

# Mixtape

## **Mixtape:** through the psalms

SCRIPTURE: Psalm 27 - worry

### <Bumper Video: Mixtape>

#### **Introduction:**

If you are joining us for the first time this week, welcome. This year we are using a book by Mark Moore as an outline for our weekly teaching. Core 52 is a great study tool and we are working our way through this study week by week.

If you don't have a copy of the study guide you can order it online or even download it straight to your Apple device in iBooks, or straight to your Kindle. We

hope you will join us in this study this year.

You can jump in at any point, each week is an independent study that is connected to the overall study, but you're not losing anything if you jump in today.

Let me also say that we will be hosting small groups digitally until we are told it is safe to meet in person. (here's what it looks like - a little bit like the Brady Bunch)

This might be a great time to jump into a small group or we can help you form a small group and continue to study with

others right from your house. We will be using an online platform called ZOOM which allows up to 100 people to meet through video over their phone or computer or tablet.

So... do it!

This morning we are continuing in a series we are calling MIXTAPE. **Mixtape:** In the center of the bible is the book of songs. They cover a wide range of styles, moods, moments, and even instruments because they are the soundtrack of our spiritual lives. Embedded in these songs are some of the deepest truths AND some of the highest promises pointing to Jesus.

I read this week that Tom Hanks and Rita Wilson have contracted the Covid-19 virus. And it looks like they are doing ok. But while on quarantine they put together a playlist of songs... the playlist is called "Quaran-tunes!"

Here's a few of the songs on that list...

**I Wanna Be Sedated** by the Ramones

**Survivor** by Destiny's Child

**I Want to Break Free** by Queen

**Stronger (What Doesn't Kill You)** by Kelly Clarkson

**U Can't Touch This** by MC Hammer

Pretty funny. Let's do something together this morning... While you are watching

let's make our own playlist. We'll call it the ***"how to survive a pandemic"*** Playlist or Mixtape. In the comment section put the worship song that is helping you through this time.

I think God created music to soothe the soul. I think it can be therapeutic. So go ahead, while you are watching, write in the comments the song that is you're go to right now. Maybe the song you are listening to will encourage someone else this week.

Awesome!

Today as we work our way through God's Mixtape I want us to talk about something that is affecting most of us right now...

wor·ry

verb: give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles.

**There are a lot of things we could worry about right now. Some are serious and some are just where we are in society right now.**

Years ago I used to visit my parents and in one of their closets they kept supplies. And I used to give my dad a hard time because they always had so much paper towels and toilet paper. They liked to go to Sam's Club and my dad would buy the bulk cases of toilet paper... like he was running a small business or something. We are still using the paper towels they

had in the house when they passed away in 2016.

But now I'm thinking.... "My dad was pretty smart!" He was a toilet paper prophet.

There are other things that are more serious that we worry about right now. Like health, finances, school. We are all a little on edge with so much uncertainty.

In a study conducted by **Psychology Today** a number of years ago with students population, it was clear that worries fell into a number of different domains.

These domains were ***relationships, work, financial, aimless future, and lack of confidence***. Notice that each of these

domains of worry center around one thing... STABILITY. Everyone longs to find a place where they feel stable in this world.

One of my favorite passages from the OT is Psalm 27. Today in God's MIXTAPE, let's look at this song which is all about fear, worry, anxiety, and how the Bible tells us to deal with it. Let's read...

### Psalm 27:1-14

<sup>1</sup>The Lord is my light and my salvation—  
whom shall I fear?

The Lord is the stronghold of my life—  
of whom shall I be afraid?

<sup>2</sup>When the wicked advance  
against me to devour,  
it is my enemies and my foes  
who will stumble and fall.

<sup>3</sup>Though an army besiege me,  
my heart will not fear;  
though war break out against  
me,  
even then I will be confident.

<sup>4</sup>One thing I ask from the Lord,  
this only do I seek:  
that I may dwell in the house of  
the Lord  
all the days of my life,  
to gaze on the beauty of the  
Lord  
and to seek him in his temple.

<sup>5</sup>For in the day of trouble

he will keep me safe in his  
dwelling;  
he will hide me in the shelter of  
his sacred tent  
and set me high upon a rock.

<sup>6</sup>Then my head will be exalted  
above the enemies who  
surround me;  
at his sacred tent I will sacrifice  
with shouts of joy;  
I will sing and make music to the  
Lord.

Most self-help remedies to worry say  
“don’t sit around and visualize all the  
things that could go wrong.”

