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PSALM 102

Psalms – Book IV – Series

Let's pray together.

[PRAYER] Heavenly Father, we ask that you would calm our hearts, focus our attention, help us regularly to see who you are, and grow in amazement and worship. Lord, make our lives a living sacrifice so that it can be a reasonable service of worship before you. As we face the challenges of life, we ask that you would help us to see them as opportunities to allow you to work your grace in us and then reveal that grace to others. I pray for each one of us as we deal with the challenges that we are facing. I pray that as we look at this psalm you might teach us some valuable things that we'll be able to take away and use this week. In Jesus' name, amen.

Please turn to Psalm 102. Psalm 102. Do you see it has a prescript right at the top? Psalm 102 starts this way: *A prayer of an afflicted person who has grown weak and pours out a lament before the LORD.*

Now we don't know who wrote this psalm. We don't know why it was written specifically. But that doesn't make any difference because we all experience troubles. We're all in a place where we're afflicted at certain times. We have a problem. We have problems that exist in our lives and we could each probably talk about our problems and elaborate upon them. In fact I would suggest that every person needs a plan for dealing with their problems. Not just the problems but discouragement and depression that often result from them. That's what this psalm is going to help us with.

Young people, this is really important. You need to have a plan. You need to understand some basic things about how God has made us so that when you feel lonely or you feel discouraged you're able to implement a plan and know how to respond to it. God made us as emotional beings. It means that we're going to experience highs and lows in our lives. People who don't have a plan often handle depression poorly or discouragement in a bad way.

A recent Gallup poll said four out of ten Americans admit to frequent feelings of intense loneliness. Loneliness is not a sin. It can lead to sin. Loneliness is just a byproduct of being human. It's interesting that God has designed us to be community people.

Depression is a reality in our lives. Depression is that feeling of... Well we're going to see a lot about what it is in our passage today. But depression isn't sin. It can lead to sin if it leads to self-pity, or hurting others, or harming yourself or worse, or getting involved in an addiction. Depression can be or can lead to sin. It can be an excuse to act out in anger or to be withdrawn.

The big lesson of this psalm, I think, is that we all need to have a plan for the down times of our life. We're going to go through this and we're going to see some of the things that are here.

Young people, you need to listen to this because you need to have a plan. I think sometimes young people are surprised by this. Maybe all of us are at times, and we say, "Wow, this shouldn't be. Something must be wrong and therefore I've got a serious problem." Maybe there is something wrong and you've got a serious problem. But we need to know how to face that in a wise way.

Verse 1: *Hear my prayer, LORD; let my cry for help come to you.*

So the psalm acknowledges God. That's going to be strategic right at first because here's what happens. When we feel discouraged or depressed Christians have a leg up on people who are not Christians. See, people who are non-Christians suffer problems just like people who are Christians suffer problems. We all suffer problems. We're all afflicted people. The problem though, if you're not a Christian, then the most you can do is you can look on the bright side, or cheer up, or think positively, or focus on the positive instead of the negative. This is all kinds of things like that we can do.

Christians can do that too. But Christians have an additional asset. They have this asset they can go to the Lord and they can understand who God is and what God does in their lives. And then calling on God can be part of their solution. We're going to see how that takes place. When you live in a worldview where God is in charge, where God is working and you understand that, then you can allow Him to be a part of what you're doing and can help you in times of discouragement or depression.

Now in order to understand this, we need to look at the first eleven verses. We're going to see several symptoms of depression. So in this passage we're going to go through and I just want to point them out, straight out of the Bible. These are the symptoms that you might experience if you're feeling down, discouraged, lonely, depressed, despairing, hopeless, whatever the word is you want to use. So I want to go through and show you what they are right out of the text. I'm not making these up; I'm just looking at the passage and just summarizing what the passage is saying. We're going to identify fourteen signs of depression right out of these eleven verses.

The first one is that God seems far away. If you feel discouraged or depressed, it's kind of like, "Where's God in all of this?" So notice verse 2. It says this: *Do not hide your face from me when I am in distress. Turn your ear to me; when I call, answer me quickly.*

There's this sense of where is God? Have you turned your back on me? Sometimes when we feel discouraged or depressed one of the symptoms is God's gone. He's not here. We need to realize that that's a symptom.

