

Anchored by the Word in Troubled Times

Day 6: My Hiding Place Is My Healing Place

Because not everything sacred happens in public.

Key Scripture:

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust.” Psalm 91: 1-2 [NIV].

Context: Why Psalm 91 Matters

Before we go into today’s study, it helps to know where it comes from and why it’s still important today. The author is not named, but many believe Moses wrote it - especially because the Psalm before it (Psalm 90) is clearly called “A prayer of Moses, the man of God.” Some people think David may have included it later in the Psalms. Either way, this Psalm was written by someone who had been through real danger and pressure and had learned how to trust God deeply.

If Moses wrote it...Imagine leading millions of people through a hot desert. There’s fear, hunger, enemies, wild animals, and spiritual battles. And still, the writer says: “Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.” (Psalm 91:1, NIV). This isn’t just nice poetry, it’s truth by which we can live. It was written by someone who had seen God protect, guide, and restore His people in the middle of chaos.

Why it still matters now

Psalm 91 reminds us that true safety isn’t found in perfect conditions, it’s found in God’s presence. If life feels heavy, fast, or overwhelming, this psalm is an invitation. It’s God saying: Come close. Hide here. Be still with Me. This is your place of peace. In today’s world, we don’t just need a break, we need a place where we are known, safe, and loved. That place is what the Bible calls the secret place.

The secret place is not where we avoid problems - it’s where we find strength to face them. It’s where we are healed, helped, and reminded of who we really are. In a world full of noise, God invites us to a quiet place where His peace can reach us.

Why Do We Struggle to Stay in our Secret Place

Even though we know the secret place brings peace, many of us find it hard to stay there. Why?

1. **We're addicted to noise.** Silence can feel awkward. We're used to constant sound - music, messages, voices. But God often speaks in stillness.
2. **We feel unworthy.** We think we need to "fix ourselves" before coming to God. But the secret place is where healing begins, not where perfection is required.
3. **We're easily distracted.** Phones, thoughts, tasks - it's hard to focus. But staying doesn't mean perfection. It means showing up and being present, even in short moments.
4. **We expect instant results.** We want a quick feeling or clear answer. But the secret place is about relationship, not a reaction. It's where depth grows slowly.
5. **We're afraid of what might surface.** Being still can reveal hidden pain or things we've buried. But God brings these up not to shame us - but to heal us.

The secret place doesn't expose us to hurt us - it exposes us to heal us.

Verse Breakdown: Psalm 91: 1-2 (NIV)

- **"Whoever dwells..."** To dwell is to stay. It's about living close to God, not just visiting when life gets hard.
- **"...in the shelter of the Most High..."** God offers protection and peace.
- **"...will rest in the shadow of the Almighty."** Rest comes from staying near. You only feel someone's shadow when you're close.
- **"I will say of the Lord..."** Speaking truth out loud builds faith.
- **"He is my refuge and my fortress..."** God is both a safe hiding place and a strong defence.
- **"...my God, in whom I trust."** Trust grows in time spent with Him.

Key Themes


- **Dwelling:** Staying close to God daily, not just visiting in crisis.
- **Rest:** Finding peace and calm in God's nearness.
- **Refuge:** God is our safe hiding place in times of trouble.
- **Fortress:** God is our strong defender and protector.
- **Trust:** Choosing to rely on God personally and fully.

Practical Application: Building the Secret Place Habit

- **Choose a time and place**, even if it's just five minutes.
- **Remove distractions**, turn off your phone and notifications,
- **Be honest**, say what's really on your heart.
- **Read scripture slowly**, let God's Word shape your thoughts.
- **Be still**, you don't always need to speak; just sit with Him.

Prayer

Lord, Thank You for being my hiding place. In a world full of noise and pressure, I choose to dwell in Your presence. Cover me with Your peace. Let me rest in the shadow of Your strength. Be my refuge when I feel weak, and my fortress when I feel under attack. I trust You, even when life feels uncertain. I declare today: You are my God. Teach me to stay close to You - not just in crisis, but every day, in every moment. Thank You for being near, for hearing me, and for holding me. In Jesus' name, Amen.

 **Final Takeaway:** The secret place is where life slows down and healing begins. God isn't looking for perfect moments - He's looking for real ones. And when we make space for Him, He becomes our peace, our clarity, and our strength.