

21 Days of Prayer

Names of God

- Yekaddishkem: the Lord who sanctifies
- Shaddai: the all sufficient one
- Donai: my great Lord
- Elohai: my great provider
- Yehi: The Lord who Heals
- Shalom: The Lord is Peace
- Yehi: The Lord is my Shepherd
- Yehi: The Lord is our Righteousness
- LOHE YISRAEL: The God of Israel
- Nissi: The Lord is my Banner



REVIVE

2024

Would your life be different if your parents had given you another name? Would people treat you differently? Would a name make you smarter or more popular? Some think so.

People change names all the time. Tiger Woods is actually Eldrick Woods, and Babe Ruth was named George Herman Ruth Jr. at birth. Have you ever heard of Terry Bollea? Probably not, but most people have heard of the entertainer Hulk Hogan. It's the same guy.

Names carry weight in many cultures, and names in America matter in unique ways. Your parents probably put a lot of thought into your name; they probably looked through a few books of baby names. We sure did.

In Scripture, though, a name wasn't just about seeming cool or not being teased. In Bible times, a person's name had great significance. Amos was a prophet who brought God's Word to the Israelites. His name means "to carry." Abraham, the father of the Jewish people, had his original name changed by God. Abraham means, "father of multitudes." God changed Jacob's name to Israel after they wrestled. It means "contends with God."

Biblical names were very important but none were so powerful as the names of God. In this devotional, we will explore 21 different names of God. Throughout the Old Testament, He was called by many different names, and each had SIGNIFICANT meaning.

I invite you to set your timer for 21 minutes. Start by reading the devotional for the day, then contemplate how God lives up to His name in your life, seek Him to know Him more, and pray.

God knows you by name. He doesn't say, "Hey human!" Or "You there!" He not only knows and calls your given name, He calls your identity — "chosen, beloved, child, bride, heir." Do you call God as intimately as He calls you?

I'm praying He moves in your heart and you grow closer to Him as you understand Him better throughout these 21 days.

Worshipping,

Dusty

Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the One who hears it and not in the one who says it, our prayers do make a difference.

Max Lucado

YHWH: I AM/The One Who Is/The Self-Existent One

Dusty Taylor

Years after I had walked the stage to receive my degree, one of my college professors spoke at a camp where I was leading worship. Excited to share a stage with someone who had taught me so much, I went with the camp director to get him from the airport. "Dr. Weeter!" I exclaimed, "Good to see you!" He responded warmly, "Dusty, you can call me Mark; you're not in my class anymore."

What a crazy shift that made in my mind. He was still a Doctor of Divinity, still one of the smartest Biblical scholars I had ever met, but now, we were on a first-name basis. We weren't necessarily best friends, but something had shifted in our connection. We went from titles, teacher and student, to first names, Dusty and Mark.

Something similar happens to Moses in chapter 6 of Exodus. At this point in his story, Moses has already met God in the burning bush. He's already spoken to Pharaoh. He's already turned a staff into a snake. But Pharaoh was being obstinate. So Moses goes to speak with God again.



Exodus 6:2-3

And God said to Moses, "I am YHWH-'the LORD.' I appeared to Abraham, to Isaac, and to Jacob as El-Shaddai-God Almighty- but I did not reveal my name, YHWH to them."

What an intimate moment between Moses and God! God is saying, "Abraham, Isaac, and Jacob knew me by my title, but you, Moses... I'm giving you my real name!"

Not only did God share this personal name with Moses, but he also shared the promise and power this name holds.

YHWH means "I AM." It is the embodiment of existence. It can be translated as both *I am* and *I will be*.



It indicates his all-sufficiency, His power over all creation and time.

Some Jewish scholars believe that if you sound out the name of YHWH (Yahweh) it is the sound we make as we breathe. The first syllable (yah) was an inhale. The second syllable (weh) was an exhale. This isn't something the Bible teaches (although He did breathe life into Adam), but I love this concept that every breath by every breathing creature is paying tribute to the Creator — trillions of breaths every day uttering the name of God.

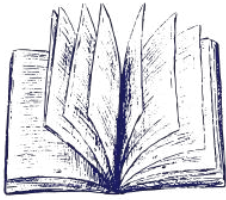
When you pray today, remember that you're praying to Yahweh. And, when we speak the Name of the God who was, who is, and who will be, we can recognize His power over our circumstances. We are no longer an abandoned child in the middle of our circumstances. Israel was no longer just a slave left to the torment of Egypt. They could breathe in the hope of a self-existent God who was there to overcome their circumstances and their bondage.

P R A Y E R *Yahweh, what an honor that You know my name and that You allow me to call You by Name. I recognize that You are the "I AM." The one who has always been and will always be. I know You have full power over everything including the challenges in my life right now. As I go about my life today, I pray my very breath will be a reminder that You created me. In the name of Jesus I pray, Amen.*



Elohim: The All-Powerful One, Creator

Clayton Freeman



Genesis 1:1-3

In the beginning, God (Elohim) created the heavens and the earth. The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters. Then God said "Let there be light," and there was light.

If you have ever been to the Oregon Coast during the winter months, you may have been lucky enough to witness the Perigean-Spring Tide. Created by an alignment of the earth, moon, sun, and the forces of gravity produced in just the perfect proportion, this awesome display of the power of God's creation can leave you breathless. Simultaneously dangerous and beautiful, this awesome display of God's handiwork leaves little doubt of the supreme power of our Creator. And yet the power to destroy and the power to create matchless beauty somehow go hand in hand.

Elohim's power and His work through time are simply amazing. The tides create a majestic, beautiful, rocky coast. The Colorado River continually cuts the Grand Canyon, creating a landscape that moves the soul to astonishment. The Rocky Mountains rise, through a collision of tectonic plates, in violent splendor, God's matchless power once again displayed.

Stop right now and read Psalm 29. There is power in the voice of Elohim, the Creator. His voice echoes and thunders above the sea. Sound familiar (Genesis 1:2-3)? His voice splits the mighty cedars, makes the mountains skip like a calf and leap like a young ox, strikes with bolts of lightning, makes the barren wilderness quake, twists the mighty oaks, and strips the forests bare. Does anyone else get chills when you read this? Whether the work happens over millions of years or in an instant with a bolt of lightning or an earthquake, or in simply "flipping a switch" to create light, God's power is at work in creation. Power equals work over time, and the voice of our Creator, Elohim, is the source.

“Sing to the one who rides across ancient heavens, His mighty voice thundering from the sky...The God of Israel gives power and strength to his people” (Psalm 68:33, 35). God’s power is available to us. How do you hear God’s voice? What is he saying? What power is in His whisper to you? Are you listening? Have you tapped into the source, His voice? Have you tapped into Elohim’s power? Listen. Elohim is still creating.

