



**NO
OTHER
gODS**

— *30 Days of Worship* —

DAY 5

— *Ashtoreth / Comfort / Spirit* —

READ

Psalm 42

¹ *As a deer pants for flowing streams, so pants my soul for you, O God.*

² *My soul thirsts for God, for the living God.*

When shall I come and appear before God?

³ *My tears have been my food day and night, while they say to me all the day long, "Where is your God?"*

⁴ *These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival.*

⁵ *Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation ⁶ and my God.*

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*My soul is cast down within me;
therefore I remember you from the
land of Jordan and of Hermon,
from Mount Mizar.*

*⁷ Deep calls to deep at the roar of
your waterfalls;
all your breakers and your waves
have gone over me.*

*⁸ By day the Lord commands his
steadfast love, and at night his song
is with me, a prayer to the God of
my life.*

*⁹ I say to God, my rock:
“Why have you forgotten me?
Why do I go mourning because of the
oppression of the enemy?”*

*¹⁰ As with a deadly wound in my
bones, my adversaries taunt me,
while they say to me all the day long,
“Where is your God?”*

*¹¹ Why are you cast down, O my soul,
and why are you in turmoil within
me?*

*Hope in God; for I shall again praise
him, my salvation and my God.*

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REFLECT

Ashtoreth is the goddess of pleasure and comfort.

In what ways has she captured your heart?

We all have those thirsty places in our souls, and the Lord is calling us to trust him to fill those desires with his good, flowing streams. The culture around us taunts us often, asking us, “Where is your God?” and it asks us why we should deprive ourselves of love, comfort or pleasure since God seems to be so distant. The culture compels us to take matters into our own hands and find our comfort and pleasure apart from God.

This is especially tempting when you are separated from your “regular/normal” place of worship. Maybe you are living alone in a foreign country and feel that you are unable to connect at a deep

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heart level with others in worship. Those once gently flowing streams that you used to experience have somehow become roaring waters that make you feel like you are drowning.

It is especially tempting at times like these to reach for some quick and easy form of comfort that your flesh can experience *right now*.

RESPOND

Quiet your spirit with these truths from Psalm 42.

Allow the gaze of your soul to settle on one or two of the following, and align your soul's desires with God's desire for you.

- Jehovah is the *living* God. He is the *only One* who can satisfy your longings. (v 2) All other promises of comfort or pleasure are from lifeless idols

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who cannot deliver the lasting gratification that the Lord offers.

- Yahweh cannot be seen or pointed to when others ask you to prove his Presence. He is too great to be contained and too mighty to be used as a tool in our own defense. (v 10)
- The Lord provides his unchanging Love and his comforting Presence every day and every night. His faithfulness never ends. Any other comfort we seek leaves us feeling empty and filled with regrets (v 8)
- God will once again be praised even from the depths of your soul...even though, at the moment, you may feel dry and weary. Imagine the rejoicing that will take place when you are reunited with like-minded followers of Jesus as you celebrate the victory of trusting in God's unending love. Simply

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put, it *feels good* to overcome temptation and choose what is right. (v. 5, 11)

- Place your hope in God alone. Confess any other comforts or pleasures toward which you tend to escape. Anything but Yahweh is sure to disappoint. (v. 5, 11)
- God is your salvation. He is your Rock and your solid ground. The promises of other temporal things cannot come to your rescue, and they will provide no support when the waters rise. Let him be your One and Only. (v. 9)