

Running to my Heavenly Father

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June 2, 2022

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. Psalm 91:1

Dig Deeper: Read Psalm 91

When I was little and hurt or in trouble, I would run to my dad. He was always there for me. Even when I was older, I'd still run to him for advice and guidance. He passed away several years ago now, and I miss him greatly.



I was the baby of the family and I guess I was always kind of a daddy's girl. My sister was too. We were both daddy's girls. We were the youngest and had five older brothers.

I can remember when we were pretty young that my dad would have my sister and I on each knee in a huge old green painted wicker rocker and he

would tell us stories about dragons and then sing to us. He always sang us that old song that goes like this,

“You get a line. I’ll get a pole. We’ll go down to the crawdad hole.”

My dad loved to fish, so I guess that’s probably why it was his favorite song to sing to us.

I love all those memories of my dad, but I also have some wonderful memories, and still making them, of my Heavenly Father. Oh, the times that I have run to Him when hurt and in trouble.

I was thinking about Psalm 91, and how that psalm in the Bible has been such a comfort and joy to me in many a times of trouble.

Let’s take a look at what kind of place we end up when we run to our Heavenly Father.

IT’S A SAFE PLACE

Don’t you just love that?

I know many of us try to make our homes safe. We lock our doors, put up security cameras for safety, join neighborhood watches. And in and out of our homes we make sure there are no trip hazards, make sure things are in safe working order, and all those things.

We are in the middle of a little remodeling, and they found asbestos in an old layer of tile in our family room, so we had to have a team come out and do the abatement. We just don’t want bad and unsafe things in our homes!

I'm so glad when I go running to the Lord it is a safe place to be. No worries there!

IT'S A STRONG PLACE

I love that running to my Heavenly Father is a strong place to be. I know I will find strength there because I can rest and lean on my Heavenly Father. I know it's a solid place and that He is an awesome and almighty God.

I can have faith that my God is not frail, weak, or fragile. He is the God of Abraham, Jacob, Isaac, and all those biblical characters. He is that same God that I can go running, scurrying, and hurrying to whenever I want. I can throw all my troubles, hurts, and worries over to Him and He will be able to handle it.

I think of all those describing words all throughout the Psalms describing God. *Stronghold, rock, strength, fortress, shield, foundation, refuge*, and I'm sure there are more. These words encourage me because they remind me of that strong place of being right up there close to my Heavenly Father.

IT'S A COMFORTING PLACE

Going to my earthly father was always a comforting place to be. My dad would pat me gently and tell me it would be okay. My Heavenly Father does the same thing when I get up there close to Him like it talks about in our passage of Psalm 91.

That whole idea of us being under His feathers and up under His wings as verse 4 states is so comforting.

I think one of the biggest things that comfort can do for us is that it gives us relief. It helps ease us even when we may have a big worry or a big hurt in our lives.

My Heavenly Father has a way of making me feel better.

IT'S A LOVING PLACE

I have no doubt that my dad loved me. I know some people can't say that about their dads, and that grieves me, because knowing a loving father is a beautiful thing in life. It saddens me that everyone hasn't had that experience. I do know that we all can have a loving Heavenly Father.

The love that God gives us is immense. He even gave us His Son to die for our sins. He loves us that much!

It's so encouraging to know that when I stub my toe, or even have a hard fall, I can go hurrying to that place of love that God gives me.

FINAL THOUGHTS

I'm so glad that I can run to my Heavenly Father, whenever I need to talk, whenever I am hurt or in trouble, and whenever I feel lonely, tired, worn-out, and vulnerable. My Heavenly Father rocks and soothes me with His love, just like my dad used to do in that old green wicker rocking chair. I'm so glad

that my Heavenly Father is there to comfort me with His songs of joy and love.

Have you ever heard that phrase, “a soft place to land”? That's what being up close to God like it talks about in Psalm 91 is all about. God is our *soft place to land*.

So, who do you run to when you are hurt or in trouble?