

Finding Rest in the Sanctuary

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“He will quiet you with his love.” Zephaniah 3:15

The day was demanding. I pulled off life’s road so I could gain perspective. I moved inside of me to the Sanctuary. You might ask, “And, what do you do there?”

Well, I let God love on me. I have church. My soul and I think of old hymns. I drink in the smell of the flowers on the altar. I hear the joyous music of the soloist’s song. I get quiet and listen to the voice of the One who owns my Sanctuary. I hear, “You’re tired. There are a lot of demands. Just rest a spell. Life was never meant to be this heavy.”

I breathe deeply and get quiet. I feel secure. I stay. Then, Sanctuary says, “You can come here any time. In fact, if you’d like, I’ll just go with you.”

That sounded wonderful. So, Sanctuary and I got back on life’s road and started over.

You’ve been there, too. You’ve had those days when nothing went right, when all of your plans were changed, and your priorities were put on hold. Family and friends seemed to think you were their servant, calling on you for tasks which took you beyond your strength. You forgot a meeting. Your child got sick at school, and you had to miss another day of work. You didn’t know crayons were in the jean’s pocket before you put the wash in the dryer!

Sometimes, you want to go to a mountain top, all alone, and just scream. You want to get in your car and just go. You want to rent out your family and go to the beach alone.

I have a suggestion for you. If your life resides in the living Lord, then you have the very One who can bring you the rest you need. You don’t have to wait for church on Sunday. Church is inside of you, and you and Church can get alone any time you need to. You have your own Sanctuary, a place of refuge, a holy place set aside for worship. You walk around with this Sanctuary.

So, why is our whole world in such a stew? Why are we living beyond our means, desiring to find answers in the expensive clothes we wear or by owning the biggest home on the block? Do we expect to find our Sanctuary in the busyness of our lives? No, it will come in the stillness of our lives.

Stop. Take a deep breath. Get alone with God in your inner Sanctuary. Do it today at home. Do it at work. Do it at the grocery store and the bank. Take your Sanctuary with you.

You are tired. There are a lot of demands. Just rest a spell. Life was never meant to be this heavy. Let God quiet you with His love.

Prayer: Dear Father of Love, bring me into my inner Sanctuary today. Rest my weariness and calm my heart. Slow me down. Love on me. Refresh me in your Sanctuary. "