



Ever heard of “Fight or Flight”? It’s the idea that instinctually, when we are in the presence of danger, we will either begin to fight or we will run away. In contrast, we see David describe a surreal scene where, in the presence of his enemies, God invites him to sit, to commune, and to relax in His presence at a table lavishly prepared for him. We don’t see God remove the existence of the enemy, but he provides comfort and peace in the midst of the danger.

Read: Psalm 23:5

What in your life keeps you the most on edge and self-protective?

What would it feel like to, instead, sit in God’s welcoming presence in the middle of that?

What would that look like in practice?

How would your actions change when functioning out of that place of communion with God?

Read: 2 Corinthians 1:21-22; Luke 11:13

In David’s day, the wealthy would keep expensive jars of perfume by the door, which they reserved for their most precious guests. This signified great honor when a guest was anointed as they entered a home. In the same way, God anoints us with His Spirit to signify our value to Him.

What does being anointed with the Holy Spirit convey from God to us?

How does your level of contentment and peace change when you pay attention to the Spirit's work in your heart?

How does your behavior change?

Apply it:

Be intentional in your prayer time this week in asking God to make you more sensitive and aware of the Spirit's presence in your life. Ask Him for increased awareness of His peace that passes all understanding, even when (especially when) in the presence of opposition or tension.

Prayer:

Father, thank you for being so good to us. Thank you for the incredible peace you provide in spite of our circumstances. Thank you for preparing a table for us to rest and be with you. Thank you for the gift of your Spirit. Help us to pay attention to the Spirit's leading and instruction, and walk with You as you lead us. Amen.