

The Joy of The LORD is Our Strength!

I. PSALM 28:6-9

⁶ Blessed be The LORD,
because He hath heard
the voice of my supplications.

⁷ The LORD is my strength and my shield;

my heart trusted in Him,
and I am helped:
therefore my heart greatly rejoiceth;
and with my song will I praise Him.

⁸ The LORD is their strength,
and He is the saving strength of His Anointed.

⁹ Save Thy people, and bless Thine inheritance:
feed them also, and lift them up for ever. ¹

II. Where Do We Go for Our Strength and Joy?

Where do we go to find strength and joy? Is it possible to possess these things without GOD? It is in hearing the question daily, “What is the chief and highest end of man?” It is in confessing and living out the answer daily, “...to glorify GOD and fully to enjoy Him forever!” ²

Therefore Saint Augustine says, O GOD, “You Yourself encourage... [us] to delight in Your praise, for You have made us for Yourself...”
Therefore, the heart of man “...is restless until it rests in You!” ³

¹ 1, KJV, PSALM 28:6-9.

² 2, WLC 1:1.

³ 3, CCC # 30, p 18.

III. Sustained by Joy in The LORD

Last Thursday, two things happened to me. First, I met Mrs. S, a 67 year old lady with advanced terminal bone cancer. She was fully aware of her end-of-life situation. And she seemed to have a strong sense of GOD's Peace. She had worked all her life. She had cared for her husband, father, mother and brother-in-law at home for years in their illnesses and deaths.

She had recently fallen and suffered a broken arm. Her other arm was severely swollen due to a blood clot. She could do zero self care. But having given herself to so many others, and enduring her terminal illness, she now was at a place in her life where she was able to honestly say to me, "I let GOD take over. He has the answers. He gives me Peace." I left her bedside singing with her in my heart, "The joy of The Lord is my strength!"

Since I met Mrs. S, her words and faith are in my mind as I deal with my daily challenges – and receive the daily blessings – of life. "GOD has the answers when I do not. He gives me His Peace when I let GOD take over. My heart always becomes restless, O Lord, when I stray from letting it rest in You, King JESUS!"

Amid doubts recently about where I am right now, I see it is where GOD has willed for me to be. If it was not so, GOD would have me elsewhere. Therefore, since I am here, this is where GOD wants me to be in the present. "The joy of The Lord is my strength!"

IV. Let Us Pray

The Lord be with you!
And also with you!

Let us come together before The LORD
Each according to our own Tradition.

Almighty GOD, we come before You,
Confessing our own weakness and imperfection
Knowing that our purpose and fulfillment rest in You.
Fill us Your servants today and forever
With the joy of Your Presence and Peace.
For we trust in You, our Shield.
And “The joy of The Lord is our strength!”
AMEN.

Let us go forth to love and serve The LORD!
Thanks be to GOD!

V. References

1. “King James Version [Bible].” Bible Works 7. Bible Works, LLC. Norfolk, Virginia. 2006.
2. Westminster Standards, “Westminster Longer Catechism.” Bible Works 7. Bible Works, LLC. Norfolk, Virginia. 2006.
3. “Catechism of The Catholic Church.” United States Catholic Conference. Doubleday of Random House, Inc. New York, London, Toronto, Sydney, Auckland. 1995.