

Moments of Beauty

Week 10 - Water

Thursday, November 12



Potomac River. Photo Credit: Brian Huber



Fishing pond. Photo Credit: Rebecca Brownlee

The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever. Psalm 23:1-6

Water. It is a necessity for us to live - physically. But it can also be a source of spiritual renewal. Finding a peaceful place looking into the water, hearing the babbling brook or the waves crashing against the shore can restore our souls. These experiences remind us that we are not the source of the stream or the power behind the ocean. There are things in our lives that are bigger than us. And this reality can allow us to rest. To believe that the God we say is in charge, is really in charge. And we can let go of our tight hold on our lives and our world. We can lean in to the trust that God will guide us, protect us, provide for us, and bless us. All of these things are wrapped up in this psalm. What can you let go of today? Lift it to God and let God handle it for you. God loves you. God will be with you. Let go so that your attention can be given to other details of your life today. Let go so your smile becomes genuine and not a grimace of all the things you are worried about. Because you dwell in the house of the Lord.