

I. Introduction

- A. Welcome to week nine in our series called Can You Feel It? God's Wisdom on Human Emotion. We've been exploring the Bible's guidance on a healthy emotional life. And each week, we've been praying for God to heal your damaged emotions.
- B. Next week, we'll start a new series. It will take us through the summer and into fall. You won't want to miss it, and I'm not going to tell you what it's about, but I will tell you the title: BITE ME! If you want to know what it's about, we'll see you next weekend.
- C. Today's message is the result of a song. I've been praying and thinking about how to wrap up this series, and I really wanted to dig down to the bedrock of human emotion. The message clicked with me as I was listening to a song, one of the songs we sang today during worship.
- D. The song is called Days of Elijah. In the bridge we sing:
 1. There is no God like Jehovah!
There is no God like Jehovah!
There is no God like Jehovah!
There is no God like Jehovah!
- E. We sing that line about sixteen times.
- F. This week, I was listening to that on iTunes, and something hit me: probably not 1 in 10 followers of Jesus know that God is named Jehovah, or if they do know it, not 1 in 10 knows what it means.
- G. All emotional health depends on a deep-rooted knowledge of God. There is no therapy, no counseling, no medication, no prayer, no anointing, no seminar, no conference, no activity, and no experience that can substitute for you—a follower of Jesus—turning your heart toward God, and gazing on Him through His Word.
- H. Here is our key verse today:
 1. *"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You." Isaiah 26:3, NKJV.*
- I. Perfect peace. Perfect shalom, it says. Literally, Shalom, Shalom. It says peace twice. Shalom means inner wholeness, inner peace, and inner prosperity. Double peace. Real peace. God-given peace. That is emotional health, don't you think? That is emotional sanity, stability and happiness.
- J. So how do you get it? How do you get perfect peace?
- K. Perfect peace is God's gift to a person whose mind is "stayed on God." What does that mean? Let's take it one word at a time:

II. Isaiah 26:3

A. Your Mind

1. Compare your whole mentality to an ocean. Let the waves at the top represent your thoughts. That's the top layer, the most visible, and the most obvious thoughts: Your analytical, logical thoughts, your academic thoughts. That top layer is where you store all the stuff you learn. At this layer, you store information as FACTS. This is the surface layer of the part of you that thinks.
2. But there's a deeper layer, too. The deep running ocean currents.
3. That deep layer represents your heart. That's the deepest part of your thinking, your reflective thinking, your instinctive thinking. This deep layer includes your imagination, your conscience, and your worldview.
4. When you operate from the top layer, you operate from facts. But when you operate from the bottom layer, you operate from INSTINCT, from your gut reaction.
5. That's why you can do something stupid that makes no sense, even though you know better; because no matter what happens at the top layer, it's the bottom layer that calls the shots.
6. The Hebrew language had one word that covered both layers: LEB (pronounced "lave"). It's translated HEART. Sometimes "heart" emphasizes the surface layer of your thoughts, and sometimes it emphasizes the deep layer; the context helps you decide.
7. But there's another Hebrew word that's used here, and this one emphasizes the deep layer. This is the Hebrew word YETSER (yet-sair). It means your intellectual foundations, your mental frameworks, your imagination, the deep layer of your thoughts.
 - a) The New Testament makes it easier by GENERALLY (not always, the context is always king) using kardia (heart) to emphasize the deep layer, and nous (mind) to emphasize the surface layer.
8. Isaiah is saying is that if you want perfect peace; then something has to happen to the deep layer of your thinking. What's that?
9. That part of you has to be:

