

## My Busy Hurried Life

Psalm 18:2 “The LORD is my rock and my fortress and my deliverer;  
My God, my strength, in whom I will trust;  
My shield and the horn of my salvation, my stronghold.”

The “horn of salvation” is a symbolic phrase, primarily used referring to a powerful savior or deliverer, (Jesus) symbolizing strength and victory, and associated with Jesus Christ as the fulfillment of God’s promises.

Symbolic Meaning:

Victory: The horn symbolizes victory and triumph over enemies.

Protection: It represents God’s power to protect and deliver his people.

Strength: The horn signifies God’s strength and might, which is extended to His people through Jesus.

Without realizing it, too many of us live in what can be called “crisis mode living.” Never at rest from problem-solving, holding it all together, and trying to connect all the dots. This lifestyle is when you spend most of every waking hour and most every day, trying to figure how to keep the Hoola-Hoops spinning, and how to juggle all the balls in the air. In this perpetual “mode” you keep running, even on empty; trying to go faster and farther, leaping from project to project, deadline to deadline; managing school, jobs, friends, church, lessons, studies, homework, and whatever else comes your way; and it just gets faster and faster, and can spiral out of ‘our control.’

I’ve heard it said, “If the devil can’t make you bad, then he will make you busy.”

After a long enough period of time, many who live that ongoing busy-busy, ‘got places to go,’ ‘things to do,’ ‘people to see,’ kind of lifestyle eventually burn-out and crash from stress and fatigue. The Hoola-Hoops get out of sync, a couple of the balls we’re juggling get away from us, a little confusion, a mis-step or two and then here we are having to pick up the pieces; only to start the cycle all over again.

### **STOP IN THE NAME OF LOVE**

#### **A Call to Stand on His Word:**

The LORD will fight for you; you need only to be still. —Exodus 14:14 NIV

Psalm 138:7

“Though I am surrounded by troubles,  
You will protect me from the anger of my enemies.  
You reach out your hand,  
And the power of your right hand saves me.”

I recommend to offer God this simple prayer, if and when you find that you are getting caught up in that cycle:

“Lord, Slow me down!”

“Lord, Ease my expectations, any anxiety, and the pounding of my heart, by the quieting of my mind, my soul, spirit and body.”

Take the time to give thought to His Word, and passages of Scripture:

Psalm 23:2 NKJV — “He makes me to lie down in green pastures; He leads me beside the still waters.”

1 Kings 5:4 (NLT) “But now the LORD my God has given me peace on every side; I have no enemies, and all is well.”

Slow me down, Lord. Show me how to grow my roots deep; deep into the soil of this life and its long-lasting meaningful values, that I may grow toward Your greater purposes, and my eternal destiny with You.

Lord, Grant me, amid the confusion of the day, ...“the abundance of the everlasting hills.” (Deuteronomy 33:15)

(“the abundance of the everlasting hills” refers to the enduring and rich blessings, resources, and fertility provided by the land, particularly the hills, as a symbol of God’s perpetual and unchanging provision.

It represents the bountiful resources of the land—minerals, fertile soil, and abundant crops. These gifts are seen as blessings from God, who has made the land productive and prosperous.”)

Lord, Break any wrong thinking and the tensions of my mind, nerves and muscles with the soothing music that comes in the knowledge that You delight in me with gladness, that Your love will calm all my fears, and You rejoice over me with singing. (joyful songs) (Zephaniah 3:17)

Teach me the art of taking minute vacations - of slowing down to look at a flower, to meaningfully chat with a friend, to listen to the early morning birds, to smile at a child, to read a few lines from a good book, and many verses from ***The Good Book***.

Remind me each day that the race is not always to the swift; that there is more to life than increasing its speed, only to find the days, weeks, months and years have passed, and appear blurry or far out of focus.

No! I pray for prominent and legible markers posted along my life’s road that clearly define that Your love, Your Word, and the Sacrifice of Your Son, Jesus Christ are the direction and guidance of my life; carrying ‘the Good News and a towel and basin wherever I am and wherever you call me to go.

Let me look upward at the towering oak tree and know that it grew great and strong because it grew slowly and well rooted.

“Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better.” Colossians 1:10