Notice he says in the last part of verse 2 – *when I call, answer me quickly*. I think the psalmist would put an exclamation point there if you could do that in Hebrew. Or underline the work

quickly. I want it now! And that's how often we feel. "Lord, I need a solution right now." We want God to do and respond to us quickly.

I think we need to realize we can't be surprised when problems come into our life. We can't be so surprised that we feel overwhelmed by those at times. We can't expect God to instantly remove every problem that we have in our lives. He's not obligated to answer our cries for help immediately. Or when He does, it's not always the way we would like. He does comfort us in the midst of those things. Here's the first symptom is that God seems far away.

Another symptom is just a feeling like there is a lack of meaning in life. Verse 3 notice it says, *For my days vanish like smoke; my bones burn like glowing embers*. Like my life is just going away. There is no meaning here.

The next one, verse 4 – just a lack of energy. *My heart is blighted and withered like grass*. Blighted means I just lack energy, my heart is just overwhelmed with nothing. I can't do anything here. And *withered like grass*, so that becomes another symptom.

Another one is a loss of appetite. Notice in the next part of verse 4 – *I forget to eat my food*.

Another one in verse 5 – a lot of complaining. People who are discouraged or depressed do a lot of complaining. It's an indication that there may be a problem. A person who is complaining all the time it may be a symptom that they're discouraged or depressed. Verse 5 says, *In my distress I groan aloud*.

The next part of the verse says, *and am reduced to skin and bones*. So weight loss is sometimes a sign of depression. Sometimes we wish that was the sign. Others of us eat more during depression. But anyway, that's what it's listing in the passage there.

Another one is we feel out of place. Look at verse 6. *I am like a desert owl, like an owl among the ruins*. That's how I feel. I feel like I'm a desert owl, but I'm not where I'm supposed to be. A desert owl is designed to be in the forest. But he says I feel like *I am like a desert owl in the ruins*. With all this stuff around me. That's not where I'm supposed to be.

Sometimes when we are upset, we're discouraged, despondent, we feel that way. I am out of place. I don't know how to respond in this situation. This isn't me. I don't like this. So that feeling becomes part of this discouragement that we experience at times.

It goes on in verse 7 and I suggest that this is loss of sleep. You look at verse 7. What does verse 7 say? *I lie awake*. So I said loss of sleep is another one.

The next one is also about a bird. The number nine in verse 7 is feeling lonely. Notice it says, *I have become like a bird alone on a roof*. A bird's designed to be a in a flock. Somehow during the migration, this bird apparently got lost or whatever, is not with the flock and is alone.

The word *alone* is important there. He's *like a bird alone on a roof*. Birds aren't supposed to be alone. When you feel this sense of "I'm all alone in this," it can be a symptom of depression, as illustrated in this passage.

God designed us for intimacy with others. Even before The Fall when God created man and woman, He said *it is not good for man to be alone*. There's this sense of companionship that we need.

So many people often feel empty inside. I would suggest that in our world there are more people now in our world than there's ever been before. Yet more and more people are feeling alone. The technology that we use to communicate is often isolating us. The kind of conversations you have on Facebook or by texting someone back and forth don't have the same quality of relationship as they do in a face-to-face conversation where you sit down with someone and you talk to them and interact with them. So those kinds of interactions are important.

He says I'm alone. I feel alone. And so that becomes another symptom that's there.

Another symptom – people don't value me. Look at verse 8. *All day long my enemies taunt me; those who rail against me use my name as a curse*. Nobody is interested in me. They don't value me in who I am.

Another one about food. Food doesn't taste good. Notice verse 9 – *For I eat ashes as my food*.

The next one is crying. Look at the rest of the verse – *and mingle my drink with tears*. So crying is often one of those symptoms of feeling depressed or discouraged.

Notice number thirteen. I feel worthless. Verse 10: *because of your great wrath, for you have taken me up and thrown me aside*. I feel like I've been cast aside. I'm worthless. There's nothing valuable here.

In studies that we do with young people we see that one of the greatest things young people want today is to make a difference. They want meaning. They don't care necessarily what their job is. They don't even want to make a lot of money a lot of times. They want to make a difference. How are they going to make a difference.

When you feel worthless, that's just a sign of feeling discouraged or despondent or depressed.

The last one it seems here is this feeling of futility. I'm dying inside. Notice verse 11 – *My days are like the evening shadow; I wither away like grass*. Like the sun's going down further and further. There's futility here. I have nothing to stand for. *I wither away like grass*.

