

Thou Art My Rock, My Fortress, and My Strength

For Thou art my rock and my fortress;
For Thy name's sake Thou wilt lead me and guide me.
Thou wilt pull me out of the net which they have secretly laid for me;
For Thou art my strength.

[Psalm 31:3-4](#)

Be 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.

[Psalm 71:3](#)

Fort Knox, located southwest of Louisville, Kentucky, is home to the training center for the armored units of the United States Army, and is also home to the United States Bullion Depository. The greater part of the gold reserve of the U. S. government is stored at the depository, and in the past important documents such as the Constitution, Lincoln's Gettysburg address, and three volumes of the Gutenberg Bible have been stored there for protection. The Depository is a fortified building that was completed in 1936. The gold is kept in a steel and concrete vault beneath the building. This underground chamber rests on solid rock and has walls more than two feet thick. It is a classified facility, no visitors are permitted, and many modern scientific devices protect the vault.

If we were asked to use a few adjectives to describe Fort Knox, we might include ones such as strong, protective, and secure. However, this building is not able to protect against every possible attack or disaster. Nothing built by human hands is "unsinkable"—remember what happened to the Titanic!

Our God, however, is not like any fortress built by man. Hannah perhaps stated it best in her prayer to the Lord when she said,

There is no one holy like the LORD,
Indeed, there is no one besides Thee,
Nor is there any rock like our God.

[1 Samuel 2:2](#)

No person or thing is like God. He is solid and able to withstand all forms of assault and will keep in safety those within His protecting arms. God as our fortress can be described using the following adjectives:

Faithful	Strong
Trustworthy	Immovable
Stable	Perfect
Protective	Unassailable
Secure	Everlasting

Now read these words again, this time adding the words *totally and unceasingly* before each one. For example, God is totally and unceasingly faithful. God is totally and

unceasingly protective. Then we end with the statement that God and all His character qualities are everlasting. Now *that* is a fortress for times of trouble!

For Thou art my rock and my fortress;
For Thy name's sake Thou wilt lead me and guide me.
Thou wilt pull me out of the net which they have secretly laid for me;
For Thou art my strength.

[Psalm 31:3-4](#)

Not only can we run to God our fortress, but we also have the strength of the Lord available during times of trouble. David knew that God would pull him out of the trap of his enemy—God’s strength and not his own would protect him, so he declares, “Thou art my strength.”

My husband and I traveled with our daughter and nephew to visit missionaries from our church who were laboring in Tbilisi, Republic of Georgia. Early in our trip our daughter became very ill. The health care system in Tbilisi was rudimentary at best, and we did not want to have to take her to the Georgian doctors. In the middle of the night as she continued to vomit and decline further into weakness and dehydration, I persisted in crying to the Lord for His intervention on her behalf. I declared that only His strength and healing could help her—I had reached a point where I felt helpless—there was nothing I could do. At that point of desperation God’s strength pulled our daughter out of the net of sickness; her vomiting stopped and she was quickly returned to good health.

In addition to being a our fortress and strength, God is also our rock. This rock will never be subject to erosion. It is an everlasting rock.

Trust in the LORD forever,
For in GOD the LORD, we have an everlasting Rock.

[Isaiah 26:4](#)

There is no doubt that God is an everlasting Rock, and we are to always trust in Him. Trusting in the Lord—who He is and what He can do—really must be the foundation for our faith. It would be foolish for us to put our faith in someone who was not trustworthy or faithful or everlasting. But for all this, many Christians are more likely to trust Fort Knox than God as a source of protection. If we say that we believe in God, the Lord Jesus Christ, we must have an all-encompassing faith that fully trusts in Him.

One of the greatest examples of putting full trust in God is seen in Mary, the mother of the Lord Jesus. An angel visited her and told her a remarkable thing,

Do not be afraid, Mary; for you have found favor with God. And behold, you will conceive in your womb, and bear a son, and you shall name Him Jesus. He will be great, and will be called the Son of the Most High; and the Lord God will give Him the throne of His father David; and He will reign over the house of Jacob forever; and His kingdom will have no end.

[Luke 1:30-33](#)

She then asked the angel how this could be since she was virgin. He answers her,

The Holy Spirit will come upon you, and the power of the Most High will overshadow you; and for that reason the holy offspring shall be called the Son of God. And behold, even your relative Elizabeth has also conceived a son in her old age; and she who was called barren is now in her sixth month. For nothing will be impossible with God.

Luke 1:35-36

Mary is told that some remarkable things will happen to her, and that she will carry the Son of God in her womb. She does not even seem to hesitate to ponder all this, but just says, “Behold, the bonds slave of the Lord; be it done to me according to your word.” (Luke 1:38).

How was Mary able to say this? Her Aunt Elizabeth summed it up when she said of Mary,

And blessed is she who believed that there would be a fulfillment of what had been spoken to her by the Lord.

Luke 1:45

She was able to say “be it done to me” because she believed that God would do what He said, and she had total faith and trust in God’s plan. In addition, when she said she was a bonds slave she also acknowledged God as her Master and she was willing to serve Him in any way He asked.

Mary’s last recorded words in Matthew 2:5 are also very enlightening. She said to the servants at the wedding in Cana, “Whatever He says to you, do it.” After that Jesus performed His first miracle, turning water into wine. Mary had full confidence in the Son of God. We should also approach our relationship with the Lord with “Whatever He says to me, I will do it.” When we put our full trust in the Lord, He may ask us to do things we would never even imagine we could do. But if we step out in obedience to His calling, as Mary did, we will see Him perform mighty deeds.

Questions for further study:

1. Read Deuteronomy 32:4 and Psalm 9:10. What descriptions of God’s character are given in these scriptures?
2. Read Psalm 37:5.
 - Are you hesitating to do something that God has told you to do?
 - Have you committed everything to the Lord (finances, family, job, home, etc)?
 - Do you trust Him to walk with you?
3. Read Isaiah 30:15-17. The Lord God said, “In repentance and rest you shall be saved, in quietness and trust is your strength.” When the nation of Israel did not do this, they fled before their enemies, though the enemies were not strong. How does this scripture apply in your life?