



LORD, I WANT TO  
**KNOW YOU**

A STUDY BASED OFF THE BOOK BY KAY ARTHUR

## *El Elyon: God Most High*

God is our “El Elyon” - the Most High. El Elyon is the name that designates God as the sovereign ruler of all the universe. He is aware, in charge, and intimately involved in our individual lives and the universe at large. Hopefully that sounds comforting. If it instead sounds intrusive, think about it this way: if God is *not* sovereign, if He is *not* in control, then He is not the Most High and you and I are either in the hands of fate, humanity, or the devil.

Yikes.

Trusting God’s sovereignty, knowing He is El Elyon - this allows us to still give thanks in the hard times, have peace in the waiting, and rejoice in all circumstances in life, because we know our loving Father is ultimately in control. We see his sovereignty and ultimate goodness in stories of people like Joseph in the book of Genesis and Job in the book of... Job.

**“O Beloved, the next time you start to murmur or complain, run to your El Elyon, trusting His name, and give thanks.” - Kay Arthur**

# In the Bible

**Philippians 4:4** “Rejoice in the Lord always. I will say it again, Rejoice!”

**Deuteronomy 32:39** “See now that I, I am He, and there is no god besides Me; it is I who put to death and give life. I have wounded, and it is I who heal; and there is no one who can deliver from My hand.”

**John 19:10-11** “Pilate therefore said to Him, ‘You do not speak to me? Do You not know that I have authority to release You, and I have authority to crucify You?’ Jesus answered, ‘You would have no authority over Me, unless it had been given you from above; for this reason he who delivered Me up to you has the greater sin.’”

**Ephesians 5:18,20** “be filled with the Spirit... always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father.”

## Questions

- 1.) How would you explain “El Elyon” to another person?
- 2.) How does understanding God’s sovereignty alter your thinking about:
  - the government
  - your finances
  - your family
  - Satan
- 3.) God does not promise a good, easy, comfortable life. (He does promise a new heart and abundant life.) How can we see and trust God’s sovereignty when life is straight up bad? Not just in our lives but in the world?
- 4.) Do you struggle with rejoicing in all circumstances? How does dwelling on El Elyon help you better understand and experience thankfulness and rejoicing?
- 5.) Share an experience when you have seen El Elyon at work in your life.