Speaker 1:

It is time for a pause in your day. Welcome to a podcast where we press the pause button on our busy lives for a few moments, and we focus on God's word With Sharon and Nicole, we pray this is a time of refreshing for you. The Sweet Selah Moments Podcast is a cooperative production of Word Radio and Sweet Selah Ministries.

Nicole :

Welcome to Sweet Selah Moments. We are celebrating 10 seasons of sharing God's word with you. And this season is our Selah season. This is episode 147, Betrayal. We're going to examine David's heartfelt cries in Psalm 55 today as he laments the betrayal he experienced from a close friend. If you've ever had that kind of shock, you'll definitely want to stick around for this podcast. But even if you haven't, let's learn together how to deal with betrayal so that we can help others floundering because of it. But first, because this is our Selah season, we're going to talk about our Selah word for the day, the tip we have to help us all practice pausing and simply being with a God who loves us. So far, we've talked about silence, going slow, solitude, Selah days, sleep, and scripture. Sharon, what's next? And how are you finding so many words that begin with S to describe our Selah times?

Sharon:

I actually didn't even start out trying to make all the words begin with S. There were just so many, I had to go with it. Lots of best words, telling the story of stopping for a Selah break in order to love and serve God better. I love it. Well, today's word is Song. Another great way to enter into a Selah time alone with God, a pause to really focus on him is through worshipful songs. Whether they're old fashioned hymns or the latest on the charts, songs that draw us to the Lord are fantastic. Now, my hearing loss has made it harder for me to enjoy worship, but I have a testimony that is fresh from listening to you lead Worship, Nicole, on Sunday.

Nicole :

Oh, oh.

Sharon:

Two years ago now. I lost my hearing in my good ear. (Nicole: Yeah) And I wanted to run out of the sanctuary every time I heard music, because I knew somewhere in my brain what it was supposed to sound like, but everything sounded awful. You who sound beautiful sounded dreadful. (Oh, no.) I know. It was so sad, and it was hard on my brain. It really was. But, but, but, but I'd already lost hearing in the other ear years ago, and I knew that if I just stuck it out, eventually my brain would adjust. (Right) So it's been almost two years. It'll be two years in May. So I worshiped on Sunday. (Oh) I mean, I worshiped. I didn't have to force it. I still feel like I'm very off tune and I'm chanting more than I'm singing, but the memory of what on pitch sounds like (Yeah) Is vanished from my over full brain. And so it all sounds sort of chanting and happy again. And I could lift my hands (Oh, Sharon) which I haven't done for a long time, 'cause I don't lift my hands because other people lift their hands. I only lift my hands if, if my heart lifts.

Nicole :

Right. Right.

Sharon:

And it hadn't lifted in a really long time.

Nicole :

Oh, Sharon!

Sharon:

So I just praise God for the blessing of worship. I think part of it is the togetherness of it.

Nicole :

Yes.

Sharon:

You know, we're all together singing that, but even alone in solitude, to lift up our voice in song to the Lord is to pull us away from the duties of the day. And we can Selah as we just sing to him.

Nicole :

Oh, I love that. Oh, thank you for sharing that.

Sharon:

You're welcome. You did a beautiful job Sunday. So, all right. So song, just start singing people, and even if you're off tune, go for it.

Nicole :

Oh, music is so powerful. And I think the songwriters have such a gift in the way that they can weave emotions and truths of God that sometimes when we're in the middle of a lot of chaos, we don't have time to sit and like, okay, I'm gonna sit and ponder on the goodness of God or what he's done in the past. But music can usher us into that space.

Sharon:

It sure can.

Nicole :

In such a beautiful way.

Sharon:

It sure can.

Nicole :

It's so powerful.

Sharon:

Yeah. And it can lead us to say true words to God that we might not have had on our own, like (Nicole: Yes) Like, have thine own way, Lord. (Yeah) That old hymn, you know?

Nicole :

That doesn't come up easily on our own <laugh>.

Sharon:

No, I don't walk around saying that. But to sing it and mean it, it makes those words our own.

