

PRAYING THE PSALMS

WHEN THE GOING GETS TOUGH

Monday, January 29

Reading: Psalm 3

Psalm 3:1 *LORD, how many are my foes! How many rise up against me! 2 Many are saying of me, "God will not deliver him." 3 But You, LORD, are a shield around me, my glory, the One who lifts my head high. 4 I call out to the LORD, and He answers me from His holy mountain. 5 I lie down and sleep; I wake again, because the LORD sustains me.*

King David was on the run! His own son Absalom had raised an army and was marching on Jerusalem to take over the throne. Many of David's trusted servants and advisors had joined in this rebellion. To save his life, David and those still loyal to him flee the city and take refuge in the wilderness (a place David knew well from his days of fleeing from King Saul). It is at this low point in his life that David turns to his one source of strength and help. (see 2 Samuel 15 for the full story).

When all seemed lost David knew he could still trust in God. When people were saying that God had abandoned him - that Absalom was God's favorite now - David remembered that God was his protector ("shield"). It was God who had given him all his glory by making him king of Israel. God could take it all away, but no human being could do so. It was God who would lift up his head and give him courage for the coming trials (3:2-3).

What did David's trust in God bring him? One, it brought him the assurance that God would answer his prayers (3:4). He had not been abandoned. God was with him to deliver him. Two, it gave David peace in the middle of adversity (3:5). Though running for his life, David could "lie down and sleep" for he knew the Lord would sustain him. Three, it gave David the courage to face any obstacles with faith instead of fear (3:6-7). Finally, it gave David hope that God would continue to bless His people (3:8). In the middle of chaos, God would bring deliverance. Despite all signs to the contrary, God was still in control.

PRAYER THOUGHT: What do you do when life gets tough? The old saying goes "When the going gets tough, the tough get going." David would say, "When the going gets tough, the tough go to the Lord." The benefits David received by trusting in God are still available for us today.

- 1) The assurance of God's presence with us to answer our prayers (1 Peter 3:12; Philippians 4:6)
- 2) The peace of God that passes all understanding (Philippians 4:7-9).
- 3) The courage to face any obstacles in our life with faith and not fear (Hebrews 13:6)
- 4) The hope of God's continued blessing on the faithful (Ephesians 1:3; James 1:12).