Ps. 37:23-25 The LORD makes firm the steps of the one who delights in Him; though he may stumble, he will not fall, for the LORD upholds him with His hand. I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread. (NIV)

What does it mean to delight in the Lord? Earlier in v. 4 David says, take delight in the LORD, and He will give you the desires of your heart. Quite literally, it means to walk in a soft way. In other words, it means to come with a quiet and humble spirit, into the presence of the LORD. We do not come demanding anything from Him, but instead, we come with meekness and humility. The LORD lifts up those with a humble spirit and He will surely reward those who come to Him in this manner. It also pictures a person who enjoys the ways of the LORD. David says that this person will be lifted up, even if they sometimes trip along the way. In fact, it is the mighty hand of the LORD Himself that will catch us when we slip and hold us up when we are weak or are struggling or even tempted. 1 Cor. 10:13 No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it. (NIV)

Herein lies another aspect of an abundant life. When we walk uprightly and do what the LORD has called us to do, we will experience His protection and provision. He will lift us up. He will protect us from our own devices and give us a path to follow that will lead us into His presence instead of into our own demise. And David then adds a proclamation to this word by saying that even in his whole life, He had never seen the LORD not come through for those who are living in the righteousness of God.

Dear LORD, thank You for Your love and provision, even when we are not always faithful. You are always faithful. You will uphold us with Your hand. Help us to focus on You and Your word. In Jesus Name, Amen