



Links Players

Attunement of the Lord

The LORD said, "I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering. So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey—the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites, and Jebusites. (Exodus 3:7-8, NIV)

I'm about to get back on the course after a two-month break. I feel uncertain and a little anxious. How will my body feel? Will I be able to swing the club the way I envision? Can I meet the expectations that come with being a professional golfer?

I never seem to experience a secure attachment to my game. I am always working on something. I struggle to rest in the joy of the game for the sake of the game.

This reminds me of Moses' story. He grew up in Pharaoh's household in Egypt after being separated from his birth family. He lived in comfort while he watched his people suffer under Pharaoh's hand. Ambivalence (feeling two contradictory emotions simultaneously) must have weighed him down.

One day, he saw an Egyptian beat a Hebrew and was compelled to strike down the Egyptian. The very next day, a Hebrew man turned against him, "Do you mean to kill me as you killed the Egyptian?" Afraid of Pharaoh and his people, Moses fled to Midian.

The Lord led Moses through the desert to a new family, a new land, and a new way of life. The Scriptures tell us Moses was content to dwell with Jethro, but I wonder how often his thoughts returned to the family he left behind. He must have questioned where he belongs.

Forty years had passed when the Lord appeared to Moses "in a flame of fire out of the midst of a bush Exodus 3:2)." When the LORD saw that Moses turned to see God called out to him. What follows is a picture of attunement and offering of secure attachment.

"I have indeed seen." God sees. He is paying attention even when his presence feels absent. We need to keep looking for God in our pain, confusion, and ordinary moments. "I have heard your cry." God hears when we cry out for help.

He may not answer in the way(s) we want, but he hears. "I am concerned." God understands our sufferings. He offers comfort and kindness.

"I have come down to rescue." God acts on our behalf and is with us. I have something different. God delivers. We may be led to walk through the Red Sea (uncertainty and hard things), but God will provide a way forward.

God longs for us to know his attunement (ability to know and respond to a child's needs) and to experience a secure attachment with him. He sees, hears, understands, comes down, and delivers us throughout our days.

Prayer: Lord, help me to understand and experience your attunement and securely attach to you today.

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