

# THE DAILY AMEN Devotional

## January 17, 2018 by Amy Dalke

*"I love you, Lord, my strength."*

Psalm 18:1

That's how David begins his song of praise to God after he rescued David from Saul's attempt to destroy him. (You can read all about that in 1 Samuel 21-31.)

For now, let's zero in on this one truth:

### **The Lord is your strength.**

Simple words, right? The kind of words that I've routinely swept over without pause.

Until one morning a few weeks ago, I landed on that first line of Psalm 18, and the words practically leapt from the page and hit me between the eyes.

As I read them over and over, a question rose up from deep in my bones:

#### **If the Lord is my strength, how does this affect my life today?**

And y'all, let me just say...when God's word straight up hits me like that, it's unsettling. Mostly because I know God is about to lay the truth out in front of me, and I'll have to make a choice to either go with him in faith or stay where I am.

My initial response was to skirt the question and go straight into prayer as if I could somehow change the subject. It went sort of like this:

Me: God, give me strength today.

God: I am Your Strength.

Me: Lord I know you are my strength.

God: Then answer my question...

When I finally got still enough to listen to the point he was trying to make, here's what he showed me.

**Strength** is *the capacity for exertion or endurance; the power to resist force.*<sup>1</sup>

Hmm. So that means...according to God's word, the Lord is my capacity for exertion and endurance. The Lord is my power to resist force.

<sup>1</sup> NAS Exhaustive Concordance of the Bible with Hebrew-Aramaic and Greek Dictionaries

David described *the Lord* as his strength because he knew it was *the Lord* who gave him the capacity to endure Saul's jealousy-fueled, murder-minded pursuit.

David knew *the Lord* was the very power within him to resist force. That's even more fascinating when you consider that at one point, David had the opportunity to kill Saul and bring an instant end to Saul's attacks on his life. Yet David resisted because he trusted God to deal with Saul. (Read that last line again, and pretend it's in all caps with 43 exclamation points.) (You can also read it for yourself in 1 Samuel 24:6-7.)

I sat in my chair that morning and let this all sink in. Then my mind circled back to the question:

### **If the Lord is my strength, how does this affect my life today?**

At the risk of proving to you that I'm a little weird, I've copied my answer to that question from my journal "as is":

- If the Lord is my strength, I can live courageously...without the fear of, "*What if ?*"
- If the Lord is my strength, I won't make choices today based on my perceived (lack of) ability. Instead, I will make choices based on the truth that *my God can do whatever He wants to do - in me and through me - to accomplish His purpose.* (YES!)
- If the Lord is my strength, I can walk in confidence and hope today, knowing that I take his power with me wherever I go. (Dear Insecurity, this is your exit.)
- If the Lord is my strength, then I have the power in me (already!) to say no to death and yes to life in every situation today. (Pretty sure you just got kicked in the face, Satan.) (Not sorry.)
- If the Lord is my strength, then I can overcome the temptation to cope with life by eating cupcakes or numbing out with too many games of Candy Crush. (Because GOD is *IN ME*, and He is GOOD, and He has much greater adventures for me than the App Store could dream of.)

Now it's your turn: **If the Lord is your strength, how does that affect your life today?**

I pray that God will give you the courage to say YES to his strength today - in every situation you face.

Amy

p.s. You can certainly keep your answer between you and the Lord (sometimes that's a good thing), but I'm not going to lie. I'm kind of curious to hear how God used this truth to encourage you. Come tell us on Facebook...[FaithUMCRichmond!](#)