Nicole :

Yeah. Absolutely.

Sharon:

So, praise God for song.

Nicole :

Yes. It's very important for Selah time I think. For sure. I have a special playlist for my Selah time. And again, my favorite songs that kind of lead me into that quieter space with God. So songs are very important.

Sharon:

They are. All right. Well, now it's time to look at actual scripture for today. We're studying Psalm 55, and as always we'll read until we come to that Selah or interlude signal in the psalm. And then we'll stop and discuss. And I shall start today. This is a toughie. David has been slammed by an unexpected betrayal. His friend is now his enemy, and actively fighting against him. Wow.

Nicole :

That hurts.

Sharon:

I mean, that would hurt so much. I mean, I can't imagine that happening to us.

Nicole :

Oh, I know.

Sharon:

And yet, something like that, a close friendship, suddenly you've got an enemy instead. Ow, ow, ow, ow, ow. Right?

Nicole :

Right.

Sharon:

So, let's study together. I'll read my section first, and I'm starting at verse one of Psalm 55. It says, "For the choir director, a Psalm of David to be accompanied," (speaking of song) "by stringed instruments".

Nicole :

I love when they add how he wants it done. Like, I want this one with strings. I want this one with that. He has a vision for his song.

Sharon:

Exactly. So this is a song, although I shall not sing it, and you may thank me for that. Here it is. "Listen to my prayer. Oh God. Do not ignore my cry for help. Please listen and answer me for I am overwhelmed by my troubles. My enemies shout at me, making loud and wicked threats. They bring trouble on me and angrily hunt me down. My heart pounds in my chest, the terror of death assaults me. Fear and trembling overwhelm me and I can't stop shaking. Oh, that I had wings like a dove. Then I would fly away and rest. I would fly far away to the quiet of the wilderness. Selah." Oh boy. So we're starting here where David is his usual, incredible, honest self. I'm hurting. My heart is pounding. I'm sweating, I'm terrified. And you know, we've said this so many times, but David teaches us, and God allowed this so he could that we can tell God how we feel, and we don't have to come all sort of 'perfect-fake' to God.

Nicole :

Right.

Sharon:

So he's not coming perfect-fake. So. So sometimes hits just keep coming. And I had a trifecta, as it were, in our lives many years ago now. But I can remember the overwhelming sense of it. It wasn't a betrayal, but it was just too much. (Nicole: Mm-hmm) You know, for starters, you know, we had taken care of Dad Gamble for 20 months, hard work, exhausting work as a caregiver, but precious, and then he died. So we got through the funeral, we got through all the things you have to get through, and then our daughter had a crisis. And instead of finally getting to rest, we flew to Iowa where, she had lost a little foster boy that they thought they were gonna be able to adopt. Oh. She was heartbroken. She couldn't think of Christmas without him. (Mm-hmm) So we went out and had to kind of muscle up energy to care for her, although there was very little energy left. (Mm-hmm) So we're there with this one daughter, and the other daughter calls and says, my husband is being deployed to Afghanistan. (Oh my goodness.) Could I come live with you with my four children?

Nicole :

Wow.

Sharon:

I know. Now these aren't bad things. So I can't really compare myself to David because David's was a horrible thing. Well, the middle thing was a hard thing. Losing that little boy was dreadful.

Nicole :

Oh, yeah.

Sharon:

The death for Dad Gamble was a joy because he'd received the Lord. And having Mary live with us for a year was marvelous. But you sometimes just get hit and overwhelmed. And so I get David's desire, 'cause it was my desire. It was, can I run away for a bit? (Yes) This is what he says. "Oh, that I had wings like a dove." Like I would lift myself up right now and flap away like a dove to rest, far away to the quiet of the wilderness. Can I just get out of this never ending pressure? Right. (Right) And of course, we couldn't at that time, and David can't. (Right) You know, perhaps I'm thinking he's probably king. You know, it's kind of hard to just fly away as a king.