Now that's pretty bleak. Fourteen symptoms of depression in eleven verses. God has a prescription for depression, but I just think it's important for us to look at those because you have to know when you're there. Sometimes it sneaks up on you and you don't realize where you are. I would suggest that you have to know those symptoms.

Now the symptoms don't tell us what the cause is. Let me just share with you there are three causes to depression. I think it is important to point this out because I don't want you to think that all the causes are spiritual causes.

One of the causes is a biological cause. You might have a side effect to a medication that causes you to feel depressed. You might have the flu that causes you to feel depressed. You might be working hard hours, long hours, not getting a lot of sleep. And that's a biological cause. You start feeling depressed. There are lots of reasons that you can feel depressed (a chemical imbalance, all kinds of things).

So when someone comes to me for counseling saying, "I'm depressed," I encourage them to go get a blood test first. Do we have an iron deficiency? Do we have a hormone problem here that we need to work on? In addition to some of the other things we can deal with, let's just make sure that the biological issues are correct.

Another reason that we can get depressed or cause for depression has to do with reactive issues. Reactive issues are always a response to a loss of some kind. I've lost something. When you lose something, you feel discouraged or you feel this sense of depression sometimes. It's not always bad. In fact I'm going to suggest that depression isn't a bad thing. It can lead to something that's bad, but it's generally something that God has designed for us to depress so that we can move in a direction in our lives.

Another reason people get depressed is for spiritual reasons. If you're living in sin then there's a spiritual depression that you experience. If, for example, you harbor anger in your heart continually, holding onto that anger can cause you to feel depressed in life. If you're involved in a habit that's wrong, immorality of some kind, then it just drains on you. You feel depressed.

This is why I think that every person who is not a Christian is depressed. There's a spiritual depression. They don't have Christ in their life. That's why I think so many people when they come to Christ they say, "I feel like a weight's been lifted off my shoulders." There's this sense of lifting. That depression is lifting off of me because now I have something that I need. God is meeting me in that special way. So I think this is a very real thing. I think we all need to have a plan for dealing with this.

The important thing to me, though, is not the cause. The reality is that if there are three causes for depression in our lives that means there's three buckets of solutions. I find that we can draw on all three of these buckets when developing solutions for our lives.

Let's say you have a biological problem, a reaction to a medication. There's still spiritual resources you can draw upon. There's still ways of thinking and ways of reacting to situations that are better.

Let's say that you have a spiritual problem and you're trying to wrestle with that. Getting a good night's sleep is a good idea. There are biological solutions we can bring to the process. So I think that the three buckets of solutions then become really helpful for us as we're trying to address the problem of depression in our lives.

If you go back to the prescript of this passage, it says that the person who's afflicted and overcome. Let me just go back and read the exact words there. *A prayer of the afflicted person who has grown weak.*

I would suggest we're all afflicted persons. But there's a point at which we find ourselves becoming weak in relationship to the problems that we're experiencing. We find ourselves going under the troubles that we have. We find ourselves living under them. When we find ourselves under the troubles then something happens to us and we start feeling discouraged or depressed. We move under the circumstances.

I like the picture of a cloudy or stormy day. When the clouds are up there, there's a cloud cover, does that mean God is gone? Does that mean there's no sun up there? It doesn't mean that. The sun is still there, you just can't see it because you're under the clouds.

I think that the responses that we're going to see in the rest of the passage help us to move above the clouds so we can see the sun is still shining. Or at least when we're under the problems that we're experiencing, we know that the sun is there and we don't have to feel like the sun's never going to come out again.

The psalm here that we're looking at is a psalm I would kind of describe as a stormy day. So verses 1-11 are the stormy part of the day until about midday, and then the next verses, 12-22, are like the sun coming out in the middle of the day. Then we go back into the stormy part for a little bit and then a nice sunset at the end. So if you want to picture the psalm, I think we can picture Psalm 102 that way. We have to remember the sun is always shining above the clouds.

There are several principles in this passage; I'm going to choose three of them. Three principles as we go forward here that will help us in times when we're feeling discouraged, upset, and depressed. Especially drawing from the spiritual bucket here as we're trying to move forward.

