

Psalm 34:3-4 - Oh, magnify the Lord with me, and let us exalt His name together. I sought the Lord, and He heard me, and delivered me from all my fears.

Magnify. In a hospital setting, we might think of a microscope - an instrument used by a pathologist to enlarge the image of cells in order to diagnose disease. The cell doesn't physically change in size; it is the lens of the instrument through which it is viewed that enables the doctor to see a clearer picture than he could through the naked eye.

Likewise, when we are faced with trouble - whether it be medical, emotional, financial, relational - we have a choice of the lens through which we will view the problem. Will we let fear be enlarged as we focus our natural sight on what appears to be threatening our well-being? Or will we choose to magnify the Lord as we fix our eyes on Jesus?

The other day, I had called my elderly mother to check on her and could instantly sense that she was downcast. She is no longer able to attend church on Sundays and was missing the fellowship of other believers. I suggested that she magnify the Lord by praying His names and character through the alphabet, starting with the letter "A."

As she asked me to demonstrate this, I began, "Lord, you are Almighty, the Alpha and Omega. You are the Bread of Life, sustaining your children with food that will last forever. You are the Comforter and Counselor, the Delight of our lives..."

Instantly, my mother's perspective changed as she looked at her day through the lens of God's love and unchanging character. Her focus on loneliness was eclipsed by the light of Jesus and His sure presence. We magnified the Lord together, two of His children agreeing on the word of God and His promises. He heard - and delivered us from all our fears.

Today - and each day - we have a choice on where to focus our attention. Will it be through the lens of fear - or of faith? Will you magnify the Lord with me as we exalt His name together?