



## Part 1 - Sunday, March 22<sup>nd</sup>

- Turn to Psalm 70
- 40 Days of Prayer using the APP

(ON SCREEN)



- I'm excited this morning, let me tell you why...  
First, we need to welcome 2 new members to our Fellowship this morning: Sarah Keeling and Julie Duke. Ladies, I'm sure you're watching. Welcome to the Fellowship Family!

I'm obviously not able to introduce them to you all but they both completed our Membership Class last month. So wherever you are watching this morning, please welcome them into our Fellowship Family by saying a hearty, "Amen" on the count of 3. 1,2,3, "Amen". Wow that was good. I think I could hear you clear over here!!!

Secondly, our cross is lit this morning. SHELBY was saved this week!!! The Bible says when even 1 person comes to faith in Christ the angels in heaven rejoice. So let's join them. On the count of 3 give a hearty, "Praise the Lord". 1,2, 3 "Praise the Lord".

## LET'S PRAY

Years ago, Tom Hanks starred in a movie called *Castaway*. How many of you remember that movie? Yes, I see your hands. 😊 Of course, recently Hanks and his wife were 2 of the first Hollywood stars to contract the coronavirus.

His character in the movie was stranded on a deserted island in the Pacific for 4 years. In his loneliness and isolation, he made a friend out of a volleyball that he called Wilson, because it was a Wilson volleyball.

It looked something like this. My Wilson here is a little different than Hanks' was. His had grassy hair, mine's bald. My wife made this for me years ago and I think she did that on purpose as a joke on me. Thanks honey. 😊

But Hanks would talk to Wilson as if he were a person. It was his way of fighting insanity. In a last-ditch effort to gain his freedom he made a small raft out of palm tree planks and he and Wilson set out to into the ocean.

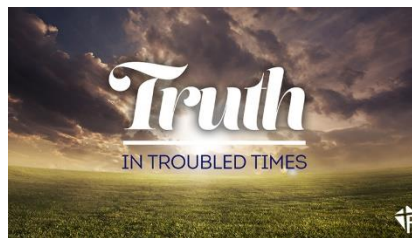
And then one day he fell asleep and Wilson slipped into the water...

**Youtube Clip: "Wilson's Departure – Cast Away" (2:02) STOP @ 1:40**

Hank's character had no anchor to secure his little raft. If he could have just put an anchor down with a rope long enough to reach the bottom, he could have saved Wilson.

But both had nothing to hold them against the currents and the waves and of the ocean. And it was a costly loss – not in dollars or monetary value, but in what Wilson represented and what it provided even as a lifeless, dirty old volleyball.

(ON SCREEN)



These images are characteristic of real life for a lot of us right now. Maybe even some of you watching this service this morning. You may feel like your life is like a beat-up raft out on the ocean.

The storm called COVID-19 is taking its toll on you. Things you only thought of in your wildest dreams (or nightmares) are coming true. Things you believed you could depend on are no longer dependable.

Things and people in your life you THOUGHT were serving as an anchor have proven unreliable. But those anchors are gone and now your living at the mercy of things affecting you than you have no power over.

And maybe like the character in the movie you find yourself adrift at sea, with things lost that you held dear, with uncertainty, with fear, with more questions than answers.

In this series of messages called “Truths in Troubled Times” that we’re doing on Sundays and in our weekly Wednesday Live event, I want to show you some of God’s truths that can serve as anchors in your life.

These truths are spiritual anchors that you can depend on to keep you secure, stable, and sheltered amidst the waves, the currents and the storms of the coronavirus nightmare, and of life itself.

Truth can be defined as...

**(ON SCREEN)**

*Truth: a never-changing fact or principle; something that can be counted on like an anchor in a storm*

Here in Psalms 70 & 71 there are several truths that God shows us that are never-changing. They’re truths you can count on to serve as anchors in your life. Before we look at these specifically, let’s consider a little background to these Psalms.

Psalm 71 is a sequel to Psalm 70. What I mean by that is that not only is it after Psalm 70, it’s the sequel, it’s what is next in the storyline. The aged King David wrote both Psalms later in his life. In fact the heading at the top of Psalm 71 in my translation says, “God’s Help in Old Age.”

So wherever you're watching this morning, some of you just perked up because you know this HAS to be for you. Others of you are in denial about your old age, and now you're ready to turn on the TV and find Castaway on Disney Plus and watch it. 😊

Let me assure you that whatever your age or station in life, the truths in this passage – while written by the aged King David, are prime anchors for anyone and everyone no matter the severity of the circumstances you might be facing.

For David, he wasn't facing a deadly disease or the collapse of his livelihood, but he was in a major "coronavirus-TYPE" nightmare of his own.

God had directed that his son Solomon become King after David's death. But David had another son, Adonijah. Solomon was still a young boy, and Adonijah was a grown man.

But he was seeking to usurp his father's authority and steal the throne and the kingdom away from Solomon.

