God is our refuge and strength, a very present help in trouble.

Psalm 46:1

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

Hebrew 11:6

God is always present in our lives. This is a statement we hear so often in our times of difficulty. We want that presence so desperately at times and yet it is in those very times of need that we feel the most alone. I want to confirm what the Bible says about the presence of God. God is always with us. God is always present in our times of difficulty as the Psalmist says in **Psalm 46:1: "God is a very present help in times of trouble.**" How often do we miss the message that is being conveyed in this text? God is a very present help. (God is a very **Present** help). It is impossible to meet during our time of conflict if we are not aware of God in that moment. By aware I mean believing in and trusting in God in that moment of trial.

Hebrews 11:6 tells us: "Now without faith, it is impossible to please God, for whoever comes to God must believe that God exists and he rewards those who diligently search for Him." What does this mean in relation to being aware of God? "**If God is a very present help in the time of trouble**," and we all want to believe that God is truly there in our time of testing, it has to become clear to everyone where our minds and hearts must be. It is difficult if not impossible to meet God in the present conflict if we are not there in that moment with God.

I remember growing up in Detroit. I was about six years old and I woke up in the middle of the night. I saw what looked like a shadow of a man in my room. I shouted for my mother and father. My mother ran into the room and rescued me from that fearful moment. In that moment of trial, I had to believe in my parent's ability to protect me. I had to believe in their ability to overcome anything I was involved in to call upon with the level of certainty in which I did. I had faith in them. I trusted them. There was no doubt in my mind that they would come to my rescue. My parents would never be asleep on the job when it came to taking care of their children. This is the point that the two scriptures are addressing. It is impossible to please God without faith and trust in God. However, the second part of the scripture is overlooked because we take for granted what it implies. Because we take for granted our faith in God. We must believe that God exists. What does this really mean? We must believe that God is bigger than anything we may encounter in our lives. Whatever the situation, God is bigger than the situation. Whatever the tragedy, God is bigger than the tragedy. Believing that God is, is believing in God's omnipotence. It is believing and trusting in God's ability to rescue us in His abiding will.

This does not take place in a vacuum, for God is a very present help in the time of trouble. However, if we are not conscious of God in the present moment, if the God we believe in, and trust in, is not greater than the circumstances we find ourselves in, then the God of our faith is inadequate for the challenge. "God is a very present help in times of trouble." In order for that to be true, we must be aware of God in that present moment. We must be conscious of God's existence while we are in the trouble. We can never allow the moment we are in be absent of our awareness of God. It is our awareness, our being conscious of

God’s presence, and God’s existence that gets us through the difficulty.

We are living in times when the awareness of God is something we must consistently practice. In the midst of all we do, we must be mindful that God is there. In the good times, God is there. In challenging times God is there. God is a very present help in times of trouble. God is very present in those of joy and laughter.

When we practice being conscious of God in our daily lives, we participate in the worship of God. We participate in developing intimacy with God. We develop a level of communicating with God that will enable us to know His presence in our times of trouble.

Blessings,
Pastor Gool