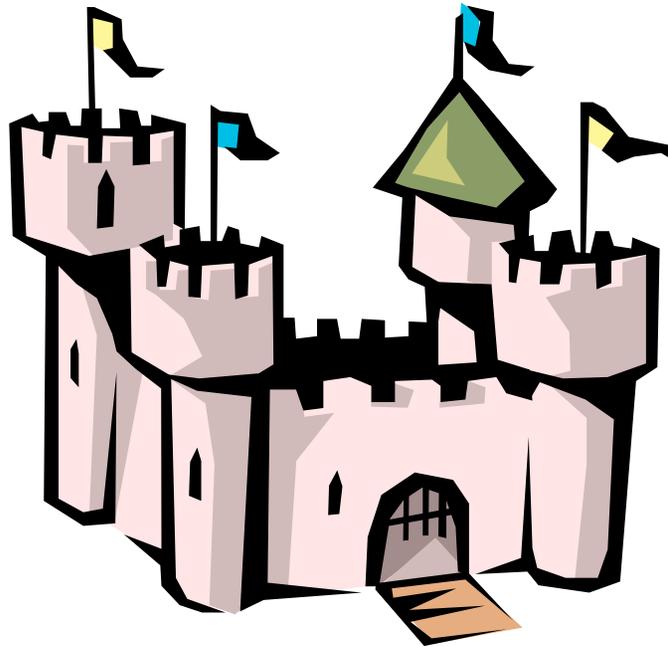


*Refuge - God is a place of safety and protection for His people*



God is our refuge and strength, a very present help  
in trouble. Therefore we will not fear though the earth  
gives way, though the mountains be moved  
into the heart of the sea - Psalm 46:1-2

## ***Refuge - God is a place of safety and protection for His people***

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the mountains be moved into the heart of the sea - Psalm 46:1-2**

What are castles like? Why do they need to be strong? Would a big stone castle always be able to protect us? Even if our castle could protect us from enemy armies, could it protect us from getting sick? Could it protect us from dying? Could it protect us from saying and doing wrong things? There is nothing we can build that will protect us from all these things. What can we do? Where can we go to be really safe?

This verse reminds us that God is our refuge. God is better and stronger than any castle. Our safety and security are in God alone. God knows everything (remember Hebrews 4:13?), and he can do anything (remember Acts 17:25?). Because God knows everything he knows exactly what his children need. And because God can do anything, he is able to help his children by giving them what they need.

- Sometimes God rescues us from trouble, like he rescued Israel from the Egyptian army.  
(See Exodus 14)
- Other times God gives us grace and strength to do his will even in the face of many difficulties.  
(See 2 Corinthians 12:7-9)

What trouble are you facing? How can this verse help you to trust God in this situation?