

## Sustained By The Lord

I don't know about you, but I find myself in a very demanding season of life. Sometimes the many responsibilities, duties, and needs of my family and work feel like they are chasing me down. I keep running and running. Sometimes I lose sleep.

Unlike my safe metaphor for stress, David was actually on the run for his life from Absalom (his son!) when he wrote these words...

“But You, O LORD, are a shield for me,  
My glory and the One who lifts up my head.  
I cried to the LORD with my voice,  
And He heard me from His holy hill.  
I lay down and slept;  
I awoke, for the LORD sustained me.”  
Psalm 3:3–5

We've all heard and used the word “sustained” before. But it sparked my curiosity to look up the definition, which gives a much richer picture of what God actively did for David in his demanding (and dangerous) season.

The word means “to strengthen, support, maintain, prolong something over time, or nourish.”

As I reflect on the lies I'm tempted to believe in my stress—lies like “It's all on you” and “You don't get a break”—reading the definition of “sustain” hits differently.

It's not all up to me. Rather, I am in a position of being supported, strengthened, and nourished by the One with endless resources.

David also describes God as the “lifter of his head,” implying his deep dependence on God for even the simplest of capabilities. Even more, this Psalm depicts God as both a protector (v. 3) and a listener (v. 4).

When we revel in the truth of our position (limited, vulnerable, finite), and our place as God's children under His unlimited, omnipotent, infinite, and loving care, we can sleep (v. 5).

We can get out of bed in the morning (v. 5).

We can say thank you.

And then we can do the next thing, and the next, because we are shielded, listened to, and sustained by the Lord.

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