Shalom AZ Ministries

In Pursuit of Israel's Redemption

"Actually Put the Ball in His Hands and Let Go"

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Devotion and Discussion Questions

Key Texts (TLV): Ps. 140; 20; 110; *Phil. 4:6-7*

Imagine being on a basketball team with Michael Jordan. Even if you weren't much of a basketball player, you'd know what to do with the ball. You'd get it into his hands. You wouldn't spend the game trying to make every shot yourself while the person best equipped to make them stood beside you. The same is true if your quarterback were Dan Marino. You'd want him leading the play. But somehow, when it comes to the Lord, we can say we trust Him and still insist on carrying the ball ourselves. We pray, "Lord, take this," while keeping both hands wrapped tightly around it. That's not much of a handoff.

There is a difference between mentioning our problems to God and actually entrusting them to Him. Prayer isn't meant to be the last resort after we've exhausted every other possibility. It is to be the first place we go with our needs, anxieties, fears, and every situation that feels beyond our control. Phil. 4:6–7 reminds us to bring everything before God with prayer, petition, and thanksgiving, and promises His shalom to guard our hearts and minds in Messiah Yeshua. But releasing something into His hands does not mean refusing to act. It means listening for His instructions and moving in obedience to His voice, rather than trying to control the outcome ourselves. Psalms 140 and 20 give us the prayers; Psalm 110 points us toward the One who holds the answer.

1. BRING THE BATTLE TO THE LORD (Ps 140). David opens Psalm 140 with an urgent cry: *"Rescue me, ADONAI, from the evil man. Protect me from the violent men"*(Ps. 140:2). The word translated "rescue" carries the idea of being pulled out with strength. David isn't facing a minor inconvenience. He's surrounded by people calculating evil in their hearts, stirring up conflict every day, sharpening their tongues like serpents, and laying traps for him. Their violence begins with a kind of me-firstness that has no concern for the good of others. And David knows what it's like to face battles he never went looking for—from Goliath to Saul to Absalom. David knows the battle is real and he doesn't pretend otherwise. He calls on ADONAI to watch over him, protect him, and pull him out.

Yet notice where David takes his anger. He doesn't deny evil or pretend that injustice doesn't matter. He asks God to stop the wicked and vindicate the afflicted. Some of his requests sound fierce, but he offers them as prayer rather than taking vengeance into his own hands. That's the point: he gives the battle to the Lord. *"YOU are my God!"* he declares, and then calls Him *"the strength of my deliverance"* (Ps. 140:7–8). He trusts the One who shields his head even when the battle is close enough to touch him. And by the end, he can say with confidence that ADONAI will secure justice for the needy and that the upright will dwell in His presence. We, too, can oppose what is evil without becoming like the evil we oppose. Bring the wounds, the anger, and the need for justice to Him. Let Him be your defender.

2. REMEMBER WHO IS ON YOUR SIDE (Ps 20). Psalm 20 begins with a blessing for someone in a tight place: *"May ADONAI answer you in the day of trouble!"* (Ps. 20:2). That day of trouble is the day when life squeezes you, when the pressure seems greater than your strength. You may be outnumbered, outgunned, outmanned, or simply overwhelmed. The people pray that God would send help from His sanctuary, sustain His anointed from Zion, and answer his requests. They bring their plans, desires, and petitions before Him because they know that victory will not come merely through their own ability. There is something beautiful about a people who do not just talk about prayer, but actually call on the Lord together. They look to Him before they look to their resources.

Then the tone changes: *"Now I know that ADONAI saves His anointed"* (Ps. 20:7). Hope becomes confidence: *"Some have chariots, some have horses, but we remember the Name of ADONAI our God"* (Ps. 20:8). Their opponents may have impressive strength, but chariots and horses can collapse. Those who trust ADONAI rise up and support one another. The picture is of people surrounding each other, strengthening one another, even warning one another when needed. We don't have to face the day of trouble alone. And we need to remember that the Lord's answer may look different from what we imagined. Israel longed for deliverance from visible oppressors, yet Yeshua came as a humble servant to confront a deeper bondage. The Lord sees what we cannot see. We can trust His answer, even when we don't yet understand His way of bringing it about.

