"Praise be to the LORD, for he has heard my cry for mercy. The LORD is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song."

(Psalm 28:6-7)



King David is praising the Lord and shouting for joy for what the Lord had done in his life. The Lord had listen to David's cry for mercy and had hurried to help him and rescued him.

That would really makes us sing and leap for joy to the Lord when He rescued us and save us from all our troubles and deliver us from our hardships. That would help us to take the following decisions:-

- 1- The Lord is my strength: Our confidence in the Lord will increase and we will not look to our weaknesses but we will look forward to what the Lord can do for us in our lives and our struggles and get encouraged with God's word, "Finally, be strong in the Lord and in his mighty power." (Ephesians 6:10)
- **2-** The Lord is my shield: He is my full protection, assurance and insurance. Shield is to cover up and to protect without failing. He is what we boast of and what we rely on.
- 3- My heart trusts in the Lord: A steady state of confidence is build on the Lord and on His mighty power, provision and strength. That gives me peace in my heart and in my mind as I live my life unto Him.

- 4- I am helped by the Lord: A state of continuous help and provision is coming from the Lord without failing or interruption.
- 5- My heart leap for joy: This is my decision to be always happy and rejoicing day and night and in every situation because I know and sure of the Lord goodness in my life.
- 6- I will give thanks to him in song: Yes Lord I will continually sing unto you a joyful song that speaks about your goodness and faithfulness to me and I will tell everyone around me all what you had done to me.



My Prayer

Father God I come before you in the name of Jesus who died on the cross for my sins to give me eternal life. Lord I thank you for all the small and big favour and help that I had received from you, and thank you for all the deliverance that you granted to me against my enemies. Lord I praise you for the assurance, insurance, the hope and the strength that I have in you. Lord uphold me with your grace and I will tell everyone around me about all what you had done to me, this all I ask and pray in Jesus name Amen.

"The LORD is the strength of his people, a fortress of salvation for his anointed one."

(Psalm 28:8)

The Lord Is My Shepherd

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"I will exalt you, my God the King; I will praise your name forever and ever. Every day I will praise you and extol your name forever and ever."

(Psalm 145:1-2)

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