

## Patience

***"I waited patiently for the Lord to help me, and He turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. He has given me a new song to sing, a hymn of praise to our God. –Psalm 40:1-3***

When I picture "waiting patiently", I get an image of sitting quietly with a peaceful and calm state of mind. Yet where was David while he was waiting patiently? In the mud and mire of the pit of despair! Sitting still in a peaceful and serene environment is often unrealistic and at odds with our chaotic and uncertain world; but David's world was also often chaotic and uncertain. He spent years running from Saul in fear for his life, was given the task of somehow pulling together a fractured kingdom, and experienced the betrayal of his own son...amongst many other trials and tragedies. Yet David was able to wait patiently before God because he had a focused life; he spent time with God no matter how busy or uncertain his days were. "Whatever the occasion, joyous or terrifying, it drove David straight to God. Whatever his weaknesses, David literally LIVED IN GOD" (*Halley's Bible Handbook*). In times of stress and uncertainty, we need to prioritize the activities of our lives. In order to have patience and inner peace, we must make meeting with God and drawing strength from Him our top priority...not out of guilt or obligation but because we love Him and are desperate for Him.

*"The first step in learning to practice patience is accepting discomfort".*

*—Gary Thomas*

Are you experiencing discomfort or uncertainty today? Instead of complaining, seek an attitude of acceptance and wait patiently before God for His strength.