**Sounds good right? But did you notice  
that this is not David’s approach to worry.**

He isn't imagining only good things happening in his life.

He's actually imagining bad things happening. If you keep reading look at verse 10.

### Psalm 27:10

<sup>10</sup>Though my father and mother forsake me,  
the Lord will receive me.

There's no indication that his father and mother have forsaken him, he is simply imagining that they could.

### Psalm 27:3

<sup>3</sup>Though an army besiege me,  
my heart will not fear;

It's not that an army has attacked David, he is simply prospecting that this could happen. And what is David's response? "My heart will not fear."

If you have lived any amount of life I think you would agree that there will be difficult times. Even Jesus warns us about it...

### John 16:33

<sup>33</sup> "I have told you these things, so that in me you may have peace.

**In this world you will have trouble.** But take heart! I have overcome the world."

Now it's true that there is no reason to worry about things that haven't happened yet, but it's also true that there will be trouble in life.

You can either act like those things won't happen or you can build a strategy for life that prepares you for those difficult times.

In verse 3, he says, "I have so much freedom from anxiety and fear that I have enough left over that if an army came up, I'd be okay. I'd be able to handle it. I am confident of this. Confidence is the opposite of worry. So verse 3 says that my confidence is so high that I am not anxious about anything.

Then in verse 4 he tells us the secret.

There are three verbs: to  **dwell**, to  **gaze**, and to  **seek**. Those are the three. How can you have a strategy that will enable you to face any anxiety? It's right here in God's MIXTAPE.

Let's look at verse 4...

### Psalm 27:4a

<sup>4</sup>One thing I ask from the Lord,  
this only do I seek:  
that I may dwell in the house of  
the Lord  
all the days of my life

The psalmist says, "there is one thing I ask, only one thing do I seek... to dwell in the house of the Lord."

### DWELL IN GOD'S PRESENCE

We know that this is not a literal request to live in the house of the Lord. One might say, well David is asking to be removed from this world and be with God in heaven. But he says he wants to dwell in the house of the Lord all the days of his

life. Not in the next life, rather in this life, now.

What David is saying is that the one thing he wants, is to be in the presence of God. He wants to learn to live in God's presence.

Ask yourself this question... What is the ONE THING you want?

Most people would say, "I want to be happy." "or to be fulfilled." "I want to be able to live." All nice answers, but here's the problem.

What if you are not in that place right now, what if you are living in a Pandemic?

or what if striving to find happiness, or fulfillment actually causes you stress, anxiety, and worry? Then what?

Psalm 27 gives us the key...

Dwelling with God. And to dwell is to live in the presence of God.

Here's the cool thing, the other two verbs in this verse actually describe how to live in God's presence. They describe how to make being in God's presence your ONE THING.

#### Psalm 27:4b

<sup>4</sup>One thing I ask from the Lord,  
this only do I seek:

that I may dwell in the house of  
the Lord

all the days of my life,

**to gaze on the beauty of the  
Lord**

and to seek him in his temple.

**GAZE** UPON THE LORD



What does it mean to gaze on his beauty?  
This is the difference between knowing  
**about God** and **knowing God**.

This is the difference between **knowing**  
he is holy and loving and **experiencing**  
his holiness and his love.

**\*\*\*\*\*What you gaze at has your  
attention, what you glance at does  
not.\*\*\*\*\***

When you gaze at the world and glance  
at God, then the world and it's troubles  
have your attention and you begin to  
worry, but when you gaze at God and  
glance at the things of this world, then  
God has your attention and the troubles  
of this life are out of focus.

One of the things I love about music is  
this... sometimes the right song at the  
right time captures exactly how I feel.  
Remember the words to this song?

### **Turn your eyes upon Jesus**

Verse 1:

O soul, are you weary and troubled?  
No light in the darkness you see?  
There's light for a look at the Savior,  
And life more abundant and free!

Refrain:

Turn your eyes upon Jesus,  
Look full in His wonderful face,  
And the things of earth will grow  
strangely dim,  
In the light of His glory and grace.

Learning to not only know **about** God but to make Him your **focus**. That's what it looks like to DWELL with God.

### Psalm 27:4c

<sup>4</sup>One thing I ask from the Lord,  
this only do I seek:  
that I may dwell in the house of  
the Lord  
all the days of my life,  
to gaze on the beauty of the  
Lord  
**and to seek him in his temple.**

### SEEK GOD ALWAYS

He doesn't just say, "I want to gaze on your beauty," but, "I want to seek him."