B. Stayed

1. NLT: fixed. NIV, NASB: steadfast
2. The tallest building in the US is the Sears Tower in Chicago. It stands 1,450 feet tall and dominates Chicago's beautiful skyline. The building is so tall, that the broadcasting antennas on top are struck by lightning over 650 times each year—its 110 stories tall.
3. The Sears Tower contains enough steel to build 50,000 cars, and enough telephone wiring to wrap around the world 1.75 times.
4. When they built it, starting in the late 1960's, workers dug a hole for the foundation. They dug a hole 100 feet deep, into bedrock.
5. Then they hammered 200 caissons into the bedrock. Those are open tubes, made of steel, and slammed into the bedrock by incessant hammering. The 200 tubes covered two square blocks. Then, the workers filled each tube with concrete, enough to build an 8-lane highway five miles long.
6. Two hundred steel tubes, filled with concrete, hammered into bedrock.
7. That is what it means to be stayed on something. Hammered deeply, anchored firmly, and resting squarely on unmoving bedrock.
8. There is no way any of us can have perfect peace unless the deepest part of our minds is dug deeply into God.
 - a) Daniel said, *"But those who know their God will be strong, and do exploits"* Dan 11:32.
 - b) Solomon said, *"The name of the LORD is a strong tower; the righteous run to it and are safe"* Proverbs 18:10, NKJV.
 - c) Paul prayed, *"That I may know him..."* Phil 3:10, NKJV.
 - d) And Jesus said, *"And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent."* John 17:3, NKJV.
9. A.W. Tozer said the most important thing about a person is what comes to your mind when you think about God. The secret of emotional health is a mind saturated with the knowledge of God.
10. The Sears Tower stands tall because its foundations reach deep.
11. How deep are your foundations in God? Is your mind, "stayed on God?"

III. Warning

A. So the Bible gives a warning:

1. *"As a result, we are no longer to be children, tossed here and there by waves, and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming;"* Ephesians 4:14, NASB.

B. The price of not deeply knowing God is terminal instability.

1. Trials hit you, but you don't have roots in a God who upholds you.
2. Temptations fly at you, but you don't have roots in a God who delivers you.
3. Doubts hammer you, but you don't have roots in a God who reassures you.
4. Heartbreaks depress you, but you don't have roots in a God who comforts you.
5. Conscience condemns you, but you don't have roots in a God who forgives you.

- C. And so you're tossed around by the waves, and not anchored to the only foundation that never moves.
 D. You need your mind to be stayed on God. Do you want that?
 E. First, though, we have to crack a Bible code and no, I'm not talking about crazy books about the Bible Code, or anything like that.
 F. I'm talking about a code that is standard in most English Bibles. There's a God code. Some of you know about this, but maybe you don't.

IV. Cracking the God Code in your Bible

- A. To see it, I want you to turn to Exodus 3:4:
 1. *"When the LORD saw that he turned aside to look, God called to him from the midst of the bush, and said, 'Moses, Moses!' And he said, 'Here I am.'" Exodus 3:4, NASB.*
 B. The first thing I want you to notice is that God gets two mentions in this verse.
 1. What's He called the first time? LORD.
 2. What's He called the second time? God.
 C. And what's funny about the word LORD? It's all caps, right?
 D. Capital L,O,R,D is a translator's code for a specific Hebrew name for God.
 E. That would be the Hebrew name spelled YHWH. Scholars aren't sure how to pronounce it. So it came into English as either Jehovah or Yahweh, or LORD, with all capital letters.
 F. So, here we have the God of the universe called YAHWEH or Jehovah. And earlier in our worship, we sang, "There is no God like Jehovah."
 G. Jehovah is a name for God. There are lots of names for God in the Bible. And whenever the Bible has the name LORD, in all caps, you have the Hebrew name YAHWEH. We'll get to what it means in a minute.
 H. And then notice the second way God is referred to in this verse. He's called, God. That would be the Hebrew word, Elohim. It's a plural noun, and we'll get to what it means in a minute.
 I. But the point I'm trying to make is this: in the Bible, God reveals Himself to you by calling Himself different names.
 J. Now turn over to:
 1. *"The LORD said to my Lord, 'Sit at My right hand, till I make Your enemies Your footstool.'" Psalms 110:1, NKJV.*
 K. Now, God is in this verse twice, right?
 1. What's he called the first time? LORD.
 2. What's he called the second time? Lord.
 L. Now we already know how to crack the first half of this code. LORD represents the Hebrew name Yahweh (or Jehovah, if you're old-fashioned, same thing).
 M. But Lord, represents a different Hebrew name; anyone know what that is? Adonai (or Adon), which means Master.
 N. So now we have three names for one God:
 1. Elohim (God) the Supreme God over All
 2. Yahweh (LORD) hold off on what that one means
 3. Adonai (Lord) the Master
 O. I don't want you to get discouraged, so let me say that these are the three main names for God. Most of the other names for God are combinations based on these three.
 P. Once you have these three, you have a good start on your God-foundation.

