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WRITES

Overcoming Uncertainties

(Psalm 34)

The first out-break of COVID-19 virus was first reported in Wuhan, China on 31 Dec 2019. World Health Organization declared COVID-19 as a global pandemic a month later on 30 Jan 2020. We have just crossed the 18 month mark since covid was first reported. Singapore has gone through one round of 'Circuit Breaker', and we are currently in Phase 3 (Heightened Alert) after six weeks of tightened restrictions under Phase 2 (Heightened Alert). Some of us are exhausted, some of us are feeling frustrated, while others are anxious about tomorrow and still perhaps some of us may be angry with God for this prolonged suffering. I want to share with you a Psalm that has helped me greatly in this season – Psalm 34.

In your Bible this Psalm is titled – A Psalm of David when he pretended madness before Abimelech, who drove him away, and he departed. David was a fugitive on the run and had pretended to be insane to avoid being caught (ESV, 1 Sam. 21:10-22:1). This beautiful psalm was written later in the cave of Adullam. David had likely written and sung it to the people who had joined him – “And everyone who was in distress, and everyone who was in debt, and everyone who was bitter in soul, gathered to him. And he became commander over them. And there were with him about four hundred men” (ESV, 1 Sam. 22:2).

It will not do justice in this short write-up to give a full exposition of Psalm 34. I urge you to read all 22 verses slowly (one at a time) or have the Bible read for you (Bible Gateway Audio Player). Mark and meditate on the verses that speak most to you. Perhaps it is something that is most relevant to your current situation or how you are feeling. Pray the promises that you find in Psalm 34 and allow the Holy Spirit to minister to you.

Allow me to highlight a few repeated promises in Psalm 34 that we can hold on tightly in this challenging season and beyond: – The Lord hears and answers our prayers (v.4b, 6a, 15b, 17a), the Lord delivers (v.4, 17b, 19b), the Lord protects (v.7, 15a), the Lord is good (v.8), the Lord is against evil (v.16), the Lord is near (v.18a), the Lord saves (v.6b, 18b) and the Lord redeems (v.22a).

Feeling comforted and strengthened already? Why don't we join David in expressing our praises to the Lord in the midst of all the uncertainties – “I will bless the Lord at all times; his praise shall continually be in my mouth. My soul makes its boast in the Lord; let the humble hear and be glad. Oh, magnify the Lord with me, and let us exalt his name together!” (ESV, Psalm 34:1-3). Keep well and remain strong because the Lord is good! Amen!

