

## Selah: Stop, Look, Listen – April 25, 2020

The lord be with you.

Do you ever experience FOMO? That's F-O-M-O. It's what they're calling the fear of missing out.

And experts are saying that FOMO is at a near pandemic level right now.

It's the fear of missing out on your career, the fear of missing out on a relationship or missing out on the gym or missing out on church. It's the fear of missing out on all the wonderful things, our friends on Facebook are doing.

You could just fill in the blank on what people fear they are missing and I think probably simply put, it's the fear of missing out on life. And it's the fear of missing out that brings me back, I'm back again, yes, to David. As David seems to grasp the secret of going at life without any fear that he is missing out on anything, whether David is tending sheep on the back side of the wilderness and during being overlooked and talked down to by his family or hold up in one cave, after another, a waiting for years to be made King. David has no fear that he's missing out.

I'm looking at Psalm 57 where the superscription on at the top of the Psalm says it is written when David fled from Saul in the cave. Now David spent a lot of time self-quarantined in cave after cave and most scholars think that this Psalm matches the events of 1st Samuel 22, when David is in the cave of Adulem, and David tells his friend, Jonathan, there is but a step between me and death, and yet this Psalm, it has the ring of confidence, and hope, as David knows that his refuge is not in the walls of a cave, but in the shadow of God's wings.

Now, this is a rich and wonderful Psalm, we're just gonna look at the first three verses where David begins his prayer Be merciful to me. Oh, God, be merciful to me.

Do you hear the urgent repetition? Be merciful to me. Oh, God, be merciful to me David's need is so great, his situation is so desperate that he is repeating, his cry for mercy it's mercy that he needs, he's not claiming he deserves God's favor, but He is pleading Mercy, God's undeserved, unearned favor.

It is the cry of the tax gatherers prayer be merciful to me, a sinner! For in you, my soul takes refuge. Now, if you look at some other Bible translations, the verb takes refuge is translated as to put trust in and that's the double meaning of the Hebrew verb that when we put our trust in God we find him to be a refuge, a stronghold that's the idea that he is a place of safety and time of trouble. A shelter from the storm.

David does not think of the cave as in a wine way being his refuge, it is God who he calls his refuge so that David sees beyond the cave to see God. David continues in the shadow of your wings. I will take refuge.

Now, you know, the image we hear. It said to mother hand gathering her chicks under her wings for protection, it is the picture of God's protection of any who seek refuge in Him.

It's a imagery Jesus has in mind in Matthew 23:37 as he weeps over Jerusalem. How often have I desired to gather your children as a hen gathers her brood under her wings. Mayes, adhered. That it is God's desire today together, you under his wings for protection in the shadow of your wings. I will take refuge until the destroying storms pass by. This coronavirus, it will pass, and like David, we ask for protection until the destroying storms pass by and David continues pleading God's mercy, I cry to God Most High.

Now, this is interesting.

Literally, he's praying. I cry to El-EI-Yone, that's the Hebrew on it, was the way that Abraham like to address God El-EI-Yone as it speaks of God as the highest, as the supreme one over heaven and earth, that there was no higher authority or power than El-EI-Yone. That's the idea that there is nothing that can thwart El-EI-Yone's own purpose or power.

I cry to El-EI-Yone, to God, who fulfills His purpose for me. Now, the hebrew verb fulfills his purpose, it has the idea to bring to an end to bring to completion, to bring to perfection. Abraham knew it, David knows it, That El-EI-Yone completes what he begins, It is the character of God El-EI-Yone on to bring to perfection that which He begins, so David knows that even is time that he's locked down in a cave, it is part of God's purpose for him, that God will perfect.

It is one of the all things that the apostle Paul writes about the all things. That God works together for good in our lives as we are called according to His purpose. God fulfills His purpose so David has no fear whatsoever of missing out, he has no fear of missing out of what God has purpose for him.

I love what the Apostle Paul says of David in Acts 13:36, "For David after he served the purpose of God in his generation died." What a wonderful epitaph and so David prays I cry to God Most High, to God, who fulfills His purpose for me, he will send from heaven and save me, he will put to shame those who trample me and then David suddenly interjects here, the Hebrew musical notation Selah - Stop, Look, Listen he's telling us this is too important to just rush past stop and reflect on it and then he adds God will send forth His steadfast love and His faithfulness. Hunkered down in the cave, David, is confident that God will sin from Heaven and He will manifest His steadfast covenant love and mercy to him.

This is what David writes about in another Psalm that we love so much. Psalm 23, "surely goodness and mercy will follow me all the days of my life and I will dwell in the house of the Lord forever."

You see, we can't, we can't lose, we don't have to experience FOMO, we need not fear missing out on any one of the good things that God has purposed for us.

One of my favorite verses in the Bible is there in Philippians 1:6 as Apostle Paul writes to the Philippian Christians.

I'm confident of this... One thing that God who began a good work in you will perform it unto the day of Christ Jesus.

It's that confidence that leads my wife and I, each morning to begin our day with the words of Psalm 1:18-24, This is the day the Lord has made, let us rejoice and be glad in it.

I'm Tim Smith to fellow travel on the pilgrim way. Thanks for listening, until next time.

## Water From Rock

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