Nicole :

Run away from, (Sharon: Yeah, right.) They won't notice if I sneak away for a bit.

Sharon:

Pardon me while I leave you all. But, that longing for stillness is, not only legitimate, it's the best thing to do.

Nicole :

Oh, yeah.

Sharon:

It really is. Speaking of Selah, (Nicole: Right.) Yeah.

Nicole :

Well, it's interesting. I was reading, when I was reading through this verses 4-6, the way he describes like his physical, his heart, pounds in his chest, the terror of death assaults him, fear and trembling. He couldn't stop shaking. That sounds very much like a panic attack.

Sharon:

I thought the same thing. It sounds like he was having a panic attack.

Nicole :

Yeah. Like, it was so overwhelming. His whole body was reacting in this very powerful way where he, 'cause when you have a panic attack, if you've ever experienced one, I have, most of us have, it does feel like death is coming for you. (Sharon: It sure does.) There's this feeling of impending doom. (Yep) And to see him so clearly articulate that, like his whole body, his brain was like, this is bad!

Sharon:

Yes. See, humans haven't changed in 2000 years.

Nicole :

We haven't. Even the King of Israel is having trouble.

Sharon:

Yeah. When something traumatic happens, or actually sometimes when you're just under a lot of stress, a panic attack can come for no reason you can figure out. (Nicole: Right) But your body reacts.

Nicole :

Yeah. I thought that was really interesting how he described that. It was like, wait, I've felt these feelings before. Oh my goodness David felt this as well. (Sharon: Right) And God didn't reprimand or say, Hey, you shouldn't be falling apart. He allowed him to come to him in that wholly overwhelming bodily experience.

Sharon:

He sure did. He sure did. And the prescription, if you can do it, is to get away and be still. (Nicole: Yes) And that's a good thought. t doesn't always... It is not always reality, but it's (Right) what we ought to do if we can.

Nicole :

Mm-hmm. Yeah. For sure.

Sharon:

Yeah. Yeah. Mm.

Nicole :

All right. So we'll go on to the next section, which is, starting at verse 8, "How quickly I would escape far from this wild storm of hatred, confuse them Lord, and frustrate their plans for I see violence and conflict in the city. Its walls are patrolled day and night against invaders. But the real danger is wickedness within the city. Everything is falling apart. Threats and cheating are rampant in the streets. It is not an enemy who taunts me. I could bear that. It is not my foes who so arrogantly insult me. I could have hidden from them. Instead, it's you, my equal, my companion and close friend. What good fellowship we once enjoyed as we walked together to the house of God, let death stalk my enemies, let the grave swallow them alive for evil makes its home within them. But I will call on God and the Lord will rescue me. Morning, noon and night, I cry out in my distress and the Lord hears my voice. He ransoms me and keeps me safe from the battle waged against me. Though many still oppose me, God who has ruled forever will hear me and humble them. Selah" This is incredible. The first part here, as he's describing everything awful going around you. The heartache of having someone close to you, betray you is so much worse than just an enemy.

Sharon:

It is.

Nicole :

You kind of expect an enemy to come against you, but to become close with someone, you pour out so much of your life with them. They went to church together, they did life together. So to have someone so close then be not just hurt you and kind of drift away, but to actively work against you, that is just such a profound pain and agony to live with. (Sharon: Yes) You can't compartmentalize or tuck it on a shelf to deal with. Like, it feels all consuming. (Yes) It feels all part of your day because you have this person in your life, you did life with them, and then suddenly they're actively trying to hurt you instead, that can really sidetrack you. Just hugely, (To say the least. Yeah.) Yeah. But in all of that, I was just kind of struck with how he was still seeing more than just his own troubles. He was seeing conflicts and violence in the city as well. He still had his king hat on. (Yeah) He was still able to look beyond his own hurt and see what was going on in the city as well. So I thought that was interesting. It was like, good job David not being completely consumed by this.

Sharon:

By himself. Yes.

Nicole :

Right. And just kind of pouting in his room. Like this is awful. Which he rightly could have for a while. Oh yeah. But he was still concerned with the greater good of what was happening around him as well.