Look once more at Psalm 29, specifically verse 10. “The Lord rules over the floodwaters. The Lord reigns as KING forever.” Remember the Perigean-Spring Tide? Is it any wonder that the common name for these tides is KING tides? All glory to Elohim, our Creator and KING, His mighty power on display!

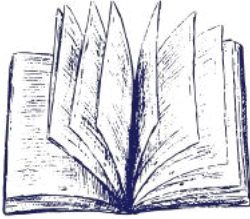
PRAYER

Elohim, there is mighty power in Your voice that is on display for all to see through Your creation. In the beginning, Your powerful voice was there, and it is still there today. Thank You for Your creation and the power in Your voice. Help me to listen and to tap into the power made available to me. Amen.



YHWH-SHALOM: The LORD is Peace

Danea Reams



Then the Lord said to Moses, "Tell Aaron and his sons to bless the people of Israel with this special blessing: 'May the Lord bless you and protect you. May the Lord smile on you and be gracious to you. May the Lord show you his favor and give you his peace.' Whenever Aaron and his sons bless the people of Israel in my name, I myself

Numbers 6:22-27 will bless them."

When you think of peace, what is the first thing that comes to mind? Does your mind travel to the idea of quiet? Maybe it's a sound like a babbling brook or the ongoing waves crashing into shore? But what does it mean for God to be peace? Is it a state of being, a place of rest? What if this was only a small foreshadowing of the true meaning?

Shalom comes from the ancient Hebrew word meaning "completeness, wholeness, soundness." Shalom is the complex concept of many pieces forming together to make something whole or complete - like a stone with no cracks, or a wall that is sturdy without blemishes. In Judges 6:22-24, Gideon saw the face of the Angel of the Lord. Can you imagine a moment so powerful that Gideon feared his own death? In response, the Lord told Gideon, "Peace, do not be afraid, you will not die." Gideon, in what I can only imagine was pure joy and a state of worship, built an altar in remembrance of the peace of the Lord.

In addition, shalom can refer to a state of "well-being." In this instance, shalom is used as a verb, "to bring or make completeness." This is where Jesus magnifies the idea of Shalom - to bring peace and to heal all that is broken. In Isaiah 9:6, a prophecy is given of the coming Savior, the Prince of Peace. Jesus came to bring peace to His people. He brought peace between sinners and God, but He also came to bring wholeness into your life. When people are asking about your shalom, they want to know the state of your well-being.

Our lives are an abundance of complex pieces. Our places of work, our families, our friends, and our church are all woven together to make up the people we are daily. If any of these numerous fragments are not in harmony or are in a state of spiritual brokenness, then our well-being, our "shalom," will be in disarray. However, if we seek the Lord, the maker of shalom itself, He who is Shalom, we can be complete; we can be whole. We are broken and in need of healing that only the Lord can provide.

God also instructs us to live in peace, and to do that we must live in unity, having patience and love for one another. We cannot live as God instructs us if we stay broken. I challenge you to rest in our Yhwh-Shalom. Pray to our Prince of Peace that he will heal the brokenness or missing portion of your life so that you can find true wholeness and live in peace.

I leave you with the Priestly Blessing from Numbers 6:24-27: "The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace."

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Lord, my Prince of Peace, thank You for the love you have for all of us. Jesus, thank You for coming to this Earth to not only bring peace to us, but also for healing the broken relationship with our Heavenly Father. I ask that You come into every heart and heal all that is hurt and broken. Give each person a heart to seek out the shalom peace, that complete well-being that only You can offer. Give us wisdom to live within the instructions of peace. Give us patience and continue showing us ways to love unconditionally and give freely to all those in our lives. In Jesus Name, Amen.





There he (Jacob/Israel) set up an altar and called it El Elohe Israel [God, the God of Israel].
- Genesis 33:20

This incident takes place somewhere around the middle of Jacob's life, which covers about half of the book of Genesis. Jacob was the younger of twin boys, and we are told that when his brother Esau was born, Jacob was holding onto his heel. Jacob means "heel grabber" and it implied that he would be deceitful. Jacob certainly lived up to his name. He managed to trick his brother out of his birthright and trick his father into giving him the blessing of the firstborn! Due to this behavior, he was forced to flee for his life. On the journey, God met him in a vision and promised to bring him safely back to his home in the future. Jacob ended up at the house of his uncle Laban, a man even more deceitful than he was. Over the next 20 years, he and Laban took turns deceiving each other and, in the end, Jacob fled again with two wives (both Laban's daughters), several children, and a good portion of Laban's flock.

He left Laban's home running for his life and ran smack into his big brother Esau and 400 armed men! While he was waiting to see if Esau would kill him, we are told he encountered God in the form of a man and that they wrestled until daybreak. The result of the encounter was that Jacob got a blessing from God, a limp for the rest of his life, and a new name: Israel. (There is some debate about the exact meaning of Israel, but it means roughly "he who wrestles with God.") After this, he finally met his brother again and they reconciled. Jacob then went and settled near Shechem, and that is where he built his altar and used this new name for God.

Some powerful things are happening here. First, Jacob comes to the end of his deceitful ways, with nowhere else to run. Next, God shows up and has it out with Jacob, and instead of being destroyed for refusing to

Day 4

let God go, Jacob gets blessed! Then, God honors Jacob's tenacity and changes his name from "heel grabber" to "God wrestler"! Finally, Jacob builds his altar as a memorial and names God the God of those who wrestle with God. It's as if Jacob is both accepting his new name and then saying, in effect, "These are the kind of people that follow this God." And here is the point for us: God claims those who are willing to hold onto him no matter what, even when that looks like contending with God. No doubt, no disagreement, no anger, no fear, and no confusion can separate us from God if we stay face-to-face with him. He is big enough to handle us!

PRAYER

O God, You are my God, You are the God of Israel! I desire to stay face-to-face with You, no matter what. Teach me how to take all my desires and my struggles to You. Teach me to hold onto You and value Your opinion of me above all else. Thank You for making me one of Your people! Amen.





Joseph, son of David, do not be afraid to take Mary as your wife, the child conceived in her is from the Holy Spirit. She will give birth to a son; and you shall call His name Jesus, for He will save His people from their sins. Matthew 1:20-21

Behold the virgin will conceive and give birth to a son, and they shall call His name Immanuel," which means "God with us." Isaiah 7:14

Joseph and Mary were not married. Joseph's thought was to quietly and secretly dismiss their relationship because of her pregnancy. But while he was pondering this, an angel appeared as he slept. Did Joseph know the words of Isaiah, written so long ago, fulfilling what the angel was speaking? Aware or not, just the appearance of the angel must have gotten his attention!

