

A DEVOTIONAL COMPANION

IN THE MIDST OF TROUBLE



A Five Day Devotional from Psalm 138:7-8

Trouble is real, but it is not the final word. In Psalm 138, David shows us a path through hardship: keep walking, depend on the Lord for renewed strength, and trust His hand and purpose. These five readings follow that message and invite you to respond to God's Word one day at a time.

*“Though I walk in the midst of trouble, thou wilt
revive me: thou shalt stretch forth thine hand against
the wrath of mine enemies, and thy right hand shall
save me.”*

PSALM 138:7

HOW TO USE THIS DEVOTIONAL

Each day includes a Scripture passage, a devotional reading, a question for reflection and a prayer. Read the passage slowly, then consider how its truth meets the circumstances you are facing.

DAY ONE

I

KEEP WALKING THROUGH TROUBLE

Reading: Psalm 138:7; John 16:33

“Though I walk in the midst of trouble, thou wilt revive me.”

PSALM 138:7

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David does not describe trouble as a distant possibility. He writes, “Though I walk in the midst of trouble.” The word “though” does not suggest doubt that trouble will come; it gives the steady expectation of a man who knows that life with God is not a promise of uninterrupted ease. David had faced enemies, betrayal, grief, family conflict and the heavy responsibilities of leadership. His praise in Psalm 138 came from a tested faith, not from a sheltered life.

The Lord Jesus spoke plainly to His disciples: “In the world ye shall have tribulation: but be of good cheer; I have overcome the world” (John 16:33). He did not promise that His followers would avoid every painful circumstance.

He promised peace in Himself and pointed them to His victory. Trouble is part of life in a fallen world. Bodies weaken, loved ones suffer, plans change, and people disappoint us. Faith does not require us to pretend these things are easy.

Notice David's word "walk." He is moving through trouble. He does not say that the path is comfortable, or that he can see how it will end. He is still walking. Sometimes faithfulness looks like one ordinary step: praying when words come slowly, opening the Bible when feelings are unsettled, keeping a promise, serving someone in your care, or gathering with God's people when you would rather withdraw. These steps may feel small, but they keep our direction set by the Lord.

Trouble may surround us, but it does not have to become our master. A painful experience can affect us deeply without becoming the whole story of who we are. We may have been wounded, but we need not surrender to bitterness. We may be opposed, but we need not compromise what God has said. We may not understand this part of the road, but we can obey the next clear command in front of us.

Psalm 46:1 calls God "a very present help in trouble." He is not present only before the trial or after it has passed. He is present in it. The trouble is real, but it is not sovereign. The Lord remains with His people, and His Word still directs their steps.

Today, do not demand that you understand the whole road before taking the next step. Bring the real trouble to God, then ask Him to help you remain faithful in the part of the path you can see.

Walking through trouble does not mean walking without help from other people. God often uses a friend who listens, a church member who checks in, or a family member who quietly carries a practical burden. Receiving that help is not failure. It is one way the Lord cares for us through His people. At the same time, others cannot take the step of faith in our place. They can walk beside us, pray with us and point us back to Scripture, while we personally keep trusting and obeying the Lord.

REFLECT

What is one faithful next step you can take today, even while the trouble remains?

PRAY

Lord, Thou knowest the trouble I am walking through. Keep me from despair, bitterness and compromise. Help me take the next obedient step and remember that Thou art present with me. Give me grace to trust Thy Word when I cannot see the end of the road.

IN JESUS' NAME, AMEN.

DAY TWO

II

GOD IS PRESENT IN THE MIDDLE

Reading: Psalm 46:1-2; Psalm 138:7

“God is our refuge and strength, a very present help in trouble.”

PSALM 46:1

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There is a difference between seeing trouble nearby and feeling surrounded by it. David says he is walking “in the midst” of trouble. At times a difficulty affects one part of life. At other times, burdens seem to gather from every direction: a health concern affects work, financial strain unsettles the home, grief makes ordinary tasks harder, and uncertainty follows us into the quiet moments. The Bible does not minimise the weight of such seasons.

Psalm 46 does not say that God is a distant observer of trouble. He is “a very present help in trouble.” The next verse says, “Therefore will not we fear, though the earth be removed, and though the mountains be carried into the

midst of the sea.” The image is of a world coming apart, yet the people of God have a refuge. Their confidence is not that the earth will never shake. Their confidence is that God remains their strength when it does.

That truth does not make pain imaginary. It gives pain its proper place. David’s trouble was real; so was God’s authority over it. We can tell the Lord plainly what frightens or grieves us. The Psalms are full of honest cries. But we should not let what we feel about our trouble become the measure of what we believe about God. Our emotions tell us something about our present experience; God’s Word tells us who He is.

When the trouble feels larger than your view of God, return to what Scripture has already shown you. The Lord is merciful and true. He hears His people. He gives strength to the faint. He is near to the brokenhearted. His presence may not immediately change the report, remove the conflict, or answer every question. Yet His presence means that you do not face this hour alone.

