

Southern Adventist University
Knowledge Exchange

The Main Thing Devotional

Chaplain's Office

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Full

Anna Bennett

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"I am the Lord your God, who brought you up out of the land of Egypt. Open your mouth wide, and I will fill it." Psalm 81:10

As we start a new week, inching closer and closer to midterm exams and a much needed break, what is it that you need today?

- Do you need to take a deep breath?
- Do you need rest?
- Freedom from anxiety or depression?
- Laughter?
- Adventure?
- Friendship?
- Time to study and thoughtfully prepare for this week's responsibilities?
- Courage to follow through with a conviction the Holy Spirit has been impressing on your heart?

During the heat of the summer, my husband and I would regularly enjoy evenings on our back deck watching as a mother and father Robin flew in and out of their nest, feeding their young. Each time either one of them flew into the nest after having searched for a juicy worm, the young babies would chirp and thrust their heads back, mouths wide open so that mom or dad could fill their bellies with a tasty delight.

In Exodus 20:2 God reminds His people "I am the Lord your God..." and in Psalm 81:10 He expands by declaring:

"I can *amply* supply all your needs. You need not go to other gods - the gods of other lands - as if there were any deficiency in my power or resources; as if I were not able to meet your necessities. *All* your needs I can meet."

Whatever you need today - God will supply. You need only, "Open your mouth wide." As we continue to press into our spiritual theme for the year **Full: Living God-Filled Lives** I invite you to **keep the Main Thing, the main thing**. In all your coursework, your responsibilities, navigating through the inevitable challenges and opportunities that come your way this year, keep opening your mouth wide to all the fullness and goodness Jesus, the Main Thing, has to offer you.

Reflection:

- Are you in an open or closed posture before God today? Place your hands on your knees, turn your palms upward, and pray: "God I am here and I am open to you. Empty me so that you can fill me."
- Take a moment to journal: what thoughts, emotions, sins do you need to confess to God today (empty), and what needs do you have that you are asking Him to fill you with today?

NEWS & RESOURCES

- Follow **@ministryandmissions** on Instagram for updates on events and programs as well as encouraging messages and [check out our website](#) for many new resources.
- If you may be feeling anxious or have recently experienced loss or grief call 423.236.2782 to talk to a counselor on campus! (This is a free service for Southern students.)
- **Talk** with Chaplain [Anna Bennett](#) or [Joseph Khabbaz](#) if you need someone to pray with or have a desire to grow spiritually.
- Join us for **LAC Vespers this Friday night at 7:30pm in the University Church!**