

God is – Refuge And Strength

At some point in all of our lives we will need to know that God is our refuge and strength. Over and over God has given proof that He is able to help and sustain those who put their hope and trust in Him. God has given this testimony and promise so we will not fear in the midst of earth-moving test, trials, and tribulations. God does not want His children living in fear, but unshakable faith and trust in Him.

Psalm 46:1-9 NKJV God is our refuge and strength, A very present help in trouble. Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea; Though its waters roar and be troubled, Though the mountains shake with its swelling. Selah
There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; He lifts His voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress. Selah
Come and see the works of the Lord, the desolations He has brought on the earth. He makes wars cease to the ends of the earth; He breaks the bow and shatters the spear, He burns the shields with fire.

God is not just a source of strength and help in times of trouble, He is a present help in every situation of life.

He is an ever present refuge and strength. Usually, we notice God's strength and help in the most extreme circumstances. When your whole family is facing disaster or tragedy, you need to know that God is a refuge and strength.

“Even though the earth give way and crumbles, And though the mountains fall into the sea; Though the waters roar and are troubled and mountains shake with its swelling.”

These extreme situations depict some of the most violent troubles. In the face of earth-changing troubles, God's presence and help provides us a refuge and strength. Think about this. God is present when you face the storm or trial.

Shadrach, Meshach, and Abed-Nego were doing what was right even though they were slaves in Babylon.

When they faced the fiery trial, they had confidence in God.

In **Daniel 3:17 NKJV** they said, “Our God whom we serve is able to deliver us from the burning fiery furnace, and He will deliver us from your hand, O king.”

Since they trusted in God as their refuge and strength, they could face the fiery furnace with boldness. They knew that regardless of what happened, God would help them. They were not sure how God could help them or what would happen.

- They could hear the threat.
- They could see the fire.
- They felt the ropes that bound their hands and feet.
- They could smell the burning fiery furnace.

- All of their senses told them they could die in the fire.

It was not until they were cast into the burning fiery furnace that they saw the fourth man in the fire.

They came out of the fiery furnace without even the smell of smoke on their clothes. God is our refuge and strength, a very present help in trouble. God has never failed His people.

He is still in the fire.

The Lord our God is prepared for your next main event. He has already shown us that He is a very present help in times of trouble.

Think about the most extreme situation that you could face.

Some of you have been through some events recently that have been very extreme. They may not have shaken the earth, but they shook your life. You need to know that God is your refuge and strength.

Romans 8:37-39 NLT No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

We are confident that God is our refuge and strength because He has loved us with an everlasting love.

In evaluating His help, take into account the next few verses.

Psalms 46:4-5 NKJV There is a river whose streams shall make glad the city of God, The holy place of the tabernacle of the Most High. God is in the midst of her, she shall not be moved; God shall help her, just at the break of dawn.

Psalms 46:7 NKJV The Lord of hosts is with us; The God of Jacob is our refuge. Selah

There is a river whose streams shall make glad the city of God.

Ezekiel 47 tells us, "There is a river that flows out from the house of God." Revelation 21:1 tells us it is a pure river of water of life, clear as crystal, proceeding out from the throne of God. It is a river of power, joy, victory. It is a river of the presence of God.

What does this river have to do with God being our refuge and strength?

God is giving us a visual image of His strength and presence.

1 Corinthians 3:16 NKJV Do you not know that you are the temple of God and that the Spirit of God dwells in you?

God is showing us that He is present to supply relief, refreshment, refuge and strength. Even if your journey takes you through the most extreme situation, God is present with you.

The words of Joel's prophecy have been going through my mind this last month.

Joel 2:28-32 gives a prophetic overview of the last days. He begins the prophecy by promising an outpouring of the Holy Spirit on all flesh. As a result of the outpouring of the Spirit, sons and daughters, men and women, young and old will be given various gifts of the Spirit.

Then Joel prophesied great earth shaking events. These earth shaking events sound like the things we see in the headlines of the news. What Joel spoke about coincides with the things Jesus said would happen just before His return in the clouds with power and great glory.

Luke 21:25-27 NKJV Jesus said, "And there will be signs in the sun, in the moon, and in the stars; and on the earth distress of nations, with perplexity, the sea and the waves roaring; men's hearts failing them from fear and the expectation of those things which are coming on the earth, for the powers of the heavens will be shaken. Then they will see the Son of Man coming in a cloud with power and great glory."

Jesus said troubles would arise in the last days.

- He spoke of wars, rumors of wars, famines, pestilences, and earthquakes.
- Violence, murders, and mass shootings are increasing.
- Mountains are shaking and the world is changing.
- Storms are brewing politically, financially, and emotionally.

If you want to ignore all of those things, we still have enough personal challenges that threaten our lives.

- Hospitals are being filled with the sick and dying.
- New diseases and pandemics are arising.
- People are in a panic over things they have no control over.
- Notice the general attitude of people in the world.
- An attitude of uncertainty and fear is growing.

Isaiah said, "Youth shall faint and be weary, and young men shall utterly fall, (Isaiah 40:30).

It is easy to become desperate and weak. In the middle of what is going on, God has promised to be our refuge and strength.

Isaiah 40:28-29 NKJV The everlasting God, the Lord, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, And to those who have no might He increases strength.

When you know that God is your refuge and strength, you can have calm assurance in your life.

Psalm 46:10 NKJV Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!

God is bigger than all your troubles. If you are in the fire, the Lord is there with you. He is still in the fire.

He said, "Be still, and know that I am God..." "God is our refuge and strength, a very present help in trouble."

- Be still... God is still on the Throne.
- Be still... God has the whole world in His hands.
- Be still... He's got you and me in His hands.
- Be still... God is bigger than all our problems and trials.
- Be still and know that God is still our refuge and strength.

Take a minute and give account of what God has done and is doing.

Throughout the Old Testament, Israel had a great record of God's mighty work.

- He brought them out of Egypt and across the Red Sea.
- He fed and kept them in the wilderness.
- He brought them into the Promised Land and gave them victory over all their enemies.
- God was their refuge and strength.

Consider what God has done for you.

- Our history is not much different from the Biblical records.
- God has kept us safe through the flood, fire, wind and waves.
- He has supplied blessing upon blessing.
- He has saved and delivered us from our enemies.
- He has been our shelter and support.

Psalms 46 repeats some powerful words two times.

Psalm 46:7, 11 NKJV The Lord of hosts is with us; The God of Jacob is our refuge. Selah