



DAILY ENCOURAGEMENTS

Carstairs-Bancroft United Church

March 27, 2024



Photo: Our Daily Bread

HAPPY TRUST

Blessed is the one who trusts in the Lord.

Psalm 40:4

READ Psalm 40:1-5

A woman rescued Rudy from the animal shelter days before he was to be euthanized, and the dog became her companion. For ten years, Rudy slept calmly beside Linda's bed, but then he abruptly began to jump next to her and lick her face. Linda scolded him, but every night, Rudy repeated the behavior. "Soon he was jumping on my lap to lick my face every time I sat down," Linda said.

As she was planning to take Rudy to obedience school, she began to consider how insistent Rudy was and how he always licked her in the same spot on her jaw. Sheepishly, Linda went to a doctor who found a microscopic tumor (bone cancer). The doctor told Linda that if she'd waited longer, it probably would've killed her. Linda had trusted Rudy's instincts, and she was happy she did.

The Scriptures tell us repeatedly that trusting God leads to life and joy. "Blessed is the one who trusts in the Lord," the psalmist says (40:4). Some translations make the point even starker: "Happy are those who make the Lord their trust" (v. 4 nrsv). Happy in the psalms communicates abundance—an erupting, effervescent joy.

When we trust God, the ultimate result is deep, genuine happiness. This trust may not come easily, and the results may not be everything we envision. But if we trust God, we'll be so happy we did.

By Winn Collier

PRAY & REFLECT

Dear God, I want the kind of happiness that only You can bring. But it's hard for me to trust. Will You help me? Amen

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SCRIPTURE INSIGHT

We're given no background on Psalm 40 aside from the notation in the superscription. Within the psalm itself, however, we see two dominant themes - suffering and rescue. The psalm opens with praise for God's rescue in the past (vv. 1-3). That praise then sets the stage for David's expectation of further rescue in the future from his present troubles (vv. 11-16). In between, the singer invites his audience to likewise root their trust in God and His mercy (vv. 4-10). The conclusion (v. 17) gives us a picture of David's desperation and his confidence in God's care as he affirms, "But as for me, I am poor and needy; may the Lord think of me. You are my help and my deliverer; you are my God, do not delay." These themes, particularly the theme of God's expected rescue, are common in David's psalms and offer us great encouragement in our own dark seasons. – By **Bill Crowder**

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