



When You Are Under God's Wings

What does it mean to be hidden in God, as the beloved—protected and sheltered—assured of our worth and our place in the world, each moment of our days? What is it like to let God love us completely, so we live with no doubt about our choices, for no part of our days is mundane, all is sacred, and we feel no pressure, no separation from God, no urge to prove or achieve? What if we remembered that His presence is within us, and in everything, and there is nothing at all, ever, to fear?

Today, let's invite God to help us experience the answers to these questions. Rather than merely attaining information about God and his love for us, let us seek to *know* it through direct encounter. We want to *feel* our belovedness, awaken our spirits to his presence within us.

Quieting ourselves can help us encounter God. The Psalmist, in chapter 46, verse 10, reminds us of God's urging us to "Be still and know that I am God" (Psalm 46:10). So, for today, the invitation is simple but profound in its impact: we are going to do an exercise and meditate on a verse so that our bodies, minds, and spirits can soak in the reality of God's majesty, God's sovereignty, God's protection, and God's love.

So, set aside as much time as you can. Ten minutes is better than no minutes. But then, twenty minutes—or even thirty—can help your spirit connect more richly to the deeper place within you that might more easily access God's presence.

Retreat to a quiet place where you can be alone—ideally, outside, if possible. You might want to place headphones over your ears to listen to instrumental music that helps you focus and settle. I have found that instrumental music works as a signal to my mind to quiet down. It helps my body relax, and I can even become more aware of any internal stress I may be feeling due to the way I am breathing.

So, after you've settled in your quiet place, please begin by consecrating this time of encounter to God.

Father, Jesus, Holy Spirit, I consecrate this time to you. I place my mind, my thoughts, and my expectations under your authority. Please fill me with your presence and lead me wherever you want me to go. Help me to be here, with you, with my whole being. If anything distracts me from focusing on you, please bring me back. I love you. I love you.

Next, breathe deeply for a few minutes, inhaling deeply through your nose so that you feel air fill your diaphragm. Then exhale through your mouth, feeling the air push out. As you breathe, allow yourself to picture Jesus' face:

Inhale for a count of four: *I love you.*

Hold for a count of four.

Exhale for a count of four: *I love you.*

Hold for a count of four.

How do you feel? Is there anything within your spirit that still feels burdensome? Pause for a moment and give those burdens to God. Give him *every person* and *every thing* that is on your mind. Give him every worry, every fear, every problem, every concern now.

Lord, I give you...

Now, if you are able, stand up and stretch for a few moments. (If you can't stand, sit in a chair and stretch.) Reach your hands up to the sky, and then gently rotate your arms and shoulders up and down and around in a circular motion. One foot at a time, while holding onto a chair for stability, rotate your ankles. (Don't skip this movement. Pay attention to your body and how it feels.) Continue to notice your breathing. How are you feeling? Are there any emotions that you want to surrender to God?



Father, Jesus, Holy Spirit, I am feeling...

Next, whether you are inside or outside, take off your shoes so that your feet are completely bare. Keep your arms down and relaxed at your side, with your hand empty. Stand, if you can. Or, remain sitting, if standing is not comfortable. Listen to Holy Spirit speaking this to you now:

"Take off your shoes, my love. Feel the ground under your bare feet. Let your toes feel the ground. Be established here, aware of your stability. Do you feel stable? Do you feel like the ground is shaking?"

Lord, I feel...

Arms down, hands open, feet bare, stand. Stand here. You are on solid ground. Grasp nothing. Remain here, in this position, doing nothing but standing or sitting in this posture, breathing deep and even and sure for a few moments. Notice how you are feeling and tell Jesus about it.

Jesus, I am feeling...

As you continue to stand or sit here in this position, continue listening to Holy Spirit:

"Do you feel enough? What are you trying to grasp? Look inside yourself. What do you carry? I see no loss, no emptiness, no lack of anything."

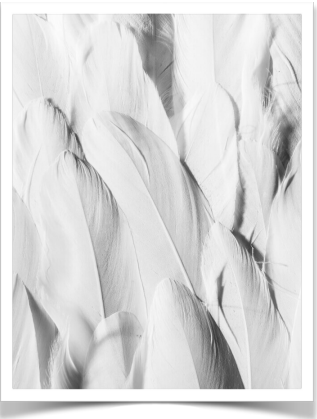
When you look inside yourself, what do you see? What does Holy Spirit see?

Lord, I see.....

And you see....

And then, as you continue to stand, read and contemplate Psalm 91:4:

"He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart" (Psalm 91:4).



Read this verse a few times: You are here, God's beloved, protected completely under his wings. Stay here, beloved, letting God hold you and cover you.

Jesus, I am the beloved.

"And the beloved is mine" (Song of Songs, 2:16).

Then, from under His wings, tell Jesus how you feel:

Jesus, as I am under your wings, I feel...

Holy Spirit speaks,

"I am protective of you. I keep you for my own. I want to cover you and shield you from harm. And when it is time for you to leave the nest, my wings protect you. I make you brave, and I make you bold."

Beloved, how do these words from Holy Spirit to you, as well as Psalm 91:4 and Song of Songs 2:16, affect your heart right now? Stay in this encounter with the Father, Jesus, and/or Holy Spirit as long as you can. You don't have to communicate with God with words. Linger, staying in God's presence, under his wings, might be perfectly enough.

Amen.

Worship Ideas:

- "Safe in Your Arms," Josh Baldwin, kalley
[Spotify](#) | [YouTube](#)
- "Jireh," Elevation Worship & Maverick City Music
[Spotify](#) | [YouTube](#)
- "Under Your Wings," Songs of Wisdom
[Spotify](#) | [YouTube](#)
- "Peace Be Still," The Belong Co., Lauren Daigle
[Spotify](#) | [YouTube](#)