The whole situation wreaked of political turmoil, family warfare, treason, and backstabbing. David was alarmed, heart-broken and deeply troubled. He was desperate for help and He knew there was only one reliable source for that help.

READ Psalm 70.

We can see here that David needed God's help and he needed it right now. Three times he says to God, "Hurry". In his distress he turned to the one who had always been an anchor in his life – God.

He proclaims in verse 4, "God is great". In verse 5 he declared, "You are my help and my deliverer." And in so doing, David shows us the first Truth Anchor that we can turn to in our distress today...

**(ON SCREEN)**

Truth Anchor #1. Reengage Your Trust in God's Presence and Power

The key to overcoming overwhelming circumstances is to turn them and yourself over to the Lord and walk step by step through them with Him. That's what God wants you to do.

And that's exactly what David is doing here in Psalms 70 and 71. Both contain prayers of trust and surrender to the Lord. David knew by experience that nothing and no one can help you like God can. NOTHING!  
NO ONE!

Godly people like David and others throughout the Bible and ever since, have all gone through times of being overwhelmed and fearful, just like we are today.

But please remember, being afraid doesn't mean that God is not with you, that you are out of God's will, or that you are a spiritual weakling. It means it's time to reengage your trust in God, His presence and His power.

In doing so you're not ignoring your fear, you're simply refusing to let it control you by turning it over to Him. Whenever you're afraid that is always a sign to you that it's time to call out to God in prayer. Like a flashing light on the dashboard of your car.

Every have a light flashing on your dashboard? If you're like me and you're vehicle is over 100,000 miles, you live with that flashing light every day. 😊

Fear is the flashing light that some people get used to. They're always living in fear. Fear of failure. Fear of the past. Fear of the future. Fear about things they can't control. Fear that you won't have enough to retire on. Fear that you won't get your job back or that you've lost all your investments. Lots of fear.

But you don't have to live that way, and God doesn't want you to live that way. Again, remember fear is always a sign that it's time to call out to God in prayer. Post that somewhere so you can remember it.

Whenever you feel fear beginning to rise up within you, do what David did and immediately draw close to God. Seek Him through prayer and let Him dissolve that fear with His loving presence.

I like what Christian author Stormie Omartian says...

(ON SCREEN)

**“The deeper we press into the Lord, the more of His perfect love we experience, and the less fear we will have.”**

~ Stormie Omartian, *Just Enough Light for the Step I'm On: Trusting God in Tough Times*

Over in Psalm 86 David again is the author and he says what he did whenever he was in trouble...

(ON SCREEN)

*"I call on you in the day of my distress, for you will answer me."*

Psalm 86:7

It's like in Batman what Commissioner Gordon does whenever crime breaks out in Gotham City. The Commissioner shines the Bat Light up into the sky. The Bat Light was the distress signal that help was needed.

David knew that when in times of distress and fear, that was the time to send up the distress signal to God – to call out to God in prayer. And just like the Commissioner knew Batman was on the way, we can be assured in a very real sense that God's help is on the way.

Why? David tells us why in verses 4 & 5: Because "God is great!" In fact he says very specifically that those who love God's salvation should continually say, "God is great!"

I hope you love God's salvation today. Without salvation we have no hope of our sin being forgiven. We have no hope of eternal life in heaven. In a minute I'm going to tell you how you can have God's salvation if you don't.

But if you love God's salvation this morning would you say that out loud where you are right now, "God is Great!"



If God can save you, He can keep you, amen? If God can forgive your sin and save your soul from eternal punishment in hell, then He can also help you when your investments bottom out.

He can also make sure that you have food on your table, clothes on your back, a place to live, and plenty of toilet paper, amen?

Jesus said in His Sermon on the Mount in Matthew 6: *“Consider the birds of the sky. They don’t sow or reap or gather into barns, yet your heavenly Father feeds them. Aren’t you worth more than they? Don’t worry by saying, ‘What will we eat? Or What will we drink? Or What will we wear? But see first the kingdom of God and his righteousness, and all these things will be provided for you.”*

The Lord has brought several old hymns back to my mind this week as I have been meditating on his Word. Like this one..

Why should I feel discouraged  
 Why should the shadows come  
 Why should my heart feel lonely  
 And long for heaven and home  
 When Jesus is my portion  
 A constant friend is He  
 His eye is on the sparrow  
 And I know He watches me  
 I sing because I'm happy  
 I sing because I'm free  
 His eye is on the sparrow  
 And I know He watches me.

So if today is a day of distress for you like it was in David's life, I encourage you to turn to your anchor. Call out to the Lord so you can experience more of His perfect love that calms our fears. There's no better time to do that than this morning.

Stormie Omartian reminds us...

**(ON SCREEN)**

**“When we set our anchor in the Lord, we will not be carried away by the storms that threaten to overtake us.”**

~ Stormie Omartian, *Just Enough Light for the Step I'm On: Trusting God in Tough Times*

I'm sure this morning for many of you that there are storms threatening to overtake you – or they already have. You may not have a lot of answers. But if you know the Lord, you have the anchor that you need.

