

My Refuge

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Psalm 16**When the storms of life come...**

- **We need to seek refuge in God.**
Keep me safe, my God, for in you I take refuge. - Psalm 16:1
- **We need to know that God is far greater to turn to than things and people.**
I say to the Lord, "You are my Lord; apart from you I have no good thing." I say of the holy people who are in the land, "They are the noble ones in whom is all my delight." Those who run after other gods will suffer more and more. I will not pour out libations of blood to such gods or take up their names on my lips.
- Psalm 16:2-4
- **We need to know that the Lord alone is our inheritance.**
Lord, you alone are my portion and my cup; you make my lot secure. The boundary lines have fallen for me in pleasant places; surely, I have a delightful inheritance. - Psalm 16: 5-6

We need to find refuge in the Lord...

- **By choosing to praise Him amid it.**
I will praise the Lord, who counsels me; even at night my heart instructs me.
-Psalm 16:7
- **By receiving counsel from Him through His' Word, the Bible.**
I will praise the Lord, who counsels me; even at night my heart instructs me.
-Psalm 16:7
- **By keeping our eyes always on Him.**
I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.
-Psalm 16:8

When I find refuge in the Lord...

Therefore, my heart is glad, and my tongue rejoices; my body also will rest secure, - Psalm 16:9

- **My heart is glad.**
- **I speak joyfully.**
- **My body rests securely.**

David prophesies of our coming hope in the True Messiah, Jesus.

because you will not abandon me to the realm of the dead, nor will you let your faithful (or holy) one sees decay. You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. – Acts 16:10-11

Let's Connect

- Share a story of experiencing a literal storm that caused you to seek shelter. Where did you run to?

Let's Talk About It

The storms of life are inevitable, but the good news is that we can seek refuge in God! The Lord is far greater than anyone or anything in this world, for he alone is our inheritance. We can find refuge in the Lord by praising Him amid the storm, receiving counsel through the Bible, and keeping our eyes always on Him. When we find refuge in the Lord, our heart becomes glad, we can't help but speak with joy, and our body rests securely. Ultimately, David prophesied and spoke of the coming hope and peace we will have with the True Messiah, Jesus, in whom we can take refuge in a personal relationship with Him.
Psalm 16; Psalm 119:11; Matthew 11:28-29

- Which part of the message made an impact, caught your attention, or challenged you?
- When the storms of life come, what is your natural tendency to do to find peace, comfort, safety, or assurance? How would turning to God and finding refuge in Him bring you ultimate peace, comfort, safety, and assurance?
- What does it look like for you to practically find refuge in God? How does your prayers sound like?
- After turning to God and finding refuge in Him, have you experienced your heart being glad that you can't help but speak about joyful things and even had your physical body rest securely? Please share a time when you experienced this in your personal life to encourage others in your group to the goodness of God's presence.

Take a Step

- Anytime you face troubles, challenges, and feelings of being overwhelmed this week, take a moment to find refuge in God by slipping away from the crowd and finding a quiet place to let Him know what you're going through and invite Him to be with you right then. If you cannot slip away, invite God right where you're at and ask Him to be your refuge, peace, safety, and comfort. Receive His love and presence now and continue moving forward with your day.

Here's My Prayer

- God, you see everything and the storm I'm going through. I choose at this moment to find refuge in You. You are my peace. I need you, Lord. I need Your presence to be with me. I focus on You, Lord, for You are far more significant than I'm experiencing. I choose to let go of what is bothering me in my heart right now and place them into your capable, loving, and powerful hands. Thank you for caring for me. Thank you for loving me. May You fill me with your Holy Spirit to love You and others now. I need you more than ever. I find rest in my soul in You. Strengthen me to love others just as you love me. In Jesus' name. Amen.