Jesus, this child to be born would radiate God's glory to be the exact representation of God's nature (Hebrews 1:3). This child, Jesus, was God taking on human nature's cloak to be Immanuel, God with us!

Have you ever felt God's presence walking right beside you? Psalm 121:5 refers to this as "a shadow at your right hand."

Our six-month-old baby was called home to be with Jesus during the night many years ago. We were not aware of a heart disease that suddenly took his tiny life. It was during those days that the shadow of Immanuel carried us. Yes, there were still tears. Yes, there was sorrow. But Jesus's special presence, His peace, held us tightly. "God is near to all who call upon Him, to all who call on Him in Truth" (Psalm 145:18). There were many praying for us during that time; God was with us.

Day 5
Keep Going!

In later years, when faced with challenging hardships, I did not feel that same close Presence. Yet God was there! His quiet presence revealed His Word and built my faith. Sometimes we're unaware of God's presence, yet He is overseeing our correction and teaching and building our faith and endurance through hardships.

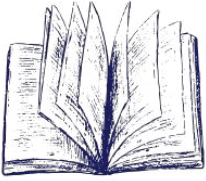
Jesus is not only with us; through His death and resurrection, His Spirit is **in** us. John calls Him the Spirit of Truth, "who the world cannot receive because it does not behold Him or know Him. You know Him because He abides with you and will be in you" (John 14:17).

Immanuel, Jesus, is among us and in us to do His work: directing our steps, giving us revelation and understanding of His Word, cleansing, refining, and sanctifying our hearts. When we accept Jesus as our Savior His Holy Spirit is placed in us to bring that close relationship. Does my mind understand this? No, but my spirit accepts it because of Jesus. His death and resurrection power have made it possible.

Are you facing a difficult situation? Immanuel, Jesus, is with you.

P R A Y E R Father, from everlasting to everlasting, You have been God with us. Now, in these days, in these times, Jesus, we accept You as our Savior; You place Your very Spirit within us to counsel, guide, and give us all that we need. You help us to overcome every obstacle and walk closely with You. Help us to know Your voice. Help us to understand the work of Your Spirit in us. We call to you Immanuel! In Jesus Name, Amen.





Genesis 17:1-2

When Abram was ninety-nine years old, the Lord appeared to him and said, "I am God Almighty; walk before me faithfully and be blameless. Then I will make my covenant between me and you and will greatly increase your numbers."

At five years old I knew that my dad was a superhero. I looked up to him and believed he could do about anything. My dad was 6'2" and 250 pounds of muscle and bad attitude. He grew up in the depression as the oldest child of 11 and had to start working at 10 years old to help provide. His family grew up very poor on a Navajo Reservation in New Mexico. He went to WWII and was a drill sergeant in General Patton's army. I grew up in Colorado, where my dad was the local game and fish officer, and everyone called him Big John. I looked at him as the mightiest man I had ever seen. As I matured it was interesting to see how some of these strengths and perfections vaporized over time. I could see beyond his armor to his mortality, especially when I turned 13 and he was diagnosed with throat cancer. That external strength and the belief that my father was "Superman" faded quickly, as did his body.

We long for a superhero, a mighty warrior we know can kick butt and take names: someone we can turn to, who will take care of us and help sustain us through the challenges of life.

In Genesis 17:1 the LORD appeared and identified Himself for the first time as El Shaddai. Abram fell face down before the LORD. God asked Abram to walk before Him and to live righteously, and He promised that He would make a covenant with him. If Abram walked before Him in righteousness, El Shaddai promised to make Abram very fruitful. Though Abram's body was old and frail, God was showing Himself as Mighty in the face of the impossible. He was all-powerful and all-sufficient to meet every need of Abram's.

El is translated as "God." Most scholars say that Shaddai is derived from, "shaddu" meaning mountain. The most common interpretation of the

name is God Almighty. Others have said that, Shaddai is from the Hebrew root, "Shad" meaning "breast", therefore, His ability to nurture and satisfy. The name speaks to supplying all our needs as a mother would her child.

God is El Shaddai who:

Overcomes our inadequacy. God continually overcomes our inadequacy. What a powerful promise for our lives today.

Is the promise keeper. He always keeps His Word and we can trust Him. Just as God kept his covenant with Abraham, Isaac, and Jacob, we can trust Him to keep His promises to us today.

Protects us. When Jacob sent his sons off to Egypt to find food, he prayed that God would bless his sons, have mercy on them, and protect them. There is great comfort that the God we serve protects us with His power.

Makes us fruitful. Every time the name El Shaddai is used in the book of Genesis it seems to tie in some way to God's covenant promise to make man fruitful. God wants our lives to be fruitful. He overcomes our trials and inadequacy to bring fruitfulness.

PRAYER

Thank You for the comfort it is to realize we are held secure by El Shaddai! You are Almighty God who overcomes all our weaknesses, provides for our every need, protects our lives, and makes us fruitful. We can trust that, even when we can't see You working, You are working and You always keep Your promises. Amen



YHWH-SABAOTH: The LORD Almighty/The LORD of Armies

Amber Johnson



David replied to the Philistine, “You come to me with sword, spear, and javelin, but I come to you in the name of the Lord of Heaven’s Armies—the God of the armies of Israel, whom you have defied...This is the Lord’s battle, and he will give you to us!”

1 Samuel 17:45, 47

YHWH-SABAOTH is usually translated as “The LORD Almighty” or “The LORD of armies/hosts.” The first mention of this name of God in the Bible is in 1 Samuel. Here, we see Elkanah who had two wives, Peninnah and Hannah. Peninnah had children and Hannah did not. 1 Samuel 1:3 states, “Year after year this man went up from his town to worship and sacrifice to the LORD Almighty at Shiloh, where Hophni and Phinehas, the two sons of Eli, were priests of the LORD.” The name LORD Almighty denotes His universal sovereignty over every army both spiritual and earthly. The LORD Almighty is the King of all heaven and earth proving that He is superior to even the highest pagan objects of worship, namely the sun, moon, planets, and stars.

Day 7

Hannah was a very religious woman who spent her days praying and serving God by being a good person and wife. She also wanted to be a good mother, but she did not have any children. Instead of allowing her infertility and the torment of Peninnah to make her bitter, she desperately prayed to the LORD Almighty, begging Him to bless her with a child and promising that if He did, her child would serve Him all the days of his life.

