

There is a lot of fearmongering everywhere you turn today - on the news, in the newspapers, via social media, and unfortunately, on Christian media as well. Examine your mental 'diet', because as a believer, you have no business 'feeding' on fear.

To help you understand God's heart for you regarding fear and your walking in His protection, take note of a powerful key from today's Scripture verse, the very first verse of Psalm 91, the prayer of protection. The Hebrew word for "dwell" is *yashab*, which means "to sit down, to remain, or to settle." Notice that the very first thing that God wants you to do to enjoy His protection is to rest. His protection, peace, love, and other blessings flow in your life when you are in a place of rest.

Meditate on what it means to rest or "sit down". The Bible says that we are seated with Christ at God's right hand. (Ephesians 2:6, Hebrews 1:3) The word "seated" is beautiful - it means that you are no longer standing and working. Under the old covenant, the priest had to offer the morning sacrifice at 9 a.m., and then remain standing for six hours until after the evening sacrifice at 3 p.m. Our Lord Jesus was crucified at 9 a.m. and He hung on the Cross for six hours until He died at 3 p.m., thus fulfilling the type of both the morning and evening sacrifices. (Hebrews 10:11-12) Because Jesus became the final sacrifice, the work of the priest is done, and he no longer has to stand. Because our Lord cried: "It is finished!" at Calvary (John 19:30), we are today seated in Christ. We can dwell in the secret place of the Most High - a place of peace, safety, and security - and we can live fear-free because the blood of our Lord Jesus has paid for every blessing of protection in Psalm 91!

So, if you are dealing with a difficult financial situation, a sleep disorder, or plagued by depressive or even suicidal thoughts, know that God loves you, and His strong hands of protection are over your entire life, and over every area that concerns you.

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