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On the Run

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“Truly my soul finds rest in God; my salvation comes from him.” Psalms 62:1 NIV

On the Run

The last week of Smart Start is upon us. How are you holding up? Are you nervous about finals? Do you miss home? Perhaps you feel like you’ve finally got a handle on the layout of campus and are becoming increasingly excited about the official start to the fall semester in just one more week? As a professor or staff member, are you feeling like you’re still drinking out of the fire-hydrant barely keeping up with home life and work life? What is your current reality?

My current reality has kept me at a running pace lately. Moving into a new home, putting the finishing touches on plans for the school year, and preparing for our Campus Ministries team retreat and orientation have made for long days and short nights with which many of you can empathize I’m sure. Always on the run. My heart racing at a quicker speed than usual. My mind running through the various categories of lists I’ve made up to keep track of things. Running, running, running.

Until the Holy Spirit tapped me on the shoulder and said, “Are you running toward God, or away?”

Hmmm, that’s a good question. What about you? In your current reality today, this week, after getting a feel of what the school year will look like and figuring out how to manage your time and your schedule, are you running toward God, or away? Are you making time and space for Him? Or are you trying to avoid Him? Maybe not at all concerned about God?

A mentor of mine once told me, “Since God is Omnipresent, there’s actually no such thing as running away *from* God, there’s only running *to* God.” Jesus Christ, who loves you with an everlasting love is moving at whatever pace you’re moving, running right alongside you, showing you the way to the Father. How do I know? Check out these verses as evidence and claim one for yourself today:

“It is the Lord who goes before you. He will be with you; he will not fail you or forsake you. Do not fear or be dismayed.” Deuteronomy 31:8

“The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters.” Psalm 23:1-2

“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust.” Psalm 91:1-2

“Taste and see that the Lord is good; blessed is the one who takes refuge in him.” Psalm 34:8

“For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” Romans 8:38-39

It's my prayer that you would run towards God today, but even if you're not, I trust that God is running after you with everything He's got. As you find yourself "on the run" this week, may you find rest and peace for your soul as you make the Main Thing, the main thing in all you do.

Challenge & Upcoming Events:

1. Block out an hour of uninterrupted time each day this week to spend with God in prayer, reading scripture, journaling, etc. You may find that the time you "give up" to spend time with Him may bring you a priceless peace.
2. If you feel like you've been "running away from God" and want to change that, want to start a real relationship with Him for yourself, email chaplain@southern.edu or connect with a mentor or colleague to ask for help.
3. Join us for **Vespers this Friday night at 7:30pm** hosted by Enrollment Services!
4. Mark your calendars for **Sunday August 25 from 4:30-6:30pm** where you'll be able to sign up to be involved in any number of ministry opportunities at Organization Showcase.

-Anna Bennett