

“I look for someone to come and help me, but no one gives me a passing thought! No one will help me; no one cares a bit what happens to me. Then I pray to you, O Lord. I say, “You are my place of refuge. You are all I really want in life.” Psalms 142:4-5 NLT

## lectio // Psalm 142

This is exactly where I was at as a teenager and this is exactly the way I felt. Between 15 years old when I said “yes” to God, until 20 years old struggling on my own to negotiate love, job, school and life. This is why I spent time reading Psalms. It might be depressing to some, but it was refreshing to me. I imagined that David had it all. He got the fame, the girl, and eventually the crown. But it was his honesty and transparency, written here in these passages, that brought comfort to me. As I prayed the prayer of complaint, I also followed with his prayer of conclusion: “You are my refuge, you are all I really want in life.” And, I added, “all I really need.” There have been a few times later on in my life that I felt like I was being stripped of everything I had gained or earned. The girl, the job, the family, the education and the honor and prestige of being a pastor, I worked hard and trusted God to get to those places. Then a few things happened that made me realize that it could all be taken away or I could do something stupid and lose it all. Whether it was a major financial or ministry setback or just poor decisions on my part, I had to come back to the simplicity of David’s words. God is all I really wanted AND needed in my life. If I lost EVERYTHING, he was still my foundation, my rock and my hiding place. Thus far, my life and all that God has given me has not crashed and burned, but I still hold to him like he’s all I’ve got that matters THE most. Oh, btw, the fear of “losing” all that I have “gained” makes it harder to take the risk of being obedient to his call!

## oratio

Dad,

These are not just words David wrote, they are life. It’s ironic that I thought obedience was hard when I had little, I now know it is harder when I have MUCH. Hard Jesus truth, “to whom much is given, much is required” (Luke 12:48). Am I prepared to give more and much?

## contemplatio

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