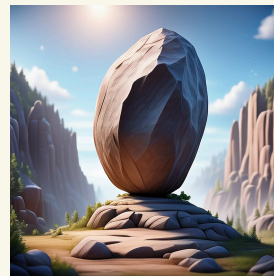


# GOD

## THE ETERNAL ROCK

Isaiah chapter 26

# Day 1: Isaiah 26



## Isaiah 26:1–4

**“We have a strong city; God makes salvation its walls and ramparts... Trust in the LORD forever, for the LORD, the LORD Himself, is the Rock eternal.”**

### God as the Rock — What It Means

- **A Rock is steady and unmovable:** You can lean on it, and it won't collapse. People may fail you, jobs may come and go, even your own emotions swing up and down. But God Himself is unchanging.
- **A Rock is higher:** When you climb on a rock, you get a better view. God lifts you above your circumstances, letting you see with perspective — not just panic.
- **A Rock provides shelter:** In the desert, travellers hid in the cracks of rocks for shade and safety. God is the shade you can step into when the sun of stress, bills, and family tension burns hot.

**A Rock is solid foundation:** You can build on it. When you build on shifting sand (money, people's opinions, achievements), things collapse. When you build on God Himself, storms can rage but you remain standing.

### How to Trust God as the Rock

- Trusting God isn't passive — it's active. Here's how to do it in practical ways:
- **Shift your weight:** Just like leaning on a rock, you shift your weight off yourself and onto Him. Say, *“Lord, I don't know how to fix this debt / my marriage / my child's choices — but I lean on You to carry it.”*
- **Return to His promises:** Write out Isaiah 26:3–4 somewhere you can see it daily. When worry rises, read it out loud. That's training your mind to stand on the Rock instead of sinking sand.
- **Release the “what ifs”:** Worry keeps saying, *“What if the money doesn't come? What if my child doesn't change? What if things fall apart?”* Trust answers with, *“Even if... God Himself is still my Rock.”*

**Small steps of obedience:** Trust shows up in action. If God nudges you to forgive, to budget differently, to pray with your child, or to apologise in your marriage — do it. Every act of obedience is stepping further onto the Rock.

### Emphasis: God Himself

- Notice the verse doesn't just say “the Lord is a rock,” but **“the LORD, the LORD Himself, is the Rock eternal.”**
- It's not the church building.
- It's not your own wisdom.
- It's not friends or connections.

It's *God Himself*. That means when you pray, you're not throwing words into the air — you're leaning on the very Person who created the universe and who has never failed.

### 4. Practical Application for Today

- **Finances/Debt:** Instead of thinking your security is in your salary or loan approval, declare: *“My finances rest on God, my*

*Rock. He will not let me be buried.”*

- **Marriage:** When arguments rise, picture God as the Rock beneath your relationship. You may shake, but He holds the foundation steady.

**Children:** When their choices keep you up at night, remember: God is their Rock too. He is the steady hand guiding them, even when you can’t.

## 5. Expanded Prayer/Meditation

“Lord, You are my strong city and my eternal Rock. Not my money, not my strength, not even the people I love most — but You, Lord, Yourself. When bills pile up, when my children’s choices cause me sleepless nights, when my marriage feels like it’s on uneven ground — I lean on You. I shift my full weight onto You. Be my steady place, my shelter, and my foundation. Lord, I trust You not just with words, but with my actions, my thoughts, and my choices today. Amen.”

- ✨ **Meditation Exercise:**

Sit quietly for 2 minutes and repeat slowly:

- *The LORD Himself is my Rock.”*

With each breath, imagine handing Him one specific worry: a bill, your child’s name, or a relationship. See yourself setting it down on the Rock, where it can’t sink or be stolen.