

Find Your Refuge in God

Psalm 62:1-2, 5-8

NIV

¹ Truly my soul finds rest in God; my salvation comes from him. ² Truly he is my rock and my salvation; he is my fortress, I will never be shaken. ⁵ Yes, my soul, find rest in God; my hope comes from him. ⁶ Truly he is my rock and my salvation; he is my fortress, I will not be shaken. ⁷ My salvation and my honor depend on God^[a]; he is my mighty rock, my refuge. ⁸ Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

What does this tell us about us and about God?

- 1) Our souls need rest.** Just like we need physical rest and sleep for our body, we also need soul rest for our soul. Our soul is our mind will and emotions, and in this passage it could be interpreted as our innermost being. We need rest from fear, anxiety, stress, guilt, shame, inner pain, regret and more. We can get exhausted mentally, emotionally, and spiritual and overwhelmed by all that we are dealing with. And our weary soul needs rest.
- 2) There's only one true source of soul rest – In God alone.** This part has been very freeing for me. I remember trying to overcome my anxiety and depression, frantically trying to find answers in books, or talking with people, or even sleeping but when your soul is anxious – it can be hard to sleep. Then this verse struck me that...I need to rest in God – that's the only place where I can fully rest. I have a blown up picture on my wall that has those words on it "my soul finds rest in God alone" and it reminds me of this truth. Jesus says in Matt 11:28 ²"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart,

and you will find rest for your souls. We try to find rest in other places but only one person, God, can fully satisfy our souls need for rest. And when we come to him for rest, he will give us rest for our soul.

3) Our salvation, victory and honor come from God. David knows and trusts God to be the one who saves him from the assaults and attacks from his enemies who want to dishonor and take him down. But what does he do in the midst of that "battle"? He declares that his victory comes from God. He knows where to go and who to depend on for his victory. We also are in a spiritual battle, and the recovery journey is a battle. But we need to keep our eyes on Jesus in the midst of that and as we look, to and depend on, him he will help us overcome and have victory. In 1 Cor 15:57 Paul writes...*But thanks be to God! He gives us the victory through our Lord Jesus Christ.* We need to continue to look to him for daily victory.

4) God is our Rock, Fortress and Refuge. I'm grateful that God gives us word pictures to get a better understanding of who he is. Rock reminds us that God is our solid foundation, and in Matthew 7 Jesus talks about building our lives on the rock (his word) so that we can stand strong in the storms of life. It speaks of stability. Ever feel like you are walking in quicksand in your mind, your situation is unstable, you can't make sense of it, things keep changing and you're struggling to get your mental footing. God wants to stabilize you and strengthen you with his truth in those moments, as he never changes. He wants to be your fortress, your protection, your refuge, your shelter. In the midst of the storms that you face in your life. God is there to be the place where you can find shelter, protection, refuge and rest. That doesn't mean your circumstances will all be rosy, but he will be there to care for you and walk you through them

5) He is our source of Hope. Let's be honest, for all of us at times we lose hope because of our circumstances. We can look at the things that we have done, the hurt and damage that it has caused, and the possibility that things may never get repaired and restored - and that scares us. Where does your hope come from? Does it come from other people, from their actions, or reactions, or responses? Does it come from circumstances aligning the way that you

want them to? The amount of \$\$ that you have to be able to accomplish what you hope and want? Or does your hope come from the God of Hope? Rom 15:13 says. "I pray that God, **the source of hope**, will fill you completely with joy and peace **because you trust in him**. Then you will overflow with confident hope through the power of the Holy Spirit." Our Hope comes from Him...as we trust in him.

- 6) **David's focus on, and trust in, God gave him confidence.** When David focused on who God was, and when he put his complete trust and confidence in him, he could boldly say "**I will not be shaken**". When threatened by his enemies, he wasn't afraid, because he knew who God was, he had surrendered fully to him, and was trusting him to keep him from being shaken. The circumstances around him were threatening, but internally he was standing on the solid rock of who God was for him, and he had confidence that he would be protected.
- 7) **Make it personal to YOU.** My soul, my salvation, my rock, my salvation, my fortress, my soul, my hope, my rock, my salvation, my fortress, my salvation, my honor, my mighty rock, my refuge. David took his situation and connected it with the truth of who God was and trusted God to be all of those things for him! **He made it personal.** He didn't just say God was the salvation or the refuge, or the hope, or the fortress for people in general...said God is for MY situation, He's MY victory, My rest, My refuge, My hope, My Protector...and just as God was available to David - **He's available to you!**
- 8) **Trust in him at all times.** When should we trust him? Just in the hard times? What about the easy times – do we need to trust him then? At times we don't trust him, but David encourages us to trust in him at all times! In light of all that David just shared with us about who God is – He had every reason to put his trust in his amazing God! In light of all that we just were reminded of about who God is – we can trust in our amazing God too! And how do we do that?
- 9) **Pour out your heart to him.** At times we are afraid to share with others our weaknesses, our stresses, our fears, our failures...because we are afraid of what they will think of us. We can feel that way about God too, even though we know that he already knows them...but maybe we are afraid of how he will react to us, or we unworthy before him. I love - Heb 4:15-16 that says...

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶ Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Jesus knows your struggles and your temptations...he has faced the same temptations as you have, and he is able to empathize with your weaknesses. Pour out your heart to him and be real with him – he can handle it. And in your time of need – when you feel like you're doing our worst – it's at that point that he tells us to come confidently to him because he has mercy and grace for us. Wow what an incredible God!

And why can we trust him at all times, and pour out our hearts to him...?

Because...

GOD IS OUR REFUGE.

As you walk your recovery journey, I want to encourage you to find Refuge in God!

- 1) Ponder and pray into these truths about who He is. Thank Him for who he is and what he wants to do in your life.
- 2) Come to him for Rest – Give him all your cares, anxieties and stress. Give them to him, and trust him to carry them.
- 3) Focus on, and depend on, him as the source of your hope, your victory, your salvation, your Refuge, etc. Thank him and worship him.
- 4) Trust in him at all times – continue to choose to trust in him. When you're facing fear or anxiety, say this statement out loud "I choose to trust in Jesus my Lord". And keep trusting him.
- 5) Pour out your heart to him – He wants to hear it, tell him exactly how you feel and what you are going through. He is there for you, He cares for you, and you can trust him with your heart.
- 6) Put your trust and hope in the source of hope (God), and rest in his love, care, and protection for you!

I trust this will be an encouragement to you as you continue your recovery journey.

May you experience him as you rest and refuge as you trust in him!