

## Lent Day 5 - Belonging to God in Times of Conflict

By: James Yang

<sup>3</sup> *Trust in the Lord and do good;  
dwell in the land and enjoy safe pasture.*

<sup>4</sup> *Take delight in the Lord,  
and he will give you the desires of your heart.*

<sup>5</sup> *Commit your way to the Lord;  
trust in him and he will do this:*

<sup>6</sup> *He will make your righteous reward shine like the dawn,  
your vindication like the noonday sun.*

<sup>7</sup> *Be still before the Lord  
and wait patiently for him;  
do not fret when people succeed in their ways,  
when they carry out their wicked schemes.*

- Psalm 37:3-7

Many of us find ourselves in seasons of conflict. For some, it is tension in marriage or family. For others, financial strain, workplace stress, or the lingering pain of a wrong committed against us. And if we are honest, there are times when we ourselves have contributed to the brokenness we now face.

In such moments, forgiveness and grace do not come easily. Over time, our circumstances can begin to define us. We may feel trapped by them.

Into situations like these, David speaks words that are both hopeful and challenging: *trust in the Lord and do good; dwell in the land and enjoy safe pasture; delight yourself in the Lord; be still before Him and wait patiently for Him.* Together, these commands call us into one posture—trusting and obeying God with everything.

We often say that God is with us. Yet perhaps today we are being reminded to be with God in return. We are quick to seek control, security, or escape. But the place where we truly belong—the place of lasting peace—is with our Creator and Savior.

From a purely logical perspective, this may seem unrealistic. How does trusting God solve our problems? David reminds us that it is the Lord who gives us what we need, who brings justice to light, and who vindicates His people. Sometimes trust means pressing pause—resisting knee-jerk reactions—and humbly being still before the One who sees more clearly than we do.

Our identity and our future are not defined by our circumstances. When God leads our lives and shapes our actions, He not only redefines our situations but refines our hearts to become more like His.

To trust God in this way is to surrender—to acknowledge that our lives do not belong to us alone, but to Him. As Scripture says, “Whether we live or die, we belong to the Lord” (Romans 14:8). The Westminster Shorter Catechism echoes this: “I am not my own but belong, body and soul, both in life and in death, to God and to our Savior Jesus Christ.”

When we know we belong to God, we gain a steady hope. We can live as Christ calls us to live—loving God and loving our neighbor, doing good even when good has not been done to us. If we have done wrong, and even if the world should not give us a second chance, it is never too late to turn back and begin again in God’s eyes, in His abundant grace.

Today, may we remember we belong to Him. And in belonging to Him, both we and our circumstances rest securely in His hands.

*Lord Jesus, let me know myself and know You,  
And desire nothing save only You.  
Let me hate myself and love You.  
Let me do everything for the sake of You.  
Let me humble myself and exalt You.  
Let me think of nothing except You.  
Let me die to myself and live in You.  
Let me accept whatever happens as from You.  
Let me banish self and follow You,  
And ever desire to follow You.  
Let me fly from myself and take refuge in You,  
That I may deserve to be defended by You.  
Let me fear for myself, let me fear You,  
And let me be among those who are chosen by You.  
Let me distrust myself and put my trust in You.  
Let me be willing to obey for the sake of You.  
Let me cling to nothing save only to You,  
And let me be poor because of You.  
Look upon me, that I may love You.  
Call me that I may see You,  
And for ever enjoy You.*

*Amen.*

—St. Augustine of Hippo