

Heart help

*The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.
Psalm 28:7*

How often the psalmist David returns to this theme of internal help from the LORD. In the balance of this psalm, as he contemplates the ways of the wicked and their expected end, David rejoices that his heart has a refuge in the LORD. With all the troubles that the world can bring upon the child of God, we can with David trust in the LORD to be our strength and shield. It is interesting to note how often the psalmist refers to the LORD as a shield, yet in this verse we find a rare combination of it with strength. While the shield of faith in the omnipotent God can quench the fiery darts of the wicked, the inner strength that He provides is a bedrock beneath a weary soul upon which to rest, even when pummeled from other sides. This help of the heart that results from trusting the LORD is echoed in many of the psalmist's cries; for example, "From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I; for thou hast been a shelter for me, and a strong tower from the enemy." (Psalm 61:2-3).

The help of the heart is sustaining through trouble to the point of rejoicing. It is engendered by trusting in Him through the trouble. It therefore causes the heart to rejoice, to the point of pouring out that rejoicing in songs of praise. This is not the common response to trouble from the lost of this world. But it ought to be the response of the believer who rests with David on the solid Rock of our salvation. May passages such as these remind us of our spiritual heritage in difficult times, in contrast to the world about us, and sustain our hearts to praise Him for the help of His countenance, and as a testimony to the surrounding world that also needs such help.