The LORD Almighty is also mentioned when David, a young shepherd, goes up against Goliath, a Philistine giant and combatant. David shows no fear in 1 Samuel 17:45 as he says to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the name of the LORD Almighty, the God of the armies of Israel,

whom you have defied.” There is no fear or worry in David’s words, only valiant strength.

“The enemy worries whom he can’t destroy and derives wicked pleasure from that. He knows there’s no hope of your destruction because you’re beyond the shot of his gun if you belong to God. But if he can’t wound you with the shot, he’ll attempt to frighten you with the powder” (Charles Spurgeon).

Although Jesus is the King of all heaven and earth, Hannah prays in her intense suffering because YHWH-SABAOTH is LORD to Hannah. David has the conviction and valor to stand up to a giant because YHWH-SABAOTH is LORD to David. The LORD hears and comforts us as if we are the only person on earth. Nothing on earth is too big for Him to accomplish or too small for Him to notice!

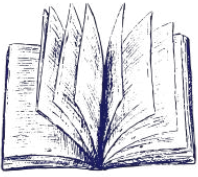
P LORD Almighty, nothing is beyond You, and
R nothing goes unnoticed. You are LORD of all
A and LORD of each of us individually. Give us
Y the faith and courage to serve You all the
E days of our lives and not let the enemy
frighten us into giving up. Remind us that we
are safe in Your arms, that we are not bound
by fear, but bound with immovable cords of
everlasting love which will hold us until the end. In Your
mighty Name we pray. Amen.



An illustration of an open notebook with two pages visible, showing horizontal lines. A pen is positioned diagonally across the right page, pointing towards the bottom right corner. The notebook and pen are drawn with simple black outlines and some shading.

El-Olam: The Eternal God/The Everlasting God

Kyle Hackett



Isaiah 40:48

Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the whole earth. He never becomes faint or weary; there is no limit to his understanding.

Rockets and mortars flying overhead. Loud explosions all around me. It's the middle of the night, and the enemy is at it again. Not a surprise as this is nearly an everyday occurrence. They want to take American lives and are willing to give their own lives for the cause. As firefighters and first responders, there's a pause as we wait. We are on standby until the rockets stop exploding. It's only a matter of time before emergency dispatch sounds the alarm, sending us out to our next fire, disaster, and, too often, medical emergency, or worse, death.

My time in combat in the Middle East was a stark and regular reminder that this life is temporary and fragile. As created humans living in this world, we are not promised tomorrow. Every moment and every breath is a gift of God's grace, love, and mercy.

Days

As followers of Jesus, we aren't just following a fad or a religion. When we come to faith in Jesus Christ, our Lord and Savior, we are born again and inherit the eternal Kingdom of God.

John 5:24 says, "Truly, truly, I say to you, whoever hears my word and believes him who sent me has eternal life. He does not come into judgment but has passed from death to life." Faith in Jesus means that while this life is temporary, we will live forever in eternity with God. This is good news! We don't have to fear our enemy who is out to destroy us. We don't have to fear death because, in Christ, we have everlasting life.

The concept of *forever* or *eternal* is difficult to comprehend as humans living in a slowly decaying world. How can a finite mind comprehend the infinite? We must look to Jesus Christ as the example. Jesus possesses eternal attributes. Hebrews 13:8 says, "Jesus is the same yesterday, today, and forever." We can better understand the eternal God, "El Olam," when we look to Jesus. As we look to El Olam to grasp eternity, we can grow in our confidence in who we are in Him because He is the one who has obtained our eternal redemption and salvation.

The prophet Isaiah understood that God is eternal and everlasting when he penned these words in Isaiah 40:28. "Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the whole earth. He never becomes faint or weary; there is no limit to His understanding."

PRAYER

Lord God, El Olam, help us to have Your eternal perspective. As we follow Jesus' example living in this world that is slowly dying and decaying, may we see and understand that You are eternal, and, because of our faith in Jesus, we have also been given eternal life. Help us live with this in mind daily as we look to eternity with great hope and anticipation. In Jesus' name, Amen.





For I am Yahweh who heals you. Exodus 15:26b

I have long been drawn to Jehovah Rapha as one of God's names, especially because of my life in medicine as a physician.

The Hebrew: "hava" (to be) plus "rapha"-(to heal, fix, restore something to its original purpose) make up this name. Healing and restoration are what God desires because He created us to be useful. Rapha is used 69 times in the Old Testament and manifests in a number of ways:

It was first used in Exodus 15:26.

He made a statute and ordinance for them at Marah and He tested them there. He said, "If you will carefully obey the LORD your God, do what is right in His eyes, pay attention to His commands, and keep all His statutes, I will not inflict any illnesses on you that I inflicted on the Egyptians. For I am Yahweh who heals you."

Healing can be physical, emotional, spiritual, mental, and relational.

2 Chronicles: If my people, who are called by My name humble themselves, pray and seek My face, and turn from their evil ways, then I will hear from heaven, forgive their sin, and **heal** their land.

2 Kings 20:5: Go back and tell Hezekiah, the leader of My people, "This is what the LORD God of your ancestor David says: I have heard your prayer; I have seen your tears. Look, I will **heal** you.

Psalm 30:2 LORD my God, I cried to You for help, and You **healed** me.

Psalm 103:1-3: My soul, praise Yahweh, and all that is within me, praise His holy name. My soul, praise the LORD and do not forget all His benefits. He forgives all your sin; He **heals** all your diseases.

Psalm 147:3 He **heals** the brokenhearted and binds up their wounds.

Let's look at Isaiah 53:3-6: There are two important Hebrew words used in this passage: **yada**; (to know, experientially, to deeply recognize the truth of someone or something) and **makob** (suffering, anguish, grief, sorrow, or pain (physical or mental)).

"He was despised and rejected by men,
a man of suffering (makob) who knew (yada) what sickness was.
He was like someone people turned away from;
He was despised, and we didn't value Him.
Yet He Himself bore our sicknesses,
and He carried our pains (makob);
but we in turn regarded Him stricken,
struck down by God, and afflicted.
But He was pierced because of our transgressions,
crushed because of our iniquities;
punishment for our peace was on Him,
and we are healed (rapha) by His wounds."

When I was a young pediatrician, after we had our first child, I was often told by parents, "Now that you're a parent, you are a much better doctor!"

Jesus came in human flesh, entered our broken world, knew our suffering, carried our pain, and paid the price for our healing! And our great physician not only gave himself for our restoration (rapha), he conquered death itself on our behalf.

What kind of healing do you need today?

