



The burden of grief can be heavy. It weighs a soul down to the depths of our sorrow. Leaving us with questions of how far will it take me? How low will I descend? Will I ever be able to breathe freely again? Will it leave me stuck in a miry pit from which I cannot escape?

There are many things in life that we may grieve. It may be the loss of a loved one, or the loss of a friendship. The disillusionment, or betrayal in a relationship. It may be in the form of regret for choices made, or even suffering the consequences of those wrong choices. Grief can bring despair if not dealt with. King David felt much like that when he wrote:

***"My soul cleaves to the dust; Revive me according to Your word.
I have told of my ways, and You have answered me;
Teach me Your statutes. Make me understand the way of Your precepts,
so I will meditate on Your wonders.
My soul weeps because of grief;
strengthen me according to Your word."***

Psalms 119:25-28 nasb

His "soul cleaves to the dust". When was the last time you looked into a pile of dust? For me it was this morning as I swept the house and gathered a pile of dust and debris from off the floor. It wasn't pretty. It wasn't useful. It certainly wasn't healthy. And yet, so often we hang on to the "dust" of what has been left behind, tracked in, or blown in, rather than dealing with it appropriately.

Psalms 119:25-28 is a map to make our way out of the pit. We can take our cue from King David who pleads with God, asking that He "revive" him. The word revive means to "restore to life or consciousness, ... regain life, or give new strength or energy to." Also to "resuscitate, reinvigorate." Those words are ones that should resonate as we try to clear our muddled minds that are enveloped in grief, or perhaps regret.

When grief or regret brings us low, it's past time to pray. King David prayed, telling God about his situation, and God answered. And still he pleads to be taught God's ways, to know His precepts, *so that* his own mind can be filled with the wonders of God rather than the thoughts that swirl, filling him with desperation. Note that King David wasn't asking that God revive him

Revive Me - Psalms 119:25-28

supernaturally, which God is perfectly capable of doing, but he asks to revive him according to His word.

Praying that His word would revive us is a prayer that we participate in the answer, for its only as we are in His word, the Bible, that we will know His statutes and precepts. David says he will "meditate" on God's wonders. He has known God long enough to understand that strength comes by knowing His word. So that is his prayer. Ultimately he is praying that the Lord would renew his thoughts, change his thoughts, help him to think on other things than the grief he has held on to. Will you?

Some of you may be new to faith. Or you may have recently returned to your faith as a prodigal returning home. I know that there are regrets you have of your former lifestyle. How could there not be when you were so far away from the greatest love of all? Know this: *God has made you new. He has forgiven you. Your sins, and mine, were paid for long ago when Christ died on the cross. There is joy in heaven over you. In Christ there is victory.*

Please don't cleave to the dust. Give it to God, who is more than willing to exchange it with His precepts and statutes, giving you His strength. There is a way out of the pit. His name is Jesus, and He has made a way. Regrets and grief over the past will only hold you back from the joy He has prepared for you.

If you find yourself relating more to your sinful past than you do as an overcomer in Christ - pray! He is there to help you. Be in His Word - they are words that bring strength and will renew your thoughts. Trust Him - He is always willing to lift you out of the mire and exchange your grieving for His joy.

Our God is faithful to REVIVE! Let go of the dust and grab hold of Him. I guarantee you will never regret that!

Father, for those who are struggling in the dust pen of life, I pray that you would help them to look to You for help. That they will search your word until the dust clears, and they would find You faithful to help them out of the pit they've been living in. Thank You that You provide all the strength needed. Thank You that You have made a way for us to live in a new way, resuscitating us as we learn Your precepts and live accordingly. Clear the muddled minds and revive us! To the glory of Your Son, in Whose name we ask. Amen.