We sometimes wait for circumstances to settle before we seek God. But Psalm 46 invites us to take refuge in Him while the shaking continues. A refuge is not useful only after danger is gone; it is where we run when danger is present. Pray honestly. Read a passage slowly. Ask a trusted believer to pray with you. Take time to remember a specific way God has shown His faithfulness before. These are not ways to deny the storm; they are ways to turn toward the One who is with us in it.

You may be in the middle of a trouble today. You do not have to solve every part of it this morning. You can take refuge in God for this moment and ask Him for strength for the next one.

The Lord's presence is not measured by whether we feel calm every minute. David could praise God for His lovingkindness and truth because those things were true before his circumstances improved. In the same way, a hard day does not mean God has withdrawn. When feelings are unsettled, we can lean on what He has revealed: He is merciful, He keeps His Word, and He knows His own. We can ask for courage without pretending to be fearless. Dependence begins when we bring our need to the Lord as it is.

REFLECT

Which truth about God do you need to bring back to mind when trouble narrows your perspective?

PRAY

God, be my refuge and strength today. Thou seest every pressure and knowest what I cannot explain to anyone else. Help me turn to Thee in the middle of trouble. Quiet my fear with Thy presence, and establish my thoughts upon what Thy Word says about Thee.

AMEN.

DAY THREE

III

STRENGTH FOR THE WEARY SOUL

Reading: Psalm 138:3, 7; Isaiah 40:29-31

“He giveth power to the faint; and to them that have no might he increaseth strength.”

ISAIAH 40:29

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David's confidence rests in the words, "Thou wilt revive me." He does not say, "I will revive myself." The strength he needs comes from God. In Psalm 138:3 he looks back and remembers, "In the day when I cried thou answeredst me, and strengthenedst me with strength in my soul." God had not merely adjusted David's circumstances; He had strengthened David inwardly.

There are kinds of weariness that a night's sleep cannot cure. A person can be physically tired, emotionally drained and still have responsibilities to meet. We can reach the limits of our patience, energy and resolve. Scripture never

asks us to pretend that human strength is endless. Isaiah says that even young people grow weary and faint. Then he points beyond human limits: “They that wait upon the LORD shall renew their strength.”

To wait upon the Lord is to look to Him with dependence and expectation. It is not passive indifference. It is bringing our need to God, trusting His character, and continuing to obey as He gives grace. The promise in Psalm 138 is especially tender because revival comes “in the midst of trouble.” David does not have to wait until the battle is over before God can renew him. The Lord can give strength while the pressure is still there.

Paul knew this kind of sustaining grace. He asked the Lord three times to remove his thorn in the flesh. God did not remove it, but answered, “My grace is sufficient for thee: for my strength is made perfect in weakness” (2 Corinthians 12:9). The weakness remained, but Paul was not left to carry it in his own strength. God’s grace met him there.

This does not mean that every burden should be ignored or that seeking practical help shows weak faith. Rest, wise counsel, medical care and support from other believers can all be gifts of God. Yet none of these can replace the Lord’s work in the soul. We need His help to keep our hearts tender, our thinking grounded in Scripture, and our obedience steady.

When you feel depleted, you do not have to impress God with strength you do not possess. Cry to Him. Tell Him what has become too heavy. Ask for the strength needed for today, rather than demanding a complete map of tomorrow. The Lord knows how to revive His servant at the point of need.

A simple pattern can help when you feel overwhelmed: pause, name the burden honestly before God, read a short portion of Scripture, and identify the next duty that is yours today. This will not answer every question, but it can keep worry from deciding every action. Do not measure God's help only by whether you suddenly feel powerful. Sometimes His help is enough clarity to make one wise choice, enough patience to speak gently, or enough resolve to continue without giving in to despair.

REFLECT

Where are you relying on your own strength, and what specific need can you bring to the Lord today?

PRAY

Father, I confess that my strength is limited. Thank Thee that Thou givest power to the faint. Revive my soul in this trouble and give me grace for the responsibilities before me. Teach me to depend on Thee, to receive help wisely, and to keep walking in obedience.

AMEN.

DAY FOUR

IV

WHEN GOD STRENGTHENS US TO
SERVE

Reading: Psalm 138:7; 2 Corinthians 12:9; 1 Kings 19:1-18

*“My grace is sufficient for thee: for my strength is made perfect in
weakness.”*

2 CORINTHIANS 12:9

DEVOTIONAL

God’s reviving work is not simply meant to make us feel better for a moment. The Lord renews His people so they can continue in the work He has given them. That does not mean we must never rest or admit that we are tired. It means that our usefulness does not depend on having ideal circumstances or feeling strong every day.

Elijah’s experience in 1 Kings 19 reminds us that even a faithful servant can become exhausted and discouraged. After a great public victory, Elijah fled from Jezebel, sat under a juniper tree and asked to die. God did not despise

him for his weakness. The Lord provided rest and food, spoke to him, corrected his perspective, and gave him direction. Elijah was not left beneath the tree. God sent him back with renewed purpose.

