

## 29. God, our Refuge and Fortress

“God is our refuge and strength, a very present help in trouble.” (Psalm 46:1)

“In You, O LORD, do I take refuge; let me never be put to shame! In Your righteousness deliver me and rescue me; incline Your ear to me, and save me! Be to me a rock of refuge, to which I may continually come; You have given the command to save me, for You are my rock and my fortress.

Rescue me, O my God, from the hand of the wicked, from the grasp of the unjust and cruel man. For You, O Lord, are my hope, my trust, O LORD, from my youth. Upon You I have leaned from before my birth; You are He Who took me from my mother’s womb. My praise is continually of You.” (Psalm 71:1–6)

“He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, ‘My refuge and my fortress, my God, in Whom I trust.’ For He will deliver you from the snare of the fowler and from the deadly pestilence. He will cover you with His pinions, and under His wings you will find refuge; His faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.” (Psalm 91:1–7)

“Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in Him!” (Psalm 34:8)

### I. Come into His Presence with Singing

Hymns will get you through the night.

“In January of 1956, when five women were waiting with bated breath to find out whether our husbands were dead or alive, I lay in bed in Nate Saint’s home, my little daughter Valerie sick in a crib beside me. The hymn “How Firm a Foundation,” with those magnificent words taken from Isaiah 43:1–2, sustained me, especially stanzas 2, 3, and 6, memorized when I was a child in our daily family prayer time.” (from the Elisabeth Elliot Newsletter, May/June 1999, [elisabethelliott.org/](http://elisabethelliott.org/))

#### How Firm a Foundation, #56

How firm a foundation, ye saints of the Lord,  
Is laid for your faith in His excellent Word!  
What more can He say than to you He hath said,  
To you who for refuge to Jesus have fled?

“In ev’ry condition, in sickness and health,  
In poverty’s vale, or abounding in wealth,  
At home or abroad, on the land, on the sea,  
As thy days may demand shall thy strength ever be.

"Fear not, I am with thee, oh, be not dismayed,  
For I am thy God, I will still give thee aid:

I'll strengthen thee, help thee, and cause thee to stand,  
Upheld by My gracious, Omnipotent Hand.

"When thro' the deep waters I call thee to go,  
The rivers of sorrow shall not overflow:  
For I will be with thee, thy trouble to bless,  
And sanctify to thee thy deepest distress.

"When thro' fiery trials thy pathway shall lie,  
My grace, all-sufficient, shall be thy supply:  
The flame shall not hurt thee; I only design  
Thy dross to consume, and Thy gold to refine.

"E'en down to old age all My people shall prove  
My constant, eternal, unchangeable love:  
And when hoary hairs shall their temples adorn,  
Like lambs they shall still on My bosom be borne.

"The soul that on Jesus hath leaned for repose  
I will not, I will not desert to his foes;  
That soul, though all hell should endeavor to shake,  
I'll never, no never, no never forsake!"

## **II. Give Thanks unto Him**

*Thank You for protect us.*

"Let all who take refuge in You rejoice; let them sing joyful praises forever. Spread Your protection over them, that all who love Your name may be filled with joy. For You bless the godly, O LORD; You surround them with Your shield of love." (Psalm 5:11-12 NLT)

*Thank You for being our fortress.*

"He alone is my rock and my salvation, my fortress where I will not be shaken. My victory and honor come from God alone. He is my refuge, a rock where no enemy can reach me. O my people, trust in Him at all times. Pour out your heart to Him, for God is our refuge." (Psalm 62:6-8 NLT)

*Thank You for letting us hide under Your wings.*

"Have mercy on me, O God, have mercy! I look to You for protection. I will hide beneath the shadow of Your wings until the danger passes by." (Psalm 57:1 NLT)

## **III. Bless His Name: God our Refuge and Fortress**

*I worship You my Rock and my Fortress.*

“The LORD is my rock, my fortress, and my Savior; my God is my rock, in Whom I find protection. He is my shield, the power that saves me, and my place of safety. He is my refuge, my Savior, the One Who saves me from violence.” (2 Samuel 22:2–3 NLT)

*Praise God our Shield and Strong Refuge.*

“This God— His way is perfect; the word of the LORD proves true; He is a shield for all those who take refuge in Him. For Who is God, but the LORD? And Who is a rock, except our God? This God is my strong refuge.” (2 Samuel 22:31–33)

*Hosanna to God to Deliverer and Stronghold.*

“The LORD is my rock and my fortress and my deliverer, my God, my rock, in Whom I take refuge, my shield, and the horn of my salvation, my stronghold.” (Psalm 18:2)

### **Prayer**

“In sacrifice and offering You have not delighted, but You have given me an open ear.” (Psalm 40:6) Amen.