


Women of Africa Care Pty Ltd

**WOAC On Air –30 May 2024**
**Episode 98**
**Inspiration brought to you by WOAC on Air**

---

**Topic: Build your life on the Rock of Salvation!**

**Build on the Rock - Matthew 7.24-29**
**[24**"Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: **25**and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock. **26**"But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: **27**and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall."]

**How do we build on the rock of our salvation?**
Speak to the rock! Ways to Speak to Jesus is through Prayer, plea, intercession - it's called communicating with God. [Phil 4.6-7 The Lord is near. 6Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.]

**Speaking to God can be in the form of a Plea for Relief from Persecutors (Psalm 142)**
A Contemplation of David. A Prayer when he was in the cave.

**1**I cry out to the LORD with my voice;
With my voice to the LORD I make my supplication.
**2**I pour out my complaint before Him;
I declare before Him my trouble.
**3**When my spirit was overwhelmed within me,
Then You knew my path.
In the way in which I walk
They have secretly set a snare for me.
**4**Look on *my* right hand and see,
For *there is* no one who acknowledges me;
Refuge has failed me;
No one cares for my soul.
**5**I cried out to You, O LORD:
I said, "You *are* my refuge,
My portion in the land of the living.
**6** Attend to my cry,
For I am brought very low;
Deliver me from my persecutors,
For they are stronger than I.
**7**Bring my soul out of prison,
That I may praise Your name;

The righteous shall surround me,
For You shall deal bountifully with me."

**God encourages us to SPEAK TO HIM** - "Call unto me, and I will answer thee, and show thee great and mighty things, which thou knowest not." (Jeremiah 33:3)

**Speaking to the Rock (Jesus) can be in the form of a prayer for Relief from Adversaries (Psalm 70)**

To the Chief Musician. *A Psalm* of David. To bring to remembrance.

**1***Make haste*, O God, to deliver me!
Make haste to help me, O LORD!
**2**Let them be ashamed and confounded
Who seek my life;
Let them be turned back and confused
Who desire my hurt.
**3**Let them be turned back because of their shame,
Who say, "Aha, aha!"
**4**Let all those who seek You rejoice and be glad in You;
And let those who love Your salvation say continually,
"Let God be magnified!"
**5**But I *am* poor and needy;
Make haste to me, O God!
You *are* my help and my deliverer;
O LORD, do not delay.

**God Speaks back…God warns Judah of their sin and the punishment thereof (They will lose their inheritance and become slaves in a foreign land) - Jeremiah 17.5-10**

5.Thus says the Lord:
"Cursed is the man who trusts in man
And makes flesh his strength,
Whose heart departs from the Lord.
6For he shall be like a shrub in the desert,
And shall not see when good comes,
But shall inhabit the parched places in the wilderness,
In a salt land which is not inhabited.

7"Blessed is the man who trusts in the Lord,
And whose hope is the Lord.
8For he shall be like a tree planted by the waters,
Which spreads out its roots by the river,
And will not fear when heat comes;
But its leaf will be green,
And will not be anxious in the year of drought,
Nor will cease from yielding fruit.
9"The heart is deceitful above all things,
And desperately wicked;
Who can know it?
10I, the Lord, search the heart,
I test the mind,
Even to give every man according to his ways,
According to the fruit of his doings.

**Managing your soul is important cause out of your soul you express yourself (Speak, Do, Become).** [ Prov 23.7 For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.]

**Psalm 42- Yearning for God in the Midst of Distresses**
**To the Chief Musician. A Contemplation of the sons of Korah.**
1As the deer pants for the water brooks,
So pants my soul for You, O God.
2My soul thirsts for God, for the living God.
When shall I come and appear before God?
3My tears have been my food day and night,
While they continually say to me,
“Where is your God?”

4When I remember these things,
I pour out my soul within me.
For I used to go with the multitude;
I went with them to the house of God,
With the voice of joy and praise,
With a multitude that kept a pilgrim feast.

5Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God, for I shall yet praise Him
For the help of His countenance.

6O my God, my soul is cast down within me;
Therefore I will remember You from the land of the Jordan,
And from the heights of Hermon,
From the Hill Mizar.
7Deep calls unto deep at the noise of Your waterfalls;
All Your waves and billows have gone over me.
8The Lord will command His loving kindness in the daytime,
And in the night His song shall be with me—
A prayer to the God of my life.

9I will say to God my Rock,
“Why have You forgotten me?
Why do I go mourning because of the oppression of the enemy?”
10As with a breaking of my bones,
My enemies reproach me,
While they say to me all day long,
“Where is your God?”

11Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God;
For I shall yet praise Him,
The help of my countenance and my God.