

Bethel

Prayer Meeting Addresses

Number 3 The Four-fold Remedy

Reading: Psalm 37. 1-11

1 Fret not thyself because of evildoers, neither be thou envious against the workers of iniquity.

2 For they shall soon be cut down like the grass, and wither as the green herb.

3 Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.

4 Delight thyself also in the Lord; and he shall give thee the desires of thine heart.

5 Commit thy way unto the Lord; trust also in him; and he shall bring it to pass.

6 And he shall bring forth thy righteousness as the light, and thy judgment as the noonday.

7 Rest in the Lord, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.

8 Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.

9 For evildoers shall be cut off: but those that wait upon the Lord, they shall inherit the earth.

10 For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be.

11 But the meek shall inherit the earth; and shall delight themselves in the abundance of peace.

Address

What a wonderful thing it is if when you have a problem, you find an answer, when you have a difficulty, you are shown the way out, when you are sick, you find a remedy. Now beloved friends, in these verses there is a remedy and it is a four-fold remedy. It is a remedy for this spirit of fretfulness. What is fretfulness? Well, so many things. It may be that you are cast down, or that you are in trouble, or that you are sad. It may be that you are bitterly disappointed, you are dismayed. It may be that you are not feeling well. It may be that your spirit is agitated. It may be that things and people distress you. It may be that you have mountains and you tremble before them. But one thing is clear: whatever this malady is or whatever it is not, you just cannot find any peace, or any contentment or any resting place or any answer or any remedy.

Now the Lord here takes up this case, perhaps your case here tonight. He Himself prescribes the remedy. But the remedy must be taken, mustn't it? Sometimes it may be that the doctor gives you two or three things together. Well, there are four things here. It seems to me that these go together. Very, very briefly with all these things that concern you, "Trust in the Lord," in His wonderful mercy and in His remembrance of you. Trust in His faithfulness. Trust in His promise. "Hath He said, and shall He not do it?" Trust Him when you cannot see His goings. Trust Him when you cannot trust yourself. Trust Him when you cannot trace Him. In the great concerns of your soul,

"Trust in His efficacious blood,
Nor fear thy banishment from God,
Since Jesus died for thee."

In the matters of providence, "Trust in Him at all times; ye people, pour out your heart before Him: God is a refuge for us."

And then the second: "Delight thyself also in the Lord." Perhaps some of you say, "O Lord, I would delight in Thee." Well, we are not always there. Sometimes we delight in earthly things, or we delight in self, or in our own way, or in the things we have, or in the things we want. But the Lord here bids us look a completely different way. Not only is our confidence to be in the Lord, trusting in Him, but our happiness is to be in the Lord, delighting in Him. We think of that beautiful word (I know that naturally it was spoken by Samuel to Saul): "On whom is all the desire of Israel? Is it not on thee, and on all thy father's house?" Well then, seek grace to delight yourself in the Lord. One of our hymns is something like this: "Make me, Saviour, make me feel all my soul's delight in Thee."

And then perhaps especially this: "Commit thy way unto the Lord" – in humble faith, in complete dependance, in secret prayer. "Thy way," whatever it is that rests most heavily upon your heart, whether it is your sins and your soul and eternity, or whether it is your health, the things in your life, your home, your family, your business, the church of God, other people, those you love, whatever it is. Very sweetly does He leave it open. "Thy way." "Commit thy way unto the Lord," whatever it is. And the point is, when you commit something, you leave it there. I would not speak unadvisedly, but often instead of speaking of a burial, we speak of a committal, that is, when the coffin is committed to the grave. And the point is, it is left there. Now if you commit something to some place, then you leave it there. "Commit thy way unto the Lord."

“‘Cast,’ He said, ‘on Me thy care;
’Tis enough that I am nigh;
I will all thy burdens bear;
I will all thy needs supply.’”

“Casting all your care upon Him; for He careth for you.” “Cast thy burden upon the Lord, and He shall sustain thee.” “Commit thy way unto the Lord; trust also in Him; and He shall bring it to pass.”

And fourthly, “Rest in the Lord.” Trust in the Lord; delight in the Lord; commit thy way to the Lord; rest in the Lord. Gadsby once said, “I cannot rest without my resting place.” But there is a resting place for faith in the merits of the Lord Jesus and in His promise, and in that sure foundation laid for sinners. “There remaineth therefore a rest to the people of God.” Of course, there are two senses in which we use this word *rest*. You might say that this Bible was *resting* on this little stand. That is really the position, the posture. And then you might say a weary man found *rest* and fell asleep. Now it is both senses. Your weary soul, you want to find rest in Christ. But then there is the posture, depending, hanging, leaning on the Word.

May we know the four-fold remedy for our fretfulness.

This address was given at Bethel Chapel, Luton, by Mr. B. A. Ramsbottom, on Monday, 1st June, 1987