V. How?

- A. Question: how is your mind stayed on God?
 B. Answer: through a two step process: first you have to learn about God from the Bible. Who He is? What are His names, His attributes, His characteristics, His plan, His policies? The profile of God in your mind needs to mirror the profile of God in the Bible. That takes learning, time, and investment.
 C. Our family was out hiking, and we saw the most amazing tree. The trunk of the tree was FULL of holes from a woodpecker. Each hole was about 3/4 of an inch big, almost perfectly round. Every inch of that tree had a hole, thousands of them.
 D. And inside of each hole was an acorn, perfectly tucked into each hole, a whole acorn. Whatever bird stored up those acorns was ready for any famine.
 E. We have to store up names and qualities of God, just like that bird stored up acorns. That's what I'm saying. We all start there.
 F. One of the big tragedies of American churches is that we've become so practical and so behavior-oriented, that we leave very little time for the contemplation of God. We pastors are so busy talking about how to fix your finances, and how to raise your children, and how to strengthen your marriage—don't get me wrong—all that stuff is crucial for the church to talk about.
 G. But if we don't talk about GOD HIMSELF, who will? Who will lay out a feast of the character of God, and invite the people of God to come and dine? Who will show forth the attributes of God, and peck the holes into your brain, and tuck in a nugget of truth, so that when the storm comes, you're ready. Your mind is stayed on God, and you have perfect peace.
 H. And here's the coolest thing about how the Bible teaches the names of God. It doesn't just put out a theology book, and say here's a list.
 I. Every time the Bible introduces a new name for God, IT TELLS A STORY. God reveals his heart through everyday lives of normal people: Through their battles, their heartbreaks, their fears, their courage, and even their cowardice.
 J. God tells stories, because every story gives Him a chance to show off a side of His character that we've never seen before.
 K. Here are 3 of those stories:

VI. Jehovah/Yahweh (Ex 3:1-15)

- A. A man named Moses is tending the flocks, in the wilderness. In the distance, he sees a fire, and goes to investigate. A bush is burning, but it's weird the bush is on fire, but it isn't burning up.
 B. Moses checks it out, and God speaks to him. He tells Moses to go to Pharaoh and set the Jews free from slavery. Moses balks at the idea. He's not smart enough, and he's a lousy public speaker, and it won't work, and his mommy abandoned him, and he has a bunion, and excuse after excuse.
 C. Can you identify with Moses? Have you ever made excuses to God? I did for a long time. I knew when I was 8 that God wanted me to be a pastor. Don't ask how, I just knew. But I never felt worthy. I never felt like a good enough Christian. I sinned too much. I prayed too little.

My temptations were too strong, and my faith was too weak. God, thanks for the offer, but you have the wrong guy. I would spoil your program. I would mess up your plan.

- D. My Inner Moses did what everybody's Inner Moses does: it underestimated God. It magnified my fears and shrank God. And God did for me what He did for Moses, and what He wants to do for you: He didn't give advice on self-esteem. He didn't give a book on public speaking.
- E. He gave a new revelation of Himself:
 - 1. *Then Moses said to God, "Indeed, when I come to the children of Israel and say to them, 'The God of your fathers has sent me to you,' and they say to me, 'What is His name?' what shall I say to them?" And God said to Moses, "I AM WHO I AM." And He said, "Thus you shall say to the children of Israel, 'I AM has sent me to you.'" Exodus 3:13, 14, NKJV.*
- F. God said, Moses it's not about the one who is sent; it's about the one Who is sending, and that's Me, and My name is I AM. This, in Hebrew, is where we get the name Yahweh/Jehovah (same thing, Yahweh is more modern, Jehovah is more old-fashioned, but it's easier to say) it is a form of the verb "I AM." God is.
- G. It tells us that God is self-existent, non-contingent reality. He is the Uncaused Cause of all things. Which means nothing until you realize this: if God stopped willing you into existence, you would cease to be. The universe would cease to be. The stars and planets and galaxies and mountains and trees and kangaroos and fish and pizza and lasagna and garlic bread it would all cease to be. Everything else is contingent reality. Our existence depends on God.
- H. But God's existence depends on no one. He is I AM, Yahweh, Jehovah, the only one Who can say I AM and mean it and be it.
- I. And that's what you're singing when you sing: There is no God like Jehovah, the only self-existent one. That's what you're singing.
- J. Moses learned it in a moment of self-doubt, inferiority, worry, and fear. He wasn't the ground floor of his life. God was. His life wasn't to be defined by his deficiencies, but by God's all sufficiency. That's what God told Moses.
- K. And if God could shepherd the stars, and order the waves, and manage each wiggle of every sub-atomic particle within Moses' body, couldn't God manage delivering the Jews from Pharaoh?
- L. And can't He manage what's facing you? Your God calls Himself I AM, Capital L. O. R. D., Yahweh, and Jehovah. God reveals Himself in real life stories of real life people.

