



# THE BEAT DOWN

JANUARY 5, 2026

**2 SAMUEL 22:7 - NKJV – (7)** In my distress I called upon the Lord and cried out to my God; He heard my voice from His temple, and my cry entered His ears.

Are you feeling beat down?! I mean just out of it! Distant from God, especially due to sin? Have you been there? Are you there now? The enemy reminds you to throw in the towel. You are no good he says in your mind. Now you're asking what should I do? Who will listen to me? Is it too late? Such questions overload the mind.

We may hate to acknowledge it, but we are often responsible for our own struggles. However, repenting from our sins and returning to God, as David did, is one of the best ways to demonstrate our faith and perseverance in God.

Beyond David's wrongdoings, we see a child of God who truly repented and had his words about God etched in history forever because of his faith in God despite all the struggles. Struggles will always be part of the Christian journey.

Sometimes, we find it difficult to understand why all these challenges happen to us. That is why we must turn to the Bible and seek God's assurance in times of distress.

In **2 Samuel 22:7**, David's confidence in God's readiness to help serves as an encouragement for believers today to approach God with their fears and concerns, knowing He listens from His heavenly dwelling. This aligns with the broader biblical teaching on prayer and God's responsiveness to His people's needs. You don't have to feel the way you do. Take it to Jesus.

**SCRIPTURE READING: JONAH 2:7**

**THOUGHT FOR THE WEEK:** "The real man smiles in trouble, gathers strength from distress, and grows brave by reflection."