

“The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving.” Psalms 28:7 NLT

lectio // Psalm 28

David, always the warrior, borrows two symbols from his experience as a fighter - strength and his shield. One is not good without the other when it comes to defending yourself. No strength, and you can't protect yourself by holding the shield. No shield, well no amount of strength will stop an arrow or a sword slashing down on you. These are defensive tactics and postures. David writes, God is BOTH for him. When he is both weak and without a shield, God is holding his defenses for him. As he writes these words he is strengthened even in his memory of how he got this far in life. How he lived through battles, ran from his own king and survived being hunted down by his enemies. In this it shakes him and reminds him of God's protection and provision. How? It's quite miraculous. I've seen this protection and provision in my own life. I try to make sense of how it happened, how it all adds up. I just accept it graciously and I too burst with Joy!

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pray as responding to the words, phrase, sentence that God has stirred within you

Dad,

I am not a warrior like David, but I am fierce about fighting the good fight in this life. Thank you for being my strength and my shield. Thank you for both your protection and your provision. I too have had enemies, but they did not take me down because you sustained me.

contemplatio

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