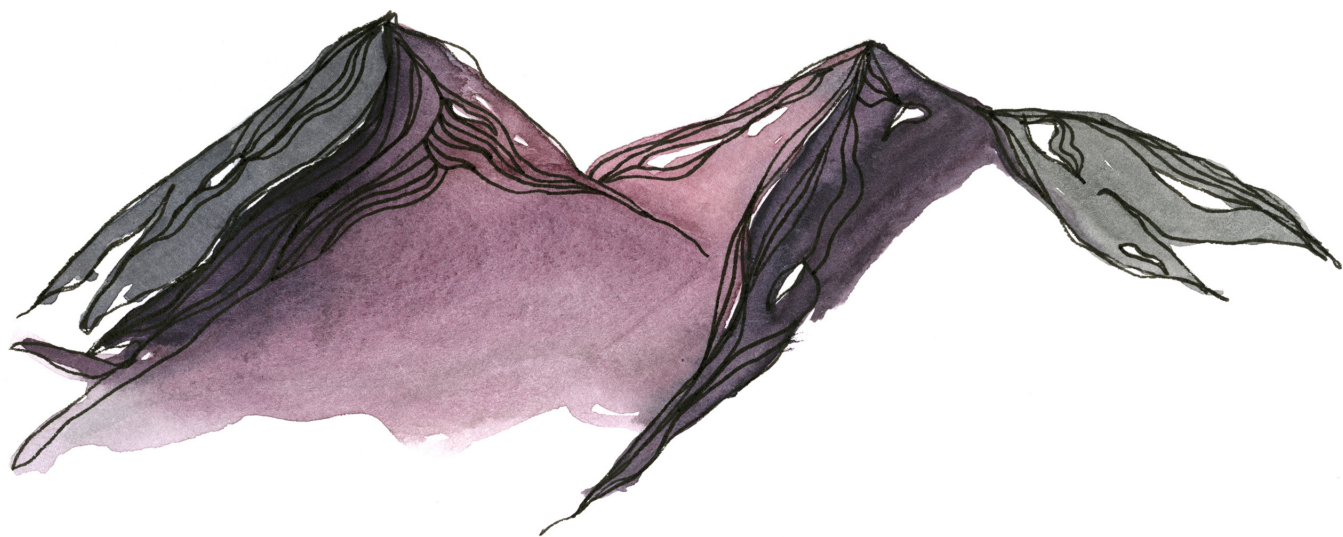


You're my place  
of quiet retreat.  
I wait for your  
word to renew me.



PSALM 119:114



*You are my place of quiet retreat, I wait for your word to renew me. Psalm 119:114*

As noted in the ESV study bible, Psalm 119 celebrates the gift of God's Torah which is the law of God as revealed to Moses and recorded in the first five books of the Hebrew scriptures. David sees the Law of God as the perfect guide for life and through this Psalm, which is the longest Psalm in the Bible, he intends to inspire his readers and believers to love His word and follow it so that it shapes their character and conduct. If you read the entire chapter, which is also the longest chapter in the Bible, you will experience the outpouring of a heart dedicated to loving God's word, desiring to follow His ways and eager to grow in his love of the Lord.

This month's verse is in a section of the Psalm where David is asking the Lord to protect him from evil and temptation that may cause him to go astray. He calls the Lord his quiet place of retreat. Retreat is defined as a quiet, secluded place where one can rest and relax. The Lord really wants us to catch the gift He is offering us through our relationship with Him: peace, rest, safety. David is able to refer to God as his retreat-- a place of rest, quiet, relief-- because he knows that with the Lord, he has nothing to fear. David has come to know that being with the Lord puts his mind and heart to rest and allows him to experience deep renewal within his spirit. In several other translations, David's words describe the Lord as his shelter and fortress, his hiding place and refuge. He is acknowledging and praising the Lord because he has experienced that being a child of God leads to protection and safety.

So how does David know this to be the nature and character of his God? He explains how in the following phrase of our verse, "I wait for your word to renew me". David is claiming that He trusts the Lord to protect him and be a safe place for him because His word promises so. When David is anxious or fearful of the evil of this world, he can return to his relationship with the Lord, experienced through the reading of scripture, to be renewed in his hope and trust in his heavenly Father. It is clear from all of David's biblical content that the Lord proved this to him over and over: that the Lord was with him, making a way for him and using all of his life experiences to bring His hope, peace and renewal.

This experience of God as a peaceful retreat is the result of basking in His word and being renewed by the hope of His promises. This invitation is offered daily through our relationship with Him. Often times we approach our life with God as just a "time" we spend with him and then move on with our day. Sometimes we even approach this set time with a sense of drudgery because we're hurried and busied. While daily intentional time with the Lord is a good discipline, His invitation to us is one of daily abiding with Him throughout our day, to stay with Him in the shelter He provides us. A daily, moment by moment walk with the Lord brings us freedom from worry, fear and chaos. We are invited to stay with Him and be renewed.





## DISCUSSION QUESTIONS

● ○ ○ FORMOM

Do you experience rest and renewal after spending time in God's word? What would it look like for you to approach your day with the intent of abiding with the Lord beyond daily devotion time?

There are times when I go to the Lord and ache for Him to renew me but I haven't been in the Word lately so I'm not able to call to mind how He feels for me and I don't experience the full renewal He promises through His word. What is one action you can take to move closer to abiding in the Lord's word this week so that when you need it, His words are written on your heart and mind?

● ● ○ FOR KIDS

How do you spend time with the Lord? Do you seek Him outside of your weekly church or devotional times?

Does God's word encourage you and renew your hope in times of worry?

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FOR KIDS



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