

*WHAT I LEARNED FROM THE KING*  
*Psalm 27*

Take a moment to read Psalm 27. King David penned this psalm. This psalm is so beautiful that it may be tempting to romanticize the life of the writer. But let's not: David was overlooked by his father, criticized by his brothers, targeted by his employer, disrespected by his wife, drawn away by his own lusts, let down by one son, and betrayed by another.

Relationships in David's life were disappointing to say the least. He couldn't even trust himself! With this type of history, I think it's safe to say connecting with and trusting people would be difficult if not impossible.

I have not experienced as much as David but I know what it's like to be abandoned, overlooked, targeted, let down, and betrayed. The aftermath is a heart that wants to dwell in isolation. Like David, I experienced one incident that proved to be the straw that broke the camel's back and I plunged myself into a self-imposed solitary confinement. Though I was always surrounded by people, I was a one-woman island: *solo-bolo!* I built my wall and convinced myself that if I remained *by myself*, I would be safe.

But can I share that I was lonely, miserable, and scared. I wanted that "Golden Girls," "Living Single" group of friends that I could count on through thick and thin. I wanted to trust but I was so scared! I had been hurt so much and the thought of stepping outside of my walls petrified me.

During this time, I was reading through the Psalms and I was both challenged and comforted by the example of King David who was ruggedly honest with the Lord. He cried out and shared all his hurt and pain; no holds barred! But he always came back to a declaration about the majesty, and greatness of the Lord.

I followed suit and learned that when I'm with the Lord, I can be authentic. I don't have to hold it in nor censor myself. I learned that as I do that, the Lord draws me nearer to Himself. I learned that HE is a place of safety. I learned that I have no need for a wall because the Lord is my fortress and when I live authentically before Him, I'm not only healed from the pain of the past, but I'm safe from any pain that may come in the future.

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POSTED: JULY 2015