

Quarter one: The Book of Psalms  
Lesson 4—The Lord Hears and Delivers  
Thursday: Help from the Sanctuary  
January 25, 2024

- **Last Week:** “The Lord Reigns”
  - God as Judge & Ruler over all
- **This Week:** “The Lord Hears and Delivers”
  - The Transcendent God (Omnipotent and Sovereign God) is also an Immanent God (knowable, present, personal, and actively involved with His people)

**Memory Text:** “The righteous cry out, and the Lord hears, and delivers them out of all their troubles.” (Ps 34:17, NKJV)

The week in brief:

- 1. **Sunday:** My Frame Was Not Hidden from You (John D)
  - Ps 139 - God knows everything inside us
- 2. **Monday:** Assurance of God’s Care (Ryan)
  - Ps 121 – God is with His children & takes care of us
- 3. **Tuesday:** The Lord Is a Refuge in Adversity (SQ)
  - Ps 17, 31, 91 - Security we experience in God
- 4. **Wednesday:** Defender and Deliverer (Daniel P)
  - Ps 114; 1 Cor 10 – history of Israel & God’s deliverance for His people
- 5. **Thursday:** Help from the Sanctuary (Jill)
  - What the Sanctuary does & represents for God’s people (God’s presence)
    - Salvation found in Jesus

## Thursday: Help from the Sanctuary

Psalm 3:4; Ps 18:6; Ps 20:1-3; Ps 27:5; Ps 36:8; Ps 61:4; Ps 68:35; Ps 73:17; Ps 84:4; Ps 96:6; Ps 134:2, 10

### 7 things God provides in His Sanctuary

- 1. **God hears us in trouble** (from His sanctuary)
  - Ps 18:6 – “In my distress I called upon the Lord, and cried out to my God; He heard my voice from His temple, and my cry came before Him, even to His ears.”
  - Ps 3:4 – “I cried to the Lord with my voice, and He heard me from His holy hill. Selah.”
  - **Takeaway #1: If you’re in trouble, seek Him in His sanctuary**
    - We often turn to other people
      - Or turn inward
      - Or to books or other help
    - Cry out to God for help
      - Spend time in His presence

- Ex 25:8 – “Let them make Me a Sanctuary, that I may dwell among them.”
- **2. God brings help & gives strength** (from His sanctuary)
  - Ps 20:1 – 3 – “May the Lord answer you in the day of trouble; may the name of the God of Jacob defend you; (2) May He send you help from the sanctuary, and strengthen you out of Zion. (3) May He remember all your offerings, and accept your burnt sacrifice. Selah.”
    - Help comes **from** the sanctuary
  - **Takeaway #2: If you need victory & strength, spend time in His sanctuary**
    - Spend time in His presence
- **3. God offers protection & safety** (in His sanctuary)
  - Ps 27:5 – “For in the time of trouble He shall hide me in His pavilion; in the secret place of His tabernacle He shall hide me; He shall set me high upon a rock.”
    - He hides us in His sanctuary
  - Ps 61:4 – “I will abide in Your tabernacle forever; I will trust in the shelter of Your wings. Selah.”
    - We’re safe in His sanctuary
  - **Takeaway #3: If you need protection or are afraid, hide in His sanctuary**
    - He hides us under His wings
    - The Sanctuary provides a shelter to the troubled
- **4. God provides joy and pleasure** (in His sanctuary)
  - Ps 36:8 – “They are abundantly satisfied with the fullness of Your house, and You give them drink from the river of Your pleasures.”
  - **Takeaway #4: If you need fullness of joy, experience Him in His sanctuary**
    - Ps 16:11 – “...in Your presence is fullness of joy; at your right hand are pleasures forevermore.”
    - It’s the presence of God that brings joy and pleasure
- **5. God is to be praised** (in His sanctuary)
  - Ps 68:35 – “O God, You are more awesome than Your holy places. The God of Israel is He who gives strength and power to His people. Blessed be God!”
    - Thanksgiving = what He’s done for us
    - Praise = who He is
  - Ps 84:4 – “Blessed are those who dwell in Your house; They will still be praising you. Selah.”
  - Ps 134:2 – “Lift up your hands in the sanctuary, and bless the Lord.”
  - **Takeaway #5: Praise Him from His sanctuary**
    - Praise Him while He’s in His sanctuary
    - Yet, praise Him from His sanctuary

- **6. God brings clarity** (in His sanctuary)
  - Ps 73:17 – “Until I went into the sanctuary of God; then I understood their end.”
    - Psalmist crying out – why are the wicked prospering?
      - Crisis of faith: struggles with doubts, envy & faith in God
    - In the Sanctuary, he received clarity
      - Proper understanding of the plan of salvation, how God saves sinners & final destiny of the wicked
  - **Takeaway #6: If you have questions, answers come in His sanctuary**
    - Understanding God and His Word brings clarity
    - Understanding the plan of salvation & the Great Controversy, brings answers
- **7. God brings salvation** (in His sanctuary, through Jesus)
  - Ps 143:2, 10 – “Do not enter into judgment with Your servant, for in Your sight no one living is righteous....(10) Teach me to do Your will, for You are my God; Your Spirit is good. Lead me in the land of uprightness.”
  - **Takeaway #7: The plan of salvation is unfolded in the sanctuary**
    - In the sanctuary, we discover we are sinners
      - We find the blood of Jesus to cleanse
      - Experience the joy of growing in Him through Bible study, the Holy Spirit & witnessing

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