

## Prayer Cast: August 1

### Psalm 7<sup>[a]</sup>

As you enter into this time of meditation, take a slow breath. PAUSE. Together we invite the king of the universe who has our hearts, to be present with us. God with us. God, we ask for you to still our hearts and minds and allow us to be still in your presence. Help us to just be, Lord. PAUSE. Center us in yourself. Amen.

As we consider the words of **Psalm 7** today, close your eyes if you can. Allow the words to roll over you, as you listen. Set aside the other thoughts of the day and allow God to speak to you.

- <sup>1</sup> LORD my God, I take refuge in you;  
save and deliver me from all who pursue me,  
<sup>2</sup> or they will tear me apart like a lion  
and rip me to pieces with no one to rescue me.  
<sup>3</sup> LORD my God, if I have done this  
and there is guilt on my hands—  
<sup>4</sup> if I have repaid my ally with evil  
or without cause have robbed my foe—  
<sup>5</sup> then let my enemy pursue and overtake me;  
let him trample my life to the ground  
and make me sleep in the dust.<sup>[a]</sup>  
<sup>6</sup> Arise, LORD, in your anger;  
rise up against the rage of my enemies.  
Awake, my God; decree justice.  
<sup>7</sup> Let the assembled peoples gather around you,  
while you sit enthroned over them on high.  
<sup>8</sup> Let the LORD judge the peoples.  
Vindicate me, LORD, according to my righteousness,  
according to my integrity, O Most High.  
<sup>9</sup> Bring to an end the violence of the wicked  
and make the righteous secure—  
you, the righteous God  
who probes minds and hearts.  
<sup>10</sup> My shield<sup>[a]</sup> is God Most High,  
who saves the upright in heart.  
<sup>11</sup> God is a righteous judge,

- a God who displays his wrath every day.
- <sup>12</sup> If he does not relent,  
he<sup>le</sup> will sharpen his sword;  
he will bend and string his bow.
- <sup>13</sup> He has prepared his deadly weapons;  
he makes ready his flaming arrows.
- <sup>14</sup> Whoever is pregnant with evil  
conceives trouble and gives birth to disillusionment.
- <sup>15</sup> Whoever digs a hole and scoops it out  
falls into the pit they have made.
- <sup>16</sup> The trouble they cause recoils on them;  
their violence comes down on their own heads.
- <sup>17</sup> I will give thanks to the LORD because of his righteousness;  
I will sing the praises of the name of the LORD Most High.

David begins the psalm reflecting, as many of us do, on the trouble that has befallen him. He asks the Lord to deliver him, to be his refuge. And then he considers—did I do something? Have I made some mistake, some error to bring this pain upon myself? Where did I go wrong? Or did I? He comes around to the idea that no, he didn't—but if he did, Lord, bring on the pain, give me your justice! But if not—Lord, let me be found in you. Deliver me from my enemies, defend me, and bring their evil to an end.

The reality is that sometimes we are the just. Sometimes we are the righteous, and the evil that befalls us is not in response to our actions. It's the consequences of a fallen world. I have cancer because the world is full of harmful things. My child isn't well because of genetics that have been broken since the fall. Our suffering may be the consequences of sinful people around us, whose actions have consequences for the rest of us. That is truth.

It is also truth however, that sometimes we are the unjust. Sometimes we are the unrighteous. The one whose sin brought the consequences, for self and for others. The one whose lack of action brought pain.

Where do you find yourself today? Probably, you find yourself in both places. Take a moment to think over the last day. Where did you go awry? Where is there sin that you regret? Confess these things to the Lord now. PAUSE.

Now consider—who has wronged you? Have you been wronged in such a way that unforgiveness or bitterness is still hanging on? PAUSE. If so, take a moment to lay this

hurt and this person before Jesus. Ask Him to be judge and jury, and hand him the reins of this situation in your mind. PAUSE. Ask Him to bring healing to this space, and to fill it with the peace that comes from knowing that He is the Lord of the universe, and we are not. PAUSE.

Finally, do you have a situation that you are struggling with but there is no one to blame? It's just hard, because life is hard. Present this situation before the Lord. PAUSE. Now ask Him, in this stillness, to show you where He is working despite it. There is no circumstance that He cannot use for your good if you give it to Him. Sit quietly and ask Him to open your eyes to where he is working. PAUSE.

Lord Jesus, You are good.

In every area of my life, You have proven yourself good, over and over and over again. Today, may I prioritize You once again in my heart. With my thoughts, and with my time. With my actions. May I love like you. May I give like you. May I know freedom like you. IN Jesus name, amen.