

He Shall Strengthen Your Heart

Scripture

"For I said in my haste, "I am cut off from before Your eyes"; Nevertheless You heard the voice of my supplications When I cried out to You. Oh, love the LORD, all you His saints! [For] the LORD preserves the faithful, And fully repays the proud person. Be of good courage, And He shall strengthen your heart, All you who hope in the LORD." (Psalms 31:22-24 NKJV)

Commentary

There are times when the terror of the Lord overwhelms. After long walks away from the Word, the fear of God will begin to dominate the thoughts of a true believer. This is God's way of calling you back to the place where you belong.

The Psalmist says he spoke in haste that he was cut off from before the Lord's eyes. He spoke in haste because the Lord does not leave us nor forsake us. However, he spoke what was on his heart.

This is a good lesson to learn. When we are feeling distant from God we must call upon Him in prayer. He will hear our supplications. Just tell Him what is on your heart.

Many young Christians panic the first time they allow the flesh to have its way. Panic says "I am cut off." This often results in multiple trips to the front of the church as they seek to renew their relationship with Christ. Of course this does not solve the problem; it just temporarily pacifies it.

Before you panic, do what you know to do first—call upon God in prayer. The Psalmist, having panicked, still called upon God in prayer. He cried out to God. This is the response of a faithful Christian, and the promise to such is God will strengthen.

So the next time you feel distant from the Lord pray. If need be, wrestle with Him in prayer until you get your peace. Better yet, before you find yourself in such a mess, practice prayer and meditation and avoid this fear altogether.