

**2 Sam 22:7-8 (NLT)**

*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. Then the earth shook and trembled; The foundations of heaven quaked and were shaken, Because He was angry.*

Are you going through a tough time right now?  
Maybe you have cried out to God, and like this Psalm that David wrote, you are waiting for some earth-shattering thing to happen to help you, but nothing.  
So has God forgotten about you or has He not heard your cry for help?

† *He heard me from his sanctuary; my cry reached his ears.*

God hears all our cries out for help, but He doesn't always bring an earthquake to answer those cries. That is where faith comes in, knowing that God has heard your cry for help and is helping you right now, even if you can't see that help.

† **Heb 4:16** *Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.*

This devotional is pretty short and simple, but very true.  
So **Trust in the LORD with all your heart, and lean not on your own understanding;**  
**Prov 3:5**