

Shalom AZ Ministries

In Pursuit of Israel's Redemption



“In the Midst of Upheaval, Hold (Or Let Go). Wait For the LORD”

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Devotion and Discussion Questions

Key Texts (TLV): Ps 106, 46; Lam. 3:17–26.

Have you ever had a season when everything you counted on seemed to be changing at once? The circumstances you understood yesterday no longer make sense today. What once felt stable begins to totter, and the future looks like a deep sea whose bottom you cannot see. You pray, but the answer does not seem to come quickly enough. And something inside you says, “I have to do something. I have to figure this out.” In those moments, the temptation is to grab hold of anything that promises a little control, even if it cannot actually hold us.

Psalms 106 and 46 speak into that kind of upheaval. One reminds us how quickly Israel forgot ADONAI’s mighty acts and refused to wait for His counsel. The other describes mountains toppling, waters roaring, and kingdoms shaking, yet declares that God is our refuge. The invitation is almost a paradox: hold on, and let go. Hold on to the LORD, to His lovingkindness and His faithfulness. But let go of the fear-driven need to control everything around you. Persevere, endure, and wait for the LORD. Our steadiness is not found in circumstances becoming steady. It is found in Him.

1. REMEMBER HIS LOVINGKINDNESS AND WAIT FOR HIS COUNSEL (PS. 106:1–13)

Psalm 106 begins in exactly the right place: *“Halleluyah! Praise ADONAI, for He is good, for His lovingkindness endures forever”* (Ps. 106:1). That word lovingkindness is *chesed*—His enduring love, His faithful covenant loyalty. This is where we begin, not with what we can understand, but with who He is. The psalm asks who can recount His mighty acts, and then makes a painful confession: Israel had seen His wonders in Egypt, had walked through the Sea of Reeds, and had sung His praise. Yet how quickly they forgot. They forgot the God who saved them for His name’s sake, who redeemed them from the enemy’s hand, and who had already demonstrated that He could make a way where no way was visible.

Then comes the sobering declaration of verse 13: *“How quickly they forgot His works, and would not wait for His counsel!”* They would not wait for His plan, His advice, His direction. As soon as things became uncomfortable, they began reaching for something else. They even exchanged their glory for an image of a grass-eating ox (Ps. 106:19–20). Think about that. The God who parted the sea was not moving fast enough, so they made something they could see and manage. But are we really so different? When answers are delayed, we may construct our own substitutes—our own plans, securities, and solutions. Ps. 16 reminds us that ADONAI counsels us, even in the night. Sometimes the darkness is where other distractions finally grow quiet enough for us to listen. Wait for His counsel. Do not exchange the glorious One for something that cannot save.

2. STAND IN HIS PRESENCE WHEN EVERYTHING ELSE IS SHAKEN (PS. 46:2-8)

Psalm 46 opens with a foundational reality: *"God is our refuge and strength, an ever-present help in trouble"* (Ps. 46:2). And because that is true, the psalmist declares that we will not fear, even though the earth changes and the mountains topple into the heart of the seas. Mountains represent stability, the fixed landmarks by which we find our bearings. Now imagine them falling into waters whose depths we cannot perceive. Everything familiar, everything that once seemed secure, is collapsing into chaos. Yet the psalm does not say we need not fear because nothing frightening will happen. It says we need not fear because *God is our refuge*. He is not merely nearby when it is convenient. He is a very present, very showing-up-to-help God in our distress.

Then the imagery changes. The sea is roaring, but there is another kind of water: a river whose streams make glad the city of God. Its waters speak of the life and refreshing that flow from His presence. *"God is in the midst of her, she will not be shaken"* (Ps. 46:6). Mountains may totter. Kingdoms may totter. Nations may roar. But His dwelling place is not shaken, because He is there. And He will help when morning dawns. There may be a night to endure, a season when you cannot see how things will resolve. Jeremiah understood that darkness. Surrounded by destruction, he turned his heart toward ADONAI's mercies, which never fail and are new every morning (Lam. 3:21-26). Our hope is not that we have unlimited endurance. Our hope is that His compassions have no end. We endure by setting our eyes on who He is.

