



### January 18, 2011 - Psalm 143:3

Hi everyone,

As I was driving down the road starting to memorize verse 3, I thought I should ask you a question before I shared my comments... so, here goes. What are you intentionally doing to keep your verse front and center in your thoughts for memorizing and meditation? You know we all memorize differently. For me, I am visual; I memorize by seeing the verse and I want to see it as it is written in my Bible. So, I copied Psalm 143 from my Bible on my copier several times and laminated it and now I have a copy in my car, in my purse, etc. It is always handy for a quick review, practice and meditation with the Lord. That few minutes of preparation makes all the difference in my success for memorizing and hearing the Lord speak to me through these verses. We would love to hear what you are doing too. Take a moment to post it on Facebook or share with a friend who is memorizing. Let's make sure we are being intentional!

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Psalm 143:3 in the NASB reads:

**"For the enemy has persecuted my soul;  
He has crushed my life to the ground;  
He has made me to dwell in dark places, like those who have long been dead."**

Ever feel like this? I do. Verse 3 in the context of the first three verses reminds me it is a great time to bring it to the Lord in prayer, just like David who wrote this Psalm. In spite of his feelings, David obviously knew God had better things in mind for his life than what he describes here. I love these descriptions though, because I believe they give insight to just what the enemy, Satan, does in our lives. If I could just put a 1, 2, 3 by each phrase of verse 3, I think we could see the list of scheming the enemy plots against us and talk to God specifically about it.

1. **"The enemy persecutes our soul"** What is our soul? Our soul is made up of our mind, will and emotions. When you persecute someone, you oppress them, you pester them, and you harass them. Satan does this in our thoughts, our choices, and our feelings. Stop and think about how he is specifically persecuting you today. Take it to the Lord in prayer; He has a better

plan for you.

2. **"The enemy crushes our lives to the ground"** Throughout God's Word He calls us to set our minds and hearts on things above. But, Satan wants to crush us, to live like this world is all there is, to live with an earthly mentality and focus. Stop and think about how he is specifically crushing your life to the ground. Take that to the Lord in prayer; He has a better plan for you.

3. **"The enemy makes us to dwell in dark places, like those who have been long dead"** You know, many people all around us, live in dark places. Sure they are alive physically, but their spirit is dead, and has been for a long time. They are not alive to the goodness and holiness of God. I don't want to live like that and I imagine you don't either. However, when you allow Satan to **"persecute your soul"** and **"crush your life to the ground,"** you do end up dwelling just like them, **"in the darkness and as if you are dead."** But you are not... take it to the Lord in prayer; He has a better plan for you!

Blessings,

*Sharon Thomas*

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