

*5 But I have trusted in thy mercy; my heart shall rejoice in thy salvation.
6 I will sing unto the LORD, because he hath dealt bountifully with me.*

Ever try singing your way out of a state of defeat, discouragement and depression? For a person who has no sound basis of hope, this would, of course, be foolishness. But for the Christian it is an altogether wise and effective exercise.

The Psalmist has been crying to God for deliverance, and bemoaning the delay. "How long wilt thou forget me?" (vs. 1) Then he turns and reminds himself that God cannot forget him. "Yea, they may forget, yet will I not forget thee. Behold, I have graven thee upon the palms of my hands" (Isaiah 49:15-16). He then declares his faith aloud. "I have trusted in thy mercy." Sometimes just thinking our faith will not shake the clouds of doubt. Speak it aloud. Shout it. Serve notice on the Enemy that you will not be turned away from God.

Our trust is in God's mercy. We must be reminded of this when the Enemy accuses us for our sins and makes us think we are no longer worthy of God's goodness. We trust God, not for what we have earned or merited, but for His free goodness which He bestows upon repentant sinners. In this our hearts can truly rejoice in God's salvation.

We need to then sing. "I will sing." Sing by a deliberate choice of will whether you feel like it or not. Sing of His salvation. He has surely dealt bountifully with you who fear and love Him. He deserves to be sung to. It is indeed our portion of joy to know that defeats are scant and fleeting, while victory is bountiful and permanent.

-C.M.