

The Blessedness of Trusting in the Lord

Ponder: Trusting God in times of fear

Scripture: “O taste and see that the Lord is good; Blessed is the man who trusts in Him” (Psalm 34:8, NKJV).

What scares you? A better question would be, “What do you do when you’re scared?” Some might exclaim, “I’m not scared of anything!” Excuse me if I say, “I doubt that!” Even a valiant warrior like David experienced occasions of fear.

The title of Psalm 34 says it is “A Psalm of David when he pretended madness before Abimelech, who drove him away, and he departed.” It refers to an incident in 1 Samuel 21. To keep from being murdered by King Saul, “David arose and went to Achish, king of Gath” (v. 10). Gath was a Philistine city, and “Abimelech” was a title commonly used by Philistine kings, including King Achish.

One of Achish’s servants warned him about David’s reputation in battles with the Philistines, particularly the song the women of Israel sang: “Saul has slain his thousands, and David his ten thousands” (v. 11). It is hardly surprising, then, that “David took these words to heart, and was very much afraid of Achish” (v. 12). He had escaped the murderous Saul, but now Achish would want him dead too!

How did David deal with his fear? He used a proper combination of faith and works! First, see his faith: “I sought the Lord, and He heard me, and delivered me from all my fears” (Psalm 34:4). “This poor man cried out, and the Lord heard him, and saved him out of all his troubles” (v. 6).

Yes, David trusted in God; but he didn’t expect the Lord to miraculously convey him to safety. David put works with his faith by changing his behavior. He pretended to be crazy, scratching on the doors of the gate and letting his saliva fall down on his beard (1 Samuel 21:13). Achish made it clear he wanted nothing to do with a madman, so David escaped” (21:15 & 22:1).

Like David, you will encounter scary situations. David encourages you to taste (experience) the goodness of the Lord. True blessedness (peace, calm, tranquility) comes when you put your trust in Him as David did.

Song: “Anywhere With Jesus”

Prayer: “Mighty God, how blessed we are to be able to trust You absolutely. Especially in times of fear we can put our confidence in You, knowing that You will hear us and do what is best. We thank and praise You for Your great faithfulness. In Jesus’ name, Amen.