Psalm 7 Reflection

Where do you run when life turns against you?

Psalm 7 is filled with conflict, accusation, and the longing for justice, yet beneath its turbulent surface lies an invitation to something deeper: refuge. Before David pleads his case, he runs to God. Before he asks the Lord to judge others, he opens his own heart to God’s searching gaze.

In this guided reflection, we’ll discover that the safest place is not a life free from criticism or conflict, but a heart sheltered beneath the righteousness of God. Together we’ll move with David from distress to surrender, from self-examination to trust, and finally to quiet praise.

If you’ve ever felt misunderstood, unfairly judged, or weary from carrying the burden of defending yourself, may this meditation remind you that God is your refuge, your shield, and your faithful defender.

“O LORD my God, in You I take refuge.” — Psalm 7:1

Find a quiet place and listen.