

# These days of darkness

February 28, 2022

**PSALM 42:5 AMP – (5)** Why are you in despair, O my soul? And why have you become restless *and* disturbed within me? Hope in God *and* wait expectantly for Him, for I shall again praise Him for the help of His presence.

After reading the above scripture I have learned that the first thing to do in such circumstances is to draw from past experiences with God. The psalmist recalls times when he joined the festive procession to Jerusalem for one of the annual festivities, singing, shouting for joy.

The second thing I noticed is the psalmist counsels himself with the truth. He asks himself why he is so dejected and filled with turmoil. Then he urges himself, in spite of the darkness, “Put your hope in God.”

When we walk through dark times, we must follow the psalmist’s example. Keep track of those times when God has come through for you. We must store such experiences in our memory bank. It’s important to have a history with God so that during the bad times, you can remember the good times to help you preserve.

In addition, “When it seems to you,” that God is busy or uninterested, remember what you know to be true (**Philippians 4:8**) about God. He is faithful and worth holding in. To hope is to expectantly wait for God to act.

Just because you can’t see God working doesn’t mean He is inactive. Sometimes like Abraham, we must hope against hope, trusting that God will do what He has promised. Don’t lose your faith.

## **SCRIPTURE READING**

**2 CORINTHIANS 4:18**

## **THOUGHT FOR THE WEEK**

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“A JOURNEY OF THE HEART”