

Saturday 20th March 2021 – Place of Prayer



Psalm 7: 1-2, 9-12

- ¹ O LORD my God, in you I take refuge;
save me from all my pursuers, and deliver me,
² or like a lion they will tear me apart;
they will drag me away, with no one to rescue.
- ⁹ O let the evil of the wicked come to an end,
but establish the righteous,
you who test the minds and hearts,
O righteous God.
- ¹⁰ God is my shield,
who saves the upright in heart.
- ¹¹ God is a righteous judge,
and a God who has indignation every day.
- ¹² If one does not repent, God will whet his sword;
he has bent and strung his bow;

God is bedrock under my feet,
the castle in which I live,
my rescuing knight.
My God—the high crag
where I run for dear life,
hiding behind the boulders,
safe in the granite hideout.

Psalm 18:2 The Message

The Lord is my rock, my fortress, and
my deliverer,
my God,
my rock in whom I take refuge,
my shield,
and the horn of my salvation,
my stronghold.

Psalm 18:2 NRSV

Refuge means the state of being safe or sheltered from pursuit, danger, or difficulty, or a place or situation providing safety or shelter. The Psalms are full of people asking or giving thanks to God for refuge, we are reminded again and again that we can seek and find refuge in God.

How do you seek refuge in God in prayer? Is there imagery in the Psalms about taking refuge in God that resonates with you? Spend some time with God in praying the Psalms today exploring what taking refuge in God means to you.

To listen:

Dear Refuge of My Weary Soul words by Anne Steele, music by Kevin Twit and performed by Indelible Grace (feat. Sandra McCracken)

<https://youtu.be/UlwRiDym3Xc>

Refuge (When It's Cold Outside) performed by John Legend

<https://open.spotify.com/track/3pMeeexPQtUH65oBdPQtfi?si=wWxK9THnRU2ICGqZdSZUpQ>

Image: Tide Closes In, photography by Lisa Jarvis of the refuge on the causeway over to Holy Island, Lindisfarne.