

# Be Like Swallows

## Sarah Benest



I've been meditating on Psalm 84 over the past week. Such a rich and beautiful Psalm and so full of precious truths to grasp hold of!

One truth in particular has really struck me. When we were away on holiday last week I loved watching the swallows swooping in and

out of the barns next to our property (see picture).

Psalm 84:3-4 says,

"Even the sparrow finds a home, and the swallow a nest for herself, where she may lay her young, at your altars, O LORD of hosts, my King and my God. Blessed are those who dwell in your house, ever singing your praise!"

Here the psalmist is drawing on a picture of the swallows and sparrows who used to build their nests in the walls of the temple in Jerusalem. How they came so freely to and from the sanctuary and the place of God's presence. Such a joy and freedom to go to and fro with such ease! They made their nests in the house of the Lord. A place of safety, refuge and dwelling. A place to return to at the end of each day.

Watching the swallows swooping in and out of the barn made me think about how God wants us to be just the same. To live constantly in and out of that place of dwelling in the sanctuary. To make the presence of God our place of refuge, rest and safety. Swallows are such busy little birds, but it was never long before they swooped back into the barn. Almost like a compulsion to keep returning to refuge before launching out for the next round of activity!

Let's be like the swallows, constantly swooping in and out of his sanctuary with ease. Let's be those who build our nests in the temple and live out of the presence of God.