**Nahum 1:7, KJV,**

“The Lord is good, a strong hold in the day of trouble; and he knoweth them that trust in him.”

**BTW: The Hebrew title for the book of Nahum is "<wjn," the passive form of “comfort.” The author is identified as Nahum the Elkoshite, probably in reference to the town that he was from (e.g., Elkosh); however, it is not presently known where that town was located. Nahum's name literally means “consolation” or “comfort,” appropriate because that is what he offered Judah through his message about the destruction of Nineveh. Most scholars date this book between 663-654 B.C. Point of interest: Nahum is related to the prophet Jonah, who 150 years earlier prophesied to Nineveh. Nahum is one of only three prophets who prophesied against other countries.**

**In this abbreviated passage, the prophet Nahum sums up an awe-inspiring “breathtaking”-ness surrounding God….a truly “Ah-HAH Moment:”**

“The LORD….is a strong hold in the day of trouble**." If nothing else ‘in all the world’ was ever said about the Heavenly Father, that central, critical, yet crucial, statement would be enough! And here's the grand finale, the sprint to the finish, the frosting on the cupcake, the bow on the package, the overture, the “closing moment,” the cherry atop the banana split, the “checkered flag” moment, the true clincher....... "The LORD is good!”**

**-- ONE MORE TIME (just in case you missed it!) --"The LORD is good!”  
and (HE is) “a strong hold in the day of trouble."**

**He is our help, hope, “hand up,” healer and Heavenly Father!**

**Now, that's THE “REAL DEAL!”**

**May your Sunday wield wealth, wisdom, wonder and worship—and veracity worth celebrating--**

**It is always,**

**Because (HE is) "a refuge in times of trouble,"**

***Lindi***

**The LORD is good!**

**Dear LORD God, thank You that YOU are my “ever present” help! Thank You for “holding on” to me and lifting me up out of despair, desperation, and desolation. Help my anxiety, nervousness, and worry be replaced with trust for Your great good. May I not be distracted by the world, today, so that I might focus on Your high calling. Remind me to pray and study Your Word. Direct my mission. Guide my endeavors. Challenge my “status quo.” Take me into a realm of submission, obedience, and surrender to You! Send Your Holy Spirit for those sorrowing and struggling. Send Your healing to those who need Your help. Send Your blood protection where terror abounds, and bring quickly Your perfect Kingdom to earth! I love You forever. I ask Your forgiveness. In Jesus’ name, Amen.**