What does this verse mean?

> *Psalm 91:1 (NIV) says,* “Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.”

This scripture reveals that God has a “shadow” — a place of refuge and safety. But not everyone can experience this protection. Only those who choose to dwell in His secret place are given access to it.

So, what exactly is this “secret place”?

There are different levels of intimacy with God. Some believers only seek God occasionally — attending church on Sundays or praying sporadically. However, there are others who have chosen to deny themselves, fully committing to follow Christ. It is these individuals who experience a deeper, more intimate connection with God and find themselves under His shadow.

Theological Insight: The “secret place” is a metaphor for the intimate and secure relationship we can have with God. It is a

place of refuge and safety, where God’s presence and protection are most felt. This closeness is reserved for those who actively pursue God, seek His presence, and live in obedience to Him.

In the Old Testament, priests were the only ones allowed to enter the holiest parts of the temple — the Holy of Holies — where the mercy seat of God was located. Not every Israelite could enter there. Only those who were set apart for God’s service could access this intimate space.

This is similar to how, in the New Testament, there is a “secret place” with God, accessible only to a select few. Those who dedicate themselves fully to God and live lives of righteousness can enter into this space.

Example from Scripture: A powerful example in the Bible is Anna, a prophetess, who was able to access this secret place because of her intense devotion to God.

> *Luke 2:36-38 (NIV) describes her:*
>
> “There was also a prophet, Anna, the daughter of Phanuel, of

> the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, and then was a widow until she was eighty-four. She never left the temple but worshipped night and day, fasting and praying. Coming up to them at that very moment, she gave thanks to God and spoke about the child to all who were looking forward to the redemption of Jerusalem.”

Anna’s dedication to God — praying and fasting day and night — was the reason she was able to receive revelation and witness the coming of the Messiah, Jesus Christ. This is a clear example of someone who dwelt in God’s secret place, and because of her deep connection with God, she was one of the few who was shown His salvation plan.

Another example is Simeon, a righteous man who was also able to experience God’s revelation due to his faithfulness. In

> *Luke 2:25-30 (NIV), it says:*
> “Now there was a man in Jerusalem called Simeon, who was righteous and devout. He was waiting for the consolation of Israel, and the Holy Spirit was on him. It had been revealed to

> him by the Holy Spirit that he would not die before he had seen the Lord’s Messiah. Moved by the Spirit, he went into the temple courts. When the parents brought in the child Jesus to do for Him what the custom of the Law required, Simeon took Him in his arms and praised God, saying, ‘Sovereign Lord, as You have promised, You may now dismiss Your servant in peace. For my eyes have seen Your salvation.'”

Simeon’s intimate relationship with God, which was guided by the Holy Spirit, allowed him to experience the fulfillment of God’s promise — to see the Messiah before his death.

Theological Insight: Simeon and Anna’s stories emphasize that those who are in close fellowship with God are often privileged to witness and experience His divine revelations. Their prayers and fasting are acts of devotion that allowed them to be in tune with God’s plan. In a similar way, those who dwell in God’s “secret place” receive deep revelations, experience spiritual protection, and are guided by the Holy Spirit.

God’s Shadow and Protection: These individuals experienced something beyond what the average believer would. They were

under God’s protection and guidance — His shadow. This “shadow” is often associated with His divine presence and protection (Psalm 91:1). Those who dwell in this secret place are granted not only security but spiritual insight and favor.

Can We Reach This Secret Place?

The answer is yes — we can also reach this secret place. But to do so, we must live as true priests of God, like the sons of Levi, who were consecrated and set apart from sin and defilement. It’s not enough to simply acknowledge Christ and live a superficial Christian life. We are called to deny ourselves, take up our crosses, and follow Jesus in genuine surrender.

Theological Insight: The concept of denying oneself and following Christ is rooted in Jesus’ teachings.

> *In Matthew 16:24 (NIV), Jesus says,* “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

“ This act of self-denial is an essential part of our journey to enter God’s secret place.

By doing so — through God’s grace — He will lead us to His secret place, a place of protection, peace, and divine revelation.

Final Prayer and Call to Action: May God help us all to live lives that seek His presence, to dwell in His secret place, and to experience His shadow of protection and guidance.

Amen.

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