

The Point: God lifts us up when we feel down.

The Passage: Psalm 31: 1-8

Psalm 31

For the director of music. A psalm of David.

¹ In you, LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness.

² Turn your ear to me, come quickly to my rescue; be my rock of refuge, strong fortress to save me.

³ Since you are my rock and my fortress, for the sake of your name lead and guide me.

⁴ Keep me free from the trap that is set for me, for you are my refuge.

⁵ Into your hands I commit my spirit; deliver me, LORD, my faithful God.

⁶ I hate those who cling to worthless idols; as for me, I trust in the LORD.

⁷ I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul.

⁸ You have not given me into the hands of the enemy but have set my feet in a spacious place.

It is the beginning of a brand new year!! A fresh start!! So why are so many of us down in the dumps, feeling the blues, just plain long grumpy? For many years, I have experienced these feelings early in January. Thankfully, not never a serious depression, but a sadness or letdown feeling that is hard to shake. And I suspect (and this has been confirmed by many of my friends and family), that I am not alone. Undecorating, cold and dreary days, SO many days on my new calendar until spring arrives!! Our commentator notes that there is a day designated as Blue Monday, January 18! Now who would want to celebrate that one???

King David wrote some amazing psalms of praise, but he also wrote psalms that reflected his troubled soul. Through his words, we find the best answer to the blues.

David sought refuge in the Lord. He opened this psalm with an emphatic declaration of trust in the Lord. His need to seek refuge stresses the insecurity and self-helplessness of those we may perceive as the strongest men. He did not specify the difficulties he was facing, and that makes this psalm applicable to adversities we may face. How did David expect the Lord to save him? Not on the basis of his own merits, but instead on the grounds of the Lord's righteousness. David pleaded with God to listen closely to his prayer and cry for help. He not only wanted rescue but that it would come quickly. He entreated Yahweh to be his rock of refuge and his mountain fortress. David's earnest appeal to the Lord in these first 2 verses show a feeling of being overwhelmed by his circumstances. He felt weighed down by life's difficulties, but he KNEW where to take his burdens.

The next verses remind me of the old song "He hideth my soul in the cleft of the rock." What a comfort it was to David and to each of us that we can depend on the safety and protection. When we feel overpowered by financial strains, health issues, family crises, or other devastating circumstances, we can cast our cares and burdens on the Lord just as David did. In the middle of great turmoil in our life, we can choose to deposit our lives into the Lord's hands

and He will give us the strength and carry us through. David had not lost heart because he had a personal relationship with the Lord. David and each of us are redeemed and rescued. We entrust our spirit into God's hands, knowing that He will care for us and protect us. He already knows the troubles of our souls, but He will not let the enemy overtake us. I really related to the verse that states that He has "set my feet in a spacious place." What I need to do to "weather the blues" is simply turn my sorrows, my fears, my melancholy, over to God. He can "turn it around" and put my mind, life and attitude in a better place – a spacious place. The Lord's deliverance results in a new freedom, surrounded by peace and security. When we are able to acknowledge our need and dependence on God, like David, we too can experience the Lord's lifting us up when we feel down.

Other passages you may want to reflect on as you too "weather the blues"

Philippians 4: 6-8 Finally brothers, whatsoever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Psalms 34: 18 The Lord is close to the brokenhearted and saves those who are crushed in spirit.

Psalms 94: 18-19 When I said, "My foot is slipping," your love, O Lord, supported me. When anxiety was great within me, your consolation brought joy to my soul.

Quote to ponder: "So God, this one's for you. This day and all that lays before me I put in your hands. The rain. The fatigue. The responsibilities. The part of me that feels stretched beyond my limits. This day I give to you, knowing your limits are infinite and your love is inexhaustible." -- Debra Klingsporn

Pray: Father, thank you for Your faithfulness in all seasons of our lives. Help us to call out to You when we are feeling down.