

## WHAT SUSTAINS YOU?

PASTOR TIMOTHY GREEN

Ps 119:92 If your law hadn't sustained me with joy, I would have died in my misery. NLT

The psalmist says that at times in his life, the pain was so great; his trials were so difficult, that he would not have been able to survive if it had not been for God's Word. He would have died spiritually and emotionally and perhaps even physically, if it had not been for the Word of God.

Does what the psalmist says make sense to you? Do you know where he is coming from? Have you ever felt the same way?

I have. I know what it is to suffer. I know how it feels to face uncertainty. I know what physical pain feels like. I know what emotional pain feels like. I know what relational pain feels like.

My guess is that you do as well. I told somebody recently, "Nobody makes it through life unscathed."

The question is not, "Will we have to suffer in this life?" we all will. The question is, "Who and to what are you going to turn to when you suffer? What will sustain you? What will uphold you? What will keep you going?"

If we don't have a firm foundation, based on the Word of God, chances are, we will be shaken and most likely fall.

The Bible is the foundation on which I stand. It is my rock. It is a source of endless comfort and strength and rest and peace.

I feel sorry for people who don't have knowledge of God's Word and have to try to make it through life the best way they know how.

Do yourself a favor and spend time every day in the Word of God. If you will meet Him there, He will give you what you need to make it through this life. If you will set aside time every day to read the Scriptures, over a period of time, something will happen on the inside of you. You will start to sense an increasing connection and closeness to God. You will find yourself changing. There will be added strength and peace in your life.

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Don't die in your misery. Allow the Word of God to sustain with joy!