



*The Lord is my strength and my shield; my heart trusts in Him and I am helped.
My heart leaps for joy and I will give thanks to him in song. Psalm 28:7*

Our verse for this week gives 1. A statement of fact
2. What happens when I believe that fact?
3. My natural response

Let's look at each one of these:

1. A statement of fact:

"The Lord is my STRENGTH."

For His children (for us) God has promised to be our strength. Remember when the Apostle Paul felt inadequate and not able to do what God wanted? He wrote these comforting words: ***"Your strength is made perfect in my weakness."*** Paul also said, ***"You, who by the Holy Spirit's power working in me, can do far more than I ask or imagine."***

"The Lord is my SHIELD."

In the olden days, a shield was used for protection against an enemy. Luther said we have 3 enemies: 1) Satan, 2) the influences of the world, and 3) our own flesh. How can God protect us from these enemies?

From Satan?

"But whoever listens to me will live in safety and be at ease, without fear of evil." Prov 1:33
I love the Veggie Tales song: "God is bigger than the Boogyman!"

From the influences of the world?

"In this world you will have problems but be of good cheer: I have overcome the world."

From our flesh, our own selves?

"And those who belong to Christ have crucified the sinful nature with its passions and desires." Gal 5:24

2. What two things happen when I believe the fact that the Lord is my strength and shield? ***"My heart trusts in Him and I am helped."***

"My heart trusts in Him." It's so easy to say, "I trust in Him." But if I am kept awake at night or get headaches/upset stomach over a situation – that is the opposite of trust. That is worry and worry is a sin. (God wants us to be **concerned**, but not to worry!) So how can we build trust? Jesus told his disciples: ***"Watch and pray. For the spirit is willing but the flesh is weak."***

The most important time of our day will be when we meditate on a word of Scripture and pray. Isn't it great that we have the privilege to converse with God - have God talk to us and we talk to Him?

“I am helped!” This is the promise! For whatever we are calling out for...., God will use His supernatural intervention to help. This is the reward for trust in Him!

Proverbs 3:5 ***“Trust in the Lord with all your heart and don’t lean on your own understanding. Acknowledge Him in all your waysAnd He will make your path straight!”***

Do you notice that this reward is conditional? The trust comes first. Can you see how God’s heart overflows with joy when we trust Him with our problems and hurts, how motivated He is to step in and help?

3. My natural response: ***“My heart leaps for joy and I will give thanks to Him in song!”***

If we are dealing with health challenges, if we are trapped in a situation, if we lose our job, if we are drowning in debt, if we are hurt in a relationship, whatever we spend our time fretting about.....it doesn’t have to discourage us!

God appeals to us to let Him lead and guide us. He wants us to lean on Him. And when that happens, we naturally will respond with David: ***“My heart leaps for joy and I will give thanks to Him in song!”***