Sharon:

I love that you picked up on that. That is special because you're right. When something, I would call it a blind side, you know? (Nicole: Mm-hmm)Like in football, when you're running and you don't know someone's on your blind side until they knock you over. (Yeah) And you're shocked. And then everything is unstable because where did that come from? Right. (Yeah) When you're blindsided like that, I think the

natural tendency is to tunnel focus. (Yes) And to kind of feel off kilter. So the fact that he could still be, 'I gotta watch out for the city' is really cool. I like it.

Nicole :

But then it goes to show that there's trouble outside and internally. He's dealing with it all right now. So, and then down to verse16, where he says, 'but I will call on God who will rescue me'. And then morning, noon and night, he will cry out. So he was faithful in bringing his heartbreak to God. (Sharon: Yes) Despite the city falling apart, despite him internally falling apart. Everything was going poorly for David. And his response was to go to God faithfully, bring those troubles to him. And the answer didn't come immediately, but he still came to him with his heart. And that was a really good, what a beautiful example,

Sharon:

Isn't it?

Nicole :

Yeah. I'm like, okay, do I do that?

Sharon:

Yeah. Those three words are just resonating with me, BUT I WILL. Right? (Nicole: Mmm, yeah.) So of all this going on, clearly God didn't stop me being blindsided. Clearly he hasn't stopped the enemies, BUT I WILL. He's resolved and then he still goes. It's a resolve. And it's a good thing to remember in goodish times, because at the moment I'm having a pretty goodish time, but I'm thinking to myself, I need to remember this now. (Yeah) So that when I get blindsided, which I'm human, (Right) it will happen in one way or another, if I can remember: BUT I WILL. Still turn to God. (Mm-hmm) And notice how often he does it. (Yeah) Morning, noon, night. (Mm-hmm) That's a lesson I learned a long time ago. You can't pray just once. (No) God wants this constant talking (Right) going on.

Nicole :

Because by lunchtime, like 10 other things have blindsided some days.

Sharon:

Oh my goodness.

Nicole :

And you need to constantly like, okay, God, now this is happening. (Sharon: Right) And now this, like what?

Sharon:

Yeah. Yeah. Yeah. Yeah. And, one prayer, you know, bless my daughter who just lost the boy she thought would be her son. (Nicole: Mmm) No. No. Morning, noon, night. (Yes) She grieved. (Yes) Morning, noon night. I needed to pray. To get her through that next day and get her through and help her to focus on Christmas for the little boy she had. (Right) You know? (Right) Yeah. So, yeah. Yeah. Oh, it's such a good example and modeling for us. (Mm-hmm)

Nicole :

Yeah. I thought so.

Sharon:

It's cool. Alright, well I've got the last section here and it starts, I think I somehow, I divided it weird, Nicole, Oh no, I know why, the Selah.

Nicole :

Oh, because of the Selah. The Selah divided it weird. It wasn't you.

Sharon:

So we've got a Selah halfway through verse 19.

Nicole :

That is interesting.

Sharon:

Isn't that fun? But you know what, the verses weren't there when David wrote it.

Nicole :

Oh, that's true.

Sharon:

Those are added later. (Nicole: Yeah) In fact, I just looked up the date. It's like AD 160, probably I'm saying it wrong, but it's really not that long after Jesus died., (Okay) that they did verses. Before then it was just written on scrolls. (Right) And it was really hard to find your place. (Right) So there's a logical reason for those verses. (Right) Even though I don't know whoever did 'em, but why'd they put verse 19 and the Selah in the middle?

Nicole :

Yeah, 'cause it still seems like the same thought.

Sharon:

It does. But there it is.

Nicole :

But we didn't write it. So.

