

March 25, 2026

Our God Is LORD

Ps. 18:2 *The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.*

The Hebrew word for *rock* is **seh lah** which means *a cliff, a cleft, a crag or a large mountain*. We are fortunate to live in an area of the country where we see huge mountains daily. Their beauty and grandeur are incredible. For most of my life, I lived in Texas where most mountains were made by red ants or fire ants. When we moved to Colorado, we began to experience the beauty of these massive, snow-covered peaks. My young children began to find an interest in skiing, snowboarding, and snowmobiling. We had some wonderful times in their formative years, exploring the beauty of God's creation.

As I meditate on this beautiful description that David wrote and sang to the LORD, I think of the situation that David was in when he wrote this Psalm. He was continually hiding and running for his life from King Saul's men. Saul wanted to kill David because he believed him to be a threat to his throne. But, instead of David trying to get rid of Saul, he instead turned to the only person that could be his help, his LORD. And find refuge, he did. The LORD was continually his rock, his fortress, his deliverer, his shield, his salvation and his stronghold. The solace of this young man was found in his "rock" - the LORD Almighty. He would find his communion and strength in the presence of his "true" King.

I wonder if you need a place that you can go to feel safe and loved. David found his total protection in the only One that could provide this. He experienced the LORD as a shepherd. He knew Him as he faced the lion and the bear. He trusted Him as he faced the giant. He knew that the LORD would not forsake him now. And that, my friends, is the safest place to live, in the cleft of the rock.

Dear LORD, thank You for being our rock, our fortress, our deliverer, our refuge, our shield, our salvation and our stronghold. We run to You in our times of need and we find rest for our souls in Your presence. In Jesus Name, Amen