

## Praise God. Trust God.

### Description

[RG AUDIO 053120](#)

Psalm 56:1-13

Ever felt helpless or hopeless? The world tells us that it's weak to be in need or ask for help.

Scripture tells us a different story. The Bible is clear that there are dark times in life, even life-threatening moments, but there's no shame in calling out for help. The tricky part for us is that requesting help means we must trust someone other than ourselves. Trusting can be difficult, scary, and doesn't really dispel the uncertainty or ambiguity one might be facing.

David gives us a different, humble way of living. Not one that wants to usurp God's work, but instead praises and trusts God, no matter the circumstance, no matter the outcome, no matter the cost because "what can anyone do to me"? (v. 11b).

While the trials, ambiguity, and uncertainties of life may continue to come, praise God because help has come in Jesus. Trust in God's faithful help, always abiding Spirit, and eternal deliverance for all of creation.

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