

SOUL FOOD

MAY 13, 2017

PSALM 62:1-8 POUR OUT YOUR HEART TO GOD

Prayer is a real work that requires holy sweat. Personally, I think that effective prayer is more challenging than spending time in meditating on Scripture. It is easy to be distracted and we can easily lose motivation to engage with the Father in true heart-driven prayer. I have talked with many wonderful believers over the years who found themselves in seasons when prayer seemed especially difficult. While there can be many factors that influence such times, one of the threads of continuity in my discussions is that they developed a lack of confidence through times of suffering, discouragement, and disappointment. Such times can influence our hearts to grow cold toward God and we can begin to turn away from God in our discouragement. However, God does not go away and He continues to pursue His people like the "holy hound of heaven" that He is. Let us consider how this passage encourages us to continue and persevere in prayer.

The psalmist reminds us that God is our salvation, our rock, and fortress. Because God is all of these things for us, we shall not be GREATLY shaken. Note how we are not told that we will not shake at all. For, in our weakness we can feel like we are being tossed by the wind. However, the Rock upon which we stand cannot move. Not only does God provide us with salvation, but He IS our salvation. So, we have every reason to come to God boldly and confidently, even in the midst of our great weakness, pain, and struggle. We should be motivated by these attributes of God to come to Him in heartfelt prayer because He is our all in all.

Secondly, we are reminded that God is our hope. So, we should wait in confident silence before Him as we preach to our fragile hearts about the nature of our real and everlasting hope. When our hope diminishes we have a tendency to give in to despair. Without hope in God we will not be motivated to come to Him. Let us never forget that our hope for a glorious future is never diminished by circumstances or difficulties.

Lastly, let us remember that God is our glory. All other sources of glory, or renown, are fleeting. But, living for the glory of God perfectly satisfies our souls. Our tendency is to seek after glory that is fleeting and greatly dissatisfying. Our glory rests on God. What a glorious thought! Our truest delight, sufficiency, and satisfaction rest upon God who cannot lie or be unfaithful. He is faithful even when we are unfaithful. Our Rock, our Hope, and our Glory. What a motivation to pray!