



## SD#107 Renewed with Heather Dixon, part 1

Psalm 43:5 (ESV) *“Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.”*

### Reflection Questions:

- 1) Do you struggle loving your story?
- 2) What is your perspective on the details of your story?
- 3) How do you find hope amid the struggles of your life?



Seeing Deep Ministries

### Extended Devotion:

Have you ever read a story that you didn't really like? Honestly, I've read several that left me feeling sad, angry, or annoyed. Perhaps it's a children's book I've read for the millionth time or a novel that held high hopes. Not every story we pick up and read will leave us with the warm fuzzies. In our fallen world, sometimes we come across broken stories, and we may even play a part in one of those stories.

Isn't it so hard for us to accept a story we didn't write? The more we dwell on the intricate, painful details, the easier it is for bitterness to take root in our hearts. Perhaps we've experienced a loss of a loved one, a home, or our health. Loss is painful regardless of origin. In these moments it's hard for us to remember that God is working even in our most sorrowful moments. I think it's even harder because we don't know how God is working in these difficult moments or seasons of our lives. But that's when the real renewal begins in our souls. Our broken moments become memorials for God's beautiful work in us.

The Psalms are some of my favorite dwelling places in Scripture. I always glean a new truth nugget or two each time I return. Here in Psalm 43, David is struggling with some serious soul unrest. Perhaps you can relate. David's soul is in turmoil and distress but even in these painful moments, he seeks out a renewal for his soul. Hoping in God for continual salvation is what brings daily renewal for our journey. God is our rescue from hopelessness and our renewal from weariness.

Zephaniah 3:17 (NIV) says, *"The LORD your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."* The Lord is mighty to save! When we press into His presence we can find renewed hope in our brokenness.

### Application:

1. Living with brokenness and pain is often difficult but it's not the end of our story. Think or write down one area you can praise God in the midst of your suffering.
2. Write out and meditate on Psalm 43:5. When your soul aches with sorrow and you begin feeling hopeless, recall this verse. Hope in God and allow Him to lead your soul to rest.

### Takeaway:

God uses every detail of our story to lead us on a road of renewed hope and healing.

