

## Psalm 115

This Psalm has so much to point us to the Lord's love and faithfulness. 3 times in v8-11 we're told to "trust in the Lord" because he is our "help and shield". God promises to "help" us in these difficult days, to live faithfully for him, to keep going as we look to him to provide ALL we need, according to his precious promises. And he is our mighty "shield" in the battle to live in ways that honour Christ. He is our shield against fear, anxiety, despair and all those feelings which may be discouraging us right now in our daily walk with the Lord and can cause us to doubt his goodness and care and provision.

The promise that the Lord is our help and shield is made real for us through our knowledge of our Saviour, the Lord Jesus. Because of the reality of his Spirit at work in us, we are enabled to lay hold of this promise and experience all its blessings - even today. It's why the psalmist can go on to say with confidence that "The Lord remembers us and will bless us" in v12 - so confidently, that he says it 5 times!

And because of the blessings coming from the Lord being our "help and shield" we can "flourish" (v14 can be translated in this way). We think of a plant needing the right conditions to flourish (water, good soil, sun etc) and we might be finding it hard to flourish or be fruitful for the Lord in the current conditions - not being able to be active for/serve the Lord in the usual ways - but God can work in our lives in the "desert places" of our lives - whatever that might look like for you at the moment - and help us bear the fruit he wants to cultivate in us. Take a quick look at Galatians 5:22- which fruit is particularly relevant for you right now? - if you're struggling with isolation, or coping with the pressures of staying indoors with the family, trying to home-school with varying degrees of success, dealing with job pressures, disappointments from changed plans - so many situations.

Let's pray for one another that we'll be able to trust the Lord as our help and shield today and this it will enable us to "praise the Lord" v18 and say "to your name be the glory, because of your love and faithfulness" v1. May we point others to him too as we do this.