

Meditation 7, Psalms 13 & 14

“Deliverance Comes from Zion”

"How long, O LORD; will You ignore me forever? How long will You hide Your face from me? How long will I have cares on my mind, grief in my heart all day? How long will my enemy have the upper hand?" The LORD looks down from heaven on mankind to find a man of understanding, a man mindful of God... Oh that the deliverance of Israel might come from Zion... Psalm 13:2-3, Psalm 14:2, 7

The Psalmists often wrote of suffering. Sometimes their sufferings came through no fault of their own. Other times their pain was a result of their own actions. Whatever the cause, suffering is painful and hard to endure. Even believers can wonder where God is; we can feel He is far away and removed from our pain.

God is not untouched by our pain. The LORD came into this world as a sacrificial lamb and having no sin of His own or inherited guilt, in innocence suffered more than any human ought to suffer and in His suffering laid down His life. Harsh as His sufferings were, the rewards for humanity are great. Through His life, death and resurrection He brought salvation and new hope to many. In Him we can end the cycle of sin and suffering. This is the message of Christmas—deliverance is through the Messiah, the savior of all who turn to Him in repentance, faith and obedience.

Prayer: “Dear Lord, I pray you will make known to me the way of deliverance from sin and sorrow. Help me turn to what is right, grant me the gift of faith and power to follow Jesus in obedience. Save me from the oppressor. Amen.”

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