

August 4th – Life in the Secret Place

“He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty.”
(Psalm 91:1)

Do you have a place you like to go just to get away from everything and everyone else? It could be the hour you spend taking a walk around your neighborhood. It could be in the comfort of your own bed at night, just listening to some relaxing music before you go to sleep. Maybe the place you like to go when you want to get away from it all is private and secluded. I’m thinking a nice hike along a beautiful mountainside, or maybe even a small chalet that your family rents from time to time.

Today’s passage reminds us of the importance of finding the secret place, but not just any secret place. We’ve been called to dwell “in the secret place of the Most High.” The psalmist doesn’t tell us exactly where that is, but Jesus gave us a pretty good idea in the New Testament. Teaching on prayer, Jesus said, “When you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place” (Matt. 6:6). At the very least, the secret place is a place of prayer.

When your life is lived in the secret place yearning for God, you will “abide under the shadow of the Almighty.” What does that mean? In the arid Middle Eastern climate, the shadow was a place of protection from the harmful and exhausting rays of the sun. So then, the psalmist wants us to know that God’s protection belongs to those who spend their lives pursuing Him in the secret place. How is your current pursuit of God? How much time are you currently spending in the secret place?