Ps. 56:3-4, "When I am afraid, I put my trust in you LORD. In God, Whose word I praise - in God I trust and am not afraid. What can mere mortals do to me?" (NIV)

It is interesting that David is admitting his fear. He is the one who stood steadfast against the giant; who killed the bear; and who killed the lion. I'm sure he felt that fear as he hid in the caves when King Saul was trying to kill him. We all experience fear from time to time. David was not so arrogant as to think he would never fear anything. But what we do see here is that David was vulnerable enough to admit that when he was afraid, he would trust in the power of His Almighty LORD. Fear and faith occupied the same heart. And faith in his spirit continually overcame the fears of the flesh. David did not fall back on the trust of his own heart or strength. He knew that his flesh was weak, but his faith in the LORD was strong. He bases his faith upon the unchanging word of God. In fact, as a shepherd boy, he had penned these words with the help of the Spirit of God: Ps. 23:4, "Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me." (NIV)

Then David exclaims that it is in God's word that he can trust and he can praise the LORD for He has taken away his fear. When we face problems that seem too big for us, we must remind ourselves that nothing is too difficult for God. He is bigger than any problem or fear that we will ever face. He is bigger than any mountain or valley that we may be coming to. And in essence, David is then able to ask the question: *what can mere mortals do to me?* In other words, there is no one or no thing that can thwart the purpose of God in my life. This should be our battle cry as well. Our faith is not in our abilities or our strength, but in God alone.

Dear LORD, help us to put our trust in You alone. You are able to do more than we could even think or imagine. You have all power and in Your hands, we are completely protected. Thank You LORD. In Jesus Name, Amen