3. TRUST THE KING WHO WILL FINISH THE BATTLE (Ps 110). In Psalm 110, David hears ADONAI speaking to someone David calls his Lord: *"ADONAI said to my Lord, 'Sit at My right hand, until I make Your enemies a footstool for Your feet'"* (Ps. 110:1). Think about that. There is a throne, there are enemies, and there is a command to sit while ADONAI accomplishes what He has declared. This is not a picture of God being uncertain about the outcome. His mighty scepter goes forth from Zion, and His rule extends in the midst of His enemies. Psalms 140 and 20 have shown us the cry for rescue and the confidence that God answers. Here we see the greater assurance behind both prayers: the purposes of ADONAI will be accomplished. He has not lost control, even when evil appears to have the upper hand.

This royal psalm points to Yeshua, David's descendant and yet David's Lord. He is not only King, but also *Kohen,* a priest forever according to the order of Melchizedek (Ps. 110:4). ADONAI has sworn it and will not change His mind. His purposes are not fragile, and His promises are not tentative. The people of this King willingly offer themselves in the day of His power; they belong to Him in holiness. A day is coming when He will judge evil, establish righteousness, and bring His kingdom purposes to completion. That doesn't mean our present pain is imaginary, or that we will never again encounter trouble. It means that the final word does not belong to injustice, violence, fear, or the enemy. It belongs to our King. Our responsibility is to keep trusting, keep calling, keep listening, and keep obeying as He leads.

CONCLUSION

There are burdens we have carried so long that holding them feels normal. Perhaps it's a conflict at home, a frightening diagnosis, a financial need, a broken relationship, or an injustice that leaves you angry and exhausted. You may already have prayed about it many times. But have you released it? Have you actually put the ball in His hands, or have you handed it toward Him while refusing to let go? The Lord is not asking you to stop caring, and He isn't calling you to do nothing. He is calling you to stop treating yourself as the one who must make everything work. Talk to Him. Lift your voice. Listen for what He says. Then do what He asks, trusting Him with what only He can do.

Today, bring to the Lord the situation you've been trying to control. Confess the fear, resentment, or pride that has kept you gripping it. If you've never entrusted your life to Yeshua, don't merely ask Him to solve a problem; surrender yourself to Him as your Savior, King, and faithful High Priest. And if you've known Him for years, return to that place of dependence. Say, "Lord, this is Yours. I need You. I will listen and obey, but I will not keep trying to take this out of Your hands." His answer may not come in the shape or timing you expected, but He hears when you call. May we be people who do more than speak about prayer. May we actually pray, actually trust, and actually let go.

DISCUSSION QUESTIONS

1. What do David's descriptions of violence and injustice in Ps. 140 teach us about bringing our anger to ADONAI rather than acting out of it?
2. Where in your life have you prayed about something but continued trying to control every part of the outcome?
3. How does the contrast between chariots and horses and the Name of ADONAI in Ps. 20 challenge the things we rely upon for security today?
4. Who around you needs the kind of practical encouragement, protection, and honest support described in Ps. 20?
5. How does the picture of Yeshua as reigning King and eternal Kohen in Ps. 110 change the way you wait for an answer to prayer?

CLOSING PRAYER

ADONAI, You are our God and the strength of our deliverance. Forgive us for speaking about trusting You while holding tightly to the things we've brought before You. Rescue us from evil, guard our hearts in the day of battle, and teach us to remember Your Name rather than rely on our own strength. Give us ears to hear Your voice, willing hearts to obey, and faith to trust Your answer even when we cannot understand it. Thank You for Yeshua, our King and faithful Kohen, whose purposes will surely stand. Today we place our fears, our needs, our loved ones, and our future into Your hands. Fill us with Your shalom, and help us truly let go.

B'Shem Yeshua, In the name of Yeshua, amen.