



**NO
OTHER
gODS**

— 30 Days of Worship —

DAY 12

— *Ashtoreth / Comfort / Body* —

READ

Psalm 56

*⁸ You have kept count of my tossings;
put my tears in your bottle.*

Are they not in your book?

*⁹ Then my enemies will turn back
in the day when I call.*

This I know, that God is for me.

*¹⁰ In God, whose word I praise,
in the Lord, whose word I praise,*

*¹¹ in God I trust; I shall not be afraid.
What can man do to me?*

REFLECT

Did you know that the Lord has kept count of your sleepless nights? When your heart is heavy and your mind too full to sleep, the Lord is right there with you, aware of every thought that is keeping you from rest.

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When the cares of this world overwhelm you and tears fall, the psalmist says that God “collects your tears in a bottle.” What an intimate picture of God’s tender care!

What are those things that are running around in your mind and heart today that threaten to rob you of sleep, or bring you to tears? In what ways might Ashtoreth be tempting you to take a shortcut through the suffering? When your cares begin to feel weighty, where are you being tempted to turn for comfort? Can Ashtoreth really bring you peace through stress eating? Or mindless channel-surfing? “Netflix & chill” might sound relaxing, but will you really feel “chill” after hours have disappeared and you finally return to reality?

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What does it mean for you that *God is for you*? Imagine a battlefield, and you are facing your enemy. Yahweh Sabaoth, the Lord of Hosts, has your back. He is on *your side* of the battle.

RESPOND

Stand up, and imagine a battle line in front of you. On a piece of paper, write out anything that has kept you awake recently, is weighing you down, or in some way is robbing you of peace, joy and contentment. Take this list, and place it on the other side of the battle line. Now, take the Scriptures (the Sword of the Spirit) in some format, and read aloud or recite, truths that address whatever you wrote on that paper. Once you have exhausted your Scriptural slaying, take your list of concerns, and add to this list

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all the ways that Ashtoreth is tempting you to ease the pain of these concerns. Then, lift this up in your hands as an offering to the Lord. Tell him that you surrender all of it to *him*. Physically turn around and face *away from* your imaginary battle line as a symbol of turning your back on Ashtoreth. Her temptations toward temporal comforts always bring long-lasting hangovers of shame and more stress. Bury your face in your hands, and declare that you are hiding in God, and letting him fight this battle for you.

Read aloud verses 9-11 from today's Scripture passage. And now, use your hands to tear that list into pieces. Ashtoreth is a defeated enemy. Declare your trust in God. He is for you. Who can be against you?