

Psalm 69

Author: David

David is a man after God's own heart (1 Sam.13:14) and someone with whom we can relate. He has suffered a life of being ridiculed, laughed at, offended, and embarrassed, not mention the numerous attempts on his life. Most individuals would collapse in such circumstances. Though David has had some Eeyore moments, he continues to stand strong. In so doing, he leaves a legacy of faith so all those who come behind him can remain faithful, too.

Up To My Neck

Have you ever been up to your neck in "it"? You are probably nodding your head in agreement and saying under your breath, "Have I ever!" "It" can be anything from financial woes to wondering how to respond to a rebellious child. Maybe you have been up to your neck with marital infidelity, or sexual harassment on the job, or eating disorders, or unemployment.

Sometimes we can sink deep in the miry depths, unable to get a foothold (verse 2). No matter what we do, our good intentions fail to get out of "it". What would happen to our "it" if we resolved to turn to God, seek Him, and fill our minds with something positive, encouraging, and life-giving?

Read Proverbs 3:3.

What does Solomon suggest we bind around our neck?

In the original Hebrew, *love* and *faithfulness* are translated as *truth* and *mercy*. Bound with truth and mercy, we will have the proper perspective and the right reaction to anything that attempts to come up around our neck. Our faith will become strong, giving us secure place to get a foothold if we start to slip. The deep waters of our "it" will subside.

Read Proverbs 3:4.

How does binding our neck with truth and mercy benefit us?

Worn Out

If I had a nickel for each time I said "I'm worn out," my future would be financially secure. Life is hard and requires great effort. Even with all our greatest efforts, things do not always turn out the way we planned. I'm sure David never imagined such a difficult life when Samuel anointed him king (1 Samuel 16:13). Whether we are anointed king of a country, or whether we are pushing a broom at a local big box store, life can wear us out.

Over the years, Matthew 11:28-30 has brought me incredible comfort. I recently discovered it in *The Message*. This Scripture reached even deeper into my state of worn-out-ness to bring me peace. I pray it will do the same for you.

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—

watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me, and you'll learn to live freely and lightly."

Jesus is speaking to a multitude of people, and He offers help to anyone who is weak, weary, and worn out. He gives us a four-step action plan. We can take the first step by coming to Him and saying, "Lord, I am tired and worn out. I don't know if I can make it through another day." Look at Jesus' tender response to our first step, "**Come with me. Get away with me. Walk with me. Work with me.**" What a comfort it is to know we are not alone. Figuring out how *not* to be worn out is *not* up to us. He does it. What a relief!

When we spend time with Him, we will learn His ways. And His ways will teach us how to do life without getting worn out. In the four-step action plan, (Come with Me. Get away with Me. Walk with Me. Work with Me.) we can recover our life. We will live life free, experiencing and extending His unforced rhythms of grace.

What is your favorite part of Matthew 11:28-30?

My Eyes Fail

Our eyes fail from the strain of looking for ways to lighten our load on our own. Tears flood our tired eyes when we have exhausted all our efforts and find we have failed. Then we cry out, looking for God, but we fail to see Him because our efforts have taken us so far away from His best for us. And while our eyes may fail to see Him, ~~but~~ His eyes see us, and His ears hear each desperate cry.

I remember feeling like David, outnumbered, and without hope. I also remember the eyes of my heart discovering the hope of Ephesians 1:18-20.

Read Ephesians 1:18-20.

What belongs to those who believe?

I began to pray this prayer:

Dear God,

I pray that the eyes of my heart will be enlightened ~~in order~~ that I may know the hope to which You have called me and the riches of Your glorious inheritance in Your holy people, and Your incomparably great power that is mine because I believe. I know this is the same power You exerted when You raised Christ from the dead and seated Him at Your right hand in the heavenly realms. Amen.

Overtime, my faith became sight, my belief fell into agreement with my prayer, and His Words nourished my weak and worn-out state, giving me new life.

In this Psalm, David was up to his neck in trouble, worn out, and unable to see God, but he found the strength to pray. It is this resolve—the choice to look beyond circumstances and go to God—which keeps all those who face such circumstances from collapsing. Thank you, David, for leaving such a legacy of faith and resolve.