

# Jesus — My Shield and My Deliverer!

By Jan Brunette

As an opening prayer, read together **Psalm 33:20–22**: *Our soul waits for the LORD; He is our help and our shield. For our heart is glad in Him, because we trust in His holy name. Let Your steadfast love, O LORD, be upon us, even as we hope in You (ESV).*

## Opening

There are times in our lives that we flounder in our prayers. We may not know how to address our loving heavenly Father. We may misunderstand His timing and desire immediate answers; His apparent delays and silence seem bewildering. We cry, “God, what am I to do? Show me the next step I am to take.” Yet all we encounter is silence, dead silence.

The hardest part for me is to kneel before Him in faith and submission and confidently say, “Father, I don’t know what lies in store for me today, but I know You are there. I don’t ‘feel’ You, but I acknowledge Your name and Your Word. You are holy and, for that reason, I will wait.”

Because our faith is weak, we forget to seek God and God alone — not answers, not “feel-good” emotions. And He, in His loving time and way, will reveal Himself to us. His greatest desire is that we trust Him when it doesn’t make sense, when His voice isn’t heard, and when He seems far away yet remains closer than ever.

It’s precisely during those times that we need a Shield and a Deliverer.

## Reflections

In **Psalm 91:14–15** (ESV), God calms us with words of promise and hope. As you read these words, personalize them. I will use my name and matching pronoun as an example.

*Because [Jan] holds fast to me in love, I will deliver [her]; I will protect [her], because [she] knows my name. When [Jan] calls to me, I will answer [her]; I will be with [her] in trouble; I will rescue [her] and honor [her].*

The amazing beauty of this section is the realization that WE are not the rescuer. Our precious Savior is our deliverer and our power source. HE will answer and intercede. HE will deliver us.

After personalizing this section, write your reactions to

what you have just done.

Read **Hebrews 7:24–25** and **Romans 8:31–39**, noting Christ’s role in the rescuing, interceding process. Describe the comfort this brings as you imagine Jesus sitting at God’s right hand pleading for you in prayer.

In Jesus we trust. We love, because He first loved us. He does the work. He grants us the Holy Spirit, who does the inner work desired as we learn what He has done for us.

He places His shield of faith on us, protecting us from the doubts, the fears, and the impatience in our times of waiting. When we are weak, we are strong in Him.

Find and record the comfort you discover in the following:

**Psalm 3:3–4**

**Psalm 84:10–12**

**Psalm 91:4–5**

**Psalm 144:2**

Our troubles turn our eyes to Him. The shield of faith, given by the Holy Spirit, covers us with the grace, mercy, and peace only Christ can give. No matter how Satan attacks or tries to discourage us, that shield will prevent the fiery darts from penetrating our souls. He may weaken our emotions and our lives for a time, but nothing *will be able to separate us from the love of God that is in Christ Jesus our Lord (Romans 8:39b)*.

Read and discuss the power from Christ revealed in the following:

**Ephesians 6:13–17**

**1 Peter 1:3–5**

Our shield — Jesus Christ — protects us through His cross and resurrection. Though fearful and discouraged at times, we remain in Christ. In Gethsemane, Jesus experienced our heaviness of heart. On the cross, He took on all our fears, tears ... and our sins. His love took them to the grave and swallowed them. His resurrection power is now ours.

Read **Galatians 3:26–27**; **Ephesians 2:4–7**; **Titus 3:4–7**; and **Zechariah 4:6**.



How do these references illustrate God's strength and power in our battles as we walk on the paths opened before us? List the promises, the comfort, and the assurances of God's shield and protection. Take note of the action God performs in **Psalm 18:28–36**.

Read **Psalm 73:23–26**. What do you believe is God's ultimate purpose in allowing His silence to be experienced?

Jesus, our Shield and Deliverer, delivers us daily from Satan's power. It is in Christ that we are privileged to receive His joy. It is through Christ that we find the strength to move forward. By the power of the Holy Spirit, we rejoice in Him and Him alone.

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## Closing

Conclude by reading aloud the following references, praising the Lord as we reveal our trust in Him — no matter how long the waiting process:

**Psalm 5:11–12**

**Psalm 28:7**

**Prayer:** Dear Jesus, although I don't see Your shield of faith, it is there. Though I may not recognize the deliverance You give to me, it is active and sustaining. Jesus, My Shield and Deliverer, I say to You: *from You and through You and to You are all things. To You be the glory forever. Amen.* (Taken from Romans 11:36)