

FINDING REFUGE IN GOD
PSALM 62

Introduction

Have you ever been overwhelmed with the problems of this life? Most, if not all of us, have experienced those times when we say, “*Well, when it rains it pours!*” Problems pile on top of problems until we become exasperated. We get to our “*wit’s end*” so to speak.

What we would like to do is find somewhere to run and hide—we need a place of refuge.

The Bible speaks of God as being our refuge. Tonight I want to look at four aspects of Biblical refuge:

I. THE ROOT OF REFUGE.

The oldest and strongest fortresses are carved out of bedrock or built on stone foundations.

It is no wonder that in Scripture the psalmist repeatedly uses rock imagery to symbolize God’s strength as a fortress.

Psalm 18:2—“The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower.”

Psalm 31:2-3—“Bow down thine ear to me; deliver me speedily: be thou my strong rock, for an house of defence to save me. For thou art my rock and my fortress; therefore for thy name’s sake lead me, and guide me.”

Psalm 62:6-7—“He only is my rock and my salvation: he is my defence; I shall not be moved. In God is my salvation and my glory: the rock of my strength, and my refuge, is in God.. Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us.”

Psalm 71:3—“Be thou my strong habitation, whereunto I may continually resort: thou hast given commandment to save me; for thou art my rock and my fortress.”

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When the psalmist fled to his “*rock*”—his refuge in God—he trusted the solid foundation of God’s unchanging character.

He sought refuge in God because He was loving.

Psalm 36:7—“How excellent is thy lovingkindness, O God! therefore the children of men put their trust under the shadow of thy wings.”

He felt secure because God was strong.

Psalm 61:3—“For thou hast been a shelter for me, and a strong tower from the enemy.”

He could experience refuge continually because God was always present.

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

He knew he was safe because God was good!

Psalm 34:8—“O taste and see that the LORD is good: blessed is the man that trusteth in him.”

As we think on these and other passages, we begin to realize that the root of our refuge must be the very person of God—Not just the provision of God, but the person of God.

THE ROOT OF REFUGE—THE PERSON OF GOD.

II. THE REQUIREMENTS OF REFUGE.

Knowing that God is a refuge doesn’t mean that we will experience Him as such. We must make Him our refuge!

Charles Spurgeon wrote, “*It is but poor comfort to say ‘the Lord is a refuge.’ But to say he is my refuge is the essence of consolation.*”

How do we make God **our** refuge? The key is faith, marked by our trust and surrender.

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Sometimes when things don't go the way we expect, doubts begin to arise in our hearts.

We can choose to listen to the doubts, or we can deliberately choose to believe the truth, despite what our feelings might suggest.

Does choosing to believe God make our heartache or questions disappear? **No!** But as our thoughts and emotions are tempered with the truth of Scripture, we are able to trust that God will take care of us.

Then, because we trust Him, we are able to surrender our need to be in control. By believing Scripture, trusting God, and surrendering our emotions and circumstances to Him, we enter the fortress of our refuge, God Himself, where we can find comfort and assurance in our time of crisis.

But what about the good times? Can we find satisfying refuge in God when all is well? In addition to the verses that depict refuge in the midst of battle, there are some passages connect refuge to rest, peace, or prosperity. *Psalm 62:8 says, "Trust in him at all times; e people, pour out your heart before him: God is a refuge for us."*

Refuge in God is clearly possible not only in times of need, but at all times, including times of prosperity.

What does refuge in good times look like?

Refuge, by definition, is a place of security and freedom from fear.

In times of prosperity, refuge is simply rest-filled confidence in the true source of our security.

Spurgeon notes in his commentary on Psalm 62:8:

"Adversity is a fit season for faith; but prosperity is not less so. God at all times deserves our confidence. We at all times need to place our confidence in Him."

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As Psalm 20:7 says, *"Some trust in chariots and some in horses, but we will remember the name of the LORD our God."*

Like horses and chariots, the security of a good job, a solid bank account, sound relationships, or comfortable circumstances is at best temporary and unpredictable.

God alone provides our security. He is our refuge in both blessing and need.

THE ROOT OF REFUGE—THE PERSON OF GOD.

THE REQUIREMENTS OF REFUGE—TRUST AND SURRENDER.

III. THE ROBBERS OF REFUGE.

As we think about God as our refuge, understand that there are certain things that attempt to pull us away from Him:

Busyness, worry, inattention to His Word, unbelief, and the shelter of false comforts—TV, novels, food, things, other people—any of these things can rob us of authentic refuge in God.

