

**Wisdom Not Worry**  
**Friday, April 17, 2020**  
**Psalm 91:2**

**“He is my refuge and my fortress, my *God*, in whom I trust.”**

The fourth name by which God reveals Himself in Psalm 91 is *Elohim*. By far the most frequently used name of God in the scriptures, Elohim is translated simply as “God.” First used in Genesis 1:1, Elohim reveals God’s knowledge and power as Creator – “In the beginning, Elohim created heaven and earth.” When overwhelmed by life’s circumstances, it is a comfort knowing our Creator, Elohim is right at hand.

Maybe it’s a guy thing, but I rarely look at the instructions. When my brother and I agreed to install a full-wall cabinet unit from Ikea for my parents, we were confident our approach to this “little” project would be no different. But we were quickly overwhelmed when we saw box piled upon box filled with panels, pieces and hundreds of screws, bolts and fasteners. We knew we would need some guidance. Who better to provide that guidance than the manufacturer who not only designed the cabinet but carefully precision-crafted every part that went into it? At the end of the day (yes, it took the whole day) we could not have imagined getting through this project without the manufacturer leading us every step of the way.

The Psalmist finds strength and safety in Elohim, the One by whom and for whom all things were created. When you are overwhelmed by life, wondering how all the pieces fit together, who better to find refuge in than the One who designed your life and all its parts and pieces. What would it look like for you to find refuge in Elohim today?

Grateful,  
Ben