

## **Week Three– Day 3**

### **Devotions from Psalm 116**

#### **How Can I Live For God Today?**

***Psalm 116:3-4, "The snares of death encompassed me; the pangs of Sheol laid hold on me; I suffered distress and anguish. Then I called on the name of the LORD: 'O LORD, I pray, deliver my soul!"***

There are lots of things that happen to us that make life hard. From time to time our worlds are turned upside down.

This can be hard for us spiritually. We know that God is loving, and that He is all powerful, and that if He wants to, He can resolve our issues with the snap of His fingers. And yet, more often than not, it doesn't happen the way we would like it to.

What we need to realize, is that sometimes healing involves a process. Sometimes God's plan involves more sleepless nights than we could ever imagine possible, and more faith than we ever thought our self capable of. Just because we don't always understand God, doesn't mean that He isn't a good and perfect God with a good and perfect plan.

In the song, "Blessings" written by Laura Story, this sentiment is beautifully reflected. The song goes like this:

***We pray for blessings, we pray for peace Comfort for family, protection while we sleep***

***We pray for healing, for prosperity We pray for Your mighty hand to ease our suffering***

***And all the while, You hear each spoken need Yet love us way too much to give us lesser things***

***'Cause what if your blessings come through rain drops What if Your healing comes through tears***

***What if a thousand sleepless nights are what it takes to know You're near***

***What if trials of this life are Your mercies in disguise***

***We pray for wisdom, Your voice to hear We cry in anger when we cannot feel You near***

***We doubt your goodness, we doubt your love As if every promise from Your word is not enough***

***And all the while, You hear each desperate plea And long that we'd have faith to believe***

***'Cause what if your blessings come through rain drops What if Your healing comes through tears***

***What if a thousand sleepless nights are what it takes to know You're near***

***What if trials of this life are Your mercies in disguise***

***When friends betray us When darkness seems to win We know that pain  
                                  reminds this heart  
That this is not, This is not our home It's not our home***

***'Cause what if your blessings come through rain drops What if Your healing  
                                  comes through tears  
What if a thousand sleepless nights are what it takes to know You're near***

***What if my greatest disappointments or the aching of this life  
                                  Is the revealing of a greater thirst this world can't satisfy  
What if trials of this life The rain, the storms, the hardest nights Are your  
                                  mercies in disguise***

May God's peace be yours, today, and forever!