VII. Jehovah Jireh (Gen 22:1-14)

- A. Here, a man faces probably the worst challenge in the whole Bible, next to Jesus dying in the Cross. God told Abraham to sacrifice his son, Isaac, on the altar. Kill him.
- B. This son was prayed for, longed for, wanted, and beloved. Isaac is probably a late teenager. Any dads here? You know, when you're so proud of your kids you could bust? You know how you'd like to tear apart anybody who would hurt your kids?
- C. Here, God commands Abraham to slay his son, and Abraham gets ready to do it.
- D. I tell you; I confess to you, I couldn't do it. I wouldn't do it. Maybe that's why Abraham is called the father of Faith. I don't know. I couldn't do it. But Abraham could. He takes Isaac...
- E. They travel to the mountain. They build an altar. All the time, Isaac keeps asking, Dad, where is the sacrificial lamb? Where's the animal? Abraham doesn't answer.
- F. Finally, the moment comes, when Abraham tells his son—the son he's so proud of—to lie down on the altar.
- G. God reveals His heart in real life stories of real life people.
- H. He ties his son down, just as he would an ox or a lamb.
- I. He lifts the knife, believing that God would do a miracle and raise his son from the dead (Heb 11:19).
- J. And he plunges the knife downward, but at the last moment, God catches his hand. God calls out, Abraham! Abraham! Don't sacrifice your son, that's going to be MY JOB, NOT YOURS. I will sacrifice, MY SON, for the sin of the world, Abraham.
- K. And there, caught by his horn in a thicket is a ram. And Abraham and Isaac sacrificed the ram and praised God. And the Bible says,
 - 1. *"And Abraham called the name of that place Jehovah-Jireh: as it is said to this day, in the mount of the LORD it shall be seen" Genesis 22:14, KJV.*
 - 2. *"And Abraham called the name of the place, The-LORD-Will-Provide; as it is said to this day, 'In the Mount of the LORD it shall be provided'" Genesis 22:14, NKJV.*
- L. The LORD Will Provide. That is His name. Jehovah Jireh. Abraham learned it while preparing to sacrifice his beloved son. And God taught him a huge lesson: God is not interested in what we give him; He is only interested in what He can give us.
- M. He is the Provider. Not you. Not me. He is the Giver. We are receivers. He is the Lord of Giving, Jehovah Jireh, and the Lord of providing.
- N. And what do you need today that He can't provide. God will keep you in perfect peace, when your mind is stayed on Him.
- O. One more

VIII. Jehovah Rophe (Exodus 15:22-27)

- A. The Jews are wandering in the wilderness, and they're tired, hungry, and thirsty. They've gone three day without finding water, and their kids are suffering, and they're worn out, and they can't handle any more, and they're angry at Moses and angry at God.
- B. Off in the distance, the parched people see an oasis, the springs of Marah. They run there, and find water from a spring, and a little pool, and the first ones there begin drinking.
- C. Immediately, they spit out the water. It's polluted. Bitter. Useless. We can't drink this water! They're crushed and disappointed and angry at Moses and angry at God.
- D. Moses prays to God, Father, we're thirsty down here. We're hurting. We're dying. We can't make it without You.
- E. And God says, "Moses, throw a tree into the bitter water." And Moses cut down a tree, just like the tree that would one day make the Cross where Jesus died and threw it into the waters.
- F. And the Bible says the waters were made sweet, drinkable. God said,
 - 1. *"If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you" Exodus 15:26, NKJV.*
- G. I am Jehovah Rophe, in Hebrew: The Lord, your healer. He can heal your sickness and your thirst; your money or your marriage. He can heal damaged emotions. He can heal sin-sick souls. He can mend broken hearts, and restore broken bodies. His name is Jehovah Rophe. God reveals His heart in the everyday stories of everyday people.

IX. The Second Step

- A. I could go on, but this is not a sermon on the names of God. It's a sermon on the non-negotiable, essential secret for a lifetime of emotional health.
- B. And that secret is a mind stayed on God.