The first principle is to recognize the sovereignty of God. I want you to say these words with me: "The Lord reigns." Say that with me. The Lord reigns. See, I think we want to say that when we're feeling depressed or discouraged. The Lord reigns. We need to understand that. We say it in our heart.

Look at the passage in verse 12, what it says there. *But you, LORD, sit enthroned forever; your renown endures through all generations.* In fact I would suggest that this is really the only principle, maybe not the only one, but this is the most powerful baseline or foundational principle that we must understand when we're afflicted and we feel weak.

When we're under the pressure of the problems that we're experiencing, the Lord reigns. Say that with me again. The Lord reigns. You don't sound very confident. We'll have to practice that. The point is, the sovereignty of God is very important. God is in control. He's reigning in this world. He's in charge. That's very important.

But there's another principle that we put alongside that that's taught in the next verse, verse 13, and that's God is compassionate. What good is it to have a God that's in control if He isn't compassionate? God is compassionate at the same time, so the psalmist brings out both of those principles for us to grapple with and understand so we realize not only does God have it under control, but He cares about me.

Notice verse 13. *You will arise and have compassion on Zion.* Zion is the name for Jerusalem.

This psalm, as we'll see as it continues, probably was written after Jerusalem was destroyed during the captivity, before it was rebuilt by Ezra and Nehemiah. So during that time when it was destroyed, it was down to rubble. Just stones everywhere, dust everywhere. It was a discouraging time for those who were looking on.

The psalmist now is drawing attention to the compassion of God. *You will arise and have compassion on Zion, for it is time to show favor to her; the appointed time has come.*

The reality is we must rely on this principle that God cares about me. Knowing God, that He cares about me. He cares not only about me in general, He knows what I'm going through and He cares about this specific situation. What that does is it helps us gain perspective. It helps us remember that above the clouds the sun is shining. I'm always amazed. It could be terrible weather down here. The plane takes off, you go through the clouds, the sun is always there. Just reminding us in our lives that the sun is there.

My son was in Romania serving our country as a marine. He just came back in December, but in Romania he was there and I went to visit him. On the week that we were there, I brought his wife and his daughter, and we all celebrated for a week leaving the base and touring around in Romania. We came there during a day when the sun came out. Ben says, "This is amazing. The sun hasn't shone for forty days." That's a long time.

I would say that in some of our lives the sun hasn't shone for forty days. What are you going to do with that? I mean, we like it when the sun comes out after a storm. But if it hasn't shone for forty days, that's a challenging thing. The sun becomes this welcomed sight. The principles here are to recognize that God is sovereign. He's compassionate. We need to recognize those things and remember them.

I like the bird illustrations in the passage because I like birding. This is the time of year now when the birds will be coming back to my yard and I'll enjoy the sounds. Each one of them has a song. To identify them not only by looking at them but by their song is a challenge for me. But I'm interested in that.

So when I think of these bird illustrations of the lonely bird on the housetop or the owl that should be in the forest but is in the ruins, I resonate with that. It makes sense to me that those are illustrations of how you feel when you're discouraged or depressed.

But then I think of the other bird illustration in the New Testament. The one where Jesus is describing this. He says, *Are not two sparrows sold for a penny? Yet not one of them will fall to*

the ground outside your Father's care (Matthew 10:29). God cares. Even about those little sparrows.

Now they're not my favorite birds. When they come to my yard, they come in flocks. There's a whole bunch of them that come and they eat all my birdseed. I like it when the woodpeckers come. They're beautiful birds. Or the blue jays. They're kind of mean birds, but they're still really pretty. The sparrows are really simple birds, but God even cares about the simple birds.

These simple birds, *two of them sold for a penny, and yet not one of them will fall to the ground outside your Father's care*. The illustration here is that God is compassionate. He cares for the small things. He knows what He's doing. I need to remember that when the clouds are there and the afflictions are there and I'm growing weak under the pressure of them.

That's the passage introduction here as we get into Psalm 102.

The third principle comes out of that same verse that I want to draw attention to. It has to do with the timing. Do you see in verse 13 – *You will arise and have compassion on Zion, for it is time to show favor to her; the appointed time has come*. There's the timing involved there. I have a place in your kingdom. God has a divine clock. God is in control. He's encouraging. God manages the time clock.

