

**February 10, 2022**

The Lord wants you to experience real and abundant life:

**Ps. 9:9-10** *The LORD is a refuge for the oppressed, a stronghold in times of trouble. Those who know Your name trust in You, for You, LORD, have never forsaken those who seek You.* (NIV)

Have you ever felt oppressed, depressed or crushed in your spirit? Maybe you've just suffered some horrible news: a death in the family or a friend; a loss of a job; your teenager has slammed their door shut shouting that they hate you. We all face times of heartache and oppression. The evil one loves to bring his spirit of oppression into your life. How do we face times like this? We run to the Father. We go to the Rock. He is our refuge; our safe house; our place of protection. Those that do not know Him, have no place to turn. They are left to the devices of this world and soon give up and give in to the oppressive spirit of sin, hopelessness and gloom. And many times, this oppression turns into addictions because people are looking for a way to not feel this pain. Many have lost all hope and have thought about suicide or have even attempted it. This is what the evil one wants. **John 10:10** *The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.* (NIV)

The psalmist reminds us that the LORD is our stronghold and refuge. He is our place of safety and protection. The best thing about this is that He is faithful. He is always there for you. There is power in the name of Jesus! Our God is an awesome God and He will protect you, sustain you and empower you to face all of the attacks of the evil one and this evil world. All we must do is trust in Him. Trust His plan and His power. He can and will do much more than we could even think or imagine. His ways are to prosper us and give us a hope and a future.

**Dear LORD, we run to You today. You are all that we will ever need. Help us to look to You for our hope and strength. You are always faithful, and You always will be. In Jesus Name, Amen.**