

SATURDAY, DECEMBER 18

Psalm 62, Ephesians 6:10–20

Silence can be scary. My thoughts chatter with “should-haves,” “what-ifs,” and “to-dos.” It is tempting to dwell on worries, pain, or “flaming arrows” of the evil one (Ephesians 6:16). But silence can also be empowering. David encourages us in Psalm 62 that as we wait for God in silence, we grow in assurance of the strength and salvation He has already given us. David begins with a statement that his soul waits for God (v 1), but he is then distracted by his present battle (v 3-4) and must remind his soul of what his head knows is true, “O my soul, wait in silence, for my hope is from Him” (v 5).

Ephesians 6 reminds us that we are all in a battle. How are we instructed to fight? By putting on the armor of God so that we can stand against the schemes of the devil. We are commanded to stand firm. Steadfast. Unwavering. Active waiting. Waiting in silence. In our steadfast waiting, we gain confidence, trust, and hope in our rock and our salvation. Though the arrows do come, God is a refuge and fortress for our souls. Our hope is not in our own skills in battle, nor in our own armor, but in the Lord himself who gives us both our armor and the strength to use it. Silence from our chattering thoughts and fears can provide space for the Holy Spirit to remind our souls of this glorious hope in God, to whom all power and steadfast love belong. (Psalm 62:11-12) As Moses encouraged the Israelites when their enemy pursued them, “Fear not, stand firm, and see the salvation of the Lord... The Lord will fight for you, and you have only to be silent.” (Exodus 14:13-14)

***Amber Giesmann** – Amber lives in Melrose with her husband, Matt. She enjoys nature (either outside walking/hiking or inside with her house plants and dog). She is passionate about being used by God as an agent of physical, mental, and spiritual healing, primarily in her position as a healthcare provider. Amber has been attending Park Street Church for five years.*