.

⁴ All the kings of the earth shall give you thanks,
O LORD, for they have heard the words of your
mouth.

2) His Way.

⁵ and they shall sing of the ways of the LORD, for
great is the glory of the LORD.

3) His Walk.

⁷ Though I walk in the midst of trouble,
You preserve my life; You stretch out your hand
against the wrath of my enemies, and your right
hand delivers me.

4) His Will.

⁸ The LORD will fulfill his purpose for me; Your
steadfast love, O LORD, endures forever. Do not
forsake the work of your hands.

5) His Worship.

⁸ The LORD will fulfill his purpose for me; Your
steadfast love, O LORD, endures forever. Do not
forsake the work of your hands.

*Finally, His steadfast love endures forever! He
overcomes all things. If you doubt, he will give
you knowledge. Pastor Beth preached a few
weeks ago “Seeking Finding Waiting”. Seek
God. Find God. Wait on God. What have you
said, “no more” to? Instead of throwing in the
towel, throw yourself into Jesus. Throw
yourself into his Word, His Way, His Walk, His
Will, and His Worship.*