

## St James News: Thought for the day – Thursday 13<sup>th</sup> August 2020

### A secret place – Monica Blair

Psalms 91 vs 1 NKJV

"He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty"

Everyone of us should have a secret place in our relationship with God, an inner sanctuary where you don't allow everything or anyone in, you guard your secret place against any worry, offences, bitterness or trouble that may be happening on the outside. You don't let that into the inner sanctuary of your heart.

Your secret place should be a place of hope, of peace, of rest, of faith.

If you are allowing everything into your secret place, what they said, what didn't work out, the stress, the hurt it will become contaminated. It will affect your attitude, your relationship, your vision and you will live feeling frustrated, upset and worried.

Stop giving negative things so much attention, re-living the hurt, thinking about the offences, dwelling on the disappointment. Don't bring that close to your heart. It doesn't belong in your secret place.

The good news is you control that door. You cannot stop the trouble around you but you can stop it from getting in.