

DAY 8

Psalm 28 – “The Lord is our Strength, our Shield, & our Shepherd”

This psalm of David describes a situation where he turned to the Lord for help and mercy and the Lord granted his request. Thus, David praised the Lord his God for who He is to him. This psalm shows WHO the Lord our God is to us in our time of trouble.

1) *The Lord our God is our Strength! (vv. 7,8)*

Observe that David used the term “strength” two times describing the Lord as the “strength” of our heart. Indeed, when we are in deep trouble or crisis, we are to trust in the Lord. Only the Lord can strengthen us in those times. All other things will fail our heart but not the Lord our God. He will definitely come to help and comfort us!

2) *The Lord our God is our Shield/Stronghold! (vv. 1, 7, 8)*

Another way the Lord acts during our times of trouble is by being our “Shield” or “Stronghold” or “Refuge” or “Protector.” Indeed, as we are in the center of doing the Lord’s will, we will never be harmed. For He is our Shield! Blessed indeed are those who run to Him for they will be safe and secure.

3) *The Lord our God is our Shepherd! (v. 9)*

What a comforting thought to know that the Lord our God is our Shepherd! He not only strengthens us during our time of trouble or adversity and shields or protects us from our enemies; but He also lovingly takes care of us as a shepherd would take care of his sheep in danger.

POINTS TO PONDER:

1) Indeed, in our time of trouble & trials, the Lord will be our Strength, our Shield, & our Shepherd! Blessed are those who trust in the Lord our God!

PRAYER:

“Father, You are our STRENGTH, our SHIELD, and our SHEPHERD! In the midst of our trouble or crisis or adversity, You are

with us, strengthening, shielding, and shepherding Your people. Thus, to You I put my full trust, confidence, and hope. In Jesus' Name. AMEN!"