I want to show you a passage of scripture and this passage of scripture is about the end times. It's about the fact that the clock is ticking and the end times are on their way, to remind us to always be careful in what we do and how we act and to be prepared for the fact that today could be the day. But as I look at that with you and I read through these verses, I want you to see that the passage itself is dealing with the fact that God is in control of the timing.

Look what it says here in verse 32 of Mark 13 and following. *“But about that day or hour no one knows, not even the angels in heaven, nor the Son, but only the Father. The Father's in charge of the time clock. Be on guard! Be alert! You do not know when that time will come. It's like a man going away: He leaves his house and puts his servants in charge, each with their assigned task, and tells the one at the door to keep watch.”*

“Therefore keep watch because you do not know when the owner of the house will come back—whether in the evening, or at midnight, or when the rooster crows, or at dawn. If he comes suddenly, do not let him find you sleeping. What I say to you, I say to everyone: ‘Watch!’”

So there's this picture of God is the one who's in charge of the time clock. It's not only about the end times; the passage is talking about the timing of God here. That's important for us to recognize because sometimes we become weak, as the introduction of the psalm says. We become weak because we wish God would do it faster, the timing of God would happen more quickly.

Verse 14 is going to take us back to the picture of Jerusalem. Let's understand this here. Notice what it says. *For her stones* (the stones are all on the ground there) *are dear to your servants* (in other words, the people are looking at these. Lord, there are servants looking at these. Those

stones are very important to us. We look at those stones and we feel sad); *her very dust moves them (the servants) to pity.*

This isn't about God's compassion. It's about our human desires and what we value. Which leads me again to this very important truth that God is interested in what's happening here and the reactive depression, that middle circle there. Those reactive kinds of depression are always a kind of response to a loss.

Sometimes there are material losses. Like you lose a loved one that you value so much. Sometimes you lose an animal that you value a lot. Sometimes you lose a dream. You have a dream that this is what I was going to do with my life, or an expectation. Sometimes you lose money or a hope or something. It's always a response to a loss.

I am convinced that this idea of depression is like a huddle. God has allowed us to experience the ups and downs of life and when we experience depression it's God's way of allowing us to pull back, reevaluate the values in our lives. When someone passes away, we remember the memories and we treasure those memories even though we have to lose the person, we have to let them go. Sometimes we get depressed because something we value and we have to turn and adjust those values. I'm convinced that God has allowed that depression to be like a huddle in a football game. We pull back, reevaluate, and go back in stronger in order to fight the battle.

As we continue on in the passage, we now come to the whole issue of hope. I'm convinced that hope is the ticket. Really these theological principles are about God and who He is that are out there, but it's hope that brings us back above the storm so that we don't have to be growing weak under the pressures. We're all under pressure. We all live with affliction in our lives, but we want to stay above the clouds and it's hope that keeps us up there.

Listen to the hope as I read the verses here starting in verse 15. *The nations will fear the name of the LORD, all the kings of the earth will revere your glory. For the LORD will rebuild Zion and appear in his glory.* The psalmist knows that God has a place for Jerusalem. God cares about His people. It's not the right timing yet, but God will do it.

Verse 17: *He will respond to the prayer of the destitute; he will not despise their plea.* God provides the answers to prayer. You may not get your health back, you may be trying to find your soulmate that you want to get married to, but God might not provide that right away. I don't know how God's going to answer the prayer. All I know is that when we understand that God cares and He's in control then we can put our trust in Him. Sometimes God answers prayers in a different way than we expect.

Verse 18: *Let this be written for a future generation.* This is interesting. In other words, your current situation that you're experiencing right now is part of your testimony. Your testimony isn't just when you're above the clouds; your testimony involves when you're below the clouds under pressure and how God moves you in a direction.

Let this be written for a future generation, that a people not yet created may praise the LORD. Other people need to hear this story. *"The LORD looked down from his sanctuary on high, from*

heaven he viewed the earth, to hear the groans of the prisoners and release those condemned to death.”

The story is a testimony and God wants us to be able to share those testimonies of what He’s done. God is in charge. I turn myself over to Him and I allow Him to work. God reveals Himself in the dark times.

I think it’s important for us to realize that our life is a story. As God continues to work in our lives then He does good things and those good things help us to have a story to tell.

I’m going to tell you a story, a story about Ed Miller and myself. We have partnered in a lot of things, but a few years ago we decided to become business partners and to buy a house. We had an agreement that Ed would pay for the fix-up of the house, I would buy the house from him at a certain amount of money, and he would have it done by a certain date. I had renters lined up to go into it for September 1.