In addition to these, however, we need to understand that the primary pilferers of refuge are found in our own hearts—Self-reliance and forgetfulness.

In the face of daily challenges, we instinctively rely on our own understanding rather than trusting God.

If we are not careful, we can get so focused on our problems that we lose sight of God. In doing so we begin to rely on our on competency and problem-solving strategies.

We focus on what we need to do, who we need to call, what resources we need to consult, and how in our own wisdom we can make each problem disappear.

We try to deal with each difficulty rather than going to God.

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In doing so we end up stressed and overwhelmed.

Is God still sovereign? Of course. Can we know peace in the midst of our problems? Certainly. But not if we focus on our circumstances or our strategies, giving little thought to God.

Our busy forgetfulness and stubborn independence pull us away from refuge in Him, and the result is anxiety and despair.

When we let go of self-reliance and turn to God, He generously replaces our anxious despair with hope-filled peace.

THE ROOT OF REFUGE—THE PERSON OF GOD.
THE REQUIREMENTS OF REFUGE—TRUST AND SURRENDER.
THE ROBBERS OF REFUGE—SELF RELIANCE AND
FORGETFULNESS

IV. THE RESULTS OF REFUGE.

Isaiah 26:3-4 says, “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength.”

As we keep our minds steadfastly fixed on God’s character and Word, He gives us peace. What does this peace include?

A. God’s Peace Includes Provision.

Just as a fortress stores food and munitions, in God our refuge we find provision for our daily needs.

1. **Are We Facing Temptation?** (1 Corinthians 10:13).
God provides “. . . a way to escape, that ye may be able to bear it.”
2. **Are We Weary In Service?** (1 Peter 4:11).
God provides strength. *“If any man speak, let him speak as the oracles of God; if any man minister, let him do it as of the ability which God giveth: that God in all things may be glorified through Jesus Christ, to whom be praise and dominion for ever and ever.”*

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3. **Are We Confused?** (James 1:5).
God provides wisdom. *“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”*

4. **Do We Have Some Other Need?** (Philippians 4:19).
“But my God shall supply all your need according to his riches in glory by Christ Jesus.”

We simply need to enter His refuge and ask for what we need.

B. God’s Peace Includes Encouragement.

When we seek refuge in God, He gives us eternal encouragement and hope
2 Thessalonians 2:16-17—“Now our Lord Jesus Christ himself, and God, even our Father, which hath loved us, and hath given us everlasting consolation and good hope through grace, Comfort your hearts, and stablish you in every good word and work.”

This is something we can experience daily by prayerfully remembering, believing, and applying the truth of God’s Word.

C. God’s Peace Includes Comfort.

When we face the cold realities of daily life, we, need a place of tender warmth and comfort.

2 Corinthians 1:3-4—“Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation. . .”

When we take refuge in God, He tenderly comforts us with the promise of His loving presence and guidance of our lives.

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D. God's Peace Includes Security.

Refuge in God includes His assurance of our safekeeping.
(Psalm 91:9–11)

Does this mean that we never experience heartache or trouble?
No. But it does mean that we are ultimately and eternally kept safe from the evil one and are afforded protection against Satan's schemes in our daily lives.

2 Thessalonians 3:2–3—“And that we may be delivered from unreasonable and wicked men: for all men have not faith. But the Lord is faithful, who shall stablish you, and keep you from evil.”

No matter what circumstances we face, taking refuge in God helps us remember that nothing can separate us from the love of Christ, from continual access to God, or from our eternity with Him. **(Romans 8:35–39)**

E. God's Peace Includes Eternal Perspective.

Refuge in God allows us to view our circumstances from the eternal perspective of the Lord of the fortress. He reminds us that this life isn't all there is, and He enables us to focus in faith on our unseen hope **(2 Cor. 4:16–18; Hebrews 11:1)**.

As we view our circumstances in light of God's eternal purposes, we find rest.

Conclusion

Biblical refuge is not a mountain hideaway. It is the unshakable fortress of our ever-present God!

The walls of God's presence, built on the bedrock of His unchanging nature, protectively surround and shelter us. His love and strength enable us to take refuge in Him.

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God, our refuge, is not an escape from life; He is our fortress, providing protection, security, and assurance in the midst of everyday life.

In surrendered trust and remembrance of Him and His Word, we find the lasting peace that only He can give.

He truly is:
A Shelter In The Time Of Storm