PRAYER *Lord, we thank You for healing our brokenness, restoring our life's purpose, and conquering death. I pray comfort, hope, grace, and mercy for the invisible scars of life. In the matchless name of Jesus. Amen.*

And Moses built an altar and named it, "The LORD Is My Banner."
Exodus 17:15

We all face battles in life. Whether it be broken relationships, health crises, job stress, financial hardships, addiction issues, depression, or anxiety, these battles wage war around us and even within us (in our hearts and minds). They often look different for each one of us, but their paths of destruction and waves of attack are battles nonetheless. As followers of Christ, how are we to wage war in these seasons of life? As we look to God's word, we find a battle strategy laid out for us and another beautiful name and characteristic given to our good God.

In Exodus 17, God's chosen people (the Israelites) are in the desert, having just escaped slavery in Egypt. As they make their way to the Promised Land, they are attacked by the Amalekites (a nomadic desert tribe). One would not expect a group of newly freed slaves to fare very well in this situation. But as God leads His people, we see Him provide and protect. The battle is won by very unconventional means. As long as Moses had his hands lifted up with the rod of God firmly in his grip, the Israelites prevailed. (It is believed that "hands being lifted up" was the posture of prayer in those days). In the end, the Amalekites were defeated, and as Moses built an altar of remembrance, he named it "Yahweh-Nissi," which means "the LORD is my banner." Think of a banner like a flag. Flags help show identity, celebrate, and remind us of significant things. Just as Moses encouraged the Israelites to remember who they belonged to and that victory belonged to the Lord, so we need these reminders today. As we wage



war with the battles in our lives, what flags or banners are we waving above our heads? Is it a banner in my own name? My control, strength, or wisdom? Is it a banner someone else has placed over me? One of abuse, trauma, diagnoses, or lies spoken over me? What are we placing our faith in to protect us from the battle or to keep us from fighting in the battle?

Brothers and sisters, may you be encouraged today to tear down any false banner that is not Yahweh-Nissi. Here is the only place where true victory is found. We do not fight against flesh and blood (Eph. 6:12), and we don't wage war as humans do (2 Cor. 10:3-5). We have victory over the battles in our lives in and through Christ Jesus alone (1 Cor. 15:57).

For those of us who are not currently facing a battle in our own life, praise God for that! But ask yourself, how can you come alongside a brother or sister in Christ who is? In the story in Exodus, Moses' arms became tired, and it was only with the help and support of Aaron and Hur that the Israelites won the battle. How can you be an "Aaron" or "Hur" to someone today?

PRAYER

Father, thank You that I am not alone in life's battles. You have given me Yourself, Your Spirit, Your Word, and a community of believers to aid me. Help me to lay down any false banners that I may be clinging to and take hold of You, Yaweh-Nissi. Amen.





The distance around the entire city will be 6 miles. And from that day the name of the city will be 'The Lord Is There.' Ezekiel 48:35

The infant car seat may as well be classified secondarily as a torture device. Or at least that would have been the appropriate title in my household at one time. With my eldest, I remember any trip over 5-10 minutes in duration elicited soul-piercing newborn screams; how that small frame created such boisterous noises was truly something to be marveled at. I recited my scripts over the wails: "It's ok," "Mommy's here," "We're almost there," "I'm so sorry, sweet girl." Yet my daughter didn't know how to look for my presence. Her rear-facing car seat, her still-developing eyesight and object permanence, and her instinctual reliance on me compelled her to use all of her faculties to convey both her great displeasure and even greater distress with our separation. She was screaming for my presence while I was right there, just a couple of feet away. She mistook her perception of distance as my posture of separation. But I was crying out and reaching out for her from the front seat too.

We do not have a distant God. So often, we are that infant in the rear-facing car seat, with a still-developing awareness of God's work and Presence, as well as an immature understanding of His Presence in the midst of tribulation. Yet God highlights His omnipresence to us in this name: "The Lord is There." God did not resort to separation from us; He fought for His present, active relationship with us. But much like my daughter, God's constant presence doesn't

Day 11

mean we are mature enough or postured in a way that promotes our awareness of God's presence. What areas exist in our own hearts and spiritual walk that need maturation and/or radical change to be aware of God's presence?

I was not a passive participant in my daughter's distress; I was present with and for her even when I could not deliver her from her circumstance in that moment for her own good. We cannot confuse God's lack of deliverance with a lack of presence. Like the pinnacle of parenting He is, God has and always will be there for us. Even when we struggle to feel, see, or hear His presence, God has promised us in this defining characteristic that He is always present. We can rest in His promise and rely upon the certainty of His presence no matter our circumstance.

YHWH Shammah, thank You for Your constant presence with us. Even when we can't or choose not to see You, thank You for the immeasurable

PRAYER *grace You continue to provide us in choosing us over justifiable, merited separation. We pray for eyes to see and ears to hear what You have for us. Give us hearts that seek Your presence. Help us tune our hearts to Yours so we don't miss the work You are doing now and here. Amen.*





Romans 3:10

“There is none righteous, no, not one All have sinned and fall short of the glory of God.”

The Bible is very clear about our righteous acts...they are like filthy rags. We can never be righteous on our own. We must have some form of deliverance from these “filthy rags.”

Thank God in Heaven that He provided a way through His Holy Son who died to bring us into a state of righteousness.

Romans 6:4 says “Therefore we were buried with Him through baptism into death, so that, just as Christ was raised up out from the dead by the glory of the Father, so we also should walk in newness of life.”

Colossians 3:3 adds to this theme. “For you died, and your life is now hidden with Christ in God.”

How precious is it that while we were dead in our sins Christ came and died, and took our ‘filthy rags’ and our lives and delivered us from them and then made us ‘new’ creatures in Christ?

2 Corinthians 5:17 tells us, “Wherefore if any man is in Christ, he is a new creature: the old things are passed away; behold, they are become new.”

Day 12

“For all of you who were baptized into Christ have clothed yourselves with Christ.” Galatians 3:27 completes the picture, showing us that our righteousness is totally dependent upon Jesus Christ living in us. There was nothing we did to attain it, it was wholly Christ’s death on the cross that made us righteous.

“He made Him who knew no sin to be sin in our behalf, so that we might become the righteousness of God in Him.” 2 Corinthians 5:21

When we realize that He is our righteousness, we can stop being religious or trying to be righteous in our own efforts (filthy rags). When we walk, clothed in His righteousness, we will see the victory and hope we are longing for.

P R A Y E R Father God, I pray that we, as followers of Jesus. can somehow comprehend the height, depth, and width of the love and the sacrifice You and Your Son made to bring us to a position of righteousness, a position we did not deserve but are overwhelmingly grateful for. May we always live to honor that sacrifice. Amen.





Ezekiel 16:8

Later I passed by, and when I looked at you and saw that you were old enough for love, I spread the corner of my garment over you and covered your nakedness. I gave you my solemn oath, and entered into a covenant with you, declared the Sovereign Lord, and you became Mine.

