

## Thoughts about Psalm 28

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*by*

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**"The Lord is my strength and my shield; my heart trusts in Him, and I am helped."  
- Psalm 28:7 (NIV)**

During the long final months with Grandma King, I would often read to her from the Scriptures. In those days, I did so as a comfort to her because I had no words of my own to strengthen and cheer her. I often marveled at the peace she could attain simply from hearing the Word, most of which she could recite right along with me. On one particular Sunday, when someone in her family had "done her wrong" and she lay dying in the hospital with no power to right that wrong, she asked me to read Psalm 28. I read it to her and thought to myself that she was very smart to remember something that could make her feel better even if the words sounded hollow to me. Then she said, "Lex, that wasn't for me. It was for YOU. When I am gone and you feel all alone, read it again."

As I think back on it now, I see the tremendous wisdom that old woman shared with me. The spiritual journey she started in me has led me to the inescapable conclusion that prayer is the refuge of the strong as well as the weak. The Lord says, "I took you from the ends of the earth, from its farthest corners I called you. I said, 'You are my servant'; I have chosen you and have not rejected you. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:9-10 (NIV). Even in this heartless world filled with its turmoil and suffering, we are never alone. I am sure if you stop and pause for a moment, you too will feel the awesome presence of God.

Throughout the Bible, God tells us He is our Shield, and that He will protect us from harm if we will only trust Him. "Let the beloved of the Lord rest secure in Him, for He shields him all day long, and the one the Lord loves rests between His shoulders." Deuteronomy 33:12 (NIV). I have often marveled that Pastor Rash is not afraid to pray for miracles. He seems to know what to pray for and he is unashamed to ask for mighty miracles. His unswerving faith that God will hear him and can do anything inspires and encourages me. I have seen God answer those prayers. "In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. And we know that in all things God works for the good of those who love him, who have been called according to his purpose." Romans 8:26-28 (NIV). When we suffer and hurt, we must be quick to turn to God and trust that He will ultimately work it out for our good.

Grandma was right about so many things. I hope that today as you go about your daily life, you'll take a moment to reflect with me about the amazing healing and comfort that the Lord can bring and remember that none of us are ever truly alone.