

## **R-E-S-C-U-E**

Psalm 143

David describes for us exactly what he is feeling. He describes for us his life circumstances. He describes for us the spiritual battles that are raging inside of him and their effects on his daily life. Perhaps you have felt like this one time or another in your life. Perhaps you are feeling this way right now.

David felt like he was walking around in darkness. Everywhere he went and everything he did, he stumbled. He was overwhelmed. He felt as though his heart was a desert wasteland. However, he knew that the true answer to his crisis and survival was crying out to God.

Have you ever been in this position?

- Just living life day to day
- Feeling overwhelmed by life and its circumstances
- Walking around in the dark
- At the end of the day you are weary, tired, frustrated, and defeated

We can all identify with David because we all face trials, some of which are overwhelming and we do not know where to turn. David was in a severe trial, where he desperately needed God to answer. The reading of Psalm 143 teaches us how to pray when we need to be rescued: with heartfelt, humble, believing, and obedient prayer. When a child of God has that humility of heart and appeals to our faithful Father, we know He hears, and He cares and He answers.

### **GUIDED PRAYER**

Lead me, Lord. Let me remember your faithfulness. Let me experience your extraordinary love. I may not know exactly where I am headed but I trust that you see the bigger picture and you won't let me fall. Reveal the path you want me to take—not for my glory, but only so I can give you praise. Teach me your ways. You are my God. Lead me and I will follow. Please protect and rescue me today from any danger. You alone can save me from any trouble I face today. I am strong in You and because of  
Your great love, I can face each moment with bravery.  
I ask this in the precious and holy name of Jesus, AMEN.