

# St Andrew's Presbyterian Church Penrith

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## ENCOURAGEMENT LETTER 11/6/2025

Dear brothers and sisters in Christ,

How are you today? I am thankful the encouragement of saints who love the Lord and seek to serve him.

Today our encouragement is “Psalm 119 Zayin – Resolve In Suffering” before moving onto church matters.

### **ENCOURAGEMENT: Psalm 119 Zayin – Resolve In Suffering**

How do you stand firm and keep focused when you are suffering? We could think of a long distance walk or run. There have been a few walks I have been on that I have found myself really hurting. I did a three day walk with friends in the Barrington Tops National Park. The scenery is beautiful – deep cold pools of water set against verdant bushland and wide panoramic views stretching to the ocean. It had its struggles too – being attacked by an army of leeches as we ate morning tea in the rain (the grass looked alive until we saw it was a swarm of leeches headed our way), steep slopes that strained our muscles. But I particularly remember the last day – it was cold and wet and every bone in my body ached, every step felt like I had lead weights tied to my feet, my legs wanted to give up and walk no more. But I kept going, resolved to see the walk to the end. Suffering can be like this, each day, each moment filled with pain and struggle. How can we keep our resolve? Psalm 119 Zayin shows us where we find our resolve in suffering. Three times the word “remember” occurs in this stanza; it marks three encouragements when we are suffering.

The first point is “God remembers us.”

*Remember your word to your servant,*

*for you have given me hope.*

*My comfort in my suffering is this:*

*Your promise preserves my life.*

Psalm 119:49-50

The Lord has given us promises in which we find hope and life. Paul writes of God's promises saying they are all “Yes” in Christ Jesus (2 Corinthians 1:20). The

Lord remembers us in our suffering and keeps his promises to us. In Christ, he enters into our suffering, to walk alongside us and be our strength and help.

The second point is “We remember God’s word.”

*The arrogant mock me without restraint,  
but I do not turn from your law.  
I remember, LORD, your ancient laws,  
and I find comfort in them.  
Indignation grips me because of the wicked,  
who have forsaken your law.*

Psalm 119:51-53

The Psalmist suffers at the hands of wicked men who mock him and forsake God’s law. It is in the midst of this that he remembers the Lord’s ancient laws, the word of God. It is the word that gives us God’s promises and shows us the right and good way to live. It is the word that speaks to us about Christ and presents him to us to trust and hope in.

The third point is “We remember God.”

*Your decrees are the theme of my song  
wherever I lodge.  
In the night, LORD, I remember your name,  
that I may keep your law.  
This has been my practice:  
I obey your precepts.*

Psalm 119:54-56

Our thoughts are to be fixed on God, like a tune that gets stuck in our head. We are to set before ourselves God’s glory and word. Knowing God will feed our faith and teach us obedience. We now encounter God in Christ, so the Scripture says to “fix our eyes on Jesus, the author and perfecter of our faith” (Hebrews 12:2). We are to remember Jesus, as it is written, “Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart” (Hebrews 12:3).

So are you finding life hard? Is your suffering make it difficult to keep your resolve? Then stop and remember God’s words and his promise to you in Christ. Stop and remember God and his faithfulness to you in Christ. For God remembers you and all his promises are sure in Christ. Will you take time to remember Jesus?

## **EQUIP WOMEN**

Equip Women is at church at 9.30am to 3pm on Saturday 21<sup>st</sup> June. See Cynthia for more details.

## **SERVING THE CHURCH**

This year once a month, our training seminars will be equipping us to serve God's church in various ways. Our next night will be at 7.00pm on Tuesday 24<sup>th</sup> June and we will be looking at Pastoral Care.

## **FINAL COMMENTS**

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.*

Hebrews 12:1-3

As always, love and prayers,  
Steve