



January 25, 2011 - Psalm 143:4

Hi everyone,

I continue to marvel at how God is using this passage in our lives. I love hearing stories from you of how this Psalm is becoming alive and active in your day to day moments; how God is speaking to you through His Word. One memorizer wrote to me today saying, "I feel as if I am living this Psalm!" I pray we each continue to meditate on and memorize these ancient words that are still richly filled with life for us today through the voice of His Spirit within us.

Psalm 143:4 in the NASB reads

"Therefore my spirit is overwhelmed within me; my heart is appalled within me."

Wow! David sounds pretty down and out. We don't often think of the man after God's own heart in this way. We like to think of him as strong and energetic to all that God is willing over him. And yet, in this moment David confesses he is as good as paralyzed to the things of God in his life.

I looked into the way these words are represented in some of the different translations. Here are some of the expressions we see for the "**spirit that is overwhelmed**":

- grows faint (NIV)
- wrapped in gloom (Amplified)
- drained away (Message)
- losing all hope (Living Bible)

And here are some of the expressions for the "**heart that is appalled**":

- is dismayed (NIV)
- grows numb (Amplified)
- like lead (Message)
- paralyzed (Living Bible)

This is a pitiful existence for a follower of the Almighty God...faint, wrapped in gloom, losing all

hope, dismayed and paralyzed. You know we don't like to think of ourselves as getting to these kinds of places and yet I know I can feel just like that when "***the enemy has persecuted my soul, crushed my life to the ground and made me dwell in dark places***" as verse 3 speaks about. Somehow he convinces us that something apart from God's best is better for us and when we follow his lead then this is the result...a paralyzed state of existence before our Lord.

Maybe you are feeling that way today, paralyzed. There is no need. Speak verses 1-3 aloud today from memory and remind yourself to call out to the Lord. I will repeat my words from last week...take it to the Lord in prayer; He has a better plan for you!

Find us on Facebook 



[Forward email](#)



This email was sent to establishedfootsteps@hotmail.com by establishedfootsteps@hotmail.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Established Footsteps Inc | 598 Minuteman Dr | Newport News | VA | 23602