Sharon:

But who am I? Who am I? But when David wrote it, I'm gonna go back to 19, at the beginning, when David wrote it, there were no verses. So it was just a song. And it's "So God who has ruled forever will hear me and humble them. For my enemies refuse to change their ways. They do not fear God. As for my companion, he betrayed his friends. He broke his promises. His words are as smooth as butter, but his heart is war. His words are as soothing as lotion, but underneath are daggers. Give your burdens to the Lord and he will care for you. He will not permit the Godly to slip and fall. But you, Oh God, will send the wicked down to the pit of destruction. Murderers and liars will die young. But I am trusting you to save me." Oh, there's so much in this. We get a little bit more of a description of that enemy, (Nicole: Yeah) and enemies too, because he also referred to enemies. So here's some things that I pulled out about enemies.

Sharon:

First of all, a genuine enemy refuses to change. And it sounds like David must have tried to change him because how does David know he refused unless, David tried. Right. (Right) So, okay. So stubborn, you know, I'm going this way. I've decided I don't like you and nothing's gonna change my mind. So, refuse to change, they don't fear God. An enemy of a Christian of God does not fear him. Or if they did, oh baby. They wouldn't be doing what they're doing. Because God is just. They betray friends, they break promises. And this is my bleh, they deceive with charm. That just bleh! That just seems so oily. Smarmy. Awful. I don't know why that feels the worst to me. But it really does. It seems so wicked to pretend to be one thing. I just really want to be me inside and out. You know, and Oh my goodness. So anyways, so how do you fight this kind of blindsiding where you've got this charmer that is actually throwing daggers at you. (Right) Saying one thing and doing something else. Well, we kind of get this whole change in verse 22 where David advises, he says, give your burdens to the Lord. He'll care for you. He won't permit the godly to slip and fall. You know, and then he talks to God, you're gonna take care of the wicked. They're gonna die young. I'm gonna trust you to save me. So there's a turning where it's like, hold me up, Lord. I'm gonna trust that you'll save me. Even now when I'm in this pit. And everybody's attacking me and my world is off its rocker because someone I trusted betrayed me. So.

Nicole :

That is so much harder to deal with when someone is blatantly evil or just comes up and there's, you can see what their motives are. You can just accept it as it is and kind of work through it. But there is something so nefarious about that smooth as butter and soothing as lotion because they're actively trying to bamboozle you. (Sharon: Yes) They're trying to distract you from what is their actual intentions, whether they're aware of it sometimes or not. Sometimes they can fool themselves. But I want to trust people. (Me too.) So desperately give them the benefit of the doubt. And I am prone to believe sometimes the smooth, oily, buttery things. I just want like, oh, of course they would genuinely mean that. Right?

Sharon:

Of course they would.

Nicole :

And it's so jarring to find out when they don't (Sharon: Uh-huh) And then you kind of doubt yourself as well. I think that's why it's such a, profound hurt. Because you believe someone and then you go, wait, am I not discerning or intelligent (Exactly) enough to decipher this?

Sharon:

Right. And then you feel foolish.

Nicole :

Yes!

Sharon:

And Satan comes in with accusations and condemnation.

Nicole :

Oh he uses that. For sure. (Sharon: Yeah) So it's a very, I would much rather have someone just walk straight up to me as a straight up enemy. Because then I can just be ready to, to, you know. (Sharon: Yes, yes) prepare for it. (If people could just have a sign, 'Villain'. You know?) Right. So much easier.

Sharon:

Then you would know! You know, I had this flashback as you were talking, I did have somebody do this to me one time, (Nicole: Oh wow.) Ray and I were bicycling in Heidelberg when we lived in Heidelberg. (Oh) And I was wearing this beautiful watch that Ray bought me that was encrusted in diamonds. It was like an anniversary present. . And, you know, just gorgeous. I mean, probably only cost 150 bucks. So not that rich. But you know what I mean?

Nicole :

Right. But it was special. It was shiny, flashy?

Sharon:

We're used to buying watches that cost $15. (Nicole: Right) So, right. So, special to me. So I missed getting up over a curb and I went splat on a Heidelberg sidewalk. (Nicole: Oh no!) Yeah. And Ray was ahead, so he didn't see me. (Oh no) So this very kind man came up to me and said, are you all right? And he looked right in my eyes. In fact, I couldn't stop looking at his eyes. (Yeah) And he picked me up and as he picked me up, I didn't know this until later, he took that watch off my hand.

