

Pause and Breathe

“So we will not fear when earthquakes come and the mountains crumble into the sea.” Psalm 46:2 (NLT)

If you have ever attended a play with multiple acts, you will remember the intermission. In most plays, the first act travels along the path of tragedy or loss. Then there is a break in the action, the interlude or intermission. Everyone takes a break, refreshes and prepares for the next act where the hero generally wins the day. So, if you are having a time of feeling defeated. You've lost a job, had a divorce, gone bankrupt, had a falling out with someone. Realize that this may be your time for intermission. A time of refreshing, renewal, strengthening, or for reflecting.

Ps 46: 1-3 assures us that “God is our refuge and strength, always ready to help in times of trouble. So we will not fear when earthquakes come and the mountains crumble into the sea. Let the oceans roar and foam. Let the mountains tremble as the waters surge!” Interlude

God is our Protector. He is where we find strength to get through tough times when we are afraid. When the earth crumbles, floods abound, avalanches roar, tornados threaten—He is our refuge. Yet, sometimes in the face of tragedy and heartache, we question God, doubting His promise of protection. Although God does have the authority and ability to protect us from every trouble, sometimes He uses the trials we go through to teach us, purify us and draw us closer to Him.

Psalm 46:4-7 says, “A river brings joy to the city of our God, the sacred home of the Most High. God dwells in that city; it cannot be destroyed. From the very break of day, God will protect it. The nations are in chaos, and their kingdoms crumble! God’s voice thunders and the earth melts! The Lord of Heaven’s Armies is here among us; the God of Israel is our fortress.” Interlude

While I love the ocean, I don’t long to dig my toes in the shorelines when there’s a storm. But I wouldn’t mind sitting on the banks of a peaceful river, even during a rainstorm. Just like the calm, flowing waters of a river, God weaves His peace and provision throughout our lives even in chaos.

Psalm 46:8-11 says, “Come, see the glorious works of the LORD: See how he brings destruction upon the world. He causes wars to end throughout the earth. He breaks the bow and snaps the spear; he burns the shields with fire. Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world. The Lord of Heaven’s Armies is here among us; the God of Israel is our fortress.” Interlude

The definition of interlude is to pause, break, breathing space, or rest. When we pause to focus on the truth that God is God, we find rest. If fear has been creeping into your heart lately, pause and remember that God is your protector; His presence is with you, and He is in the highest position of authority over this broken world. Ask Him to settle the anxiousness in your heart. Then, just breathe. Act 2 may be about to begin.