

Find Your Safe Place



"You are my hiding place" (Psalm 32:7)

FOR TODAY: The final days before Christmas can intensify emotions and memories. Find what helps you feel safe and grounded today. This might be something physical: a favorite chair, quiet corner, a favorite blanket. It might be something internal: a cherished memory, calming thought, or familiar prayer. Seeking safety isn't weakness; it's wise self-care during intense times.

→ **Consider:** What simple safe place — external or internal — can you access when you need a moment of peace?

SACRED MOMENTS: The psalmist called God "my hiding place," not suggesting escape but finding sacred shelter amid life's storms. Jesus sometimes withdrew for renewal. Seeking sanctuary shows spiritual wisdom. God's Spirit creates safe spaces within and around us, offering the divine presence as constant refuge.

→ **Practice:** Close your eyes briefly and whisper, "Holy One, you are my hiding place," remembering that sacred shelter is always available, even in the midst of busyness or stress.