



Where is My Refuge?

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# Psalm 46





# You & I are refuge makers

Psalm 46

“God is Our refuge and strength – a very  
present help in trouble.”



It is not the absence of trouble in our lives that is our comfort, it is the existence of His presence regardless of the trouble we face.


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# Reflection Questions:



1. Where do you tend to look for refuge? In what things or places?
2. Do you ever pray prayers of anxiety? What do your prayers reveal about your desires?
3. What would prayer of faith – or trust look like? How would it change your prayers?

A circular wreath of various botanical illustrations surrounds the central text. The wreath includes green ferns, a red leaf, a green leaf, a yellow flower, a purple flower, and a green leaf with a red vein. The background is a light blue-grey color.

# Where is Real Sanctuary for Me?

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Session 2



# Refuge:

- a condition of being safe or sheltered from pursuit, danger, or trouble
- Something providing shelter
- An institution providing safe accommodations





In Scripture: principal words in the Old Testament are machceh (Psalm 14:6, 46:1, 62:7,8; Isaiah 4:6), and manoc (2 Samuel 22:3; Psalms 59:16)

We see God is the refuge for his people.





# Psalm 27:4



## To Dwell

Dig into what is true.

Live in His presence - reside there

Make Him my refuge – dwell in safety

He becomes the resources of all my help, comfort, and hope.

Believe He will shelter me from the storms

Rest under the shadow of His wing

## To Gaze

- To fix your eyes on Him
- To delight in Who He is
- The more we gaze, the more we notice
- The more we grow in respect, reverence, awe
- To become unmovable

## To Seek

- To want to know Him and understand His ways
- To grow in wisdom and understanding
- To embrace His will, even when we do not understand it
- To allow it to transform me personally, and deeply

# Sanctuary

- a consecrated place like the temple in Jerusalem, the most sacred places.
- It's original meaning is that of a sacred place in which God dwells, it has also has come to be used for any place of safety.
- It was a place in which man met God in his dwelling. Now, we are his dwelling. Psalm 15 teaches that we dwell with him now when we enter into relationship with him.
- Over and over I Scripture, we are reminded we run to Him and find sanctuary in Him – A relationship with him becomes our sanctuary. We dwell in Christ and He dwells within us.
- His Spirit is given to us - living and active within us



# “Turn Your Eyes Upon Jesus”

How can the Lord be your refuge in the hard places?



# “The Things of Earth”

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1. Where do you look for “sanctuary”? Make a list.
2. What is the appeal for you?
3. Does it satisfy? Why or Why Not?

Psalm 73:25 says “Whom have I in heaven but you? And there is nothing on earth that I desire besides you.”

4. Can you imagine getting to this place? What do you think would need to happen?





# “In the Light of His Glory & Grace”

How do the things we look to satisfy us, “grow strangely dim?”





“This life was never to be our place of sanctuary, but to prepare us for it.”

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# Reflection Questions:



1. What are some hard things you are facing right now?
2. What tends to bring you comfort? Provide you shelter or sanctuary from the hard things of life?
3. Where do you self-soothe? (Meaning – comfort yourself with hobbies, little luxuries, food, shopping, escape into books, movies, etc?)
4. How does it bring you comfort? Is it temporary - how long does it last? What do you then do once the soothing feelings have worn off?
5. Why do you think it will satisfy? What's the belief – or lie behind it?



Session 3

# Moving Each Other Towards Sanctuary

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“How are you?”

Broken. Useless. Alone. Clueless.  
Confused. Betrayed. Fragile. On the verge  
of tears. Depressed. Anxious. About to  
break down. Really give up. Pathetic.  
Annoying. I'm us a burden. Distant.  
Lonely. Bitter. Heartbroken. Lonely.  
Rejected. Crushed. I feel like I'm going to  
just fall apart at any moment. Empty.  
Defeated. Never good enough.

# The Troubling Thing about Someone Else's Trouble



*How Will I Respond?*

# *The Weight of Glory*, C.S. Lewis



“It is a serious thing to live in a society of possible gods and goddesses, to remember that the dullest and most uninteresting person you talk to may one day be a creature which, if you saw it now, you would be strongly tempted to worship, or else a horror and a corruption such as you now meet only in a nightmare. All day long we are, in some degree, helping each other to one or the other of these destinations.”

# We Model to One Another



- Army Ants and echo chambers
- We needs others to point us to the Lord
- We can be a safe place for others, while pointing them to the One who is their refuge.
- Words and kindness and friendship is life-giving and restorative
- We are not alone in this world of troubles.



Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Ephesian 5:1, 2



# Waterfall Effect



## The Waterfall Affect:

- Incarnating Christ compassion
- Remembering how God deals with us
- Responding in kind with how we respond to others. Forgive as we have been forgiven, love, because we were first loved, comfort others with the comfort we have been given...

“Rejoice with those who rejoice, mourn with those who mourn.”

Romans 12:15

Love feels along with others. We cannot be detached.

# Being a Safe Place for Others



- Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others. In your relationships with one another, have the same mindset as Jesus Christ...

• **Philippians 2:3-5**



# Words that Provide Refuge & Comfort



Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:29-32



# What Comfort Does

- Put words to the sorrow
- Allow conflicting emotions
- Sort through the complexity of emotions
- Don't assume struggle means failure or lack of faith
- Do not grow weary in "sitting with" the sufferer

# Encouraging One Another

- “Self-sacrifice means not indifference to our times and our fellows: it means absorption in them. It means forgetfulness of self in others. It means entering into every man’s hopes and fears, longings and despairs: it means manysideness of spirit, multiform activity, multiplicity of sympathies. It means richness of development. It means not that we should live one life, but a thousand lives – binding ourselves to a thousand souls by the filaments of so loving a sympathy that their lives become ours.”

B.B. Warfield



# Reflection Questions:



1. Why is it hard in our community to be transparent?
2. What do we tend to fear most about sharing our struggles?
3. How can we be a “safe place” to share our struggles?
4. What are ways we can encourage others to find refuge in the Lord?