



TRANSFORMED

DEVOTIONS CONNECTING TEENS TO CHRIST

**The eyes of the Lord are on the righteous,
and his ears are attentive to their cry;
but the face of the Lord is against those who do evil,
to blot out their name from the earth.**

**The righteous cry out, and the Lord hears them;
he delivers them from all their troubles.
The Lord is close to the brokenhearted
and saves those who are crushed in spirit.**

Psalm 34:15-18

Rock bottom ... Why now? A lament.

One dictionary definition for the word “lament” is “to express sorrow, regret, or unhappiness about something.” While you maybe haven’t used the word before, all of us understand it’s meaning, as we do just that from time to time when things go wrong. Sometimes moms and dads are the recipients of our laments. Sometimes its a coach or a teacher. Sometimes its friends. Whenever we hit rock bottom, we all look for someone “to express sorrow, regret, or unhappiness about something.”

Too often, though, going to the Lord seems to be our last resort. When bad things happen, we so often try to figure out the best course of action on our own, or we turn to a friend who means well but is ill-equipped to give us any wise advice because they might be dealing with some of the same things. Too often, the Lord is the last one we turn to in our time of need, sharing our concerns and sincerely crying out, “I need help!”

That’s why Psalm 34 is such a great reminder for all of us, no matter what we might be dealing with or wondering what’s next in life. A young David, the author of Psalm 34, was at a difficult time of life. He was all alone and running for his life from King Saul, who wanted him dead. David knew where to turn, “The eyes of the Lord are on the righteous, and his ears are attentive to their cry” (v. 14). David knew as he was nearing rock bottom, “The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit” (v. 17-18). David’s Old Testament proclamation is the truth we still live by today. Jesus loves you. He died for you. He will never leave you. You can go to him in prayer knowing he hears and is willing and able to help. What comfort that gives—today and always, no matter what we might be dealing with.

Prayer: Heavenly Father, there is so much pain and suffering in the world around me. My own life is filled with challenges and issues that cause me at times to feel like I am all alone. Be with me today and always, dear Lord. I come to you in prayer needing your guidance and power, your caring and your love. In Jesus’ name I pray this to you in my time of need. Amen.