

Meditation 2, Psalms 3 & 4

“The Lord Has Set Apart the Godly for Himself.”

"O LORD, how many are my foes! Many are rising against me; many are saying to me, "There is no help for you in God." Psalm 3:1

"But know that the LORD has set apart the faithful for himself; the LORD hears when I call to him... I will lie down and sleep in peace; for you alone, O LORD, make me lie down in safety." Psalm 4:3, 4:8

Opposition is as much a fact of life as is sickness and aging. Sometime the person who opposes us is really doing what is best for us – might even be a servant of God! Other times a bad spirit has taken root in the other person and we can't understand why the person is against us. There are also times when people we depend upon seem unhelpful; their lack of support feels like opposition.

How should we respond to those situations? We could redouble our efforts to convince the other person to support our cause. We could become angry or discouraged. Or we could do as the Psalmist did, present our complaint to God and then trust God to deliver us to the condition HE thinks we need to arrive at. Then, having giving the matter over to God, we can go to our bed and enjoy peaceful sleep. That is the peace that surpasses all understanding!

Prayer: “Lord, grant me the faith to trust the future to you and in the night, grace to sleep in peace.”

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