

"The Lord Will Bear You Up"

Psalm 68:4-10, 19-20; Lamentations 3:17-24; 2 Corinthians 4:8-10, 16-18

Our worst days have a way of making the future feel impossible. Perhaps we wake up to a depression that makes our chest cave in. Or a relationship on the verge of collapse. Or a child of ours who is struggling. Or pain in our bones that makes the smallest focus a feat. The thought of enduring for a lifetime, or even another week, can send us searching for an escape.

We do not, however, need to know on our worst days how God will sustain us for a lifetime. We do not need to know even how he will sustain us tomorrow. We need to know, even with a mustard seed of faith, that he will get us through today.

Scott Hubbard, editor for *Desiring God Ministries*, writes, “We might think that God, creator of continents and stars, would be too big to notice our days. Don’t a thousand years pass before him like a watch in the night? Yes. But God’s care for his world is as intricate as it is grand. He keeps inventory of every hair (Mat. 10:30). He catches every sigh (Ps. 139:4). He slows down to walk through every 24 hours with his children.”

And so, God not only gives us promises that cover the span of our lives, but also some precious ones that meet us on our worst days, and remind us of what he will do for us – today.

1. The Lord Will Daily Bear You Up.

“Blessed be the Lord, who daily bears us up; God is our salvation.” (Psalm 68:19)

Our salvation does not rest merely somewhere in the past, at that first moment of repentance and faith. God *did* save us then. But as long as we are in this world, we need daily saving. “Blessed be the Lord, who *daily bears us up*.”

For David, Israel’s exodus from Egypt (described in Ps. 68) writes in big letters the story God writes every day – though it often goes unnoticed. Every day, he guards orphans & protects widows (v. 5). He settles the solitary in a family & leads prisoners to freedom (v. 6). He meets the needy in their trouble and gently bears them up (v. 10).

If the exodus wrote God's care for his people in big letters, then the cross of Jesus writes it in letters bigger still! Romans 8:32 – “*He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?*” If Christ has carried our sin to the grave, will he not also carry us through today? If God has raised Jesus from the dead, will he not also raise our heads above today's high waters?

Our sorrows can sometimes make today feel unbearable. And that is the point of this promise: *When we meet the unbearable, God himself will bear us.*

And this will still be true even when our legs can no longer bear our bodies. The Lord says in Isaiah 46:4 – “*Even to your old age and gray hairs, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.*” The Lord will daily bear you up ...

2. The Lord Will Daily Show You Mercy.

“*The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness!*” (Lamentations 3:22-23)

Some comforters, for all their good intentions, eventually withdraw when they find our sorrows to be deeper and more complex than they imagined. Even the best of friends sometimes grasps for sympathy. But God's compassions never fail. His steadfast love never ceases. His mercies “are new *every morning*.”

When I hear this promise, I naturally imagine a scene of calm and peace — the sun rising over a mountain lake, birds chirping in the background. But Jeremiah wrote these words as the sun rose over a different scene: men cut down in the streets (1:20), infants dead on their mother's bosoms (2:12), priests slain in the temple (2:20). The destruction was enough to make him physically ill (2:11).

How could Jeremiah look on such devastation and then speak of God's new mercies? [P] Because *the wreckage of our lives is never the final word about God's heart toward those who hope in him.* Even when God disciplines us for sin – mercy, not wrath, is the

banner that trails behind each morning's sun. Jeremiah knew it because God had declared his mercy over and over again: "*I am the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness.*" (Ex. 34:6). And so Jeremiah, in the midst of devastation, is still able to say, "*Yet this I call to mind and therefore I have hope!*" (Lam. 3:21)

And you and I know it all the more because Jesus demonstrated God's mercy at Calvary. Romans 5:8 – "*But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.*" He endured the deepest depths of pain for us.

Our dreams falter and fail; *God* does not. Our hearts grow weak; his steadfast love is from everlasting to everlasting. Our hopes rise and fall; God's mercies come at their appointed time every morning — and they will carry us through today.

3. The Lord Will Daily *Make You New.*

"*We do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.*" (2 Corinthians 4:16)

Many of us would be content simply to know that God will get us through our worst days — that we will come to the end of them still sane, still trusting in Christ. But God does not want us to stop there. He also wants us to know that *no day endured in faith will be wasted.* Even on our most miserable days, when our outer self is wasting away, God is on his potter's wheel, shaping us, forming us. "Our inner self is being renewed day by day."

As with the new mercies Jeremiah proclaimed, our inner renewal is largely hidden from us in the moment. From the outside, we may feel, like Paul, "*afflicted in every way ... hard pressed on every side ... perplexed ... struck down*" (2 Cor. 4:8-9). We are left looking like a city under siege.

But even as body and mind are battered, God is at work on the inside, building something that will last forever. "This light momentary affliction," which wreaks such havoc on our outer self, does something quite different to our inner self. As we keep

our eyes on things unseen (2 Cor. 4:18), our afflictions become the furnace where God renews us and prepares for us “*an eternal glory that far outweighs them all*” (4:17).

We sometimes catch glimpses of the new-self God is fashioning through our trials. But the great unveiling lies on the other side of this life. The saints of God traverse through the raging waters and roaring fires of life – weary and worn, scarred and torn – but they arise on the other side new, never to die again. Until that great day, God will be fitting us for our eternal home. He will daily make us new.

Morning and Night

How shall we respond to such resolute, unwavering love; such daily mercy? We can take our stand with the psalmist, and say, “*It is good ... to declare your steadfast love in the morning, and your faithfulness by night*” (Ps. 92:1-2). Every morning, look ahead and remember: *God will show me steadfast love today*. And every evening, look back and declare his faithfulness.”¹

If you are in Christ, God will bear you up today. He will show you mercy. He will make you new. And when tomorrow comes, he will do it all again. Thanks be to God.

¹ Scott Hubbard, “God Will Daily Bear You Up.”