



## "The Lord Sustains Us"

Psalm 129  
February 22, 2026  
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The Big Idea: God's covenant people were born into adversity and are told this will be a major part of our lives until **Jesus returns**. But we cry out to our **sovereign God** who promises to always be with us, He will sustain us, He will set us free from our captors, and bring **healing** to our lives.

Psalm 129 (ESV)

### 129 A SONG OF ASCENTS.

- 1 "Greatly have they **afflicted** me from my youth"—  
let Israel now say—
- 2 "Greatly have they afflicted me from my youth,  
yet they **have not prevailed** against me.
- 3 The plowers **plowed upon my back**;  
they made long their furrows."
- 4 *The LORD is righteous;*  
he has *cut the cords of the wicked*.
- 5 May **all who hate Zion**  
be *put to shame* and *turned backward*!
- 6 Let them be *like the grass* on the housetops,  
which *withers* before it grows up,
- 7 with which *the reaper does not fill his hand*  
nor the binder of sheaves his arms,
- 8 *nor do those who pass by say,*  
"The blessing of the LORD be upon you!  
We bless you in the name of the LORD!"

## NECESSARY STEPS IN GETTING THROUGH ADVERSITY

1. **Accept** It.
2. **Learn** from it.
3. **Commit** it to the Lord.

## PUTTING THESE TRUTHS INTO PRACTICE:

1. Don't get caught **off guard** when troubles, often "undeserved," come to God's faithful at the hands of God's enemies.  
**2 Timothy 3:12**
2. The Lord is especially responsive to prayers for **His name** to honored and defended and for the Gospel to be freely proclaimed – lifting the name of Jesus before others.  
**Matthew 6:9; Psalm 115:1**
3. Pray for **Jewish** people. Pray for their safety. But, most of all, pray for their salvation. They need Jesus, just as you and I do. Pray for the enemies of the Jews and the enemies of the church. Always look for what God might be doing through evil and hateful treatment from people who seek to harm you:  
**Genesis 50:20**
4. Whatever scars you carry, whatever trauma you have survived, whatever sins you have committed, trust Christ for the **healing** of your **soul** and your **life**.  
**Isaiah 53:4-6**

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But prayer is not a final act of desperation by people who don't know what else to do. The Bible is punctuated with promises of restoration. These promises should remind you that God hasn't abandoned his creation. They have been recorded and preserved so that you would know that your prayers are not in vain. They assure you that restoration is written into God's unshakable redemptive plan.  
Paul David Tripp

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