

Your Right Hand Upholds Me

O God, You are my God;
Early will I seek You;
Because Your lovingkindness is better than life,
I will lift up my hands in Your name.
And my mouth shall praise You with joyful lips.
Because You have been my help,
Therefore in the shadow of Your wings I will rejoice.
My soul follows close behind You;
Your right hand upholds Me.

(Psalm 63: 1, 3-5, 7-8)

The Lord gives us His truths to guide our path and then helps us along the way. Reflect on some occasions when the Lord has helped you. Perhaps this help came after you prayed for His help, read a passage from the Word, or turned your thoughts to Him.