

"Then Samuel took a stone, and set it between Mizpeh and Shen, and called the name of it Ebenezer, saying, Hitherto hath the LORD helped us." 1Samuel 7:12



“Mizpeh” is the “watchtower” and “Shen” is the “sharp front teeth.” When the Lord fights a battle for us and we prevail over besetting sin, we should set up a “stone” of remembrance between ourselves and the sharp teeth of the “devouring lion” that seeks to destroy. Keep the Word of God ever before the watchtower of your mind to remind you who it is that fights

your battles. Your stone (Eben) of help (ezer) is the Word of God. He is our Rock of protection and our Stone of remembrance. When a particular foe is defeated by the Lord, you should memorize the verse of scripture which brought deliverance. Remind yourself often by visiting the places in God's Word that hold special meaning and remembrance for you. Samuel cried unto God for victory over the enemy, and the Lord discomfited the enemy. As they took flight, the men of Israel pursued them and smote them. When God begins to discomfit the enemy, pursue and destroy. If you sit and do nothing, the enemy will return. Do you find yourself constantly crying out for deliverance? It's time to arise and pursue. The best way to destroy the fiery darts of the wicked is to increase your faith by saturating your mind with the Word of God. We do this by constant meditation on, thinking about, pondering, Scripture. A professor once placed an empty glass on the desk and asked his students to come up with a way to remove every molecule of air from the glass. Several suggested a vacuum; some suggested pumping; and so on. After an exhaustive discussion, the professor reached over and started carefully filling the glass with water. When the surface tension of the water rose slightly above the rim of the glass, he stopped. The students were amazed by the simplicity of the solution. Our mind is the empty glass and something will fill it. The solution is simply amazing. If we fill it with the Water of God's Word, the Prince and Power of the air will have nowhere for whispers of evil to abide. God's Word will force out every tiny whisper of doubt. You might say I'm “*brainwashed*.” I certainly hope so! I hope God's Word washes me of every tiny speck of evil that might be lurking in the cracks and crevices of my heart.

Here I raise mine Ebenezer; hither by thy help I'm come;
And I hope, by thy good pleasure, safely to arrive at home.
Jesus sought me when a stranger, wandering from the fold of God;
He, to rescue me from danger, interposed his precious blood. ~Robert Robinson

We take showers often to wash our bodies of the grime of everyday life. Should we do less for soul and spirit?

"Wash me thoroughly from mine iniquity, and cleanse me from my sin. Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow." Psalms 51:2, 7