

N U R T U R E  
**F A I T H**  
with  
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April 30, 2017

What Is Good

**READ:** Psalm 62:2 (Common English Bible)

*“Only God is my rock and my salvation – my stronghold! – I won’t be shaken anymore.”*

**MEDITATE:**

Captured in these few words is a powerful witness to abundant progress in our spiritual life: *“Only God is my rock and salvation – my stronghold! – I won’t be shaken anymore.”* The author of these words is contemplating difficult circumstances on the horizon. A storm is building in his personal life and a whirlwind is gathering strength and raging. Shortly, the author will be caught in the blast – in the very center of violence that is determined to destroy him. Yet, what is heard in these words is a faith that has moved from painful wobbling in a time of trouble to an experience of being unshakable; of standing strong in the work of the Lord: *“I won’t be shaken anymore.”*

A mood of fear and uncertainty is transformed. Present now is a voice of a more vital trust, and the suggestion of spiritual maturity. Where once he would have been shaken by the assault that was drawing near, he is now not overwhelmed. An unshaken confidence of a matured faith now occupies his heart and soul. What changed? He provides the answer – he has found a sturdy footing in the promises of God, *“my stronghold.”* A trembling spirit that is placed into regular communion with God is settled; the timid fluttering of a heart is quieted. This is the calmness which comes from sharing in the strength of God; a strength that derives from intentional attention to relationship building with God.

When we nurture our own faith by attention to God’s word and regular prayer, our relationship to God is deepened. In direct proportion to that deepening relationship we discover that fears are scattered and worries, once prolific, are diminished. Lives are no longer lived in small and frightened circles where the soul grows faint and timid. Attention to God, even in the ordinary moments of life, expands the chambers of our souls and our breath becomes deeper. Uncertainties of life become increasingly rare and our slipping feet are steadied upon a certain and firm foundation – *“only God is my rock.”*

Here is the great secret of progress in our spiritual life – attentive and regular communion with God. Our own strength for meeting the trying and challenging circumstances of life is insufficient. Alone we will always be defeated. But we are not alone. These words from the Psalms are an invitation to put on the same strength and confidence of a life that cleaves to God. By God’s strengthening fellowship we will face all the hostile forces of this world with ordered lives – lives which demonstrate to others the beauty of God’s peace.

