

Listening for the Promise

WEEKLY DEVOTIONAL

Fourth Sunday after Pentecost (Proper 7) – June 21, 2026

***“He who dwells in the shelter of the Most High
will abide in the shadow of the Almighty.***

***I will say to the Lord, ‘My refuge and my fortress, my God, in whom I
trust.’”***

- Psalm 91:1-2 -

Have you ever been caught outside in a sudden rainstorm and had to run for some kind of shelter? What’s worse is having the storm grow stronger and darker in a matter of minutes, leaving you a bit uneasy and worried about your safety. It’s all too common in summer months for storms to come and go quickly, so a little preplanning can mean the difference between being safe or being vulnerable to the elements.

Now, imagine not only seeking shelter from a storm but also shade to rest on a hot sunny day. God provides both shelter and nourishment when we choose to dwell with him. Psalm 91:1 assures us that, “He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.”

God is our shelter and our refuge for life; he is with us through all of life’s dangers and fears. This is not a promise that life will always go our way, but rather a promise that God will always be with us. We can rest and trust in the Lord. “I will say to the Lord, ‘My refuge and my fortress, my God, in whom I trust.’” (Psalm 91:2)

How do we choose God as our dwelling place? The reality is that God has already chosen us and offers us a safe place to rest. While we cannot choose God on our own, we can signal our intentions to him by beginning each day with devotion and prayer. Just like preplanning for an outing to make sure we have everything we need, so it is with beginning our day in devotion and prayer to ensure we have everything we need to faithfully serve the Lord, and the first thing we need is Him. Daily devotion and prayer also help us grow in faith as our relationship with God our Father is deepened. The Holy Spirit fills us with guidance to follow God’s will daily. Imagine taking shelter in such a place where you are nourished and given rest; we have this in God!

The best place to seek shelter from the storms of life is to dwell with God every day through prayer and devotion. Allow the Holy Spirit to draw you into a closer relationship with God our Father who comes to us and invites us to forsake others and abide in him. Amen.