



**NO  
OTHER  
gODS**

— *30 Days of Worship* —

# DAY 8

— Baal / Protection / Body —

## READ

### *Psalm 3*

<sup>1</sup> O Lord, how many are my foes!  
Many are rising against me;

<sup>2</sup> many are saying of my soul,  
“There is no salvation for him in  
God.” Selah

<sup>3</sup> But you, O Lord, are a shield about  
me,  
my glory, and the lifter of my head.

<sup>4</sup> I cried aloud to the Lord,  
and he answered me from his holy  
hill. Selah

<sup>5</sup> I lay down and slept;  
I woke again, for the Lord sustained  
me.

<sup>6</sup> I will not be afraid of many  
thousands of people  
who have set themselves against me  
all around.

<sup>8</sup> Salvation belongs to the Lord;  
your blessing be on your people!  
Selah

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## REFLECT

Reread the first two verses of this Psalm. Stop at the *Selah* (rest). Take time to acknowledge the ways in which you sense these kinds of attacks on your soul. What, specifically, is rising up against you? What is tempting you to abandon God and run after Baal? Baal promises protection and control for you, but he cannot deliver. Where is your heart beginning to turn away from God, our true rescuer from temptation, and where is Baal tempting you to find relief instead? Say it out loud. Tell God specifically to what you are tempted to turn. Now read verses three and four. Proclaim aloud that *God* is your shield. Announce that *Jehovah* is the lifter of your head. Cry aloud to the Lord to meet the need or desire of your heart that has

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driven you to Baals in the past. Wait and listen for his answer.

### **RESPOND**

As you experience his rescue, lie down. Put your head down. Pray for Adonai to shelter you. If you are blessed with time to close your eyes and even drift off to sleep, allow yourself that time to fully relax into the arms of your True Savior. After a period of allowing your body to come to complete rest and trust in Yahweh, stand up and read aloud the last two verses of this Psalm. Say them with conviction and then use your whole body to express your praise by engaging in some spontaneous dancing or spinning as you worship the Lord.