

In Exodus 24, God invites Moses up onto a mountain.

God (creator of universe, maker of noses, giver of life) invites Moses (mortal, shepherd, murderer, wanderer) onto a mountain. Because God craves relationship.

Consider the invitation: "The LORD said unto Moses, 'Come up to me onto the mountain, and be there' (12).

Come up onto the mountain, and be there?

Of course I'll be there. If I'm ON the mountain, where else would I be?

What a strange command. (What an interesting God.)

But the word translated "be" is from the verb ha'yah, which means to abide/ remain/ be fully present.

God knew that as soon as one-hundred-and-twenty-year-old Moses made the long, arduous journey up the side of the mountain to the top, he wouldn't be able to slow his mind. He wouldn't be able to simply sink into the moment, to stop and rest and be still and abide and absorb the presence of Yahweh.

His mind would be racing with one thought:
How in the world am I going to get back down this mountain?

"Once you get to the top, STOP. Be here. Be STILL. Simply be. Abide. Take control of your mind. Force yourself to be still. Focus on the moment. Be with me. Abide, remain, be fully present. Don't blow this or waste this on meaningless worry that will cause you to miss the experience entirely."

Does He say the same to you?

For all your worrying, all your anxiety, all your mind's constant racing and habitual doubting, all your stresses and to-do lists and purposeless busy-ness, are you risking missing Yahweh this side of heaven?

You may already know this but it bears repeating: your worrying doesn't help. Anything. Not even a little.

The other night I woke out of a sound sleep because I realized that for a moment I hadn't been worrying. My mind hadn't been reeling with thoughts of things I needed to be worrying about. I panicked because I hadn't been lying there awake worrying about those things. And if I wasn't worrying about them, who would be? Somehow by worrying about them I thought that I'd be accomplishing something, moving something forward. And by not worrying I was being lazy or complacent.

Seriously? How foolish.

A couple thousand years ago Jesus asked His disciples "Who of you by worrying can add a single hour to your life?" (Luke 12:25).

In my experience, it does the opposite.

Learn to be present. Learn to be here. Learn to remain and abide. Learn to enjoy the time you have this side of heaven. Use it to point to Him, don't waste it by worrying.

In short, be still. Know that He is God. Take comfort in that. Let Him do His job, and you just focus on being here.

One day this will all be over.

You won't regret not having worried more.

You'll regret not having enjoyed more mountaintops with Yahweh.

- *Written by Tommy Moore, Pastor, Ocean View Students*