

## Meditation 3, Psalms 5 & 6

### **“The LORD Shelters Those Who Abide in His Ways.”**

*“For you are not a god who abides wickedness; evil cannot abide with you.” Psalm 5:5*

*“Oh Lord, turn! Rescue me! Deliver me as befits your faithfulness.” Psalm 6:5*

Many Psalms tell of suffering at the hands of enemies. Sometimes the enemy is a malevolent gossip who twists facts around to make the writer look bad in front of other people. Other times the enemy represents a mortal danger to life and security. Whatever the threat, like people today, the writers of the Psalms experienced worry, loss of sleep and even outright terror.

The Psalmists were not shy in how they expressed their feelings to God. Speaking to God of their oppressors they wrote such things as “there is no sincerity on their lips; their heart is filled with malice; their throats are open graves; their tongues are slippery.” They also wrote of unpleasant physical symptoms they experienced when oppressed: languishing spirits, bones shaking with terror, eyes wasted by vexation, feeling worn out, groaning and weeping.

Things are no different for us. Even when trying to do our best we can experience opposition and attacks. When these attacks come we should go to God with our feelings, tell the LORD how we feel. He can handle our feelings, even the negative ones. One time Jesus’ disciples were so angry at an entire town and asked Him to call down fire on that town! Of course He didn’t - that is not what Jesus came to do, and He said so. But they were safe in expressing their feelings to Jesus. So are we but as much as is possible let us not call down fire upon those who oppress us but take the high road to safety and security: pray for grace and spiritual strength to endure hardship and in God’s good time, receive His victory.

***Prayer: “Loving heavenly Father, though oppressed and opposed by enemies, I seek protection in your arms and deliverance through your abundant grace.”***

Rev. Lonnie Dufty