

# SAFE at home with Jesus

for individual, household, or  
small group reflection (connect via phone, email, video conferencing....)



Turning my attention to God for a moment of prayer to begin this meditation, I am blessed to find that Jesus is already waiting for me.

There is no need to batter down a door or bellow my way through a barricade to enter. The Lord's attentiveness to me never falters and I know his eyes are always upon me, his ear attuned to my every word and thought. No need either, to pass a test, meet tough requirements of virtue, or measure up to special standards of spirituality. By all these counts, I fail. Yet, grace welcomes me anyway. God's love always draws me in. And **you** also.....

So, come just as you are, child of God. Begin your time of worship with prayer turning *your* attention to God. Remembering that Jesus is always with you, ask that the Holy Spirit will guide and minister to you during your meditation on God as our sanctuary, refuge, fortress, and stronghold.

## Psalm 27

- <sup>1</sup> The LORD is my light and my salvation—  
so why should I be afraid?  
The LORD is my fortress, protecting me from danger,  
so why should I tremble?
- <sup>2</sup> When evil people come to devour me,  
when my enemies and foes attack me,  
they will stumble and fall.
- <sup>3</sup> Though a mighty army surrounds me,  
my heart will not be afraid.  
Even if I am attacked,  
I will remain confident.

<sup>4</sup> The one thing I ask of the LORD—  
the thing I seek most—  
is to live in the house of the LORD all the days of my life,  
delighting in the LORD's perfections  
and meditating in his Temple.

<sup>5</sup> For he will conceal me there when troubles come;  
he will hide me in his sanctuary.  
He will place me out of reach on a high rock.

<sup>6</sup> Then I will hold my head high  
above my enemies who surround me.  
At his sanctuary I will offer sacrifices with shouts of joy,  
singing and praising the LORD with music.

<sup>7</sup> Hear me as I pray, O LORD.  
Be merciful and answer me!

<sup>8</sup> My heart has heard you say, "Come and talk with me."  
And my heart responds, "LORD, I am coming."

<sup>9</sup> Do not turn your back on me.  
Do not reject your servant in anger.  
You have always been my helper.  
Don't leave me now; don't abandon me,  
O God of my salvation!

<sup>10</sup> Even if my father and mother abandon me,  
the LORD will hold me close.

<sup>11</sup> Teach me how to live, O LORD.  
Lead me along the right path,  
for my enemies are waiting for me.

<sup>12</sup> Do not let me fall into their hands.  
For they accuse me of things I've never done;  
with every breath they threaten me with violence.

<sup>13</sup> Yet I am confident I will see the LORD's goodness  
while I am here in the land of the living.

<sup>14</sup> Wait patiently for the LORD.  
Be brave and courageous.  
Yes, wait patiently for the LORD.

Read the psalm again slowly, taking note of any words or phrases that jump out, or questions that arise. Reflect on these or share them with others.



# Sanctuary

Choose any of the options below that you find helpful to your quiet time with Jesus

- Read this psalm in another version eg The Message. Does it further your understanding?
- In the middle of the COVID19 pandemic and other difficult or painful situations in which you find yourself, what reassurances do you encounter in this Psalm?
- Think about the characteristics of God conveyed here. What are his “perfections”?
- Consider the imagery in v 4-6 and contrast with v1-3. In what ways do you experience Jesus as your fortress/stronghold? As your sanctuary/refuge?
- “It’s not where you are but whom you are with that makes all the difference”. Can you relate this statement to Psalm 27 and apply it to your present circumstances?
- Our community activity is currently paused but it provides those in smaller households with an opportunity to take time to respond to God’s invitation to, “come and talk with me.” (v8). Why not set aside a part of each day respond from your heart as David did, “Lord, I am coming.” Remember to listen as well as to speak.
- What do you want God to teach you at this time? What practical help does your confidence in God provide?
- This song is an older one. Beautiful to lead into a time of quiet prayer, simply being in God’s loving presence. May you rest in him... and see...

<https://www.youtube.com/watch?v=oELncTrz3f8>

David’s psalm reminds us that although SA is in physical lockdown, we are not just stuck at home. Shut out of our church buildings we may be, but fellowship and communion with God is still open to enjoy! Our dwelling place is the ever-present sanctuary of Jesus’ presence. And we don’t dwell there alone! We are part of the body of Christ and the whole communion of saints!

Let’s share our confidence in God’s goodness by staying in touch and encouraging one another in this challenging time.

# Fortress



So far, I have focused more on the sanctuary image from Psalm 27. But if you live in a busy household with children or several teens or other adults, it might feel a little crowded and full of activity to associate with that quiet sanctuary concept! The fortress may be a more helpful focus for you....

I am thinking of mediaeval castles with surrounding moats. Or fortified cities with protective walls and towers.

Perhaps you could do some family research on fortresses and castles and how many people lived and worked in them etc? Find some pictures to ponder. Consider what style of fortress would have been familiar to David when he wrote the psalm. Try to imagine what he was thinking about God when he called him a fortress.



If God is your fortress and stronghold, how are you currently experiencing his protection in your home? What is he protecting you from in a spiritual sense? How does Jesus defend you? Look up Eph 6 and find out about the spiritual armour he provides to us.

Use your creativity and imagination to pray and meditate on the psalm:

- make a model or picture of a fortress/castle or one of the other images in Psalm 27 – eg high rock. Put the names of your family, friends, and situations you are concerned about, inside or onto the picture. Pray for God's protection
- make a prayer wall - write prayers on small rectangles of card and stick them onto a larger sheet or pin-up board to look like a strong wall. Add to the prayer wall each day.
- find songs about God your fortress/Jesus our defender that you can all listen to or sing in your next home worship time. Here is one to get you started:

[https://www.youtube.com/watch?v=Ue\\_xED0y7E4](https://www.youtube.com/watch?v=Ue_xED0y7E4)

## *Blessings!*