

February 18, 2024

KEEP THE FAITH!

My times are in your hand; Deliver me from the hand of my enemies, and from those who persecute me. Psalm 31:15 (KJV)

“When I find myself in times of trouble, mother Mary comes to me. Speaking words of wisdom, Let It Be.” These are the opening words of Paul McCartney’s Let It Be. When there was enormous strife within The Beatles in 1969, Paul had a dream that his mum came to him and assured him everything was going to work out.

In our text, David is experiencing stress, isolation and depression. He is in hiding from the persecution of Saul. Everyone has abandoned him, and flee for fear of their lives when he is around.

What do you do when you are stressed? Take a run? Workout? Take a bike ride? Take a pill? Have a drink? Eat? Withdraw from everyone? We try to fix the situation **by ourselves**. We think we know better than anyone on how to pick ourselves up, but we end up falling down again and again. We don’t reach out for help, until it’s too late. Our stress morphs into depression and we withdraw into our own minds. We may seek medical assistance or Dial 988 for help. Most often we go it alone. Why? **Our faith is weak.**

David is depressed. He’s tired of being hunted. He’s physically and emotionally drained. He’s burnt out and ready to quit. So, what does he do? He calls out to God! He undeniably accepts that his life is totally in HIS hands, and not in his own. **He puts his trust in God.** Throughout Psalm 31, David acknowledges that God alone is in control of this life, and HE will sustain him as HE sees fit. Something we conveniently forget repeatedly.

When I find myself in times of trouble, God the Father waits for me, to remember HIS promises: **Come unto Me, all ye that labor and are heavy laden, and I will give you rest. Matt 11:28 (KJV)**

Prayer: *Lord God Heavenly Father. Give us a faith like David’s to call upon You in all our times of trouble, as You are always here with us. In Jesus’ Name. Amen.*

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