

# The LORD Is Our Refuge

**Key Verse:** *“He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.”*  
—*Psalm 91:15*

**Selected Scripture:**  
*Psalm 91:1-16*

**WE ARE LIVING IN TROUBLED** times. The words of the prophets and apostles warn of the turmoil which engulfs mankind today. The advent of social media provides opportunities for people to communicate more with each other, but also emboldens some to spew hate and evil ideologies, which might have previously been suppressed in

the public forum. The increasing desire for instant gratification has spawned an environment of sadness, and often anger, among those who feel deprived of the wealth which they see around them. Daniel speaks of our day saying, “There shall be a time of trouble, such as never was since there was a nation even to that same time.” (Dan. 12:1) To this Jesus adds, “Except those days should be shortened, there should no flesh be saved.”—Matt. 24:22

With such conditions all around us, we call to mind these promises. “The Father himself loveth you.” “My peace I give unto you. ... Let not your heart be troubled, neither let it be afraid.” “Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee.” (John 16:27; 14:27; Isa. 41:10) While the world flounders in a sea of despair and

perplexity, the child of God has assurance of the overshadowing wings of divine protection.

Perhaps no other chapter in the Bible gives more assurance of God's watch care over his people than Psalm 91. If we fear the entrapments of Satan, verse 3 says it is God who "delivers you from the snare of the trapper." (*New American Standard Bible*) If we fear unforeseen trials that may come to us, let us take refuge in the words of verses 10 and 11, wherein the psalmist promises, "No evil will befall you, Nor will any plague come near your tent. For He will give His angels charge concerning you To guard you in all your ways."—NASB

Some of the most expressive illustrations of divine love and care employed in the Bible are taken from the natural realm. For example, the beautiful figure of a bird protecting her young under her wings is employed in the Scriptures as a picture of God's sheltering love. Verse 4 of our lesson describes the protective refuge we find in our Heavenly Father: "He shall cover thee with his feathers, and under his wings shalt thou trust."

We find this illustration spoken of in even greater detail in Psalm 36:7-9: "How excellent is thy lovingkindness, O God! therefore the children of men put their trust under the shadow of thy wings. They shall be abundantly satisfied with the fatness of thy house; and thou shalt make them drink of the river of thy pleasures. For with thee is the fountain of life: in thy light shall we see light." With joy we note that the refuge described here brings us satisfaction, life and light.

Our Key Verse says that God will be with us, deliver us, and honor us. The previous verse indicates, however, that we will only receive this promise if we set our love on him, and if we know his name. (Ps. 91:14) Therefore, let us daily render this testimony: "I will take the cup of salvation, and call upon the name of the LORD. I will pay my vows unto the LORD now in the presence of all his people."—Ps. 116:13,14 ■