



DAVID'S JOURNAL

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*I will be glad and rejoice in your love,
for you saw my affliction
and knew the anguish of my soul.
Be merciful to me, LORD, for I am in distress;
my eyes grow weak with sorrow,
my soul and body with grief.
But I trust in you, LORD;
I say, "You are my God."
My times are in your hands;*

Psalms 31:7, 9, 14, 15

Amazing how a badly depressing day can turn around and become something good! Many of us living with mood disorders know all about this. We must remember—we need to if we can—never to forget to trust God. David's psalms express this truth throughout. They show how well he knew this. We have much to learn from David and how he handled his bad times.

Emotional pain, anguish and depression are always hard to deal with, but can you imagine how it must have been at the time David lived? Anti-depressants were an unknown. David had no

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medications to help him like we do. All he had to lean on was his trust in God. He had to have a strong faith to live the kind of life he lived.

David repeatedly encouraged himself to trust, throughout the writing of his psalms. Could David's writings have been to him like our journaling is to us today? I believe my journaling is very similar. Not eloquent like his, of course, but it does in a similar way express the ups and downs of living a difficult life. Yes, David's life was not an easy one, as the Psalms attest to.

David's psalms appear to have been written much like I write prayers in my journal. Not all in one sitting, but at various times throughout the day. Pain followed by joy; joy followed by pain, as he moved through the day.

I usually journal first thing in the morning, and then at various other times during the day, whenever I want to share something with God. He is there when I need someone to cry out to. He is there when I need to express my joy. Whenever I need to ask Him for something or to ask Him about, God is available. Pages that are blank when I start, quickly become filled up with letters to God as I write—as I talk—to Him, sharing what's in my heart.

I wonder, why do I still find a need to go to friends with my complaints as much as I do? Do I really trust God? Do I really believe He's listening?

One thing I do know: Through writing daily to Him, I remind myself that God is there and that He is listening to me. Talking to God through my journal makes Him real to me. My journal, this black book I carry everywhere with me, is my tangible connection to God, my Father, my friend.

And yet, when I find it hard to journal on my own, David's psalms are there to help me, to help me express what I need to say to God. When I have trouble finding hope, David helps me find it.

Thank you, God, for David and his psalms.

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