

Dear Heavenly Father,

### *Praise*

When David said, “Take hold of shield and buckler and rise for my help! Draw the spear and javelin against my pursuers!” (Ps 35:2–3), he pictured you as a warrior arming yourself for battle. I praise you today as the warrior-God, the God who takes up the sword to fight against my enemies! I will say continually, “Great is the LORD, who delights in the welfare of his servant!” (Ps 35:27). Hallelujah!

### *Today in Your Word*

Today you shared with me more of David’s psalms. Psalm 31 was a favorite of several biblical characters. Jonah’s prayer references it (Jonah 2:8), Jeremiah recalled it (Jer 20:10), and Jesus’ last words repeated it: “Into your hand I commit my spirit” (Luke 23:46). This psalm of faith is a message of encouragement to me when I’m battered and bruised by the storms of life. It calls me to be of good courage and to be cheered by David’s example and experience. David found you to be a refuge in time of trouble, and he urges me to put my trust in you. I say with joy, “Oh, how abundant is your goodness, which you have stored up for those who fear you” (Ps 31:19a). Psalm 37 is a balm for anyone who has been frustrated or disheartened by the prosperity of the wicked. “Don’t fret over evildoers,” you said, “They flourish for a time, but rest assured their day is coming. They will wither quickly like the grass. You will look around for them but they’ll be gone. Their sword will enter their own heart. They will be utterly destroyed, and their posterity will be cut off. Rather than envy the wicked, let me tell you what I want you to do. Trust in me and do good. Delight yourself in me, and I’ll give you the desires of your heart. Commit your way to me, and I’ll act on your behalf. If you will wait on me, I’ll bring forth your righteousness as the light and your justice as the noonday. I’ll exalt you and give you the land, and you will dwell in peace forever!”

### *Reflection*

How do I react when people “hate me without cause” (Ps 35:19)? Do I lash out in anger and revenge, or do I ask you to fight the battle for me?

### *Request*

Father, contend with those who contend with me, and let destruction come on those who scheme to destroy me. “Then my soul will rejoice in the LORD, exulting in his salvation!” (Ps 35:9).

### *Thanksgiving*

How precious is your lovingkindness, O God! You are the fountain of life, and the light by which I see (Ps 36:7, 9). Praise the LORD!

In Jesus’ name, Amen.

*Suggested Hymn: “[We Rest on Thee](#)” – Edith G. Cherry.*

*Meditation Verse: Psalm 37:16.*