

# Notes for the Ones Called-Out to Meet

Info: (651) 283-0568 [www.bethanychurch.co](http://www.bethanychurch.co) Bethany Evangelical Covenant Church [www.dtrnwebsite.org](http://www.dtrnwebsite.org) Today's Date: December 28, 2025

## Remember

by Dan Trygg

“Bless Yahweh, O my soul, and forget none of His benefits...”

Psalm 103:2

“I remember the days of old; I meditate on all Your doings; I muse on the work of Your hands.”

Psalm 143:5

“This I recall to my mind, therefore I have hope. <sup>22</sup> Yahweh’s lovingkindnesses indeed never cease, for His compassions never fail. <sup>23</sup> They are new every morning. Great is Your faithfulness. <sup>24</sup> ‘Yahweh is my portion,’ says my soul, ‘Therefore I have hope in Him.’ <sup>25</sup> Yahweh is good to those who wait for Him, to the person who seeks Him.”

Lamentations 3:21-25

**We are coming up to the end of the year. It is a good time to look back. Take time to see what God has been doing in your life.** Where have you been? What has He done? What have you been learning? How have you grown? How are you different than you were a year ago? How has your relationship with God changed? ...your relationships with others? Are you deeper, ...more mature and stable? How have you become more like Jesus?

**What have been the high points, and the low points?** These three passages cover a wide range of human experience. **Psalm 103 is a meditation on the wideness of God’s mercy, and the expansiveness of His graciousness.** It is a compendium of the many blessings He has provided, focusing especially upon His willingness to redeem us, forgive us, and deal with us in kindness. **This is a “count your blessings” kind of psalm. *David encourages us to bless and praise God, and not forget His many positive dealings on our behalf.*** He pardons our sins, heals our diseases, crowns us with His steadfast covenant-love and tender mercies. He acts with righteousness and justice for those who are oppressed. He is compassionate and gracious, and does not deal with us as our sin deserves. In fact, He removes our sin from us as far as the east is from the west. He knows our limitations and weaknesses, and has grace toward us.

**Psalm 103 is a good place to begin to think back over the past year. Reflect on God’s mercy and grace toward you. Think about His many, many blessings. Take time to express that to Him.** Maybe there are circumstances or events from this past year that stand out in your mind as examples of His compassion, grace, and kindness to you.

**Psalm 143 has a very different background and tone. It is a cry of desperation and longing to God.** David appeals to God’s faithfulness and righteousness. He cries out for God to have mercy, ...to not judge him, because no one is truly upright in the sight of our holy God. **His heart is weighed down, beat up, crushed, overwhelmed and desolated by what has taken place in life.**

**Have you ever felt that way? As you look back at the past year, ...have you been stunned and overwhelmed by circumstances, or by what people have done or said?** David mentions how his enemy had persecuted him and oppressed him so hard that it felt like he was on the ground. Have you ever experienced that? **Know that God understands, ...and no matter what it may feel like, God has not finished the story of your life.**

**David changes his focus, and remembers the many times in the past, when God had acted on his behalf, and had rescued him.** He shifted his thoughts to dial up those old victories, and relived them. He recalled and thought about all the ways God had delivered him in the past. He mused and pondered on the works of God in his life. **AS HE PONDERED GOD’S PAST PROVISION AND HELP, ...HE STRETCHED OUT HIS HANDS TOWARD GOD.** He wrote, “My soul longs for YOU, as a parched land” (vs. 6).

**Have you been there in the past year? Have you desperately longed for God? Have you yearned and thirsted for Him? Have you found yourself lifting your hands and heart to God?**

**David cries, “Answer me quickly, O Yahweh, my spirit fails.** Do not hide your face from me, lest I become like those who go down to the pit” (vs. 7). **He was crying out for deliverance.** He did not know how long he could hold out. **He was feeling like he was going to give up hope, and cave in to the pressure he was facing.** “I don’t know if I can take this much longer!”

**Have you ever felt that way?** He needed God’s presence, ...His face. “Oh God, do not hide Your face from me! I need You! I need to hear from You, ...to see Your favor again.”

In fact, that is the next verse, “Let me hear Your steadfast love in the morning; for I trust in You” (vs. 8). David’s hope and trust was in Yahweh, ...the God who had already done so much for him. But, **he was near the end of his “faith-reserve”.** He needed to be refreshed by a word, ...even a whisper..., from God. “Let me hear...” “Let me hear Your steadfast-love, ...Your loyal-love, ...Your covenant-love” ...for I trust in YOU!”

