

**In Christ Alone  
Seeing Christ in the Psalms  
Learn to Handle Righteous Suffering  
Psalm 69**

**1 Peter 4:15-16** - *Make sure that none of you suffers as a murderer, or thief, or evildoer, or a troublesome meddler; but if anyone suffers as a Christian, he is not to be ashamed, but is to glorify God in this name.*

5 truths to apply when you suffer for doing what is right

**I. Explain your Hardships to the Lord (Psalm 69:1-4)**

- A. "I feel like I am drowning" (v. 2)
- B. "I am in a regular state of grief" (v. 3)
- C. "Everywhere I turn there is more hurt" (v. 4)

**John 15:20, 24-25** - *Remember the word that I said to you, "A slave is not greater than his master." If they persecuted Me, they will also persecute you; if I had not done among them the works which no one else did, they would not have sin; but now they have both seen and hated Me and My Father as well. But they have done this to fulfill the word that is written in their Law, "They hated Me without a cause."*

**II. Remain Passionate for God's Glory (vv. 5-12)**

- A. Despite your personal sin (v. 5)
- B. Despite the poor treatment by others (vv. 6-8, 10-12)
- C. In order to follow the example of Christ (v. 9)

**John 2:17** - *His disciples remembered that it was written, "Zeal for Your house will consume me."*

**Romans 15:3** - *For even Christ did not please Himself; but as it is written, "The reproaches of those who reproached You fell on Me."*

**III. Cry to the Lord for Rescue (vv. 13-21)**

- A. Rather than complaining about it or just dwelling on it (vv. 13-19)
- B. Because the Lord has a compassionate character (v. 13, 16)

**Judges 10:16** - *So they put away the foreign gods from among them and served the Lord; and He could bear the misery of Israel no longer.*

- C. Rather than finding other sources of comfort (vv. 20-21)

"The offer of 'sour wine' is an act of mockery and insult. The soldiers join the mockery of Jesus by offering him the cheap wine that was popular among the lower ranks of society, insulting the 'king' whom they have crucified. The allusion, if intended, explains another detail of Jesus' crucifixion against the background of another psalm that describes the treatment of a righteous sufferer by his enemies, highlighting both Jesus' suffering in being mocked and the fulfillment of Scripture in what Jesus had to endure at the cross." (Pao and Schnabel, "Luke," in *Commentary on the New Testament Use of the Old Testament*. Eds. G. K. Beale and D.A. Carson. Baker: Grand Rapids, 2007, 397)

**IV. Remember that God will Bring about Justice at the Proper Time (vv. 22-28)**

- A. However Jesus and Paul prayed for forgiveness rather than retribution
- B. For when justice comes, the opportunities are over (v. 28)

**Acts 1:20** - *For it is written in the book of Psalms, "Let his homestead be made desolate, and let no one dwell in it"; and, "Let another man take his office."*

**Romans 11:7-10** - *What then? What Israel is seeking, it has not obtained, but those who were chosen obtained it, and the rest were hardened; just as it is written, "God gave them a spirit of stupor, eyes to see not and ears to hear not, down to this very day." And David says, "Let their table become a snare and a trap, and a stumbling block and a retribution to them. Let their eyes be darkened to see not, and bend their backs forever."*

**V. Praise the Lord for His Deliverance (vv. 29-36)**

- A. From individual sin (vv. 29-31)
- B. To share with others (vv. 32-36)