Seeking Refuge: A Meditation on Psalms 28 Now. Verses 1 and 2 of Psalm 28 speak to every person who has turned to God in despair, or with an anxious heart. Every Christian feels the conflict that occurs between the fleshly (or natural) nature, and the spiritual nature. The fleshly nature is stained by sin, but the spiritual nature is rooted in the holiness of God.

Often, as the conflict goes back and forth, resolve erodes, and fears grow larger. Suddenly a person feels like he is drifting. David may have felt that when he said, “To you I call, O Lord my Rock;” The Lord is a rock. He is the anchor for the soul. People’s lives are like a boat floating in a bay. The tide, wind, and waves rock the boat and cause it to slowly drift from the shore. But, if it is anchored to a large rock, that boat will never go very far. The rock will keep it where it belongs.

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In addition, the closer the boat is to the rock, the less movement there is. The Lord does the same thing for every Christian. The Lord is the rock that never shifts or fails. However, as the problems of life attack the shield of faith a cry goes out. The anxious thought is there, “2 Hear the sound of my pleadings when I cry to You for help…” This is not a situation where a person is crying out from doubt or disbelief.

Rather it is the cry like a child will make to his/her father or mother when scared or threatened. The child cries out KNOWING that the

parent will be there to rescue and protect that little one.

Psalm 28 echoes that cry. Faith and trust in God are easy when a Christian is filled with the sunlight and joys of life and God; but the true test comes in the dark valleys of despair and fear. Too many Christians only expect the sunshine and mountaintops. When the tragedies and trials come, that "fair-weather faith" doesn't seem to be enough. Yet, true growth and strength only come as a Christian's soul cries out to God for help and peace.

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David knew that. In despair, his only hope was to hold onto his rock – ride out the storm or the attack. And what was the result? "Praise be to the Lord for he has heard my cry for mercy". God hears the cries of his children; and he has PROMSED to answer those prayers and give direction and comfort.

If that is true, then what is the Christian's job? "My heart trusts in Him, and I am helped". Trust is one of the crucial elements of any relationship – especially with the Lord. God has promised each Christian help now and eternal life in the future. Each Christian has accepted and entered into God's new covenant and the lasting step of that relationship is loving, joyful – trust.

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In verse 8, David recognized another truth concerning God and his people, “the Lord is the strength of his people…” Notice that David did not say that the Lord is the strength “for” or “with” His people. No, the strength of God’s people IS the Lord. A Christian cannot live or grow alone. A Christian cannot be self-sufficient and completely strong within himself. Instead, a Christian’s strength comes directly from the Lord. The more a Christian allows the Lord to work in his, or her, life, the more that Christian will be able to serve the Lord. God EXPECTS His children (Christians) to ask for help in time of need.

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What does Psalm 28 verse 9 mean?

The last verse is a treasure in itself. “***9 Save Your people and bless Your inheritance; be their shepherd also, and carry them forever.***” Christians KNOW that God did save His people through the sacrifice of His Jesus Christ on the cross, and His resurrection from the death. Without Jesus Christ, every person is separated from God through sin, and if that person dies IN his sins, then he is lost…forever!

But God loved mankind and established His plan of redemption for mankind. Through Christ Jesus, every person has the opportunity to be saved! And Jesus Christ is the Great Shepherd that loves and guides His people as savior, king, high priest, and advocate.

So, when facing trails, suffering, and challenges in this life, turn to God and cry out your plea just like David: “To You, Lord, I call; my rock, do not be deaf to me, for if You are silent to me, I will become like those who go down to the pit. 2 Hear the sound of my pleadings when I cry to You for help, when I raise my hands toward Your holy sanctuary.”

Trust in God and His Son. Stay strong in faith and hope. Stay the course, because what awaits God’s children is a home so beautiful and wonderful that it cannot be described in human terms. Praise God!