Dear Open Door Family,

When something really awful happens to me or someone I love - it is on my heart and in my mind and I find it hard to quit thinking about it. There are times when I will sit and try to figure out ways to change the situation or methods of helping the person who is struggling. A few times when I have felt that I was under attack personally by someone I found it hard to think clearly or to sleep well. We all react differently to hard things in our lives. Each of us will react in some way when a son or daughter is hurting, or when a friend or relative turns against us and slanders us to others. For many it will mean having a hard time sleeping as thoughts and emotions churn away in our minds. That is why this Psalm is such a challenge. Let's look at it together.

PSALM 3:1-8 (NLT) A psalm of David, regarding the time David fled from his son Absalom.
[1] O Lord, I have so many enemies; so many are against me. [2] So many are saying, "God will never rescue him!" [3] But you, O Lord, are a shield around me, my glory, and the one who lifts my head high. [4] I cried out to the Lord, and he answered me from his holy mountain. [5] I lay down and slept. I woke up in safety, for the Lord was watching over me. [6] I am not afraid of ten thousand enemies who surround me on every side. [7] Arise, O Lord! Rescue me, my God! Slap all my enemies in the face! Shatter the teeth of the wicked! [8] Victory comes from you, O Lord. May your blessings rest on your people.

The title of the Psalm tells us WHO wrote it and when it takes place. Absalom had slandered his father, King David, and rebelled against him. He had gathered and army of traitors around him and he was trying to hunt down and kill his father. With very short notice David had to pack up and run for his life. He went into hiding until Absalom could be caught or killed. The heartbreak in this was awful for him. He loved Absalom and yet his son was doing something evil. The anxiety and fear for himself and for his son must have been terrible. Yet in the middle of all of this David remembers that God is his protection his SHIELD. David remembers that God is the one who Answers when he cries out to Him. So he can sleep with confidence, peacefully, knowing that God is watching over him. He trusts God enough in the middle of this terrible crisis to sleep and let God handle the problem. I wonder how many times have I lost sleep because I did not TRUST God? How many times have I stayed up trying to figure out a way that I could make it all work out rather than casting myself on God and His Mercy? What an amazing lesson. In he midst of the chaos and turmoil caused by Absalom, David sleeps and Trusts God to take care of him.

PRAYER: Lord, thank you that You are TOTALLY TRUSTWORTHY. Thank You that You are in Control even when it seems that ALL of the things around me are spinning out of control. Help me to put everything that I am facing, all those things which cause me to worry into YOUR hands and to trust You to do what is best.

Pastor Mark Kieft
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