



TRANSFORMED

DEVOTIONS CONNECTING TEENS TO CHRIST

**Surely in vain I have kept my heart pure
and have washed my hands in innocence.
All day long I have been afflicted,
and every morning brings new punishments.**

**Yet I am always with you;
you hold me by my right hand.
You guide me with your counsel,
and afterward you will take me into glory.
Whom have I in heaven but you?
And earth has nothing I desire besides you.
My flesh and my heart may fail,
but God is the strength of my heart
and my portion forever.**

Psalm 73:13-14, 23-26

Rock bottom ... Why me?

It's really easy to have a pity party for oneself. Someone else's family has a more comfortable lifestyle. A classmate more easily understands physics. We see those who seem to have a brighter future than we see for ourselves. Pity parties are something that affect all of us from time to time. They allow us to wallow in our misery and ask out loud "Why me?" when things go wrong.

The writer of Psalm 73 dealt with the same thing. He was struggling. With what? We don't know exactly, but we do know we can relate. He speaks for all of us who have lamented before, "All day long I have been afflicted, and every morning brings new punishments" (v. 14). Whether we ask God "Why me?" from self-pity or sincere concern, it's a question our sinful selves need to have answered if we are to have any joy and peace in life.

Our gracious God does just that. Think about how much he loves us. He sent his one and only Son to this earth to die as a substitute for our sin. He turned his back on Jesus so that he might never do the same to us. He's given us his holy Word as guide, leading us forward in his most holy name. The writer of Psalm 73 asked "Why me?" and found his answer not by looking deep within himself, but looking to his gracious God who was always with him—in times of trouble, in times of celebration, and for all eternity. We join with the psalmist today in praising this same God, proclaiming "Yet I am always with you; you hold me by my right hand" (v. 23).

Prayer: Lord Jesus, thank you for loving me. I never deserve and don't always appreciate this love, but you freely and fully shower me with your blessings each and every day of life. Guide me to always love as you have loved me. In your name I pray this and all things. Amen.