

### Prayer List

Sierra  
Gene  
Judy  
The Williams' Family  
Ophelia

### Services:

#### Sunday

Bible Class 9:00 a.m.  
Assembly 9:50 a.m.  
Assembly 6:00 p.m.

#### Wednesday

Bible Class 7:00 p.m.

# Pinole Tidings

[www.pinolechurchofchrist.com](http://www.pinolechurchofchrist.com)

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### Elders:

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### This Week's Question:

The "book of Gad the seer" records which king's deeds?

### Answer To Last Week's Question:

Jehoshaphat's - 2 Chronicles 20:34

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## The Psalms in Practice Is the Lord Your Refuge?

Brent Lewis

### PSALMS SNAPSHOT:

"The Lord also will be a refuge for the oppressed, a refuge in times of trouble" (9:9).

The word "refuge" used here in the familiar King James Version is translated by the term "high tower" in the American Standard Version; other versions render the original word as a "secure height" or "lofty retreat." The word literally means a "hill-fort." David uses it when he describes God in Psalms 144:2: "Blessed be the Lord, my strength ... my goodness and my fortress; my high tower, and my deliverer; my shield, and he in whom I trust; who subdueth my people under me."

David's use of the metaphor of God as a refuge or a high tower is likely due to his having often experienced safety in such places when he was fleeing from Saul. "And David abode in the wilderness in the strongholds, and remained in the hill-country in the wilderness of Ziph. And Saul sought him every day, but God delivered him not into his hand" (1 Samuel 23:14).

Have you ever felt the need of a place to escape, if only temporarily, from the pressing battles of life? The Christian life is a battle; sometimes we need to flee to the safety of God's refuge.

God has always recognized this need of the faithful. They need a refuge, a place of safety to fly to in danger, where they may be protected, and escape from the enemy. God gave the Israelites cities of refuge (Numbers 35:13). He is described this way by Moses: "The eternal God is thy refuge, and underneath are the everlasting arms: and he shall thrust out the enemy from before thee" (Deuteronomy 33:27). The Lord is truly a refuge as Isaiah said in his song of praise: "For thou hast been a strength to the poor, a strength to the needy in his distress, a refuge from the storm, a shadow from the heat, when the blast of the terrible ones is as a storm against the wall" (Isaiah 25:4).

What are some specific ways in which God serves as a refuge for me today? The Bible teaches that He is:

1. A refuge against sin. As a sinner I am helpless and undone before God. I can do nothing of merit to bring about my forgiveness. Therefore, left to myself, I am in the grasp of sin and the devil. But the gracious God has given me a refuge from this hopelessly lost condition. "Wretched man that I am! Who shall deliver me out of the body of this death? I thank God through Jesus Christ my Lord" (Romans 7:24–25).

2. A refuge against my enemies. As a Christian I must fight the battle, and in fighting I will sustain some wounds. But God will not let me be defeated if I will fight faithfully. He catches me up above the battle; He protects me from the enemy. This is seen in the great statement of the psalmist: "Thou preparest a table before me in the presence of mine enemies" (Psalm 23:5). Even while being surrounded by the enemy, the Christian is nevertheless sustained. His God provides a refuge! The riches of God's love are the provisions on which we feed; and these supplies are ministered to the soul in ways that the world cannot understand—even while the enemies prowl around. One of the greatest passages in all the New Testament is found in Hebrews 13:6: "So that with good courage we say, The Lord is my helper; I will not fear; what shall man do unto me?"

3. A refuge from want. The Christian has great promises from the Father. "Seek ye first his kingdom and his righteousness, and all these things will be added unto you" (Matthew 6:33). "Be ye free

from the love of money; content with such things as ye have: for himself hath said, I will in no wise fail thee, neither will I in any wise forsake thee" (Hebrews 13:5). As a Christian I know that God will take care of me. He will be a refuge in my life in times of trouble. All that I must do is love Him, trust Him and be faithful to Him. It is then that He says of me: "Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name" (Psalm 91:14). Do you have troubles? Let the Lord set you on high!

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"If I sold my house and my car, had a big garage sale and gave all my money to the church, would that get me into Heaven?" I asked the children in my Sunday School class.

"NO!" the children all answered.

"If I cleaned the church every day, mowed the lawn, and kept everything neat and tidy, would that get me into Heaven?"

Again, the answer was, "NO!"

"Well, then, if I was kind to animals and gave candy to all the children, and loved my wife, would that get me into Heaven?" I asked them again.

Again, they all answered, "NO!"

"Well," I continued, "then how can I get into Heaven?"

A five-year-old boy shouted out, "YOU GOTTA BE DEAD!"

Whit Sasser

Posted on FaceBook Dec 29, 2012