

Thou Art My God

A study of how God is our sufficiency in ALL things

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Introduction

In Thee, O LORD, I have taken refuge;
Let me never be ashamed.

²In Thy righteousness deliver me, and rescue me;
Incline Thine ear to me, and save me.

³Be Thou to me a rock of habitation, to which I may continually come;
Thou hast given commandment to save me,
For Thou art my rock and my fortress.

⁴Rescue me, O my God, out of the hand of the wicked,
Out of the grasp of the wrongdoer and ruthless man,

⁵For Thou art my hope;
O Lord GOD, *Thou art* my confidence from my youth.

⁶By Thee I have been sustained from *my* birth;
Thou art He who took me from my mother's womb;
My praise is continually of Thee.

⁷I have become a marvel to many;
For Thou art my strong refuge.

⁸My mouth is filled with Thy praise,
And with Thy glory all day long.

Psalm 71:1-8

One day as I was reading Psalm 71 during my quiet time, I was struck with how many times the phrase “Thou art my. . .” is stated in this Psalm.

- “Thou art my rock and my fortress”
- “Thou art my hope”
- “Thou art my confidence”
- “Thou art my strong refuge”

What a wonderful realization, that God is my hope, my rock, my fortress! To say that He is *my* hope is so personal—God not only *is* hope, but His hope is mine, and I have access to it all the time as a believer. What a marvelous gift from my Father God!

I wondered how many other times the phrase “Thou art my. . .” appears in the scriptures. I was delighted to find that there are eighteen different attributes of God stated with “Thou art my. . .:”

- Thou art my Lamp
- Thou art my Lord
- Thou art my God
- Thou art my King
- Thou art my Rock

- Thou art my Fortress
- Thou art my Strength
- Thou art my Hiding Place
- Thou art my Shield
- Thou art my Father
- Thou art my Rock of My Salvation
- Thou art my Hope
- Thou art my Confidence
- Thou art my Refuge
- Thou art my Portion
- Thou art my Help
- Thou art my Deliverer
- Thou art my Praise

It is such a joy to read through this list and realize that all of these attributes apply to me since I am a daughter of the King. They have been given to me by my Father God. The list is astounding in its scope—showing that God is our sufficiency in ALL THINGS. There is no situation or circumstance that is not covered by what God is for us.

As a pastor's wife, I have shared the struggle with women over various issues in their lives. They are sometimes unhappy, can be bitter, and are perhaps confused. Some are seemingly unable to walk victoriously as believers in Christ. As I looked at the list above, the Holy Spirit showed me that the key for these women, as for all believers, is to understand how God has given us so many gifts, so much of Himself. What God desires is that we believe so thoroughly in who He is, what He can do, and that He fulfills all His promises, that we will maintain our joy and walk each day with peace in our hearts.

This study is organized beginning with “Thou art my Lamp” because as one goes through the Bible chapter by chapter, it occurs first of all the “Thou art my. . .” phrases. It is fitting that our study should begin here, because we want the word of God to be the Lamp for our feet as we look into these eighteen marvelous attributes of God and how they are available to us as we live each day. The remainder of the “Thou art my. . .” phrases are paired together either because they are similar in their concept or because they occur together in the scriptures. Finally we end with the very important “Thou art my Praise,” giving glory to our almighty God.

My hope and prayer is that as you study the Word of God you will listen to the still small voice of our Good Shepherd, and that you will truly be able to grasp the fulness of what God has for you.

To Him be the glory,
Mary Dubler

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