



Prayer Journal **DAY 37**

"Lord, you have been our dwelling place throughout all generations. Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God."

Psalm 90:1-2

"Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."

Psalm 91:1

What does it mean for the Lord to be our dwelling place? The words certainly sound pretty, but what does it really mean to find our shelter in Him? If you read the rest of these two psalms, particularly Psalm 91, what you'll find is a beautiful description of the blessings that come from those who dwell in the Lord. So beautiful in fact that some scholars on the psalms refer to Psalm 91 as an "Amulet Psalm." They point out that ancient people would cling to these verses the way the pagans clung to amulets for their supposed healing and protective powers. The Hebrew people held tightly to promises like v. 10, "No harm will overtake you" and believed that they were invincible if they found the shelter and dwelling in the Lord. Obviously, the goodness of God and His promises look nothing like some phony magical amulet. Much of the Psalms could be a case for disputing that ideology; the Psalmists often are crying out to God because they're facing harm or struggle.

So, what are these verses saying about dwelling in the Lord? I believe it's not so much that we will be spared pain and strife when we shelter in Him, but rather that we will be sustained. We may face trials, but we will not be overtaken. Here's what I've found in my own life. I often wonder why I feel drained in the difficult seasons of life, why I feel as though I may be "overtaken" by pain, grief and struggle." I find that when that's the case, I've more often than not viewed God as a refuge instead of my dwelling. There's a difference in those two, isn't there? A refuge is where we run when we're scared or in danger. Our dwelling is where we call home. It's where we rest and find peace. And that's exactly where the Psalmist says we find the greatest blessings of God – when we "dwell" in His blessed presence and promise.

P R A Y E R

Father, today may I see you as more than a safe place to run when I'm in need. Lord, may I find myself at home in your goodness. May I find myself resting daily in the comfort of your capable and loving arms. Amen.

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