Selah: Stop, Look, Listen – March 26, 2020

The Lord be with you.

I am Tim Smith and I'm calling these few moments together Selah, which is a word from the Hebrew bible, that is... Well, it's something like the railroad crossing, sign saying to the reader, stop, look and listen, and that's a good thing to do during these days of the cone of virus pandemic for is to stop to look into God's Word and to listen for what God is saying to us today, I wanna to look at Psalm 207, and to see what David does with he is facing trouble and we see that in just the first few verses that this is a time of darkness, for David as he is surrounded by his enemies.

And then we come down to verse 40, where David tells us his strategy for dealing with trouble and I think this is really a key to understanding David's life into understanding His greatness to see what day that does in time of trouble.

As in verse 4, David says One thing, I have asked of the Lord that will I seek after, one thing, there was something that David makes the priority of his life priority that means a thing, that we do prior to doing anything else. The one thing that is most important to David, he says one thing I've asked the Lord, that will I seek after, to live in the house of the Lord all the days of my life to behold the beauty of the Lord, and to enquire in his temple. Now, keep in mind that is David writes to Temple in Treme. It has not been built.

So when David talks about living in the house of the Lord, he's simply talking about being present to God who was always present to us.

One thing I've asked the Lord, and you know, to get everything else in life and to miss this one, thing, it is tragedy the one thing is to live one's life close to God. To focus one's heart and mind on the God who so loves us, it is to live daily moment-by-moment, in God's presence and not to focus on our fears, not to focus on a problems, but to focus on the beauty of God and to enquire a fin.

David says One thing I asked of the Lord, that will I seek after, I wanna live my life close to God.

Now, in the next words, look at what this one thing for David leads to David's priority leads to protection as in Verse 5, For God will hide me in his shelter in the day of trouble, He will conceal me under the cover of his tent, he will set me high on a rock.

David is using imagery that is right out of the engineer east and the ancient honor code of hospitality for a traveler. There were no Motel 6, as there were no Hilton, but there was the honor code demanding the hospitality for the stranger who shows up in retent.

So when a traveler approaches at tent and simply lays his hand on the flap of the tent, he is to be welcomed into the tent food is spread before him, his provided protection from his enemies, his head is anoint with oil, a table of spread before in the presence of his enemies.

And let me tell you, there was no greater security and comfort than that which was provided for a traveler who presented himself at someone's temp.
And so David is picking up on the imagery of hospitality and protection for the traveler. When he says, "For God will hide me in his shelter in the day of trouble, He will conceal me under the cover of his tent, he will set me high on a rock instead of being surrounded by enemies. David is high. Looking down on them.

Listen to today, that as it goes on in verse 6, "now my head is lifted up above my enemies all around me and I will offer in God's tent sacrifices with shouts of joy, I will sing and make melody to the Lord. Not the sequence from priority to protection, to praise. Now, how can you and I how can we present ourselves before God's tent for his protection and His provision?

Well, I think one of the ways we can do that is a way of praying that's called palms down, Toms up and you can pray palms down, palms up, sitting in a chair, lying in bed, standing walking. In fact, I invite you to do it with me, right now, calms down, this is where you hold the palms of your hand downward to express your desire to let go into God's hands, your worries about what might happen, your feelings of insecurity about where everything is going and as you hold palms downward you are saying to God, Father, I let go into your faithful hands all the worries and burdens, I'm caring.

Some 55-22 says, "Cast your burden on the Lord and He will sustain you, 1 Peter, chapter 5, 7, the Apostle Peter is walked with the Lord for years, he says, "Cast all your anxiety on Him, because He cares for you, so palms down, letting go into God's faithful and and then after a few moments of holding palms down, let's turn our palms upward and with palms up, we are symbolically saying to God, 'lord I... Now we see from you what you have for me today, we see from your hand, your provision, your protection your peace, the best that I know I'm laying my hand on your 10 flat right now claiming what I need for this day, as palms down, palms up a way of praying that I hope you will take with you into each day and the Lord bless you and keep you the Lord, make his face shine upon you and be gracious to you, the Lord lift up the light of His countenance upon you and give you peace on the pilgrim way. I am Tim Smith, a fellow traveler until next time, thanks for listening.

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