

Take 5!

5 Verses, 5 Questions, 5 Minutes!

Remember!



By Mary Kane

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Please take a moment to ask God to search your heart and reveal anything that is offensive to Him. Receive God's forgiveness and ask Him to fill you with His Holy Spirit.

Now please read Psalm 77:10-14.

The original word for *anguish* used in this verse means: to be weak, sick, sorry or grieved, to make one's self sick, to be wounded, to be worn, to be worn smooth, to polish, to wear down.

What has worn you out, made you sick or wounded you lately?

I was surprised to learn that *anguish* can mean "to polish." Perhaps we can take a little comfort in the fact that when something is *polished* it often becomes more beautiful than it was. Also, be comforted that our hard times are not in vain; God uses them to wear down our rough edges and make us more like His Son Jesus. And the more we become like Christ, the better we will be able to cope with the hard seasons of life.

When going through a time of *anguish*, according to these verses 10-12, what does the Bible tell us to do?

We are to *remember* our years with the Lord, to *meditate* on His past work (don't you love it that the only thing God tells us to dwell on from the past is His work and Presence in our lives?) and *talk* of His deeds.

Let's take a look at these verbs in the original Hebrew:

Remember: in Hebrew *zakar* which means to remember, to recall, to bring to mind, to make a memorial, to record

Please name something wonderful that God has worked for you in the past:

Meditate: in Hebrew *haga* which means to moan, to mutter, to utter, to growl, to speak to oneself in a low voice

During this present hardship, what attribute of God do you need to meditate on the most (His love, goodness, faithfulness) and why?

Talk: in Hebrew *se'akh* to put forth, mediate, muse, commune, speak, complain, ponder, sing, to germinate, to put forth shoots and buds (did you notice the references to growth in this definition? God is working to grow something new in your character and ministry during this season).

What can you say about God and that will show that you are trusting Him with this present anguish?

From the usage of these words, *remember*, *meditate* and *talk*, we can ascertain that when we are going through a time of anguish we are to purposefully remember and talk to ourselves about all the great things the Lord has done for us in the past and by faith "put forth shoots and buds" for what He will do for us in our present and future.

Verse 13 states that "Your way, O God, is in the *sanctuary* (emphasis mine)." The word *sanctuary* is defined as holiness, set-apartness, consecrated. In Joshua 3:5, we are reminded that when we need to see God work in a mighty way, we are to consecrate ourselves to the Lord.

In closing, When you feel weak from anguish, remember you follow a God who is a God of strength (verse 14). Let me encourage you not to give up!—keep seeking Him through this hard time. Remember Him!

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