

## **Seek Refuge in the Lord God**

**Psalm 9:9-The LORD also will be a refuge for the oppressed, a refuge in times of trouble.** (KJV)

Turn to the Lord God for guidance, direction and refuge when difficulties arise. Turning to the Lord in prayer seeking refuge utilizes time to develop perspective. The Lord God welcomes believers seeking refuge and direction in difficult times. The good Lord is loving and provides comfort when believers seek refuge. Hunger in the soul leads believers to seek refuge in the Lord for nourishment.

**Psalm 13/14:6- Ye have shamed the counsel of the poor, because the LORD is his refuge.** (KJV)

Naysayers fail to see the benefit of turning to the Lord for beneficial refuge. Wise believers treasure the wisdom of the Psalms describing God as a refuge. The wisdom in the Psalms has nourished and enriched believers for centuries. The proof of the Psalms' wisdom is experienced as believers live out their faith. Believers experience the value of taking refuge in God in life's difficult times.

**Psalm 45/46:1- God is our refuge and strength, a very present help in trouble.** (KJV)

The Psalms are ready sources of wisdom available to believers putting forth effort. The Lord God is within reach of each person making the effort to seek in faith. Opening the heart, mind and soul to the Lord when taking refuge is beneficial. The Lord fills the heart, mind and soul of the believer desiring nourishment. Nourishment and strength from the Lord are necessary throughout earthly life.

**Psalm 56/57:1-Be merciful unto me, O God, be merciful unto me: for my soul trusteth in thee: yea, in the shadow of thy wings will I make my refuge, until these calamities be overpast.** (KJV)

The Lord strengthens and nourishes believers during the time of prayer and refuge/ Difficult times in life serve as learning periods for believers enriched by the Lord. Seeking refuge in the Lord puts the difficulties of life into manageable perspective. The Lord does not disappoint believers seeking refuge with hope and firm faith. Joy arises in the believer as a result of the refuge experience with the Lord God.

**Psalm 58/59:16- But I will sing of thy power; yea, I will sing aloud of thy mercy in the morning: for thou hast been my defence and refuge in the day of my trouble.** (KJV)

Believers learn from Christ's experience on the Cross that goodness will follow. The glorious Resurrection followed Jesus' death on the Cross and His burial. Difficulties are followed by improved life in Christ when refuge is sought in God. The life in Jesus Christ is more than experiencing periods of difficulties in life. The life in Jesus Christ leads believers to the Kingdom of God and eternal life.

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