



5 DAY DEVOTIONAL

Sermon: The Lord Is My Shield

SPEAKER: REV. CHRIS SMITH | 8/23/2026 | PAGE 1 OF 5

Day 1: When Life Feels Like Too Much

Devotional: Have you ever looked at your life and felt completely surrounded? Bills piling up, relationships strained, health uncertain, and no clear way forward. You are not alone in that feeling. David, one of the greatest kings in history, sat in that same place. In Psalm 3, he opens with raw honesty: trouble was coming from every direction, and the people around him were saying that even God could not help Him. But here is what is remarkable. David did not pretend everything was fine. He did not put on a brave face and push through alone. He brought his overwhelm directly to God. He named what was happening, and then he shifted his gaze from the size of the problem to the greatness of the One he served. That is an invitation for us today. Whatever you are carrying right now, you do not have to carry it alone. God already knows. Nothing you are facing has caught Him off guard. He is not scrambling to figure out what to do. He sees you, He hears you, and He cares deeply about what you are going through. You can be honest with Him. That is where it starts.

Bible Verse: 'Lord, how have they increased who trouble me? Many are they who rise up against me.' - Psalms 3:1

Reflection Question: What would it look like for you to bring your current struggle to God with the same raw honesty that David did, instead of trying to manage it on your own?

Quote: "Life can be overwhelming. And you've all experienced it. We're not alone."

Prayer: Lord, I am honest with You today about how heavy things feel. Thank You that I do not have to have it all together to come to You. Hear my cry and remind me that You are near. Amen.

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Day 2: He Is Your Shield

Devotional: After David poured out his trouble to God, something shifted. Not his circumstances, but his perspective. He stopped describing the enemy and started describing his God. He called the Lord his shield, his glory, and the One who lifts up His head. That image of a lifted head is powerful. When we are ashamed, defeated, or crushed by life, our heads drop. We look down. But God reaches in and lifts our chin. He reminds us of who He is and, because of that, who we are. A shield does not remove the battle. It protects you in the middle of it. David was not saying the army disappeared. He was saying that God stood between Him and destruction. That is the kind of protection God offers us. He does not always remove the hard thing, but He covers us as we walk through it. You may be in the middle of something difficult right now. The situation may not have changed yet. But God is still your shield. He is still your glory. And He is still the One who can lift your head when everything in you wants to look down in despair. Let Him.

Bible Verse: 'For the Lord God is a sun and shield; the Lord will give grace and glory; no good thing will He withhold from those who walk uprightly.' - Psalms 84:11

Reflection Question: In what area of your life do you most need to let God be your shield right now, and what would it mean to actually trust Him with that?

Quote: "But you, O Lord, are a shield for me, my glory, and the one who lifts up my head."

Prayer: Father, thank You for being my shield and my glory. Where I have been looking down in defeat, lift my head today and remind me that You are fighting for me. Amen.





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Day 3: The Peace That Doesn't Make Sense

Devotional: One of the most stunning moments in Psalm 3 is easy to miss. With an army closing in, David laid down and slept. He actually slept. That is not the response of someone who had given up. That is the response of someone who had fully trusted. Sleep requires surrender. You cannot sleep and stay in control at the same time. When David closed his eyes, he was saying, in the most practical way possible, that he believed God was watching over Him through the night. That kind of rest is not natural. It is supernatural. Isaiah 26:3 tells us that God keeps in perfect peace the person whose mind is stayed on Him. Not the person whose circumstances are perfect. Not the person who has all the answers. The person whose mind is fixed on God. That is the key. Peace is not the absence of trouble. It is the presence of God in the middle of trouble. You can have that peace today. It starts with where you choose to fix your attention. When the noise of your situation gets loud, redirect your mind back to who God is. That is not denial. That is faith.

Bible Verse: 'You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.' - Isaiah 26:3

Reflection Question: When anxiety rises, where does your mind naturally go first, and what would it take to make God your first focus instead of your last resort?

Quote: "We can have peace today. Amen. We can be like David, even though the enemy is coming."

Prayer: Lord, I want the kind of peace that only You can give. Teach me to fix my mind on You, especially when everything around me is loud and uncertain. Amen.

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Day 4: God Is Most Visible in the Impossible

Devotional: David's story and Job's story look very different on the surface. David's suffering came partly from his own choices. Job's suffering came with no explanation at all. Yet in both stories, God showed up. David was restored. Job's latter days were greater than his former ones. The common thread was not that they had perfect lives. It was that God proved Himself faithful in the middle of the impossible. There is something important in that. When a situation has a human explanation, people credit human effort. But when there is no logical reason for how things turned out, God gets the glory. His hand is most clearly seen in the moments when nothing else could have saved you but Him. If you are in an impossible situation right now, that is not a sign that God has forgotten you. It may actually be the very place where He is about to show up most powerfully. He is not surprised by what you are facing. He has not run out of options. And He has a track record, written across the pages of Scripture and in the lives of people around you, of coming through. Stand on His promises, even when the evidence looks different. He is faithful.

Bible Verse: 'This poor man cried out, and the Lord heard him, and saved Him out of all His troubles.' - Psalms 34:6

Reflection Question: Can you think of a time when God came through in a way that had no human explanation? How does remembering that moment shape the way you face what is in front of you today?

Quote: "God's hand is most evident in our impossible situations. Amen."

Prayer: God, I choose to trust You in this impossible place. Remind me of Your faithfulness and give me the courage to stand on Your promises even when I cannot see the way forward. Amen.





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Day 5: Salvation Belongs to the Lord

Devotional: Psalm 3 ends with a declaration that is both simple and profound: salvation belongs to the Lord. After all the honesty, all the trust, all the rest in the middle of the storm, David lands here. Not on his own strength. Not on a strategy. On God alone. That is where every journey through difficulty is meant to bring us. Not to a place of self-sufficiency, but to a deeper dependence on the One who holds all things together. Abraham Lincoln once said that he had been driven many times to his knees by the overwhelming conviction that he had nowhere else to go. That is not weakness. That is wisdom. When we reach the end of ourselves, we find that God was there all along. He encamps around those who fear Him. He delivers. He blesses. And He walks with us through every season, including the ones we never saw coming. You do not have to have it all figured out. You do not have to be strong enough. You just have to keep turning back to Him. Salvation belongs to the Lord, and that means your situation is in the best possible hands. He hears. He cares. He answers. And He will not let you go.

Bible Verse: 'The angel of the Lord encamps all around those who fear Him, and delivers them.' - Psalms 34:7

Reflection Question: What would it look like for you to fully release your current situation into God's hands, trusting that salvation truly belongs to Him and not to your own effort?

Quote: "We must remain confident in the impossible, knowing that God hears, he cares and He answers our cry."

Prayer: Lord, I surrender what I have been holding too tightly. Salvation belongs to You, and I trust You with my life, my family, and my future. Thank You that I am never alone. Amen.

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