

Between "The Rock" And A Hard Place

Has life ever dealt you a hard blow?
Got any enemies?
Limitations? Don't Go Anywhere!!!

2 Samuel 22:1-8 – NIV - David's Song of Praise

22 David sang to the Lord the words of this song when the Lord delivered him from the hand of all his enemies and from the hand of Saul. ² He said:

"The Lord is my rock, my fortress and my deliverer;

³ my God is my rock, in whom I take refuge,
my shield and the horn of my salvation.

He is my stronghold, my refuge and my savior—
from violent people you save me.

⁴ "I called to the Lord, who is worthy of praise,
and have been saved from my enemies.

⁵ The waves of death swirled about me;
the torrents of destruction overwhelmed me.

⁶ The cords of the grave coiled around me;
the snares of death confronted me.

⁷ "In my distress I called to the Lord;
I called out to my God.

From his temple he heard my voice;
my cry came to his ears.

⁸ The earth trembled and quaked,
the foundations of the heavens shook;
they trembled because he was angry.

David had killed a lion, a bear and a giant as a young boy.

- **Invincibility** of youth?

David's enemies had taught him his strengths, limitations and God's character.

- Age and experience ought to make us wiser.

It is this same man who said,

Psalm 37:25 - NIV

²⁵ I was young and now I am old, yet I have never seen the righteous forsaken or their children (**descendants**) begging bread.

2 Samuel 22 is actually a Psalm and is found **in Psalm 18....**

Psalm 18:1-6 – NIV

For the director of music. Of David the servant of the Lord. He sang to the Lord the words of this song when the Lord delivered him from the hand of all his enemies and from the hand of Saul. He said:

¹ I love you, Lord, my strength.

² The Lord is **my rock**, **my fortress** and **my deliverer**,
my God is my rock, in whom I take refuge,
my **shield** (**sovereign**) and the **horn** (**strength**) of my salvation, my stronghold.

³ I called to the Lord, who is worthy of praise,
and I have been saved from my enemies.

⁴ The cords of death entangled me;
the torrents of destruction overwhelmed me.

⁵ The cords of the grave coiled around me;
the snares of death confronted me.

⁶ In my distress I called to the Lord;
I cried to my God for help.
From his temple he heard my voice;
my cry came before him, into his ears.

In the (***18th Psalm***) –

David shares the solutions to **three major problems we all face.**

1st the PROBLEM - - - then David's SOLUTION

He uses three (3) metaphors in three (3) different ways in verses 2 and 3.

First Problem: Things Tend to Become Unstable.

- **Volatile, Unsecured**
- Things degenerate – not visa versa.
- Just when you think you have got a grip – **POW!**

To realize just how much you need an anchor you need the stress of a storm.

If you aren't anchored – ***you drift.***

If you are anchored to the wrong thing ***you drift with it.***

When you are anchored to the ocean floor ***you only go where the ocean's floor goes!***

Solution: "The Lord is my Rock"

Three Important Rocks in Scripture:

1. **God, a Rock or Foundation** (Psalm 18:2; 2 Samuel 22:2)

Psalm 40:2 - NKJV

²He also brought me up out of a horrible pit, Out of the miry clay, And set my feet upon a rock, *And* established my steps.

2. **Christ, the smitten Rock**

1 Corinthians 10:4 - NKJV

⁴and all drank the same spiritual drink. For they drank of that spiritual Rock that followed them, and that Rock was Christ.

3. **Christ, the Foundation of the church**

Matthew 16:18 - NKJV

¹⁸And I also say to you that you are Peter, and on this rock I will build My church, and the gates of Hell shall not prevail against it.

Second Problem: No One Can Stand the Constant Stresses of Life Alone. The Lord IS MY ROCK!!!!

Life is much like ocean waves, if you get knocked down they ***won't stop to let you get your breath.***

- We all need a **"safe place"** and place to hide.
- Things that "seem" to give us a break ***often deceive us.***
- Drugs, alcohol, sex....

Solution: "The Lord is my Fortress" (stronghold – fort – hiding place)

Fortress, mountain stronghold-a place of strength and safety!!!!

Jeremiah 16:19 - NKJV

¹⁹ O Lord, my strength and my fortress, My refuge in the day of affliction,
The Gentiles shall come to You From the ends of the earth and say,
"Surely our fathers have inherited lies,
Worthlessness and unprofitable *things*."

Third Problem: We Get in too Deep to get Ourselves Back Out.

Knowing how to get into trouble comes naturally!

- No practice needed but the more we practice the better we get at it!
- I need a "rescue".

Solution: "The Lord is my Deliverer"

Deliverer, ONE who causes one to escape

Psalm 144:2 - NKJV

² My lovingkindness and my fortress,
My high tower and **my deliverer**,
My shield and *the One* in whom I take refuge,
Who subdues my people under me.

"My deliverer," interposing in my hour of peril.

- **When almost captured** the Lord's people are rescued from the hand of the mighty **by him who is mightier still.**

"My God;" this is **all good things in one.**

- There is a boundless wealth in this expression;
- **It means, my perpetual, unchanging, infinite, eternal good.**

"My strength;" this word is really "***my rock***," in the sense of ***strength and immobility***.

- **My sure, unchanging, eternal confidence and support.**

CLOSE:

Psalm 121:1 – NKJV - **God the Help of Those Who Seek Him**
A Song of Ascents.

1 I will lift up my eyes to the hills— **From whence comes my help?**

God. Hebrew: "El Shaddai" is "**God Almighty**.", the Almighty, the Strong One.

God the Omnipotent; the God who knows all, sees all, and performs all things for His people –

Psalm 57:2 - NKJV

² I will cry out to God Most High, To God who performs *all things* for me.

Strength - firmness, fountain, source, origin

Isaiah 26:4 - NIV

⁴ Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal.

Buckler, shield, defender

Proverbs 2:7 - NKJV

⁷ He stores up sound wisdom for the upright; *He is* a shield to those who walk uprightly;

God covers the head and heart so that neither is wounded by the dart of the enemy.

The horn of salvation (Psalm 18:2; 2 Samuel 22:3).

Horns are frequently used in Scripture as a symbol of power, hence this means a powerful salvation.

Psalm 132:17 - NKJV

¹⁷ There I will make the horn of David grow; I will prepare a lamp for My Anointed.

High tower - signifies a place so high as to be out of danger

No One Can Stand the Constant Stresses of Life Alone.
THE SOLUTION: The Lord is my Rock.

Those who have placed their faith in Christ need not fear because the worst thing that could ever happen already has.

- Our sins have been judged.

The best thing that could ever happen is yet before us. We will make heaven our home.

What about the person who does not have a relationship with the Lord?

Describe the distance between the terms “the Rock” and “My Rock”.

PRAISE & WORSHIP TEAM:

Has life ever dealt you a hard blow?

Got any enemies?

Limitations?

Don't Go Anywhere!!!

SOLUTION:

1- Ask the Lord to be “Your Rock”!

2- Ask the Lord to be “Your Fortress”!

3- Ask the Lord to be “Your Deliverer”!