

## Day 9

# Where Can I Get Help?

### Psalm 46

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

Iman Mohamed Ali fled to Damascus from Iraq in 2008 because her husband and two of her three sons had been murdered in sectarian violence within eighteen months. With two young children remaining and no source of income, she went in search of refuge—a place of safety and protection from the dangers she faced.

Throughout the world in history today, evil and danger lurk. They thrive because sin infects this world and finds expression through the sinful actions of man.

Where does a person go who seeks refuge? One fleeing physical danger may choose to leave her country. But what about someone seeking spiritual refuge? To where can one escape when the devil, the world, and even our own flesh puts us in danger?

The psalmist confidently proclaimed, “God is our refuge and strength, a very present help in trouble”. Because of sin, man cannot provide true refuge. But God, whose mighty power created this world, and who saved the world by sending his Son to die at the hands of evil men, is the ultimate and perfect refuge.

When the troubles of life threaten to invade and assault, we can either rely on our own strength or on God’s. Because Jesus took upon himself our sins and forgives us completely, we have a safe and secure refuge in the arms of our gentle, strong, and gracious God.

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*Merciful God, protect and comfort me at all times. Shelter me under your wings and provide the refuge and strength I need. Then use me to bring the same message of refuge to those around me who experience similar fears. Amen.*

(source: Women’s E News, August 10, 2008)

*Adapted from Forgiven to Forgive - 6 Weeks of Daily Devotions  
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**Write or type your answers.** Writing your answers helps you to meditate more deeply on the question, organize your thoughts, and provide a visible way for you to review and reflect on how this devotion applies to your specific situation.

1. Identify what concerns you most about your current unresolved conflict.
  
2. How have you responded well to this situation?
  
3. How have you responded sinfully?
  - a. When responding sinfully, on whom were you depending most of all for wisdom, safety, and strength?
  
4. Pray Psalm 46, beginning with these words: “Faithful and loving Father, you know everything about the conflict involving me and \_\_\_\_\_. Teach me to be still and know that You are God. . .”