



new life fellowship

Sermon Title: Promises of God: The Lord will Sustain You

Speaker: Richard Villodas, Lead Pastor

Scripture: Psalm 55:22

Cast your cares on the LORD
and he will sustain you;
he will never let
the righteous be shaken.

Psalm 55:22 (NIV)

Sermon Outline:

In this part of scripture from Psalm 55, we see the promise of comfort and hope. We are reminded that God is true to his fulfilling his promises. In Christ Jesus, God's promises are certain.

Broken promises have a way of crushing our spirits. At times we lie to someone saying we are going to do something to make them feel good in the moment, but don't follow through with what we promised.

The Bible has different kinds of promises for the people of God:

- promises of warning
- promises of rescue
- promises of guidance
- promises of comfort
- promises of hope.

The first thing we need to be aware of in this psalm is that we all need to be sustained. At some point in your life, you will need to hear this message because you are either coming out of trouble, presently experiencing trouble, or are headed into trouble. We all need to be sustained.

The second thing that we need to be aware of is the various ways we try to sustain ourselves. Is the thing you are hoping to sustain you leading you into trouble, bringing you deeper into prison and despair?

The Lord wants to sustain you and the Lord will sustain you. This does not mean that you will not face challenges or experience losses or struggles. It means you will have access to strength outside yourself, that someone will be walking with you every step of the way.

You are here because God is sustaining you, he has walked with you every step of the way.

God's sustaining requires our surrender. We are to throw our burdens down at the foot of Jesus and God will sustain us. Many of us have a strange, dysfunctional ways of relating to our burdens. Instead of throwing our burdens down, we end up carrying them around with us and feeding them.

The psalmist David tells us to cast our burdens down and the Lord will sustain us. We are to make this a practice where we are casting our cares, our anxieties, our worries down before the Lord over and over again.

Three ways to cast our burdens down:

- Worship
- Silent prayer
- Externalize your burdens to others in the presence of the Lord.

When we use these ways to cast our burdens down on the Lord, he has a way of sustaining us.

Sermon Summary:

This Sunday, Richard Villodas, Lead Pastor begins a new summer series on The Promises of God through Psalm 55. Today Pastor Rich explores the promise that God will sustain us through the challenges of life.

Sermon Questions:

1. How does this scripture connect for you the topic that was discussed today? What words resonate with you? Why?
2. In your family of origin, did you grow up in a home where lies were often spoken, promises were broken, leaving you with a crushed spirit? Or did you feel that people you were surrounded by were true to their word, fulfilling their promises? How does your experience growing effect whether or not you believe that the promises of God are true and that he will fulfill his promises?
3. Are you going through a challenging time right now, feeling like you don't know how you are going to survive? Are you lacking the strength to get through? Are you able to hear and know that God will sustain you during this time and will give you the strength to carry on? Find time this week to worship this week – either with others or by yourself, raising your voice to God. Remembering that the Lord is bigger than any problems or troubles you are facing.
4. Have you begun to use things to help sustain you that are leading you deeper into trouble or addiction? Can you invite someone into this part of your life in the presence of the Lord, so that you can externalize this and share this burden with them? If not, journal about this and offer this up to the Lord.
5. If you are hurting or struggling right now, know that **God is with you, God will sustain you and God will carry you through.** You might not get everything you want or hope, but God is with you.