**Have you been there? Have you felt those feelings? ...prayed similar prayers?**

Then David shifted his focus again. “Teach me...!” “Teach me the way in which I should walk” (vs. 8). “Teach me” sounds like “instruction” or “information”. **The Hebrew word here, however, is not the normal word for “teach”. This is literally, “cause me to know”.** This is a broader word picture than “teach” or “instruct”. **David was**

asking for *direction*, ...not instruction. God may not use “propositional truth” to make the direction clear. *He may use experiences, signs, circumstances, dreams, the counsel of others, or a “personal word” from the Holy Spirit.*

Are you asking for God’s direction in *your* life? David certainly trusted that God *could* “make it known”. *Can you see examples from last year where God intervened in some way, or gave you a trail of breadcrumbs, or in some way indicated the pathway that you were to take?*

Then, note the logical connection that follows: “*For to You I lift up my soul.*” *Why should God reveal the direction He wants me to take? Because I am presenting my life to Him, ...making my whole self available to Him.* Have you done *that*? Have there been times last year where you remember just lifting your life up to Him?

Then, we do come to the normal word for “teach” (vs. 10). “**Instruct me to do Your desire.**” *Why? “Because You are my God.”* You see, there is a connection between *God’s revelation and instruction*, and *your willingness and responsiveness*. “Let Your good Spirit lead me on level ground.” **David is asking that God’s Spirit would lead him in the way that is safe and sure.** The opposite would be a path that is filled with rough terrain, difficulties, and stumbling blocks. **We can ask God to lead us in the best way, ...the way that will avoid pitfalls and snares.**

**Has that been part of your thoughts and prayers this past year? Do you want what God wants?** In this past year, has that been on *your* heart? Did *you* ask God to teach you to do what *He* wants you to do? Can you see how He has done that?

In the final verses of this psalm, **David asks that God would revive him, extricate him from trouble, and remove those who oppose him and afflict him. Why?** “...for *YOUR* sake...” David’s prayer is about what would bring honor and glory to God. Because he has been beat down, worn out, crushed, and overwhelmed, he asks for revitalization and empowerment to rise up and go forward in God’s strength, so that the Lord would be praised through the vindication and victory of His servant.

**Do you think of your life in terms of what would bring God glory?** As you think over last year, **do you need to be delivered from difficulties or opposition, ...do you need refreshment, revitalization and refocus so that your life would demonstrate the overcoming, resilient, life-giving power of God?**

**Lamentations is a series of songs, or poems, of mourning over the defeat and capture of Jerusalem by the Babylonians in 586 BC. Each song is an acrostic poem,** where the verses begin with the successive letters of the Hebrew alphabet. There are 22 letters in their alphabet, so each chapter has that many verses, except chapter 3, which has 66. In that chapter, the author, Jeremiah, changed to the next letter after every 3 verses. **It is a remarkable piece of literature.** Jeremiah described the horrors of war, as the city was looted, people were murdered or sent into slavery, prisoners were mistreated, the buildings burned (including the Temple), and the walls torn down. In spite of the fact that Jeremiah had been warning the people for decades of this day, ...if they continued to persist in their worship of idols and their unjust treatment of the poor and powerless..., the reality felt very personal. **At the lowest point of the book (3:18), he wrote, “So my strength has perished, and so has my hope from Yahweh.”** *He cried out again to God, in desperation, “Remember my affliction and my wandering, the wormwood and bitterness.”* Then, to himself he said, “Surely my soul remembers, and is bowed down within me.” **Then, however, there is a shift.**

**“This I recall to my mind, therefore I have hope. ‘Yahweh’s lovingkindnesses indeed never cease, for His compassions never fail. They are new every morning. Great is Your faithfulness!’”** In the midst of the lowest, darkest, most hopeless of times, when he was thinking of how bad and desperate his situation was, his mind turned once again to God. **He remembered, and chose to recall to his mind, that Yahweh does NOT have just one “lovingkindness”, ...or one “compassion”.** (These nouns are *plural*, ...not singular!) **He has lovingkindness upon lovingkindness, ...steadfast love upon steadfast love, ...compassion upon compassion, ...many, ...beyond numbering.** His loyal-loves *never cease*, ...and His compassions *never are spent*! His *faithfulness is GREAT!* He went on in his reverie, “**‘Yahweh is my portion,’** says my soul, **‘Therefore I have hope in HIM! Yahweh is good to those who wait for Him, to the person who seeks Him. It is good that he waits silently for the salvation of Yahweh’** (3:24-26). The Greek Septuagint translation of this last sentence says, “It is good that he endures and is quiet/still/at-rest until the salvation of the Lord.” In the entire context, Jeremiah was expressing his pain and his feelings, so **the word translated as “silently” cannot mean to not give voice to your struggles, or your petitions.** Those feelings are real, yet Jeremiah asserted that it is good to be able to abide in a place of faith and inner stillness, **...where the soul can find its rest in God’s faithfulness, even when surrounded by sorrow and turmoil.**

**How about you? Are you caught up in the pain and anxieties, and find yourself reliving and rehearsing them with no relief? Or, are you able to honestly face the challenges and emotions, but choose to put your trust in God?** Can you “dwell in the shelter of the Most High, and abide in the shadow of the Almighty”? **REMEMBER! Remember His many blessings, ...the many deliverances and victories you have already experienced, ...and that He is a God of MANY lovingkindnesses and compassions. Yahweh is good to those who wait for Him, and who seek Him.**