



Lynda Williams
September 5th, 2023

The Cry of The Righteous Psalm 34

“¹⁷When the righteous cry for help, the Lord hears and delivers them out of all their troubles. ¹⁸The Lord is near to the brokenhearted and saves the crushed in spirit. ¹⁹ Many are the afflictions of the righteous, but the Lord delivers him out of them all.”

Jesus, at the cross, experienced the turning away of our Heavenly Father. This was the time of his deepest distress and at the point of his greatest need. Yet heaven was silent. ‘My God, my God, why have you forsaken me’ he cried. Few things are more painful in life than the total rejection of a parent.

Yet these verses tell us that when the righteous cry for help, the Lord hears. How can we be among the righteous? Because Jesus was willing to go to the Cross, the rejection that our sins deserved is paid for. We who accept Jesus’ sacrifice for us, by faith, never have to fear God’s rejection again. Now we can walk in the truth of these verses, the Lord hears us, he will deliver us in all of our trouble, he is near to the broken-hearted, he saves those who are crushed in spirit.

Sometimes we feel so devastated by our circumstances we think that we can’t go on. The apostle Paul also knew what that felt like, and he assured the church at Corinth that: “We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed;” 2 Corinthians 4:8-9 ESV.

God never promised that we would have no trouble in this life. In fact, he told us that our afflictions will be ‘many’. What he did promise is that he would deliver us from them ALL. He is right here with us.

Prayer: Lord, sometimes I feel as if you are far away and as if you do not hear me when I call. Sometimes I feel unworthy of calling and sometimes I feel so crushed I can’t even muster a cry. Yet you call me righteous, not because I deserve it but because Jesus faced all the rejection caused by sin for me. Therefore, I believe your Word. I cling to my hope in You. Amen.