Now the word *seek* is a very, very specific Hebrew word. It actually means ***to go and get counsel***.

So what it means is, "When I come to you, I am trying to find out what your will is, Oh Lord." He wants to obey. He wants to find out God's will, and he wants to submit to it.

### Let's put this in the context of marriage.

I could make Bonnie my focus. I could "gaze" upon her beauty, that would not be that hard for me. But a big part of marriage is seeking. Marriage is about learning each other and then taking that knowledge and serving each other.

Bonnie and I have been married almost 24 years. A while back I learned something about her. I

walked into the kitchen and she was reaching up into the cabinet to get something, but she couldn't quite reach it so she had grabbed a long kitchen knife.

A little later I was on the roof cleaning out the gutters and I asked Bonnie to come out and help me for a little bit. She threw a roll of trash bags up to me and then hooked up the hose for me. And when I was spraying the gutters we noticed that they were clogged up at the bottom. So Bonnie was pulling leaves out of the bottom of the downspout, but it was still clogged up. So she walked away.

I looked up and she had gone into the house and she came

out... with that same kitchen knife.

Apparently that knife is her tool of choice. After almost 24 years of marriage, I learned something. And, that night I slept with one eye open.

**Marriage is not only about gazing, but also seeking.** My job is to seek to know Bonnie and then take that knowledge and serve her.

You can't just live selfishly.

You can't just walk around and do anything you want, not trying to find out how to serve that person, not making sacrifices for that person, not obeying the

needs and the wishes of that person and then expect to just jump in bed and have a wonderful, wonderful time of gazing on her beauty or his beauty. If you think that's going to work, it doesn't! It never works!

And I think that's how so many people approach God.

We like to sing the songs and pray the prayers but we don't really allow our knowledge of God to move in us to go and do the will of God.

**My job as a christian is not to just gaze upon the beauty of God and see the wonder of who he is, that's only part of dwelling. The other part is to seek Him with all my heart.**

**And as we seek Him, we begin to know Him, and that knowledge should move us to serve Him with our whole lives.**

Want to overcome worry?

**DWELL. GAZE. SEEK.**

Worry is not believing God will get it right, and bitterness is believing God got it wrong. -Tim Keller

Listen to how this song ends...

**Psalm 27:13-14**

<sup>13</sup>I remain confident of this:  
I will see the goodness of the  
Lord  
in the land of the living.

<sup>14</sup>Wait for the Lord;  
be strong and take heart  
and wait for the Lord.

We can live with confidence knowing that  
God is good.

Be patient. Dwell in his presence. Gaze  
upon God, keep your focus on Him. Seek  
to know Him and His will. Then you will  
not be stricken by fear and worry.

I want to close by reading from the words  
of Jesus. This is from the sermon on the  
mount. Listen to how closely this fits with  
Psalm 27

**Matthew 6:31-34**

<sup>31</sup>So do not worry, saying, 'What  
shall we eat?' or 'What shall we  
drink?' or 'What shall we wear?'

<sup>32</sup>For the pagans run after all  
these things, and your heavenly  
Father knows that you need  
them. <sup>33</sup>But seek first his  
kingdom and his righteousness,  
and all these things will be given  
to you as well. <sup>34</sup>Therefore do  
not worry about tomorrow, for  
tomorrow will worry about itself.  
Each day has enough trouble of  
its own.

Let's learn to **DWELL** in the presence of  
God. Let our **GAZE** be fixed on Him so  
that He becomes our focus. And may we  
**SEEK** first His kingdom trusting that He  
will take care of all our needs.

Let's pray

1. How have you been doing with your Core 52 personal study? Is there anything that you have read or studied that you have found to be interesting or new?
2. David opened his message yesterday by asking the viewers, to help put together a "Quaren-tunes" playlist! Did you give a song suggestion? If so, what was your song? Did you know that there is a TRC spotify playlist? You can check it out later today!
3. Read through Psalm 27:1-14 together. What are some things in this Psalm that give you comfort and hope? What do you think were somethings that David was experiencing as he wrote this?

**SGL Questions:**

4. What does it mean to “Dwell” in the presence of God? On a personal level, what do it look like?
  
5. What is something that you have gazed at? What was it? Why did you you become fixated on that thing? What happens to the peripheral as you fix your eyes on that one thing? How is gazing or become fixated on God strengthen our relationship with Him?
  
6. How do we seek God? Is it more than just reading His Word?