



What Is Your Refuge? Robert Morris

Focus We can find refuge in God for whatever we face in life. It is important not to look to other things for a sense of safety or comfort. We are not to fear because God will provide strength, help, and peace of mind. He is our safe place.

Fun What was your favorite book to read again and again as a child?

Review Key Scriptures: Psalm 46:1–2

The Results of Choosing a Wrong Refuge:

1. Distance

When we put something else before God, it creates distance between Him and us.

2. Disappointment

Satan is a false comforter; he deceives us into looking to other places or to other things for refuge. This only brings disappointment.

3. Destruction

When we do not look to or pray to God first, we can open ourselves up to self-destruction (2 Chronicles 16:12–13).

The Results of Choosing the Right Refuge:

1. Strength

God empowers us when we look to Him for strength and victory.

2. Help

When we give our lives to Him, God dwells inside of us as a very present help in troubled times (Psalm 46:1).

3. No Fear

When we make God our refuge, we will have no fear.

Group Dynamics Idea To help reinforce the message that God is our safe place, do a word search in your Bible for “refuge” this coming week.

Discuss

1. Read Psalm 46:1. How many synonyms for “refuge” can you name?
2. What are some of the things you do to ease the stress of a difficult day? What destructive things do some people choose to do instead?
3. What does God encourage us to do when we are feeling anxious (Psalm 46:2)? How can we be people without fear?
4. How might Satan deceive us into thinking our situation is hopeless?
5. If you are comfortable doing so, share a time when God moved in your life to give you strength and comfort when you were feeling discouraged and disillusioned.
6. Pastor Robert tells us there are three “Rs” that release us from bondage: realize, renounce, and repent. Explain how these three words work in our lives to set us free.

Take Home As we conclude, remember the following:

- We need to look to God and not to things for our refuge.
- Satan may try to deceive us into looking to other places for comfort.
- We should not fear because God will give us strength.
- Our help and victory come from God.

Prayer

Lord, You are the only refuge I desire. I renounce anything else, for You are my very present help in times of trouble. In Jesus’ name, Amen.

New Leader Tip You might want to point your members to the Equip ministry, which offers classes like Freedom Basics or Taking Freedom to the World. These classes not only point to God as our refuge but also further our understanding of His ways. For information about these classes and more, visit equip.gatewaypeople.com.