

**February 27, 2022**

The Lord wants you to experience real and abundant life:

***Ps. 46:1-3 God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. (NIV)***

There is no doubt that we are living in tumultuous times. It seems that what used to be normal is now abnormal. How can we then live and experience abundant life in times that seem so perilous? We must always remember that we have a Father that is in absolute control. He is our refuge. The Hebrew word is **machseh** which means *a safe place of shelter and protection*. When the world seems to be shaken, He is our place of refuge and safety. In fact, He desires for us to live in His refuge. He is also our strength. The Hebrew word is **vaoz** which means *He is mighty and has all strength*. He is Almighty and has All strength. What can stand against that? Thirdly, He is an ever-present help. The Hebrew word is **ezrah** which means *one who brings assistance and help when in trouble*. He is our life-guard when we are in deep waters. He is our fire-fighter when we face the flames of torment and strife. He is always ready to rescue us when we are hurting and needy.

***Therefore;*** I love when I see this word in scripture. It reminds us of what He is there for. And here, it reminds us that since these former things are true, then there is no reason for us to fear; no matter how bad things seem to be. We need to be reminded of this every day. There will always be struggles, heartaches, wars, and temptations, but we do not have to face these things alone. He is our refuge and strength. He can and will be our refuge. Run to Him today. He will always be there for you, no matter what you are facing.

**Dear LORD, thank You that You are our refuge and strength! You always have been and You always will be. We find our hope and strength in You. What an awesome Father You are! In Jesus Name, Amen**