

## **S.A.L.T.**

### **Ready:**

*“For You delivered me from death, even my feet from stumbling, to walk before God in the light of life.”* – Psalm 56:13

### **Set**

U.S. skeleton racer John Daly had won plenty of medals in his career and was hoping for another at the 2014 Winter Olympics. Unfortunately, he slipped at the start of his final run and fell out of medal contention. Sometimes slips happen—even to the best.

David wrote Psalm 56 while fleeing from King Saul. Lonely and afraid, he hid in a cave and penned these verses, pouring his heart out to God. David knew God could provide a sure footing in a treacherous and slippery time. He believed God was his S.A.L.T.: Savior, All-powerful, Loving and Trustworthy.

- Savior – *“For You delivered me from death...”* (Psalm 56:13). God rescues us from death; He saves us! Until we realize we’re dying, we won’t know what it means to be alive and thankful.
- All-powerful – *“Then my enemies will retreat on the day when I call. This I know: God is for me”* (Psalm 56:9). Nothing is too difficult for God. Nothing happens without Him knowing.
- Loving – *“You Yourself have recorded my wanderings. Put my tears in Your bottle. Are they not in Your records?”* (Psalm 56:8). No matter where you are or what you’re doing, God knows and still loves you.
- Trustworthy – *“When I am afraid, I will trust in You”* (Psalm 56:3). If we trust God to save us from sin and Hell, can we trust Him to save us from lesser things? Absolutely.

David knew God and trusted Him. We can get to know Him, too, and trust Him. If we do, we’ll find out He’s the S.A.L.T. that brings sure footing to our slippery world.

### **Go**

1. How has God rescued you?
2. Describe God’s power in your life.
3. In what areas do you need to trust God more?

### **Workout**

Joshua 2:8-11

Psalm 86:13

Psalm 139:3

### **Overtime**

“Father, You’re my powerful, loving, trustworthy Savior. Please give me sure footing as I walk with You. In Jesus’ name I pray. Amen.”

### **Bible Reference:**

Joshua 2:8-11

Psalms 86:13

Psalms 139:3



Fellowship of Christian Athletes © 2024  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/devotional/salt>