There is a song that brings me to tears every time I hear it: "Who Am I" by Casting Crowns. It begins, "Who am I, that the Lord of all the Earth, would care to know my name, would care to feel my hurt? Who am I, that the bright and Morning Star, would choose to light the way, for my ever-wandering heart?" I can't get through even one verse before I choke up and can hardly sing.

My life had once spiraled into the darkness of drug and alcohol addiction and all that goes with it, including a black hole of depression with no apparent escape. Early one morning after days of partying, as I laid down to finally sleep, God reached into my darkness, unbidden. He came as a light more bright and pure than I could imagine but amazingly gentle to my eyes. Pure love emanated toward me, wave upon wave. I couldn't contain all He showed and told me: fantastic, marvelous things, many of which I would forget as the light faded. However, my spirit had been awakened knowing He LOVED me, even in my shame and rebellion. He showed me a way out of my prison of darkness.

My life was forever changed, though it would still be a while before I fully submitted. I couldn't stop talking about God. My drug dealers kicked me out, because I wouldn't shut up,

Day 13

and my boyfriend left me. Everything after that morning led me on a road to a relationship with Adonai. I was undeserving, yet He wooed me. Even the discipline that I had to undergo to tame this stubborn, wild heart of mine was to bring me closer to the Sovereign God who longed for a relationship with ME, just as He longs for a relationship with you.

The name Adonai goes beyond a mere description of God's attributes and includes the relational aspect of His desire to commune with mankind as a benevolent Father, Husband, and Friend. He is the LORD, yet He loves His creation, even in our imperfections. An exquisite depiction of this is Michelangelo's "Creation of Adam" on the ceiling of the Sistine Chapel. It shows God reaching out to touch man. "Adonai" was used by Abraham, Moses, David, the prophets, and more, who spoke to and heard personally from the Most High Lord. The ultimate manifestation of Adonai's love and desire for relationship was proven by the coming of Jesus.

Have you had moments when you knew God was reaching out to you, and you felt the awe of His presence? He longs for YOU and shows Himself in many ways. The main way He reveals Himself is in His Love letter to us, the Bible. But if we have eyes to see, we will also see Him in other tangible ways.

PRAYER *Adonai, we thank You for Your love that reaches to an undeserving people; drawing each uniquely, according to how You have made us. We are humbled by Your love that woos, disciplines, and directs and that You desire to partner with us in Your purposes. Give us eyes to see You, as You reach out to touch our hearts. In the precious name of Jesus we pray, Amen.*



So Abraham called the name of that place, “The LORD will provide”; as it is said to this day, “On the mount of the LORD it shall be provided.”

Genesis 22:14

The name Jehovah Jireh is first uttered in Genesis 22:14. In brief, this is the story of Abraham taking his only son Isaac up a mountain in what he thought would be a sacrifice to God. We could spend months learning about the heavy realities in this passage, but our focus today is the powerful implications in this name.

Along the way, the young, oblivious Isaac asked a question, “Dad, we’ve got the fire and the wood, but where is the lamb?” Abraham, probably fraught with emotion replied, “God will provide for himself the lamb for a burnt offering, my son” (Gen 22:7-8a paraphrased).

God will provide. Jehovah Jireh.

The faith of Abraham is unsettling before it's inspiring. His unabashed trust in his Lord leads him to walk in obedience toward the most painful of calls one can fathom.

Can you imagine the struggle in Abraham’s heart as he ascended the mountain? Have you been in a similar place — feeling called by God to surrender something that seemed like life itself, not knowing how to survive the outcome?

My father often recalls the story of my mother’s initial cancer diagnosis. The treatment that would give her years rather than weeks was an insurmountable climb financially, yet, day in and day out, as he sought the Lord in the Word and prayer, God said, “Jehovah Jireh. I am your provider.”

You see, what God was saying to Abraham, what He was saying to my dad, what He whispers to you and me in our time

of need is this, "I am your God. Desire me and my heart more than the promise... more than the outcome!"

God knows what we need most — above that relationship, above that job, above that car, above that easy out, even above life itself — is Him. We were made to live and thrive on the Presence of our Creator.

In Abraham's case, God saved him from offering Isaac and provided a ram in his stead.

Thus Abraham named the place Jehovah Jireh. He named that *place* because it was where he had experienced that *piece* of God's character. This is a practice we see often in the Old Testament. People named a place (i.e. Ebenezer... Bethel - cool stories you should definitely read) to remind them of encounters with God's character. You may notice as you have progressed through these devotionals that many of the names reflect God's character.

The story of Jehovah Jireh is a beautiful foreshadowing of how God would provide the lamb of God in Jesus. Just as He gave the ram to take Isaac's place, God offered Jesus as the sacrificial lamb to atone for your sins and mine. For God, the lamb provided was also His only Son, yet He did not stay His hand. He loved you that much.

A God who loves you like that can certainly be trusted to provide what you truly need. He can also be trusted to define what that is, and at the end of all things, His greatest provision is Himself.

PRAYER Consider declaring this out loud in faith: "Lord, You are Jehovah Jireh. You are my provision, and You will provide all I truly need." In Jesus Name, Amen.



The Lord is my shepherd; I have all that I need. Psalm 23:1

I (Jesus) am the Good Shepherd. John 10:11



It's possible that if you hear someone say "The Lord is my Shepherd," your brain will automatically reply, "I shall not want." For many, this is a familiar chapter, and each season in our life can be encouraged by these ancient words. They are so relatable! We have all had different times when we were seated at the table with bounty and cups overflowing or walking in the valley of the shadow of death.

This psalm of David, where he calls God Yahweh-Ra'a, must have had special meaning to him amidst all his writings because David was a shepherd in his youth (1 Samuel 16)! David had brought his sheep to green pastures and still waters, he had anointed baa-ing heads with oil, he had walked through dark valleys with fearful lambs. But what I find most encouraging in this season of my life is that the psalmist writes, "Your rod and staff comfort me." What are the rod and staff used for? One could say they offer firm footing for the shepherd, but they are primarily for the direction and discipline of the sheep. How then can David say the rod and staff, tools of discipline, are comforting? How can I find that comforting today? It is because I trust the Shepherd. I must acknowledge that the tools that God uses to direct me and the times that He disciplines me can be so painful. I don't say that I always act with accepting meekness toward Him, either. But thanks to the Holy Spirit, I have a deeper and more meaningful understanding of the fact

Day 15
1 Week Left!

