

## Sunday May 11th - Holding onto hope

*Today's reflections are by Helena Wilkinson*

*You have granted him the desire of his heart and have not withheld the request of his lips. Psalm 21:2*

Do you ever crave a fuel injection of hope and joy? Psalm 21 is a jubilant psalm of thanksgiving by King David who faced many challenges. Its passionate opening is a wonderful tonic and a great encouragement to us.

Try replacing the words relating to David and applying them to yourself - I rejoice in Your strength, Lord. 'How great is my joy in the victories You give! You have granted me the desire of my heart' (21:1-2). In the more difficult moments of life it can be easy to lose sight of hope and joy and slip into the miry pit.

David's secret to happiness -of which we would do well to take hold- is his ability to look beyond his circumstances to a God of grace. As he offers his thanks and praise for God's goodness, kindness and mercy God moves upon him and his spirit is lifted into the presence of God; he prophesies of greater things to come.

The more we focus on God and what He can do, rather than on ourselves and what we can't do or on our disappointments in life, the greater the sense of satisfaction we will find. Our lives may not be turning out the way we desire, but we have a God who knows the bigger picture and can use anything we go through to draw us closer to Him.

*Lord God, thank You that You hear me when I pray and You know what I need.  
Amen.*