



# The Lord Is My Defense

*“The LORD is my light and my salvation; whom shall I fear? The LORD is the defense of my life; whom shall I dread?” Psalm 27:1 (NASB)*

## Number 4 in the series “God’s Faithfulness in My Daily Battles”

As a child in Scotland during the Second World War and growing up in an alcoholic, violent home with daily physical, verbal, mental, emotional, and sexual abuse, I had learned the art of self-preservation and surviving five minutes at a time at an early age. I had learned to trust and depend on no one. If I did not take care of myself and my young brothers and sister, no one would. I grew up that way, and when I got married, I talked out of both sides of my mouth. Out of one side I said to my husband, “I love and need you.” Out of the other side I said, “I don’t need you. I don’t trust you. I’ll take care of myself. I’ve done it all of my life. I don’t need anyone.”

Not long after I surrendered my life to Jesus as my Savior, the Lord showed me that I was doing the same with Him. I was saying, “I need You, Lord. I need Your help.” I was praying about my needs; however, I was still in an “I’ll survive, self-protection, self-preservation” lifestyle. I thank God that by HIS AMAZING GRACE, He revealed this to me when I was still a young believer.

Here are some of the scriptures that helped me. Psalm 59:16-17 (NKJV) reads, *“But I will sing of Your power; yes, I will sing aloud of Your mercy in the morning; for You have been my defense and refuge in the day of my trouble. To You, O my Strength, I will sing praises; for God is my defense, my God of mercy.”* I had felt so defenseless when the German bombs were falling out of the sky and when I was being beaten and abused as a child.

There was no place to run. There was no place to hide. However, as a Christian, God’s mercy was my defense and a refuge from my enemies. I did not have to try to be brave. God was my strength!

Psalm 62:2 (NKJV) reads, *“He only is my rock and my salvation; He is my defense; I shall not be greatly moved.”* Nothing was stable or reliable when I was growing up. When the bombs fell, it felt like the whole earth was moving and everything was blowing apart. As a believer, I have experienced God’s immovable, unchanging love for me. Jesus has not only forgiven me and saved my soul, He has been my solid Rock to cling to in times of trouble.

Psalm 94:21-22 (KJV) reads, *“They gather themselves together against the soul of the righteous, and condemn the innocent blood. But the LORD is my defence; and my God is the rock of my refuge.”* I have peace and security in knowing I no longer have to survive, or protect, or provide for myself. God supplies my needs daily. He is my defense. He is my refuge.

Beloved believer, do not try to defend or protect yourself. Jesus wants to do that for you. Unbeliever, surrender your life to Jesus Christ. There is nothing in your life that is too hard for Him. He can forgive every sin, and He wants to be your defense in your troubled times.

*With a goal to glorify Jesus Christ  
Janice McBride*

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