

Day 10

Remember Who He Is

Why are you downcast, O my soul? Why the unease within me? Psalm 43:5a

We've all been there. We have faced things that are too big for us, feel all consuming, and it's overwhelming. God may feel far away, and we don't know where to turn.

It is reassuring to know that David, the man after God's own heart, felt that way too. One of the things I love about David is that he unashamedly poured his heart out to God in the good, the bad, and the ugly moments of his life. Just like David, we can be honest with God and give all our burdens, anxieties, and cares to him. He can take it. But another remarkable lesson from David is how to combat and overcome the despair that can threaten to ruin our day and take our eyes off God. David didn't stay stuck in his grief. His identity wasn't found in his situation. He knew that regardless of the situation, it was momentary. God is eternal. No matter how insurmountable the issue at hand, God is enough. Period. David, time after time, psalm after psalm, circles back to the character of God. Hope in God; For I shall yet praise Him, The help of my countenance and my God (Psalm 43:5b).

In the moments where seeking God is hard because our mind keeps going back to the problems we face, remind yourself of who God is and what He has promised us.

Our God will fight for us (Exodus 14:14)

Have I not commanded you? Be strong and courageous! Do not be afraid, for the Lord your God is with you wherever you go (Joshua 1:9)

Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me: Your rod and staff comfort me...Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the Lord forever (Psalm 23: 4, 6)

Though the mountains depart and the hills be shaken, My love will not depart from you, nor will My covenant of peace be shaken, says the LORD who has compassion on you. (Isaiah 54:10)

For I am persuaded that neither death nor life, nor angels nor principalities, nor things present nor things to come, nor powers, nor height nor depth, nor any other created thing will be able to separate us from the love of God that is in Christ Jesus our Lord (Romans 8: 38-39)

Remember, whatever is trying to take your eyes off the Lord is temporary. He is everlasting, as are His promises and love for us. Regardless of what comes your way, stand on His promises. Shout His goodness from the rooftops! Well maybe not the rooftops, but in all sincerity, speak the scripture out loud, over your situation. The Jewish people passed the Bible down orally, and there is just something about speaking it. You can't just skim over it. This is also a declaration of faith and a great witness to those around you.

Reflection: What truth statement do you need to speak over your life today to instill hope in the God of the universe? How will your hope in God help you to say "yes" to God?