

Thou Art My Hiding Place and My Shield

Thou art my hiding place; Thou dost preserve me from trouble;
Thou dost surround me with songs of deliverance.

[Psalm 32:7](#)

Thou art my hiding place and my shield;
I wait for Thy word.

[Psalm 119:114](#)

Anxiety. Webster's dictionary defines it as a painful or apprehensive uneasiness of mind usually over an impending or anticipated ill. So many women struggle with anxiety. They fret over questions such as,

- How will we make our house payment this month?
- Will my children be safe in school?
- What if my husband loses his job?
- How can I get all my housework done?
- Is that ache and pain a sign of something very wrong with my health?
- Company is coming on Saturday; will I make a good impression?

While a few of these questions involve serious and legitimate issues, many women will elevate those concerns until they are so fretful and anxious that they actually affect their health, their ability to function well in their home, as well as their ability to interact in a healthy way with their husbands and children. They are no longer at peace in their hearts. They have removed themselves from the haven God has for them.

God as our hiding place and shield means that God is a shelter, a place of protection from attack, a place of peace. Just as a child will often have a special cubby or corner where he hides and feels secure, we as children of God have Him to run to and hide behind, and there we have peace and security. This does not mean that a Christian will not have problems. We are actually promised tribulation and situations that are designed to refine us and make us more like Christ (John 16:33). However, God does not give us more than we can handle by His grace, and in the end He preserves us in everlasting life.

Anxiety, however, shows a lack of faith and trust in the Lord to work all things for good to those who love Him (Romans 8:28). It also indicates that we don't believe that God can provide for us or help us in difficult times. This goes totally against God's character and His love for us.

Jesus addressed this issue of anxiety in His Sermon on the Mount as recorded in Matthew:

For this reason I say to you, do not be anxious for your life, as to what you shall eat, or what you shall drink; nor for your body, as to what you shall put on. Is not life more than food, and the body than clothing? Look at the birds of the air, that they do not sow, neither do they reap, nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? And which of you by being anxious can add a

single cubit to his life's span? And why are you anxious about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that even Solomon in all his glory did not clothe himself like one of these. But if God so arrays the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more do so for you, O men of little faith? Do not be anxious then, saying, 'What shall we eat?' or 'What shall we drink?' or 'With what shall we clothe ourselves?' For all these things the Gentiles eagerly seek; for your heavenly Father knows that you need all these things. But seek first His kingdom and His righteousness; and all these things shall be added to you. Therefore do not be anxious for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own. [Matthew 6:25-34](#)

Near our home are four small lakes that draw many different kinds of birds such as Great Blue Heron, Canada Geese, and Pelicans. We enjoy watching them as we jog by the lakes in the early morning, and sometimes we watch them feeding. It is amazing to watch a Great Blue Heron stand very still with his head slightly cocked as he looks for a fish. Then in the blink of an eye he lunges forward and snags a fish from the water, deftly flicking it into his mouth and swallowing it whole. These majestic birds continue to visit the lake because God has provided food for them there. And, as my husband and I commented to each other one morning, they are not anxious about where their next meal is coming from!

It is clear in Matthew 6 that the Lord is saying that God cares so much for us and considers us of far greater worth than any other created thing. He will see that we have what we need as we seek Him, walk in humility and obedience, and put our faith in Him. When we really grasp onto that truth, anxiety fades away and peace takes its place.

Humble yourselves, therefore, under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety upon Him, because He cares for you.

[1 Peter 5:6-7](#)

David said in Psalm 32:7 that not only would God's hiding place be one that would preserve him from trouble, but that in it he would be surrounded by songs of deliverance. Many of those songs would be coming from David's own mouth, because he would be singing praises and thanksgiving to his God.

The LORD is my strength and my shield;
My heart trusts in Him, and I am helped;
Therefore my heart exults,
And with my song I shall thank Him.

[Psalm 28:7](#)

Being thankful to the Lord is one of the keys to overcoming anxiety. A thankful person will not have room for anxiety because he sees how the good and loving Father has provided for needs in so many different situations. Proverbs 12:25 says, "Anxiety in the heart of a man weighs it down, but a good word makes it glad." That *good word* is stating our thanks to God for all that He has done for us. When we praise the Lord and give thanks to Him, our hearts will be glad and at peace.

Early in our marriage I became anxious about having enough money to cover some of our expenses, and it was weighing me down. My husband lovingly reminded me that I

needed to be thankful for what God had provided for us financially, and to also thank Him for taking care of us. After I asked God to forgive me for not trusting Him, I began to thank Him for His provision for us, and I felt my heart being lifted back into gladness. The good word had overcome anxiety.

Another key to overcoming anxiety is to keep our minds steadfast in trusting in the Lord. If we trust in who God is and what He can do, as well as trust in the fact that He will fulfill all His promises to us, then our minds will be kept at peace, free from anxiety.

The steadfast of mind Thou wilt keep in perfect peace,
Because he trusts in Thee. Trust in the LORD forever,
For in GOD the LORD, we have an everlasting Rock.

[Isaiah 26:3-4](#)

The Psalmist also states in Psalm 119:114 that while he hides in God he is also waiting for His word. In the peaceful, quiet hiding place God provides, we will be best able to hear His still, small voice and the direction of the Holy Spirit. Anxiety will often deafen our ears to this voice. Behind God's shield in the hiding place we can quietly read the Word, pray, and hear what the Lord is telling us to help us make the right decisions, to encourage and comfort us, to show us the truth. The answers may not come immediately, so we must wait peacefully and patiently. Waiting for answers is sometimes difficult, but the answers will come, for God is faithful.

Questions for personal study:

1. Read Psalm 139:23-24. Ask God to search you for anxiety. What are you anxious about today? Give these anxious thoughts to God.
2. Read Philippians 4:6-8. Thank the Lord for what He has done for you. Write out a prayer of thanksgiving and requests to God regarding the issue(s) that are causing you anxiety.
3. Read Jeremiah 17:8. Draw a picture of a tree by a stream or find a photograph of such a scene and stick it on the refrigerator, your bathroom mirror or some other prominent place. How can you be like that tree, not being anxious in a year of drought?