- C. A mind stayed on God starts with you learning the names, attributes, and character of God from the Bible. But that's only the first step. I said there was a second step. Because when you learn this stuff about God, what part of your mind do you think receives it? The top layer, the surface layer. That's where it starts, but that can't be where it stops.
- D. God has to move it to the deep layer of your thinking, and that requires a second step. Let me illustrate it with this little card I have.
- E. It's one of the most important pieces of paper in my life. About a year ago, the managers at our local coffee franchise, called YAKS, gave me this little yellow sticky note. It says:
1. "Free drinks for Bill, only until this sticky note no longer is!"
- F. And then there's a smiley face. As long as this sticky note exists, I get free drinks at YAKS.
- G. So I laminated it.
- H. It's gonna last forever. It has a protective coating.
- I. You know what it takes to laminate something? It takes heat and pressure.
- J. And God takes all that stuff you learn about Him, all those facts that float at the surface, and He laminates them to your heart, deep down inside. And that requires heat and pressure. That's what makes God real. That's what shoves the shallow stuff deep.
- K. Heat and pressure, that's what it takes, and what do we do about the heat and pressure in your life? **AVOID IT AT ALL COSTS!**
- L. We settle for a safe, comfortable, predictable life and we miss the heat, and we miss the pressure, and so we miss the deep knowledge of God.
- M. God paints the imaginations of your heart with a picture of Him so true, and so vivid that you can go through anything, and know that...
1. As Jehovah, He will sustain you,
 2. As Jehovah Jireh, He will provide for you,
 3. As Jehovah Rophe, He will heal you,
 4. As Jehovah Tsidkenu (the Lord our Righteousness) He will vindicate you,
 5. As El Roi (God Who Sees) He will take notice of you, He will triumph for you,
 6. As Jehovah Tsapbaoth (the Lord of Hosts), He will bring victory,
 7. As El-Shaddai (God Almighty), He will be to you all you need and more than you imagine.
 8. When you are lonely, He is Jehovah Shammah, the Lord Who is there.
 9. When you are purposeless, He is Jehovah Nissi, the Lord my banner, and He leads you into your life's true victory.
- N. Whatever you are, God is what you need. God's name is worthy to be praised, isn't it? The Bible calls Him the Alpha and Omega that means from the A to the Z, His name is to be glorified.
1. Ancient of Days, the Almighty, and your Advocate on High
 2. Bread of Life, and the Bright Morning Star
 3. Chief Shepherded, Commander, and Comforter
 4. Deliverer, the Desire of Nations, and the Door
 5. Eternal God and Everlasting Father
 6. Faithful and True, the Foundation, the Friend of Sinners
 7. God Almighty, the Good Shepherd, and your Great High Priest
 8. The Healer of my Soul, Holy One, the Horn of Salvation, and the Head of the Church
 9. I Am, and Immanuel
 10. Jehovah, the Judge, and His name is Jealous and His name is Jesus
 11. King of Kings
 12. Lord of Lords, and Lover of my soul
 13. Master, Messiah, Mighty God, and Merciful One
 14. Nazarene, the Name, Nissi (my banner), No Other Name
 15. Omnipotent, Omnipresent, Omniscient, the Omega, the Only Begotten Son
 16. Potter, and Prince of Peach, and Prophet
 17. Qualified to fix whatever is your condition
 18. Redeemer and He died for my sins on the Cross of Calvary!
 19. Savior, and Sanctifier, and Soon and Coming King! Servant, Son of David, Son of God, Shepherd and the Sun of Righteousness
 20. Teacher and the Truth—taste and see that the Lord is Good!
 21. Unfailing love
 22. Vine and He gives me the Victory.
 23. Worthy! Wisdom of God, and His name is Wonderful
 24. X—He x'ed out all of my sins
 25. Yahweh—Jehovah Jireh
 26. Zion's Salvation
- X. *"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You"* Isaiah 26:3, NKJV.
- XI. He's better than the Oval Office. He's better than a government bailout. He is worthy to be praised.
- XII. That is emotional health.
- XIII. [There are some excellent lists of the names and attributes of God online, for your own Bible study, and I'm listing the two very best right here:
- A. <http://ldolphin.org/nathanstone/> (a classic book from 1944).
 - B. <http://books.google.com> (type in the search box: All the Divine Names and Titles in the Bible by Herbert Lockyer, another classic, about 60% is free online)]