



## When Your Foot Slips

The comfort of God's abiding presence is a frequent theme in the book of Psalms. A remarkable example is found in the 94<sup>th</sup> Psalm where we read the following words of thoughtful gratitude: "If the Lord had not been my help, My soul would have dwelt in the abode of silence. If I would say, 'My foot has slipped,' Your livingkindness O Lord, wil hold me up. When my anxious thoughts multiply within me, Your consolations delight my soul" (vss. 17-19). When our lives are crowded with worry - when we feel as though we are slipping helplessly into a chasm of darkness - God provides help to sustain our souls.

David lived an unusually perilous life. His rise to power was filled with dangers as King Saul repetedly tried to kill him. Even after his kingdom was firmly established, his reign was often marked by wars and conflicts. He knew the threat of death both from foreign enemies and by members of his own family. He knew the heartache of betrayal. His own son, Absalom, sought to usurp his throne. Yet, in spite of violence and hardship, David was able to look at his life as uniquely characterized by the preventative grace of God.

Although the psalm is not attributed to David in our marginal notes, there is little doubt but that the sentiments found firm lodging in his heart. “Had it not been for the Lord's help, I would have perished long ago!”

We should be grateful for the providential working of God in our lives - for the times when God rescued us from temptation or delivered us from difficulty. These times cannot be clearly identified apart from divine revelation, but the promises of His care and keeping hold sway in the heart that has placed its trust in the Lord. Some possess a rather detached view of God - a God who is far away, disinterested, and uncaring. But, the true picture of God - the portrait of God painted for us in the Bible - reveals a God who wants to be our companion, helper, and friend. In admonishing trust, the writer of Hebrews quotes the 118<sup>th</sup> Psalm, saying, “The Lord is My helper” (Heb. 13:6).

In the truest sense, God can be your helper and friend only as you seek His friendship. Until both parties desire it, the potential of friendship is not realized. God has expressed His desire for friendship by sending His only Son to die for us on the cross. Have you expressed your desire to be His friend? Jesus says, “You are My friends, if you do what I command you” (Jn. 15:14).

Just like friendship, grace is unconditional. The potential for receiving God's grace is available to everyone, but realized only by those who express obedient trust. Paul says, "by grace you have been saved through faith" (Eph. 2:8). Trusting faith places us in a position where we receive the assurance of God's help and provision. Next time you feel overwhelmed, remember what God can do for you. Trust in Him. Seek Him as your friend. He will not let you down.