

A NAME YOU CAN TRUST

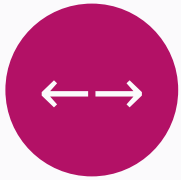
Yahweh Tsurì

The Lord Is My Rock

Min. Tonia Gathers

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Psalm 144:1–2, 7–10 • Isaiah 26:3–4



Looking Back, Moving Forward

A quick review of last week's lesson to carry us into today.

LOOKING BACK

All of creation worships and is subject to God's command

David declares the Lord of Hosts as his name, covering and authority

MOVING FORWARD

What giants in your life have you not applied this name to yet?

What would it look like to live everyday knowing that Lord of Hosts fights for you?



A Question to Consider

“What is something in your life that you thought was completely stable — a job, an economy, a relationship, a savings account — that suddenly shifted or vanished?”

In a world of sinking sand and constant change, we all look for something solid to lean on.

TODAY'S FOCAL NAME

Yahweh Tsurì

The Lord Is My Rock

“What better word than 'rock' to represent God's permanence, protection, and enduring faithfulness? When you pray to the Lord your Rock, you are praying to the God who can always be counted on.”

— Ann Spangler, *Praying the Names of God*, p. 76

What Does “Tsur” Mean?

צור

TSURI

“my rock”

A massive boulder, cliff, crag, or bedrock — not a loose stone you can pick up and throw.

A tsur is a **PERMANENT**, immovable part of the landscape.

Unlike something you could pick up and carry away, a tsur cannot be moved, shaken loose, or carried off. It simply is — part of the bedrock of the land itself.

Calling God Yahweh Tsur is a declaration that He is our ultimate stronghold, unshakeable foundation, and permanent defense.



1

Ancient Near Eastern Context

When invading armies swept through a region, villagers didn't fight on open plains — they ran to the high mountain rocks and cliffs.

High Ground

Elevated position above the reach of attackers

Narrow Paths

Easy to defend — only a few could approach at once

Flood Safety

Protection from rushing flash floods in the valleys below

2

David's Real-Life Experience

David didn't write poetry about rocks from a comfortable palace desk.

He wrote them while literally hiding in caves and crags — like the rocks of En-Gedi — while running for his life from King Saul.

He knew what it meant to press his back against cold, unyielding stone for survival.

Psalm 144:1–2, 7–10

David's prayer merges praise with desperate petition.

“Blessed be the Lord my Rock, who trains my hands for war, and my fingers for battle — my lovingkindness and my fortress, my high tower and my deliverer, my shield and the One in whom I take refuge...”

“...Rescue me and deliver me from the hand of foreigners, whose mouth speaks lying words, and whose right hand is a right hand of falsehood.”

1-2

The Warrior's Acknowledgment

Verses 1-2

My lovingkindness

My fortress

My high tower/ stronghold

My deliverer

My shield

My refuge

David begins by blessing God not just for comfort, but as his military trainer. The Rock is active — it trains, shields, and subdues what opposes us.

7-10

The Cry for Rescue

Verses 7-10

“Deep Waters”

A metaphor for his enemies — overwhelming, chaotic forces threatening to pull him under.

“Hand of Foreigners”

Strange, hostile forces trying to overwhelm him from the outside.

David shifts to raw honesty. He acknowledges that he cannot save himself — his rescue depends entirely on God reaching down from above.

PART 3

Connecting to the Name

Six truths to reflect on and discuss — in pairs or as a group.

1

Reflection 1

Vulnerability often shows up when circumstances outside our control leave us feeling overwhelmed.

KEY POINTS

- The Illusion of Control: Most of us try to manage every variable to feel safe. Sudden crises shatter that illusion.
- The Purpose of Vulnerability: Vulnerability forces us to look upward rather than inward — it's often where we discover the Rock beneath us.

2

Reflection 2

We all face enemies — seen and unseen — and how we respond to them reveals where we place our trust.

KEY POINTS

- Modern Enemies: Chronic anxiety, toxic relationships, burnout, financial pressure, or moral temptation — not physical armies.
- Our Default Response: Overworking, isolating, lashing out, or trying to manipulate outcomes.
- The Pivot: Contrast frantic self-preservation with running to the high tower of Yahweh Tsurì.

3

Reflection 3

Yahweh Tsurì has heard our cries before and proven to be our steady foundation time and again.

KEY POINTS

- Creating an Ebenezer: Like the Israelites' stones of remembrance, we need to voice our past testimonies.
- Recognizing Quiet Deliverances: God's rescue doesn't always mean the storm stops instantly — sometimes He delivers us with supernatural peace in the middle of it.

4

Reflection 4

David describes God as a rock, fortress, stronghold, and deliverer (Psalm 144:2) — each title reveals something powerful about who Yahweh Tsurì is.

KEY POINTS

- A Rock (Tsurì): Reveals Stability and Permanence — His character never erodes or cracks.
- A Fortress & Stronghold: Reveal Strategic Protection — He elevates us above the enemy's reach.
- A Deliverer: Reveals Action and Intervention — God isn't a passive statue; He steps into the mess.

5

Reflection 5

Knowing God is our rescuer and deliverer changes how we respond to those who oppose us.

KEY POINTS

- Relinquishing the Gavel: Trusting God as our Deliverer allows us to step down from the judge's seat.
- Stepping Behind the Shield: If God is our fortress, we don't have to take hits out in the open.
- Freedom from Exhaustion: Self-defense is spiritually exhausting; leaving justice in God's hands brings profound rest.

6

Reflection 6

Experiencing more deeply the truth that God is our rock transforms how we live.

KEY POINTS

- Radical Reduction in Anxiety: We panic less when the “earthquakes” of life hit.
- Greater Boldness: Standing on solid bedrock gives you confidence to take risks for God's Kingdom.
- Resilience Over Fragility: Those rooted in Yahweh Tsurì bend, but do not break.

Praying the Name Yahweh Tsurì

Prayer of Refuge

When overwhelmed

“Lord, right now my circumstances feel like a rushing flood. I run to You as Yahweh Tsurì. When my mind races and anxiety tries to sweep me away, I anchor my soul in Your unshakeable strength.”

Prayer of Defense

When facing opposition

“Father, You are my fortress and my shield. I cannot fight this battle in my own power. I step behind You, Yahweh Tsurì, trusting that You are my defender.”

Prayer of Stability

When making decisions

“God, everything around me is changing, but You are my bedrock. Give me the wisdom to build my choices on Your truth today, Yahweh Tsurì, so that I will not be shaken.”

Isaiah 26:3–4 (NIV)

“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. Trust in the Lord forever, for in YAH, the Lord, is the everlasting Rock.”

Perfect Peace

A profound, double-measure peace that guards the mind against turmoil.

The Condition of Focus

This peace is tied to a mind “stayed” — anchored and leaning fully on Him.

Everlasting Foundation

Human supports crumble, but God is an eternally secure refuge.

CALL TO ACTION

This week, pick one area of stress where you will stop trying to tread water — and instead, lean your full weight back onto the Rock.

Yahweh Tsurì — The Lord is my Rock.