

“Oh, please help us against our enemies, for all human help is useless.” Psalms 60:11 NLT

## [lectio] // PSALM 60

listen to the text by reading out loud slowly and repeat up to 3x if desired

David was still reeling from some wins, but also horrible losses. This meant men died, families grieved and the King is trying to figure out why and what's next. He's the King, he's not supposed to be weak or needy, but here in Psalms he records what he is thinking and feeling - abandoned by God. I think everyone experiences this at one time in their life. I know very few have the weight of a nation on them. David, exhausted and exasperated writes this, “help us.” These couple of years have all been about “who's in control?” I really thought I was making things happen, or keeping things going by my wit, smarts, humor and charm - I was seriously WRONG. I am way over my head, not in what others think I'm good at, but what I know is impossible without God. I have not only learned that God is in control, but that I WANT him in control and I simply and humbly follow his lead. I can, we can do nothing without him. So David's heart-felt plea is for all humans, “help us, for all human help is useless.”

## [oratio]

Dad,  
I know you want us both dependent and interdependent on you and others. It's how you've designed us. The struggle is my own heart's desires want complete independence from you and others. I have to regularly submit to this truth, “I need you and I need others!” David helps me see that power and control does not get the results that I want nor what you want for me and those in my tribe. Help me live this truth of trust and need to listen and receive with gratitude.

## [contemplatio]

rest in the presence of God, allowing the words revealed to take root