The house was terrible disaster and about July 15th it became clear that we would not be successful at getting the house fixed up in time. So at that point we sat down together and made a decision. The decision was we’re about to go through some really difficult times and we’re not going to let that damage our relationship together. A relationship is more important than this business dealing that we’re about to experience. Because we know that finances and business relationships can ruin friendships.

We were determined to keep our friendship and we said this: “We are going to live this story. We are going to tell this story to other people because this is going to be a story about how relationship is more important than business.”

We had a lot of people working for us, probably ten or eleven people over the course of that time working with us. We did all-nighters. We did all kinds of things to work on this house to fix it up. We didn’t get it done on time. We got it done a couple weeks late, but it all worked out and God did some great things in the midst of that. We were grateful. We had a story.

We took those young people that were working with us over those times, we worked hard, and we told them, “We are in a story now. We are working hard to keep our relationship together at the same time we are trying to accomplish this task and dig ourselves out of this hole we’ve created so that we can move forward.” So our relationships together became more important than the money or the other things that were taking place in the midst of that.

I think we’re all involved in a story right now. It’s not a story that you tell or a story about victory all the time. It’s a story about process. Where we are right now is what God is doing. I think it’s the pillars that become the places that we worship then.

In other words, when God wants to do a miracle, He has to have ingredients. One of the ingredients is an impossible situation. So God likes to take impossible situations and do miracles out of them. When He does, those become the pillars for our worship. So we can look back in our lives and say, “Wow. I was under the clouds at a point and God brought us out of that or

brought us through that situation and I worship the Lord because of that.” That is what the psalmist is leading us through here. To understand what hope is.

Well, that was the midday sunshine. We’ve got to go back into the dark. I think that’s okay because sometimes when you hear a message like that you end up saying to yourself, “Yeah, but you don’t know my situation.” Well God does.

Let’s go into verse 23. *In the course of my life he broke my strength.* That’s how we feel sometimes. I just don’t have the strength to deal with this. *He cut short my days. So I said: “Do not take me away, my God, in the midst of my days; your years go on through all generations.”*

In the midst of my days. I think about that. I’m 57 years old. People often say I’m in middle age, but I don’t know many 114 year olds. So I think I’m a little past middle age here. I pray the same prayer – “Lord, don’t take me away in the midst of my days. Lord, I have more to do for you, I hope. I want to serve you longer.” So I can identify with the psalmist here in verse 24.

Now we start looking again at the fact that the Lord reigns. We’re going to say that in a minute, so get ready again. The Lord reigns in a minute.

Verse 25: *In the beginning you laid the foundations of the earth.* We’re getting perspective again here. Let’s remind ourselves when we’re weak under the afflictions, the problems that God has an answer. *In the beginning you laid the foundations of the earth, and the heavens are the work of your hands. They will perish, but you remain; they will all wear out like a garment. Like clothing you will change them and they will be discarded. But you remain the same, and your years will never end.*

The Lord reigns. Let’s say it. The Lord reigns. Those words you need to have in your mind because the next time you feel like you’re under the cloud and you’re becoming weak, you need to know that the Lord reigns.

Verse 28: *The children of your servants will live in your presence; their descendants will be established before you.*

We all need to have a plan for dealing with the depression that we’re going to experience in our lives. I experience depression, you experience depression. If your depression is getting out of hand, then you need to get some help. That’s why God has created the body of Christ so that we can share with each other. That’s why we have doctors. Sometimes you may need to visit one.

But in all of that, we want to recognize that sometimes the depression that we experience in our lives is so that we can gain perspective and recognize that God is in control. He reigns. He’s there. He’s the one that’s above the clouds. He’s the one who’s shining the light. We need that. You need to have a plan for dealing with that in your life so that you can handle the challenging times that come. We all need that as we are human people, and because we’re human we experience ups and downs in our emotions.

Psalm 102 is a beautiful psalm that will drive us into worship so that we're continually reflecting on what God has done and what He wants to do as He has compassion for us and He is in control. Amen?

This song, *My Lighthouse*, is a song that's talking about the storms that we experience in our lives. When we experience the storms, we need to know that there is a lighthouse that will help us to navigate through the challenges that we experience in our lives.

Let's stand and worship the Lord together.