3. LET GO AND LET THE LORD BE GOD (PS. 46:9-12)

The final stanza of Psalm 46 calls us to come and behold the works of ADONAI. He makes wars cease. He breaks the bow, shatters the spear, and burns the chariots with fire. All those things advancing toward us, all those threats that seem ready to overwhelm us, are not greater than He is. The nations roar, but He speaks. The kingdoms stagger, but He remains the stronghold of His people. *"ADONAI-Tzva'ot is with us. The God of Jacob is our stronghold"* (Ps. 46:8). Notice where the confidence rests. Not in the strength of our hands, not in the brilliance of our plan, not in our ability to silence every conflict. Our confidence rests in the LORD who is with us. He has not abandoned His people, and He has not lost authority over what frightens us.

Then comes the command: *"Be still, and know that I am God"* (Ps. 46:11). The language carries the idea of dropping our hands, of letting go. We do not have to hold every wall upright or fight every battle by our own strength. There is a difference between faithful endurance and frantic striving. Faithful endurance holds to His hand; frantic striving clutches whatever might make us feel secure. Sometimes obedience means acting when He directs. Sometimes it means waiting through the night for His counsel. Either way, we refuse to get ahead of Him. We can release what we cannot control because the One who holds us is faithful. Let your hands drop. Let the LORD do what only He can do. He is God, and He is with us.

CONCLUSION — HOLD TO HIM; RELEASE EVERYTHING ELSE

Psalm 106 is not merely a story about the failures of generations long ago. It is a mirror held up before our own hearts. Israel saw His goodness and still forgot. They grumbled in their tents and stopped listening to His voice. What is happening in our tent, in the privacy of our hearts? Are we rehearsing every disappointment until bitterness becomes louder than His promises? We can bring our complaints to ADONAI; He invites us to cry out to Him. But let us bring them so that we can listen, so that we can *shema*—hear and respond to His voice. Even after repeated rebellion, Psalm 106 says He saw their distress, heard their cry, remembered His covenant, and showed compassion in the greatness of His *chesed*. That is the character of the God we are waiting for.

Perhaps everything feels upside down for you right now. Perhaps you are exhausted from trying to hold everything together, or you have begun reaching for a substitute because the LORD seems too slow. This is your invitation to respond to Him today. Confess where fear has become control, where impatience has replaced trust, where you have forgotten His goodness. Bring Him your grief, your frustration, and your unanswered questions. Open those clenched hands before Him. Ask Him to forgive you, to renew your heart, and to teach you to wait for His counsel. Receive the salvation and mercy He gives through Messiah Yeshua. Hold on to His faithful love, and release everything that has taken His place. The mountains may shake, but He remains your refuge. Be still. He is God. And He will carry you through.

DISCUSSION QUESTIONS

1. Why does Psalm 106 begin by declaring ADONAI's goodness before recounting Israel's repeated failures?
2. How did forgetting God's past deliverance lead Israel to stop waiting for His counsel?
3. What might a modern-day "golden calf" look like when we are afraid or tired of waiting?
4. What is happening in the "tent" of your heart right now—prayerful honesty, or grumbling that keeps you from hearing His voice?
5. How does the contrast between the shaking mountains and God's unshakable presence in Psalm 46 change the way you face uncertainty?

CLOSING PRAYER

ADONAI, You are good, and Your lovingkindness endures forever. Forgive us for forgetting Your works and reaching for substitutes when we grow impatient. When everything around us seems to totter, turn our hearts back to Your faithfulness. Give us ears to hear Your counsel, even in the darkness of the night. Teach us when to hold on and when to let go. We release our fears, our striving, and our need to control what belongs in Your hands. Be our refuge, our strength, and our ever-present help. Let Your shalom steady us, and let Your compassion renew our hope every morning. We trust You to carry us through.

B'Shem Yeshua, In the name of Yeshua, amen.