**Tuesday 28th April**

Psalm 3:3-6

But you, LORD, are a shield around me, my glory, the One who lifts my head high. I call out to the Lord, and he answers me from his holy mountain. I lie down and sleep; I wake again, because the Lord sustains me. I will not fear though tens of thousands assail me on every side.

Tightrope walkers are trained to keep their heads up and their eyes looking forward in order to be able to successfully cross the wire. So I’m told! ‘Don’t look down!’ It’s the considered advice given to anyone at a precarious height! Looking down causes our situation to instantly become overwhelming. Think of Peter when Jesus told him to walk on water. The moment he looked down at the waves, instead of focussing on Jesus’ face was the moment he began to sink.

I love the way that this Psalm describes God as the lifter of our heads - the one who lifts our head high. In all that we are going through at the moment, there are days that can feel overwhelming. And it is as important as ever to keep our eyes on the Saviour. If you are feeling overwhelmed today, ask the Lord to be the lifter of your head. He will answer you, and He will sustain you.

If you are able, Listen to the song:

‘God I look to you’ and use it as a prayer. <https://youtu.be/KP1QKueGK-o>

*Lord we praise you that you are a shield around us, that you are our glory and the lifter of our heads. We pray for your sustaining grace today. Thank you that even when we take our eyes off of you, you lift our heads. Thank you that you rescued Peter from the waves. As we turn our eyes to you today, help us to see more of who you are and to grow in trust of you. Amen*