I want to recommend something for you this week: Just like our bodies were created by God physically to need certain forms of sustenance to survive – we call them the 5 Food Groups, so God has also designed our spiritual lives to require spiritual sustenance to thrive and be spiritually health.

Those spiritual food groups include The Bible and Prayer. And when you combine them they act like a shot of adrenaline to your spiritual health. How do you combine them? By praying Scripture.

When you prayer Scripture back to God, it's like music to His ears. God has promised to bless His Word and our prayers which are in agreement with His Word. You can't wrong whenever you pray Scripture because you're praying His will.

So do this: Every day this week, Read and Pray Psalm 71. I mentioned that it's the sequel to Psalm 70, it is. And it's filled with truths about God that will sustain you and strengthen you as you brace for more change and more challenges this week.

There's several ways you can do this:

- 1.) Open your Bible or Pull up a Bible APP on your device. We have a few you can find on our church APP. I like the CSB – Christian Standard Bible. There are other good ones.

Read Psalm 71 as a prayer back to God. Think about and meditate on the words. Make David's words your words. Make his prayers your prayers.

- 2.) Or another way, is to pull it up on your device and turn on the sound and listen to Psalm 71 being read. Stop it after each few verses and pray to the Lord using the words of those verses. You can easily listen to it also while you're driving in your car.

3.) And another way, my Favorite, is to use a notebook (Spiritual Journal), and write out the Psalm as your prayer to God, adding your own thoughts to the Lord as you go. It will take you longer, but I have found the longer I go the more impact it has on my heart and mind.

You may want to try all three of these methods this week of combining the Word and Prayer. But do this every day. Will it get old or monotonous? No because what you will find is that the Lord will bring different thoughts to your mind to pray even though your using the same passage of Scripture.

This Wednesday in our “Truths in Troubled Times” Livecast at noon I’ll share some addition TRUTH Anchors with you from Psalm 71.

Before we close in prayer, I want to take you back to Tom Hanks again splashing around in the water.

(ON SCREEN)



I want that image of him reaching out to Wilson with one hand and reaching for the rope attached to his raft to stick in your mind for a moment. He couldn't have both. He could continue to swim toward Wilson, but in the end he knew he'd drown.

Or, he could swim back and snag that rope to safety, but he couldn't have both. He couldn't have it both ways. And salvation is the same way.

The world offers lots of things for you to hold onto – to put your trust in. Things that promise happiness, contentment, peace, security. As we've seen in these times, a lot of those that we think we should reach for are no longer there for us.

So we're faced with a choice: keep reaching for things or people that end in eternal separation from God, OR reach out to the only one who can give us joy, peace and the security of eternal life in heaven – Jesus Christ. You can't have both! It's a choice we all have to make.

Just like Tom Hanks in that movie needed to be rescued he needed to be saved, so too spiritually, we're all that way too. Let me tell you how you can be saved (rescued) from your sins and have eternal life in heaven.

**PLAN SALVATION – Bad News/Good News**

So let me ask you, What's YOUR Anchor? Who's Your Anchor?

As we close this morning I'm going to ask you wherever you are, unless you're driving, to bow your head and close your eyes.

### SALVATION PRAYER

These past few weeks have been stressful and trying for all of us. Each day things seem to be getting more serious, more threatening, more fearful. And it's all out of our control.

Each day something new comes up that just piles on to the overwhelming circumstances that threaten our lives, our families, our careers, our future. Now is the time for all of us to reengage our trust in God and in His presence and power.

### PRAYER

Now, if you prayed and asked Christ to forgive you of your sin, we want to hear from you. We're going to send you one of these booklet to help you and to encourage you in your walk with Jesus.

Contact us by messaging us on these social media platforms...

(ON SCREEN)



You can also reach us by email or by calling the phone number on the screen.

(ON SCREEN)

CHURCH WEBSITE AND PHONE NUMBER

Our pastors are here and will be answering the phone til 1:00 or whenever the calls stop coming in. If it's busy, don't give up. Try again. If we have a prayer request you want to give us directly or if we can pray for you, please give us a call.

I really want to encourage you as we sign off, to take a few minutes in prayer wherever you are. Our church needs your prayer. People without Jesus need your prayer. Our leaders need your prayer.

JOIN US ON WEDNESDAY FOR "TRUTH IN TROUBLED TIMES LIVE" at NOON!





FOR NEXT SUNDAY...

Truth Anchor #2. Revive Your Hope in God's Character and Compassion

**“We must never forget that God is righteous and good, that He is a God  
who can be trusted.”**

~ David Jeremiah, *When Your World Falls Apart*

Truth Anchor #3. Renew Your Confidence in God and the Future

Truth Anchor #4. Reignite Your Passion for God's Praise and Glory