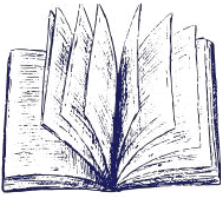
that He is a Good Shepherd and that He knows when I'm heading off on a path that is not His desire or that is dangerous for me. I trust this Shepherd!

We can find this description of Jesus in the New Testament as well. Jesus taught that He is the Good Shepherd and that He was even going to lay down His life for the sheep (John 10). The author of Hebrews tells us that this Great Shepherd will equip us with everything we need to do His will (Hebrews 13). God continues to prove Himself as the same yesterday, today, and forever. He is the Good Shepherd and is worthy of our trust.

PRAYER

Yahweh-Ra'a, thank You for this special perspective about You that David shared with us. I can imagine myself as a foolish lamb, and at the same time see You as the Great Shepherd Who pursues me and walks with me in the dark times. You care for my wounds and bless me with good things. Help me to find comfort in Your rod and staff and to submit to correction. You are good and I am so grateful to have You as my Shepherd! In Jesus' Name, amen.





Exodus 34:14

For you shall not worship any other god; for the Lord, whose name is Jealous, is a jealous (impassioned) God [demanding what is rightfully and uniquely His].

Do you ever feel divided in your loyalties? Do you feel torn about who should be given priority with your time or your affections? Does it feel like everyone wants something from you and there is not enough of you to go around?

God has a rescue for us! He invites us to love Him with all of our heart, soul, mind, and strength (Mark 12:29). He is a jealous God who wants all we have to offer. As the One who designed us and sustains us, it is not wrong for Him to ask, or even demand this. If it feels like a burden, maybe it's time to rethink it. What if this is a way that He loves us? What if His jealousy is a freedom He is inviting us into?

Day 16

Here is how I am discovering it to be just that: rather than trying to figure out which member of my family or what area of ministry to give how much of myself to, when I give Him all of myself, He then takes it and shares it where it needs to be shared. I find the freedom to say no—and yes!—to things others are expecting, asking, or even demanding of me. He knows what I have the capacity for, and He also knows where He intends to make His strength shine in my weakness.

Melchizedek, a priest of God Most High blessed Abram after his victory to rescue Lot.



“Blessed be Abram by God Most High (El Elyon), Creator of Heaven and Earth. And blessed be God Most High, Who has delivered your enemies over to you.”
Genesis 14: 18-20

El Elyon – The God Most High; Sovereign God; Supreme over all gods who are false. When He speaks, it will come to pass. His Word never fails.

At 99, Abram was called by El Elyon, God Most High to be the father of nations. He was called by God, Himself Ruler of all Nations. God changed his name to Abraham and revealed he was to be the father of many nations. First, he was blessed and then called by God Most High. Our obedience, faith, and trust bring the blessings of God.

An opposite example is found in Daniel 2: Daniel’s interpretation of King Nebuchadnezzar’s dream during his second year of reign revealed he represented the head of a golden statue. His pride grew; he ordered a tall golden statue built so men could bow and honor him. Three Hebrew boys refused, were thrown into the fire, and then rescued by God. This brought the king to his senses; he acknowledged God Most High. Yet his pride returned 40 years later.

Nebuchadnezzar looked at all he had; his pride was great. So God taught him a final lesson: loss of his sanity, isolation, and eating grass like an animal for 7 years. Again, he

Day 17
Keep Seeking!

Then the Lord said to Moses, "Say to the Israelites, 'You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am YHWH-Qadash (The Lord who Sanctifies). Exodus 31:12-13

Keep my statutes and do them; I am (YHWH-Qadash) the Lord who sanctifies you. Leviticus 20:8

So Jesus also suffered outside the gate in order to sanctify the people through His own blood. Hebrews 13:12

"Man, I sure woke up this morning feeling sanctified!" said no one ever. It's a Christianese word that's been relegated to use in church services and no other part of our life. But maybe that wouldn't be the case if we unpacked what being "sanctified" means.

The dictionary describes "sanctify" as follows: to set apart or declare holy, make or pronounce as clean, appoint, dedicate, prepare, purify. "Holy" means: dedicated to God, sacred, morally and spiritually excellent. The two words are closely related; we go through the process of sanctification to make something holy. On the flip side, according to the thesaurus, the opposite of sanctify is: to profane, desecrate, pollute, or defile.

Consider how certain cultures only use the right hand to eat because the left hand is used for... other business. That is setting apart the right hand to be clean! A farmer has a pair of rubber utility boots for wading through muck and mud and a pair of nice, clean shoes that are set apart for going to town or church. When God identifies Himself as YHWH-Qadash, He is proclaiming that He is the one who sets us apart from the muck of the world, and it's our trust in Jesus's holy sacrifice that sanctifies our hearts.

For another example: when preparing to can food, you always sterilize the jars first, otherwise bacteria may get trapped inside with whatever food you're trying to preserve and spoil the entire jar. In a likewise

fashion, sanctification is the process through which God “sanitizes” our lives of the spiritual bacteria that can hide within our hearts and spoil the fruit of the Spirit. He is faithful to do it if we remain obedient to Him! (“He who has begun a good work in you will continue to perfect and complete it until the day Christ returns” Phil 1:6.)

1 Peter 1:15-16: “Just as He who called you is holy, so be holy in all you do; for it is written: ‘Be holy because I am holy.’ “ As we allow God to sanctify our lives, our hearts will begin to align more with His heart, and our actions will reflectively follow. As the Israelites dedicated themselves to Yahweh and His commands, they turned away from the gods of the world around them and from what was considered acceptable to pagan cultures. As we dedicate ourselves each day to God and humbly renew our minds in His word, the Spirit purifies our anger into patience, anxiety into confidence in His promises, and fear into peace that surpasses all understanding. Our actions then become a witness to others when we live our lives as holy and pleasing to God. “In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.” Matt 5:16

1 Thess 5:23-24: “Now may the God of peace Himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; He will surely do it.”

P R A Y E R Holy Father, thank You for sending Your son, Jesus, to sanctify me through His blood. Thank You for loving me even while I was in the muck of the world, and for not leaving me there! Holy Spirit, please continue to work in my life to bring about the sanctification You want for me so I can purely share Your love with others, free of any pollution of the world. In Your holy Name, amen!





Thereafter, Hagar used another name to refer to the LORD, who had spoken to her. She said, "You are the God who sees me." Genesis 16:13

Oh LORD, you have examined my heart and know everything about me...You made all the delicate, inner parts of my body and knit me together in my mother's womb. Psalm 139:1, 13

If you've read any recent articles about how Americans are faring emotionally, mentally, and socially, you have likely found that, generally speaking, Americans are lonely. People of every age are spending less time with their friends and more time on screens. You would think that this 24/7 access to your social circle through social media, apps, and texting would lead to deeper, more connected relationships, but studies find that the opposite is true. Despite having constant access to one another, people are feeling more disconnected than ever.