Nicole :

You are kidding.

Sharon:

I am not.

Nicole :

Oh wow. That's so creepy.

Sharon:

Isn't that the saddest thing?

Nicole :

Oh, and he got away with it. You never? He took it.

Sharon:

By the time I realized, 'cause Ray eventually is like, oh, I don't think Sharon's behind me and turned around and came back from me. I'm, you know, I'm sitting there and I'm like, my watch, my watch is gone. And then I remembered that when he picked me up, he was holding that wrist.

Nicole :

Whoa, Sharon.

Sharon:

But he had his eyes on me in this really weirdo way where I felt, you know, anyways, so.

Nicole :

Wow!

Sharon:

So it can happen.

Nicole :

That would have been nice if he had a villain sign. But that is a little weird. But he tried to distract you with charm and be nice.

Sharon:

Yeah, he did.

Nicole :

That wasn't very nice.

Sharon:

But that was not as bad as what happened to David. So, alright, let's ask the questions. Here we go. First question, I'll let you do the first one first. So it is, what did we learn about dealing with betrayal from this passage and how can we apply it to us, daily life?

Nicole :

So what I've learned from this is, bring our hurt to God first, and not to another friend or even that person. I think initially, although he did say he tried to, I think he did say he went and he refused to change his way. So maybe he did have, but I know initially for me, when I had that big onslaught of all those big feelings and hurt and anger, disappointment to immediately go to a friend, it's not always the healthiest thing because then we could end up slandering or being just as bad as, you know, the person we're upset about.

Sharon:

Right. So true.

Nicole :

So going to God, he's such a safe place too. Be like, God, what is happening? And outpour our hearts to him and say the angry things, say the big things, slay my enemies. Get all that outta the way.

Sharon:

Yes. God is the exact right place to bring that stuff to. Yes, yes.

Nicole :

He is. Because he just listens. And then when the initial outpour, it kind of simmers down, it diffuses a little bit. (Sharon: Mm-hmm) Then we can sit with God, give him our burdens and listen, okay, God, what do I do with this? How is this gonna honor you? As opposed to, this is what I want to do, I wanna do this. I wanna lambast them back. I wanna, you know.

Sharon:

Yeah. I wanna hurt them more than they hurt me.

Nicole :

Yes, exactly. So it just kind of gives us time to diffuse and then give God some time to actually get a word in edgewise.

Sharon:

Yes. I love it. And that's kind of David's Psalm, you know, because at the beginning it's like blehhh! (Nicole:.Yeah) And then from the anxiety attack or the panic attack or whatever, then we move into things like, you know, we cry out morning, noon and night. (Yes) You know, and there's the give it to God thing. And then we grow in trust the pain fades. (Mmm) And the knowing that will happen, that God will save. And the older you get and the more you've seen how screaming pain does fade. (Yeah) And God redeems it. I mean, I think there's some pains you live with all your life. (Sure) You always miss a child, you lost. I can't imagine. And when my Ray dies, if he dies before me, I will never not miss him. I won't. (Right) So some pain stays, but it's less raw.

Nicole :

Right.

Sharon:

Right. And God saves. And the other thing I've learned from this is betrayal can happen. (Nicole: Mm-hmm) Humans can be selfish and deceitful. (Yeah) And not every betrayal is, you know, Capital V Villain betrayal. (Right) Sometimes it's a careless word. I've told someone something I didn't want shared and they shared it. They didn't do it maliciously, it just kind of blooped out of them. (Right) Right? It still feels like a betrayal. You know, but it's a different level. So just remembering that, you know, there's only one safe place. That's God. (Absolutely) And that's not an it, that's a He. So, okay, I'm gonna share my favorite verse and why next. And then you get to share your favorite verse. That's question number two. I loved verse 7, "I would fly far away to the quiet of the wilderness". There's something about being in God's creation? Just creation. Not, you know, lots of manmade things that I don't know, it just soothes me. I mean, the trees keep growing no matter who betrayed me. (Right) The breeze keeps blowing. The waves keep coming in and pounding the shore. There's a reminder of the eternality of God and the fact that some things are more stable. I mean, not that creation's always stable either, but normally when we run away to the wilderness, there isn't an earthquake while we're there.

