

God is Our Refuge

By Charla Miller

Psalm 46:1 – says, “God is our refuge & strength, a very present help in trouble.”

What is a Refuge? A refuge is a shelter, or sanctuary, it’s a place that covers, & provides shelter or protection from danger or distress, it’s a place that offers rest and security.

Many times in the Word of God, we see the people run to God in times of trouble. They would cry out to God, knowing that He would hear them & that He would be with them. They trusted that God would be their refuge. They sought refuge in God because He loved them & that He was faithful, & they knew that He would protect them. They felt secure because God was strong. They believed His promise that He would always be with them.

Just like them, when we are facing trials or storms, we must learn to run to God. We need to believe His Word & trust Him. He is our Father & He loves us & cares about us. We need to realize that He is sovereign, & He is trustworthy. We can rest in the midst of our storms, knowing that He is in control.

Our confidence & our security must come from the fact that He is God, He is unchanging, He is faithful, He is reliable, He is dependable, & He alone provides our security. He promised us in His Word that He will never leave us or forsake us. He is always with us.

We can find comfort knowing that He is our refuge. He’s our refuge in the good times and the bad times. He’s our refuge when we’re on the mountain, & He’s our refuge when we’re in the valley.

So, I just want to encourage you that whatever you are facing, God loves you, He cares about you, & He wants to be your refuge. He wants to shelter you & cover you & protect you.

If you are you weary & tired, His word says, that He wants to give you His strength (1 Peter 4:11).

If you need direction for your life, He wants to guide you & give you wisdom (James 1:5).

If you are you sad or depressed, He wants to give you His joy (Psalm 6:11)

If you are you lonely or grieving, He wants to comfort you & give you His peace (2 Corinthians 1:4).

Psalm 59:16, 17 – says, “But I will sing of Your strength, in the morning I will sing of Your love; for You are my fortress, my refuge in times of trouble. O my strength, I sing praise to You; You, O God, are my fortress, my loving God.”

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