But beyond simply feeling connected to other people socially, what many of us long for is something deeper: to be seen and known. Do you have someone in your life who really knows you? Who understands you? Who sees the good and the bad and loves you still? In Genesis 16 we read about Hagar. She was a servant without a lot of choices in life. Even when her status was slightly elevated by being given to Abram as his wife, she was still a servant who was mistreated so badly that she ended up running away. It was in this wilderness, this aloneness, that God showed up and met with her. He called her by name. He knew her circumstances and her deepest longings. He sought her out, asked her questions, and

Day 19

provided a way forward. And this brief encounter was enough for Hagar to feel known. Seen. She called God El-Roi: The God Who Sees Me.

From the outside, Hagar was just another servant with no rights and no future. In her darkest moment, we can imagine that she felt alone, scared, and without hope.

But God. God saw Hagar, and God sees you. He knows your circumstances and your deepest longings. He calls you by name. He seeks you out, longs for relationship with you, and provides a way forward. He sees you.

In your darkest moments, He sees you. In your greatest joys, He sees you. When you feel uncertain, unvalued, unheard, or lost in the wilderness of life, He sees you. You can begin each day, regardless of your circumstances, knowing that you are seen, known, and loved. God has not forgotten you. You are not alone.

P *God, thank You that You are not an impersonal*
R *God who stays at a distance. You are my El-Roi,*
A *the God Who Sees Me. As You draw near to me,*
Y *help me draw near to You. Give me eyes to see*
E *those around me who feel alone, lonely, or in*
R *need of a friend. Help me to be Your hands and feet to*
A *share Your love, kindness, and grace with those who need*
Y *it. In Jesus Name, Amen.*



If you've ever ordered something, be it food, a package, or even an online reservation, you know the extreme importance of our names. They identify us! Without it, we'd be left trying to figure out which of the four John Does ordered that large box of the Lord's chicken nuggets. Names, in combination with our character and appearance, create the personal distinctions that tell us apart. The most beautiful example of this is? You guessed it! The many names of our LORD.

Our Father is infinite. Who can describe the Almighty? Who can glimpse the Creator? Perhaps it is impossible, but we still try. In the Hebrew language, the word for "god" (pagan or false gods) and "God" (the true God of Israel) is "El." You've probably seen it alongside many names such as "El Shaddai" and "Elohim." The root word was most commonly used in tandem with other root words that separated our Lord from the rest of the false gods of that day. Below is a list of 27 names of our Maker using this root "El." Take your time and read each one.



Day 20

The One God. The Faithful God. The God of Truth. The Righteous God. The All-Sufficient God. The Most High God. The Everlasting God. The God who sees me. The God of "Jeshurun" - the righteous people. The Mighty God. The God of Knowledge. The Great God. The God of Glory. The Holy God. The God of the Heavens. The God of my life. The Gracious God. The God of Israel. The God of my strength. The God of Patience and Consolation. The God of Compassion. All Merciful God. The God of my salvation. The

God of our salvation. The Jealous God. The Awesome God. Immanuel.

No matter the season, the time, or the place, He remains the same. He is the Definer, set apart by His consistency, authenticity, and supremacy. Now here's the biggest kicker: That strong God wants a relationship with you.



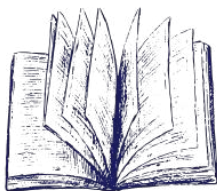
"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake." Psalms 23:1-6 NIV

It is by His name that we are saved. It is by His actions that we have been made clean. It is because of no one else but Jesus, our Father, and the Holy Spirit that we have a part in the eternal inheritance stated at the end of the book of Revelation. This life is one of mountains and valleys, and much of the Christian walk is going to feel like an uphill battle. But it is not about where we walk as much as Him who walks with us. "He guides us along the right paths for his name's sake."

Remember that, sibling in Christ. Remember His Name, and let the Author guide us to His story's beautiful end.

PRAYER Father, remind us of Your love. Help us to trust in Your might and power, rather than our own. Instill Your Name and Your Word into our hearts that we may continue to mature into the spiritual children of God for Your Name's sake. Amen.





So I will remind myself of Yah's doings, yes I will remember Your wonders of old. I will meditate on Your work, and think about what You've done.

Psalm 77: 12-13

We spend a lot of time in routines. Consistency feels like an anchor when the rest of the world seems unpredictable. Humans are creatures of habit and these habits and routines become things that can put us in a state of "auto-pilot."

Psychologists actually have a word for this! "Automaticity" is the ability to act without really thinking about it. But how much do we miss in routine?

Think about a Sunday morning church routine. We come in the door, and after saying "hi" to a friendly face, we sing a few songs, listen to a sermon, sing again, and then we leave. Or, in our weekly routine, we may spend some time reading our Bible, go to work or school, and then pray with our family at a meal. But what are we missing out on by letting ourselves get stuck there?

Read Psalm 77:12-13 again: "So I will remind myself of Yah's doings, yes I will remember Your wonders of old. I will meditate on Your work, and think about what You've done."

Day 21
You Made It!

WE NEED REMINDING. If David, who was called "a man after God's own heart" needed to be reminded, then we definitely do too. These moments of automaticity are where

we forget what our “why” is and where our strength comes from.

The word “Yah” means “The LORD Is,” or “I AM,” and it is intertwined with more words than you may have realized.

“Hallelu-Yah (jah)” simply means “praise The LORD.”

“Adoni-Jah” means “the LORD is my father”.

Even the name “Eli-Jah” means “Yah is my God”.

The root of it all is “Yah”, short for “YHWH.” The very breath in our lungs says His name even when our hearts have forgotten.

Read Psalm 77: 12-13 one more time: “So I will remind myself of Yah’s doings, yes I will remember Your wonders of old. I will meditate on Your work, and think about what You’ve done.”

Meditate on God’s works in your life, and on His word. If you catch yourself in a fog or routine, remind yourself of Yah’s doings. If you find yourself too weak to move forward, remember Yah’s wonders of old. Then respond with praise! When we’re willing to take a pause and fill it with meditation and praise, then we can pursue our walk with the Lord in confidence!

Exodus 15:2: “Yah is my strength and song, and He has become my salvation. This is my God, I will glorify Him!”

PRAYER

Yah, You are all glorious! You are sovereign over everything! Please draw me out of the routines and habits in my daily life - especially in my walk with You, so that I might become more aware of your good works! Amen.



Take some time today to jot down some of the ways that Yah has been your strength lately.