

# Dwelling With Our God

January 30, 2026

**Psalm 91:1 “Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.”**

I want to start this devotional with a question, When was the last time you paused? Now when I say pause, I mean completely stopped, sat down, and did nothing.

We live in a world today where everything is solely focused on the next. What is the next goal? What is going to happen in our lives next? When are we going to accomplish the next milestone in our lives? We plan for the next. We stress ourselves out about the next. We even forget about the present because we are so focused on the next.

I asked those questions because a lot of times we miss what God has for us at times because we are always on to the next thing in our lives.

There is nothing wrong with being ambitious or methodical, but if we are not careful that can easily turn into distractions that can keep us from our relationship with the Lord. The enemy wants nothing more than for us to be distracted by the things of this world. Because if we are distracted by the world or what's happening next, then our attention is being taken away from God.

The word “Dwell” in this scripture literally means’ “to sit, sit down/ to be set/ to remain/ to stay.” When was the last time you sat down and dwelled in God's presence? I feel as though this is a lost art in today's society because we are always on the go.

Especially in our prayer lives. We treat prayer sometimes as if it is a one-sided conversation. When was the last time you stopped and allowed God to speak to you for once? Prayer isn't just talking to God. It is open dialogue with God. And in order to have open dialogue with someone, you have to let that person speak to you at some point as well.

I want to challenge and remind you to stop and dwell with the Lord throughout your days.

Ps. Marquell