Nicole :

Right. From the middle of like, a tornado

Sharon:

Right, so normally it's a fun thing to do. So that just really resonates. I mean, I'm the Selah girl, you know that?

Nicole :

Right.

Sharon:

And I think, being still and bringing hurt to him in a place of beauty that he made, (Nicole: Yeah) can really still a broken heart and a screaming heart. (Oh, for sure.) Yeah. Yeah. So that was mine. What was yours?

Nicole :

I love that. It was the same. I picked those two, which is funny, but in a little bit of a different way too. Just verse 6, that, "Oh, that I had wings like a dove that I could fly away and rest". He just puts into words so beautifully that overwhelm of just wanting to get away from it all and find peace. (Sharon: Yes) And the fact that his heart longed to find that peace with God again, I just wanna get rid of all of this. And how many times do we feel like that we just wanna get away? (Yes) I don't wanna sit and process and deal with this. I just wanna run away from it. This is awful. It feels yucky. So I appreciate his, his honesty and the way he just articulated that so well. I feel you, David.

Sharon:

Yeah. Yes. Well, you know, we're back to song, our Selah word for the day. (Nicole: Yeah) Songs put into words what we can't always. And they help us express the feelings we have in better words than we've got.

Nicole :

Yeah. I'm not as articulate as him. (Sharon: Yeah) That just was so beautiful.

Sharon:

So last question. What do we learn about God from this passage? I learned that, God does punish the wicked. You know, that's clear. It's not like anybody gets away with anything. (Nicole: Right) That God will listen. That he bears my burdens and he cares for me even in my pain. He lets me come to him in pain. How about you?

Nicole :

He's always close. He always hears us. He was listening to David and right there with him in his pain. It wasn't too much for God. And we can share big feelings with him. And he's safe and he's never overwhelmed by us.

Sharon:

Isn't that nice? I can overwhelm people. I don't know about you.

Nicole :

Oh, yes. We have a lot of energy and a lot of big feelings.

Sharon:

Yes.

Nicole :

And so to just be able to know that I can go to God anytime and I can come to him morning, noon and night with those big feelings still, and he's not like, you're still on this.

Sharon:

He always has time for us.

Nicole :

He always does.

Sharon:

And Oh, his love is incredible. Well, let's pray and, Oh Father, I'll just start right there. Your love is incredible. Father, thank you that you allow us to be our realist real selves when we come to you. To spit out all the things we feel and then sit with you as you help us feel better. God, help us to do that this week when we're faced with hard situations of any kind. Call us toward you into the stillness that you offer. In Jesus' name, amen.

Nicole :

Amen. I am so glad God shows us through David, that we can come to him honestly with our hurts. And although it's hard to accept, it's good to know that sometimes life is going to be hard and it's going to hurt and we just have to walk through the pain to get to the other side. Do you have stories of betrayal and how God walked with you through that hard time? We would love to hear from you, If you care to share. You can find us at sweetselah.org/podcast or you can email us at sharon@sweetselah.org. Join our podcast family by donating and becoming a podcast partner by going to sweetselah.org/donations. Hearing from our listeners or reading a review makes our day, please consider helping us out in any case. We hope that you'll be back next time for episode 148, Waiting. We can't wait to talk about waiting. Here's a hint. It's hard to do, but very rewarding at times. For now, thanks for so much for listening and have a great week.

Speaker 1:

We are so glad you stopped for a while with us. The Sweet Selah Moments Podcast is a cooperative production of Word Radio and Sweet Selah Ministries. More information about this podcast can be found at sweetselah.org. Thank you for joining us.