Paul also learned that God's answer is not always the removal of a burden. He prayed for his thorn to depart, but the Lord told him, "My grace is sufficient for thee." The thorn remained, yet Paul could continue because Christ's strength rested upon him. We should not call painful things good simply because God can work through them. But we can trust that hardship does not place us beyond the reach of God's grace.

Sometimes we tell ourselves we will serve when every wound has healed, every critic has apologised, every financial concern has disappeared and every question has been answered. Some of those changes may come; some may not come soon. If we wait for a perfect season, we may miss the quiet opportunities God has already placed before us. A revived believer can serve with scars still present. The scars do not have to become an excuse for disobedience.

Service may look different in a hard season. You may not be able to do everything you did before. Faithfulness might mean caring for your family, encouraging one person, praying for a ministry, showing up to fulfil a responsibility, or asking for help so that you can keep going wisely. God does not ask you to pretend you have unlimited capacity. He calls you to depend on Him and take the next step He has given you.

Ask the Lord to show you one responsibility or opportunity that remains yours today. Then ask Him for strength to meet it with a willing heart. His grace is sufficient for the work He sets before you.

Faithful service also includes recognising when we need to slow down, delegate a task or speak honestly about our limits. Elijah received food and rest before he received a fresh assignment. The Lord knows that we are made of dust. Serving Him is not the same as trying to prove our worth by doing everything. Our standing with God rests on His grace, not our productivity. From that secure place, we can serve with humility, accept help, and do the work entrusted to us without pretending to be the Saviour of everyone around us.

REFLECT

What is one way you can serve faithfully in this season without pretending that you are not weary?

PRAY

Lord, thank Thee for meeting Thy servants in weakness. Give me wisdom to rest and receive help, and give me strength for the work Thou hast placed before me. Keep discouragement from making me careless with the responsibilities and opportunities I still have. Let Thy grace sustain me today.

AMEN.

DAY FIVE

V

HELD BY GOD'S PURPOSE

Reading: Psalm 138:7-8; Romans 8:35-39

"The LORD will perfect that which concerneth me: thy mercy, O LORD, endureth for ever."

PSALM 138:8

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David's words in Psalm 138:7 move from trouble, to revival, to the protecting hand of God. Verse 8 gives the reason for his confidence: "The LORD will perfect that which concerneth me." Here "perfect" means to complete or bring to its intended end. David trusts that God is at work beyond the immediate crisis. His life rests in the Lord's purpose and enduring mercy.

We must read this promise carefully. It is not a guarantee that every believer will escape sickness, persecution, loss or physical death. Faithful Christians in Scripture suffered and some were killed. The Bible does not promise that God

will always deliver us in the way or at the time we prefer. David spoke from his own circumstances; the larger truth is that God is faithful to complete what He has purposed.

For the believer in Christ, that confidence reaches beyond this present life. Paul asks in Romans 8, “Who shall separate us from the love of Christ?” He names tribulation, distress, persecution, peril and sword, and declares that none of these can separate us from the love of God which is in Christ Jesus our Lord. Our security does not rest on a promise that we will never suffer. It rests on the unbreakable love of God and the finished work of Jesus Christ.

The Gospel tells us that Christ died for our sins, was buried and rose again the third day (1 Corinthians 15:3-4). Salvation is by grace through faith, not by our works (Ephesians 2:8-9). The same Lord who saves us is able to preserve us. Even when earthly deliverance does not come, death cannot take the believer outside Christ’s care. The Lord’s right hand may rescue us from danger, sustain us in it, or bring us safely into His presence. In every case, His mercy endures for ever.

This gives us a steady hope for the unfinished parts of our lives. You may not yet understand what God is doing. You may be praying for a change that has not come. You can still entrust yourself to the God who knows the end from the beginning and whose purposes cannot be overturned by human opposition. We do not have to call every event good in order to believe that God remains good and faithful.

The path through trouble is real, but it is not the final word. God can revive the weary, hold His people through opposition and finish His saving work. Keep walking in obedience today. The Lord’s mercy is not running out.

The hope of Psalm 138 is anchored in God's mercy, and the Christian's assurance is anchored in Christ. We do not earn God's favour by enduring trouble well. We are saved by grace through faith in the Lord Jesus, who died for our sins and rose again. Because salvation is His work, our confidence does not depend on an unbroken record of personal strength. We can confess failure, seek forgiveness and return to obedience. The God who saves is not careless with the work of His hands.

REFLECT

What would it look like to entrust an unresolved situation to God's lasting purpose and mercy?

PRAY

Lord, I do not know how every present trouble will end, but I know Thy mercy endureth for ever. Thank Thee for the salvation Christ has provided and for the promise that nothing can separate me from Thy love. Help me trust Thee with what remains unresolved and walk faithfully today.

AMEN.

