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Jehovah Rapha our Raphah

Psalm 46: 10a says, ***“Be still, and know that I am God...”*** The word still is *raphah* which means in Hebrew to literally abate, ceased, faint, be feeble, forsake, be idle, let alone, be weak. It also means to consume. We become consumed by God when we are in this state. We give him everything, holding nothing back. The good, the bad, and all we are.

To come to that place and know God the way He wants us to know Him, we must turn off the mind and get quiet. It is not easy because our thoughts often control us. We want to figure things out.

In Psalm 30:2 it says, ***“O LORD (Yahweh, Jehovah) my God (Elohiym) I cried unto thee, and thou hast healed me.”*** The word healed is rapha in Hebrew. It comes from the root word raphah which we spoke of above.

If you take both these words literally, it means we must cease to figure things out in our mind. We must forsake what we know with the natural mind. We become weak (stop figuring things out) (raphah) so that God can heal (rapha) us.

When we rest (raphah) in the promises of Jehovah Rapha, our healer, then we receive from God all that we need. It comes when we give up and become still enough to hear the voice of God. It comes when we forsake our own way and listen to God and obey. It comes when we let our weakness become strong through God’s grace. It comes when we are still.

Shut out the things that would keep you from receiving. Quiet your mind. Pray in tongues to bring the peace that is necessary, and Jehovah Rapha will be your Raphah.