



Devotional Study Guide Journal

January 13th

At the End of the Day

Psalm 3:1-3

Lord, how they have increased who trouble me!

Many are they who rise up against me.

² *Many are they who say of me,*

“There is no help for him in God.” Selah

Does this scenario sound familiar? You’ve had a relatively good day completing most of the tasks you set out to do and showing love and patience with the people in your life. Your faith in God is solid, too. But sometime during the day, usually just before going to bed, a sense of inadequacy seems to surround you. Read the Psalm above and see if it applies.

The causes of this storm can vary. Perhaps you have actual people in your life who remind you of your inadequacies. Your work environment could be hostile, or you have a family member who is unkind. It could be that evil spiritual forces are involved seeking to undermine your faith in God. Often it is our own awareness of our imperfections that accuse us. Even worse, religious expectations can be involved. MANY are they who rise up against you. Ten minutes ago, you felt mostly ok, but when these enemies begin to accuse, we can feel a sense of hopelessness. “There is no help for you in God.”

Let’s go a little deeper. What is that “one” thing that about your life that bothers you? Your day was great. Maybe it was nearly perfect. If the Lord stood before you, He would likely say, “Well done.”

But at the end of the day, you are still _____.

The answer to this fill-in-the-blank is often one’s most sensitive difficulty. It’s often some physical trait that one is powerless to change (sickness, too fat, too thin, unattractive). It could have to do with dissatisfaction in relationships (feeling unloved by those who should love you, feeling alone). Many times, it has to do with financial resources (lack of education, unemployed, in debt, low income). Whatever it is, when that moment stares you in the face, it often comes with, “There is no hope for

you in God.” When you hear thoughts like this, know that they are not coming from God.

This voice is from those who “rise up *against*” you. In Jesus’ name, we don’t have to stay “there.” Thankfully, the psalmist continues. As you read this, picture the tenderness of God. He is not like those who accuse. He reaches out to comfort and protect. He hears and answers.

Psalm 3:1-3

*But You, O Lord, are a shield for me,
My glory and the One who lifts up my head.*

*⁴ I cried to the Lord with my voice,
And He heard me from His holy hill. Selah*

*⁵ I lay down and slept;
I awoke, for the Lord sustained me.*

These times can be intensely personal. David wrote this Psalm when he had to flee from danger—from his own son Absalom whom David greatly loved (2 Sam.18:33). There are so many things that can weigh us down, but feeling rejection and danger from one’s own child must be one of the worst.

BUT You, O Lord, are a shield for me. God is the One who lifts up our heads that have fallen. When we cry out to Him, He hears us. So marvelous is this truth that David wrote that even in the midst of what seemed hopeless, he was able to lie down and sleep without fear that he would not wake up. He knew His God would sustain him through danger and grief. Then David boldly declares:

Psalm 3:6-8

*I will not be afraid of ten thousands of people
Who have set themselves against me all around.*

⁷ Arise, O Lord;

Save me, O my God!

For You have struck all my enemies on the cheekbone;

You have broken the teeth of the ungodly.

⁸ Salvation belongs to the Lord.

Your blessing is upon Your people. Selah

Think about this. David did not know the indwelling presence of God as we do, and yet he models for us how to deal with the voices that tell us God can’t help us with “this.” When the focus suddenly shifts to your lack of whatever it may be, turn to Him. Confess your faith in Him to help you. Thank Him for His love. Rejoice that He is for you. He will help you. Lie down and sleep in peace.

On the next page, express in some way the truths in this devotional (a drawing, a song of praise, a prayer).

